

Join us and fight motor neurone disease



Find a run near you

Could you support people living with MND by signing up for a running event? Check out our featured events below or find one near you by visiting our regional running hub!

www.mndassociation.org/rr

Leeds 10K

23 June 2024

www.mndassociation.org/leeds10k

Cardiff 10K

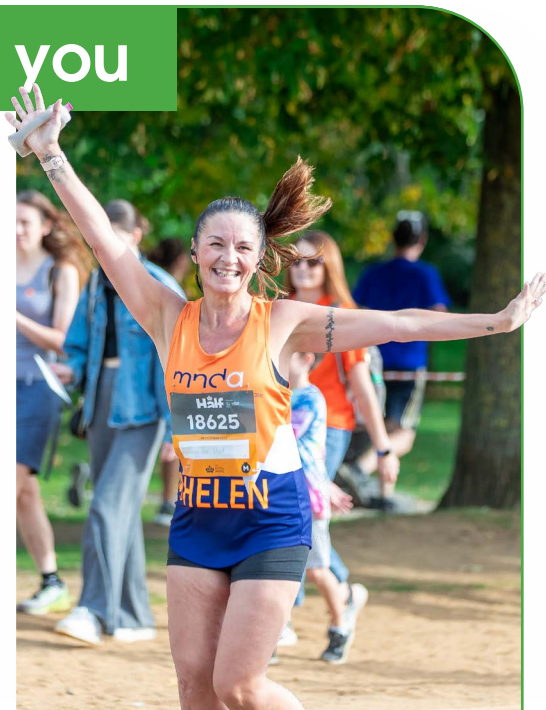
1 September 2024

www.mndassociation.org/cardiff10k

Royal Parks Half Marathon

13 October 2024

www.mndassociation.org/royalparks



Cycle London to Paris

Dates: June and September 2024

Option A: £125 registration fee + £1790 minimum sponsorship

Option B: £125 registration fee + £895 self funded

Take on this four-day cycling adventure all the way from London to the spectacular finish line at the Eiffel Tower in Paris. A tough but extremely rewarding challenge that is fully supported by the Global Adventure event crew.

www.mndassociation.org/l2p



"The ride was well organised with great logistics and mechanical support. It's worth training properly to get the most out of it and enjoy the magnificent French roads. I hope my support will help in some small way to find a cure or better ways to improve life for MND sufferers."

Neil Hastle, #TeamMND London to Paris finisher 2023

Fundraise your way

Spring has arrived which brings lots more opportunities to fundraise outside! Check out some of our ideas below.

Host a car boot sale: a great opportunity to have a clear out and raise some extra pennies to support people living with and affected by MND.

Organise a golf competition: get your golf buddies together for a day on the green!

Car wash for cash: offer to wash your friends or neighbours' cars in exchange for a small donation.

Whatever you choose to do, we'd love to hear about it so we can support your fundraising. Register your event by visiting www.mndassociation.org/fyw



Take the plunge

"Such a lovely event! The views were just incredible, and I loved every second. I'm so pleased with the money I raised to help people with MND."

*Ellie Pedrick,
#TeamMND Great
North Swimmer 2023*



Or join us for our virtual swimming challenge this May! Sign up to swim 6k throughout the month and receive a free #TeamMND tshirt and swimming cap.
www.mndassociation.org/swim6k

Great North Swim

Date: 7-9 June 2024

Registration fee: £15 £10 with the discount code 'eventsdiary'

Minimum sponsorship: £195

Join our Great North Swim squad in the Lake District this June for the one-mile swim across Lake Windermere. Suitable for swimmers of all abilities, you'll soak up the great festival atmosphere and stunning scenery at the UK's biggest open water swimming event.

www.mndassociation.org/greatnorthswim

Your support makes a big difference

Rosie fundraises in memory of her dad who died from MND last August, because she wants other families to receive the same support they did. Rosie told us:

"One of my dad's greatest loves in life was football, specifically the Wolverhampton Wanderers. When we were struggling financially the MND

Association paid for BT Sport and Sky Sport for a whole year. This made a huge difference to my dad and his quality of life. It's such a small action but made such an impact on him."

Rosie Wotherspoon, #TeamMND fundraiser



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

 [mndassociation](https://www.facebook.com/mndassociation)

 [mndassoc](https://twitter.com/mndassoc)

 [mndassoc](https://www.instagram.com/mndassoc)

Francis Crick House
6 Summerhouse Road
Moulton Park
Northampton, NN3 6BJ

Tel: 01604 611860

Email: fundraising@mndassociation.org

www.mndassociation.org

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

mndconnect
0808 802 6262
mndconnect@mndassociation.org