



Challenge  
yourself in  
March 2026

## 10 Days of 5k Challenge: Your fundraising guide

# Ready, set, run!

Simple steps to get your challenge off the ground.



## Spread the word

Let everyone know about your challenge and encourage others to join in.



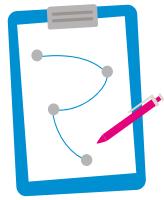
## Plan your month

Think about how you'll cover the 10 days of 5k throughout March. Whether that's doing the runs across consecutive days or spread out over the month.



## Get fundraising

Use the tips and tools in your pack to start collecting sponsorship. Our life-saving research is only possible thanks to amazing supporters like you.



## Track your kilometres

Show your supporters your progress by [connecting your online Giving Page to Strava](#). Don't worry if you don't have Strava, you can still share your kilometres on your online Giving Page to encourage donations.





# Fundraising ideas

We want your incredible effort to raise as much as it deserves. Use these tips and ideas to kickstart your fundraising.

## Kickstarters



### Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can more than double your sponsorship.

### Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to start off donations.

### Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and, of course, a thank you to your lovely donors!

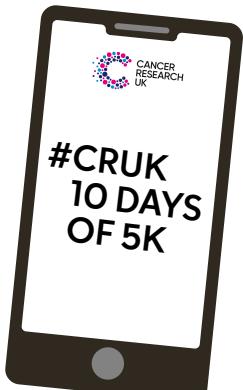


### Team up

Encourage your friends and family to take on the challenge too and make fundraising a real team effort.

### Promote yourself online

Share your online Giving Page and official challenge badge across your social media for instant results.



### Join our Facebook group

Meet other runners, share top tips and motivate each other through the month by joining our [10 Days of 5k Challenge Facebook group](#)

## At your workplace

### Ask your employer

Taking on the challenge will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

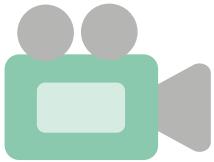
### Virtual collections

Send an email to your work colleagues to let them know you're completing 10 5k runs in March to raise money to drive discoveries. Remember to include a link to your online Giving Page!



# Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target.



## Film a video

Video yourself out on your runs to let friends and family know you're supporting Cancer Research UK then share across your social media.



## Organise a running tour

Show your friends and family a great new running route that you've discovered and ask for a donation in return!



## Dinner party

Why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next 5k run.

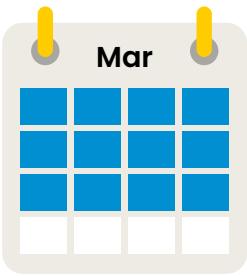


## Wrap-up event

"I'll donate when you've done it" – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.



# Training guide

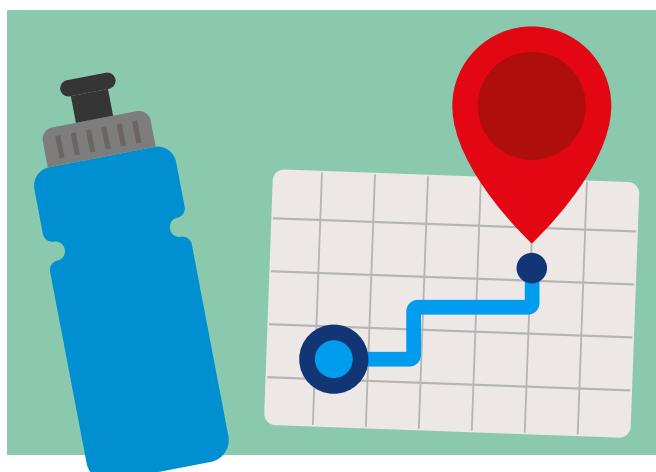


## Adapt the challenge to suit you

People of all fitness levels are taking part in this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. However you choose to break down the 5k runs, you'll be helping us to power progress.

## Ease your way in

Remember to stretch before and after. Find out when and where works best for your runs.



## Team up

Running in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the 5k runs together or individually, encourage others to join in the challenge too!

## Fuel those kilometres

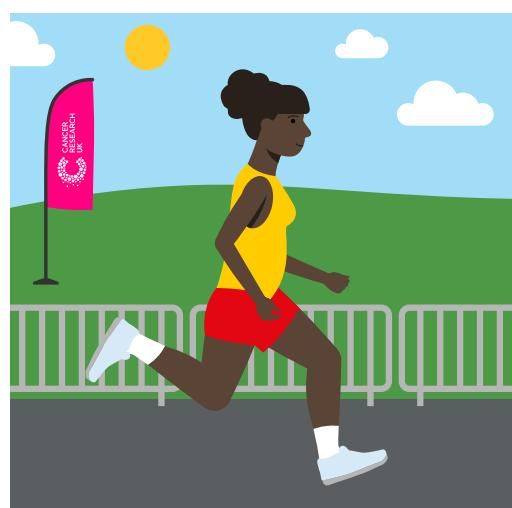
You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those kilometers by eating a healthy and nutritious diet. Find out more about [eating a healthy diet](#).

