

Join us and fight motor neurone disease



How to put the fun in fundraising!

Want to try something different for your next fundraising challenge? The Inflatable event series is available nationwide with distances starting at 2.5km, a great event for all the family. Find out more by visiting our regional running hub www.mndassociation.org/rr

Martin took on the inflatable 15K in Brands Hatch, an event which involves bouncing your way through a series of inflatable obstacles!



“Such an amazing way to fundraise while having fun too. I chose the MND Association as I have previously raised funds when Penny’s Uncle was still with us. This time it was done in his memory.”

Martin Wright, Inflatable participant

Epic London to Paris Cycle

Cycle 311 miles in 4 days from London to Paris. Ride through scenic countryside, cross the Channel, and finish at the Eiffel Tower via the Champs-Élysées. Ride with purpose. Ride with #TeamMND!

Date: Various dates

Registration fee: From £149

Minimum sponsorship: £1,900

www.mndassociation.org/l2p



“There were so many epic moments on the trip, but it was hard to beat the Paris arrival on a Spring blue-sky day with a police escort (accidental, of course, but we pretended otherwise!) In short, an unbelievable experience.”

Andrew Stott, London to Paris cyclist

Host a cricket day with a difference

Whether you're hiring a cricket pitch or setting up in your local park, gather friends, colleagues, or local businesses for a fun-filled cricket fundraiser in support of the MND Association. Simply register to receive your free fundraising pack and t-shirt, promote your event, and sell tickets - it's that easy to get involved with #TeamMND!

<https://www.mndassociation.org/cricket>

Tom, James and Charlie had a great time during their cricket challenge, honouring their Grandad and raising money and awareness for families facing MND.



Trek around London this September

Take on a unique adventure through the heart of the Capital, with unforgettable views of London's iconic skyline. Starting at Putney Bridge, you'll head east across 16 historic bridges, on a scenic journey through the city. Along the way, enjoy well-placed rest stops with refreshments, and celebrate your achievement with a meal and bar at the finish line, plus a well-earned medal and certificate.

25km and 10km routes available.
Walk solo or as part of a team.

Date: Saturday 13 September 2025

Registration fee: From £20

Minimum sponsorship: From £70

www.mndassociation.org/thamesbridges



"We chose the Thames Bridges Trek because it was walking only - neither of us are runners! We loved walking across London, seeing the sights, but also parts that we've not seen before!"

Jane Jacob, Trek participant

Ready, Set, Yorkshire!

Join #TeamMND for the Yorkshire Marathon and run through the beautiful city of York! Whether it's your first marathon or you're chasing your next PB, you'll be joining thousands of runners on this fast and flat course loved by many.

Date: 19 October 2025

Registration fee: £30

Minimum sponsorship: £350

<http://www.mndassociation.org/yorkshire-marathon/>



Every round played, mile covered, and event hosted, whether it's cricket, quiz night, or your own unique idea, brings us closer to a world free from MND. However you choose to fundraise, your support makes a real difference. Thanks to the incredible efforts of our fundraisers, the MND Association can continue funding vital research, supporting people living with MND, and campaigning for better care and awareness.



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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