

Join #TeamMND in 2025



Be part of #TeamMND in 2025

In 2022 I had the heartbreaking job of telling my family and friends that I'd been diagnosed with motor neurone disease (MND). A terminal illness which sees a third of people diagnosed die within a year.

Since then, my family, friends and even my local community have been amazing. My diagnosis hasn't just affected me, it's affected them too. It hit us all like a tonne of bricks.

But, the MND Association have been there for all of us. From providing me with a stairlift so my son doesn't have to struggle getting me up the stairs to bed. To supporting me to bank my voice, giving my sister the reassurance that we can always have our chats. And even helping me take part in research trials that give us all a little bit of hope for the future.

*That holistic support is only possible thanks to fundraisers. **Please, get involved and join #TeamMND for an event this year.** The money you raise really will make a difference. Not just for people diagnosed with MND, but everyone they love too.*

Thank you

Debbie



Join #TeamMND in Cardiff

SMASHED IT!

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#TeamMND

mnda
motor neurone disease
association

*Use code
eventsdiary
for
£5 discount

Date: 5 October 2025

Registration fee: £15*

Minimum sponsorship: £250

Experience the energy of Wales' largest multi-charity event. From world-class athletes to first-time marathoners, join over 27,500 runners. Sign up today and make a difference for the MND community.

www.mndassociation.org/cardiffhalf



"I think it's the best half marathon in Britain, not just Wales. The support you get from the MND Association as a whole, before the race, in the run up to it, and also on the day and on the weekend, is fantastic."

Kate, Cardiff Half Marathon participant

Run for Rob

*Use code
eventsdiary
for
£5 off these
events!



Look out for
more accessible
ways to join the
event weekend
coming soon!

Rob Burrow Leeds Marathon

11 May 2025

Registration fee: £30*

Minimum sponsorship: £450

The third Rob Burrow Leeds Marathon will be the most poignant yet following the sad death of our patron last year. Join #TeamMND as we turn Leeds blue and orange for the day; a community united to remember Rob and bring us a step closer to a world free from MND.

www.mndassociation.org/runforrob

Leeds Half Marathon

11 May 2025

Registration fee: £15*

Minimum sponsorship: £250

If a full marathon isn't your ideal distance, you can opt for the Leeds Half Marathon on the same day. It's a great way to challenge yourself and enjoy the excitement of our biggest event of the year!

www.mndassociation.org/leedshalf

Take the leap against MND

Registration fee: £70

Minimum sponsorship: £495

Join #TeamMND and take to the skies in 2025 for an exhilarating, unforgettable experience! Available at 18 UK airfields year-round, a skydive is more than just a thrill – it's a way to support those affected by MND.

www.mndassociation.org/skydive



“We were so lucky to be able to do the skydive with an amazing group of people and the support from family and friends was great. It was inspiring to see people with MND doing the skydive, particularly as they were nowhere near as nervous as we were!”

Victoria, #TeamMND skydiver

Trek with #TeamMND

Take on one of our exciting partner challenges in 2025 and enjoy 50% off your registration fee when you choose the charity sponsorship option! Whether you walk, jog, or run, you can set your own pace and tackle a distance that suits you—anywhere from 10km to a full 100km!

Easter 50 Challenge

12 May 2025

Registration fee: From £10

Minimum sponsorship: From £100

Starting from the Windsor Racecourse base camp, you'll join 1,500 fellow adventurers on a scenic loop through the stunning Great Park, with views of Windsor Castle, the historic Runnymede, and stretches along the Thames Path.

Whether you're a seasoned hiker or new to long-distance walking, this challenge has something for everyone.

www.mndassociation.org/easter50

Peak District Challenge

28- 29 June 2025

Registration fee: From £10

Minimum sponsorship: From £100

Join over 3000 participants and take on the breathtaking Peak District challenge. With routes from 10km to 100km, you can decide the distance that suits you.

www.mndassociation.org/peakdistrict

"I loved doing this challenge! Yes, it was tough, but I'm so glad I did it. I felt a huge sense of pride putting on my MND t-shirt, I really felt 'one of the team'. It's a super walk to do - at no point did I feel too slow or lost or out of my depth, it was so well organised."