## Wear the right gear

Make sure you have a comfortable pair of trainers – wearing the wrong type of shoe is the most common cause of injury.

## Keep hydrated

Make sure you drink enough water before and after your runs.



# 10 Days of 5k Challenge Calendar

Keep track of your 5k runs in March



Lace up!  
Time  
to start  
running.

1

2	3	4	5	Popping to the shops? Why not run there?	6	7	8
							Halfway through!
9	10	11	12		13	14	15
		Try a new running route.					
16	17	18	19		20	21	22
	Keep going!						
23	24	25	26		27	28	29
	You've done it! Put your feet up, hero.						
30	31						



Visit [cruk.org/10days5k](https://cruk.org/10days5k)

Together we are  
beating cancer

# 10 Days of 5k Challenge Totaliser



Name

**is completing  
10 5k runs this  
March to help  
fund life-saving  
cancer research.**

Donate to their online  
Giving Page to help them  
smash their target.

Your online Giving Page URL

**Want to get involved?  
Visit [cruk.org/10days5k](https://cruk.org/10days5k)**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

# 10 Days of 5k Challenge Sweepstake

## Step 1: Get ready

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster.

## Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess how long it will take you to complete your 10 5k runs. Then get them to fill out their guess and name in a box.

## Step 3: Go!

Remember to keep track of your run times! Then announce the winner on the date you've mentioned on your poster.

## Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: 10 Days of 5k Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



Complete 10  
5k runs this  
March to  
help power  
progress



Registered with  
**FUNDRAISING  
REGULATOR**

# 10 Days of 5k Challenge Sweepstake



How many hours will ..... take to complete their 10 5k runs?

Please donate £ ..... to guess and support Cancer Research UK. The person with the closest guess to the total number of hours will win .....

Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name
Hours	Name	Hours	Name	Hours	Name

Visit [cruk.org/cruk.org/10days5k](http://cruk.org/cruk.org/10days5k)

No donation is necessary.

1. To enter, fill out your name and predicted number of hours in a box.
2. Closing date \_\_\_\_\_  
Winner will be revealed by \_\_\_\_\_  
(Please write the closing date and when you will announce the winner here.)
3. The person whose guess is closest to the runner's total hours will win the prize listed above. If the winning number is exactly between two guesses, the prize will be given to the lower guess of the two.
4. All money raised will be donated to Cancer Research UK.

5. The promoter to collect and send money to: 10 Days of 5k Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ.
6. The promoter is \_\_\_\_\_  
(Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.

Reg charity numbers 1089464, SC041666, 1103 & 247

# 10 Days of 5k Challenge



## Finisher 2026

This March

Your name

.....

ran a total of

.....  
kilometres

raising

Amount raised

.....

to power progress for people  
affected by cancer

### Thank you for your support!

Every pound raised for every kilometre completed will help bring about a world where everybody lives longer, better lives, free from the fear of cancer.



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

Together we are  
beating cancer



# I'm fundraising for Cancer Research UK

Event

When

Information



In aid of

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Together we are  
beating cancer

# 10 Days of 5k Challenge Sponsorship form



Please make sure to fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online, where they'll be given the option to include Gift Aid during the process.

Your details are safe with us. Check out our Privacy Policy at [cruk.org/privacy](https://cruk.org/privacy) for more details. If you change your mind, you can tell us anytime by contacting **0300 123 3379** or emailing [preferences@cancer.org.uk](mailto:preferences@cancer.org.uk).

## Your details

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: Telephone:

Telephone:

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory.

I've raised a total of £ ..... .

## Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit [cruk.org/10days5k](http://cruk.org/10days5k)

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place London E20 1JQ. © Cancer Research UK 2026.





CANCER  
RESEARCH  
UK

# Thank you for powering progress

Over the past 50 years,  
our work has helped double  
cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

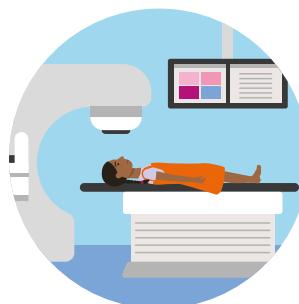
## The difference your money makes



**£65**

could buy special  
restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.



**£170**

could fund one day of  
the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.

More than

**8 in 10**

people who receive cancer drugs in the UK receive a drug developed by or with us.\*

**1 million**

Thanks to progress in cancer prevention, diagnosis and treatment, more than **a million lives have been saved** from the disease in the UK since the mid-1980s.\*\*

**90%**

Our research led to the development of the HPV vaccine, which is expected to **prevent almost 90% of cervical cancer cases** in the UK.



**£200**

could fund our team of nine  
cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

\*Estimated based on Cancer Research UK analysis of England data

\*\*[cruk.org/millionlives](http://cruk.org/millionlives)

Visit [cruk.org/10days5k](http://cruk.org/10days5k)

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beating cancer