



75 IN ACTION SPONSORED WALK



REGISTRATION FORM

75 IN ACTION

Join us across the month of July 2026 in this self-managed sponsored walk event. Choose to move your way to celebrate 75 years of Bromley Mencap.

You can celebrate 75 years by doing a walking challenge that suits you.

Some Ideas:

- 7,500 steps a day for the full month
- 75 miles across the month
- 7.5 miles walk each week
- Walk up & down 75 flights of stairs
- 75 laps of your local park



The aim is to make the challenge accessible, achievable and enjoyable.

PERSONAL DETAILS

Please complete so that we are able to keep track of who is joining us on the day.

FULL NAME _____

DATE OF BIRTH ____ / ____ / ____ PHONE _____

EMAIL _____

☐ TICK IF YOU HAVE A DISABILITY

CAN YOU TELL US ABOUT ANY ACCESS NEEDS YOU HAVE:

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT NUMBER _____

PLEASE TELL US YOUR T-SHIRT SIZE:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ XL ☐ XXL

☐ I would like to be added to the WhatsApp group for this event so that I can connect with other fundraisers and stay up to date with event information.

Once you have completed your registration entry fee payment, we will send you communications on how to start fundraising for your sponsorship.

How would you like to receive communications?

☐ EMAIL ☐ POST ☐ TELEPHONE