Joanne, Peak District Challenge finisher



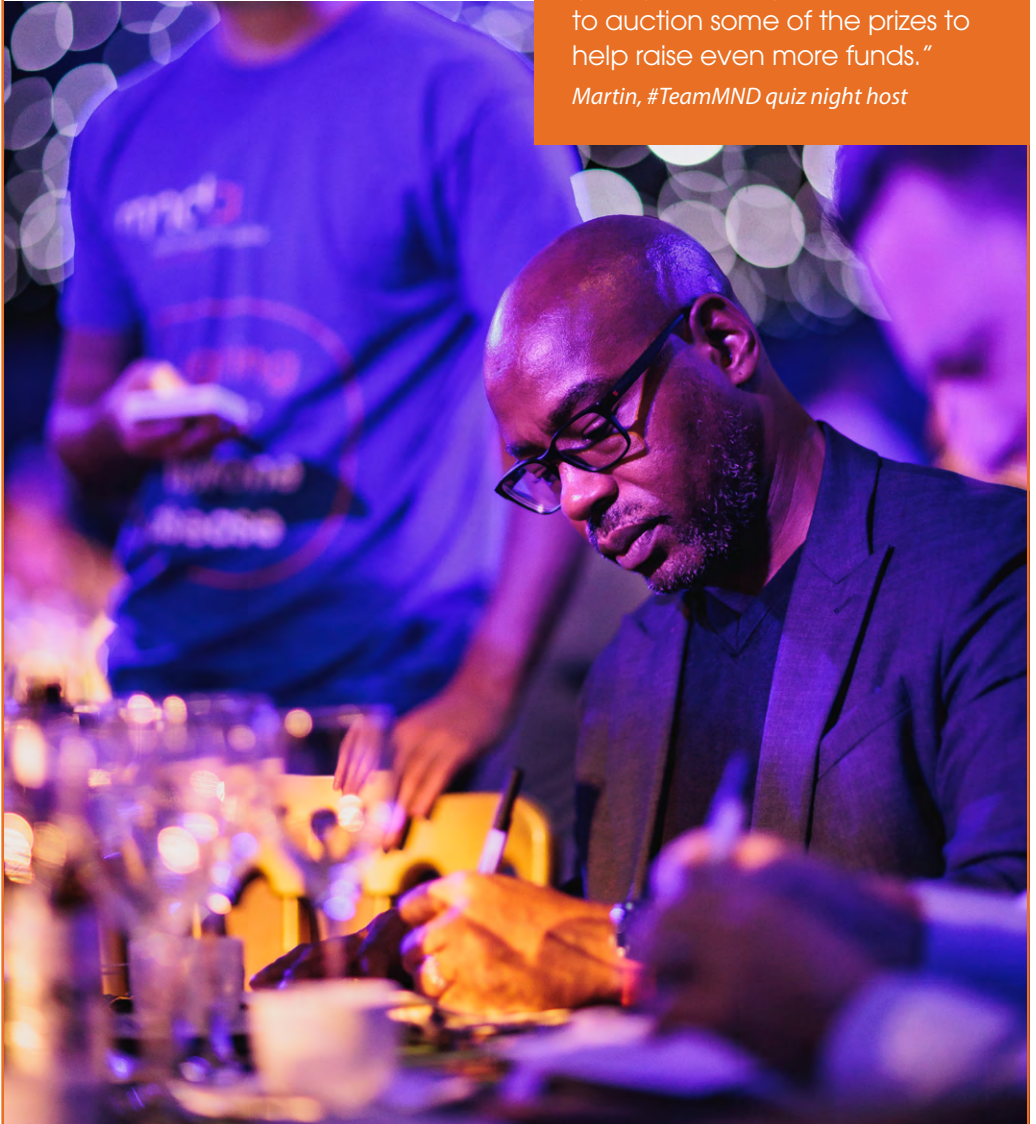
Organise a quiz night

Looking for some inspiration for your next fundraising event? How about hosting a quiz night! It's a fun and engaging way to bring people together, test everyone's knowledge, and raise funds for a great cause.

www.mndassociation.org/quiz

"We did a lot of advertising for the quiz night and had some fantastic raffle prizes from local businesses. With the help of Andy (the quiz master) we decided to auction some of the prizes to help raise even more funds."

Martin, #TeamMND quiz night host



Your support makes a big difference



"If anyone is thinking of organising a fundraising event, I would say just do it. So many people wanted to support MND; I was bowled over by the responses we had for help and support from the local community. It brought so many people together for a great cause. There were some great memories made that night!"

Carolyn organised a charity night, to show her support for her friend Dianne who is living with MND.



Visit mndassociation.org/fundraisingevents 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)

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

mndconnect
0808 802 6262
mndconnect@mndassociation.org

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REGULATOR**