Join us and fight motor neurone disease
Dash through the snow

Date: 11-12 December 2022*
Registration fee: £5 for children, £10 for Adults (Santa suit included)

Virtual Santa Run is back! A great event for all the family to get involved in this Christmas whilst raising vital funds and awareness for MND.

- Dress up as Santa and walk, jog or run 5km with your friends and family.
- Raise over £125 and receive an extra special Santa medal, the perfect decoration for your Christmas tree.
- *if the dates don’t suit, you can pick a time that works for you. Just let us know so we help you jingle all the way!

www.mndassociation.org/santarun

Run Manchester Marathon

Date: 16 April 2023
Registration fee: £20
Minimum sponsorship: £300

Join #TeamMND and run one of the UK’s flattest and friendliest major marathons.

The Manchester marathon prides itself on welcoming all abilities to take on the 26.2 mile challenge. From some of the world’s greatest elite runners, to those who might have thought completing a marathon would never be possible. The flat route attracts many regular runners to challenge themselves to a personal best and the incredible Mancunian support throughout the course makes it an unforgettable experience!

www.mndassociation.org/manchestermarathon

Paul thoroughly enjoyed running Manchester Marathon as part of #TeamMND last year. “The crowd and atmosphere were fantastic around Manchester and it is a day we will never forget”. 
We’re always excited to hear about your own #TeamMND fundraising plans and we’re here to support you every step of the way. Sign up for your free fundraising pack!

**Top 5 fundraisers:**

1. Quiz night
2. Golf day
3. Head shave
4. Tea party
5. Charity ball

Determined to prove to herself that she can do anything she puts her mind to, Caryl fundraised her way and abseiled down Spinnaker Tower in honour of her mother. She told us “After seeing my mother deteriorate and pass away less than two years after diagnosis, it has become extremely important to raise funds. I want to help find a cure and prevent others and their friends and family from going through the same thing”.

www.mndassociation.org/fundraiseyourway

**Cycle London to Paris**

*Date: Various dates available*
*Registration fee: £125*
*Minimum sponsorship: £1640 (self-funding available)*

Your four-day cycling adventure will begin in London, taking you through glorious English countryside before crossing the Channel to Calais. Once across the water, you’ll start cycling ‘French style’ through the picturesque villages, remembering to keep to the right! The hustle and bustle of the Parisian streets await you with a spectacular finish line looking back on the Eiffel tower. It’s a fully supported tour with food, drink, accommodation and the Eurostar back to the UK all included. What are you waiting for?

www.mndassociation.org/l2p
Earlier this year Neil climbed Mount Kilimanjaro in memory of his wife, Gill.

“Towards the end of Gill’s life, I asked her if I should start planning a challenge. Unable to speak or move Gill squeezed my hand and produced a tiny smile. Over the next day or two I did some research and came up with three ideas; Everest Base Camp, Virtual row across the Atlantic and the trek up Mount Kilimanjaro. I put them to Gill in turn and I got a squeeze of the hand when I mentioned Killy. I didn’t choose Killy, Gill did”.

Visit mndassociation.org/fundraising to find out more ways to get involved and support the fight against MND

If you are affected by MND and need information or support, please contact our Helpline: