

RUN 21

Who needs Strava when you've got the official MND Association

Mile tracking complete-o-meter

1 And you're off... great start!	2	3	4	5 Good going, keep it up	6	7
8	9	10 You're nearly half way there	11	12	13 You've run a half marathon!	14
15	16	17	18 Just 3 more miles to go	19	20	21 Congratulations you did it!

#TeamMND

Fighting Motor Neurone Disease

Registered charity number: 294354