

# Join us and fight motor neurone disease



# Be part of #TeamMND this January



My husband, Shawn, was diagnosed with motor neurone disease (MND) in September 2024. Today, six more people will receive the same devastating diagnosis, a terminal illness in which a third of those affected die within just one year.

Following Shawn's MND diagnosis, life changed dramatically for both of us. I stepped into the role of carer, and it was my honour to look after Shawn every single day with love and compassion. Sadly, Shawn died in October.

The MND Association has been there for Shawn, for me, and for our families every step of the way. They provided Shawn with specialist care equipment that made it easier

for me to support him and gave us access to grants including cost of living and quality of life support funds, giving us the reassurance that our finances were one less thing to worry about at a time when all I wanted was to be there for him.

That support is only possible thanks to fundraisers like you. Please get involved and join #TeamMND for an event this year. The money you raise really does make a difference, not just for people diagnosed with MND, but for everyone who loves them too.

Thank you,

*Marcia*

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 [www.mndassociation.org/fundraising](http://www.mndassociation.org/fundraising) to find out more ways to get involved and support the fight against MND

# Run for Rob – The spirit of the Leeds Marathon

**Date: Sunday 10 May**

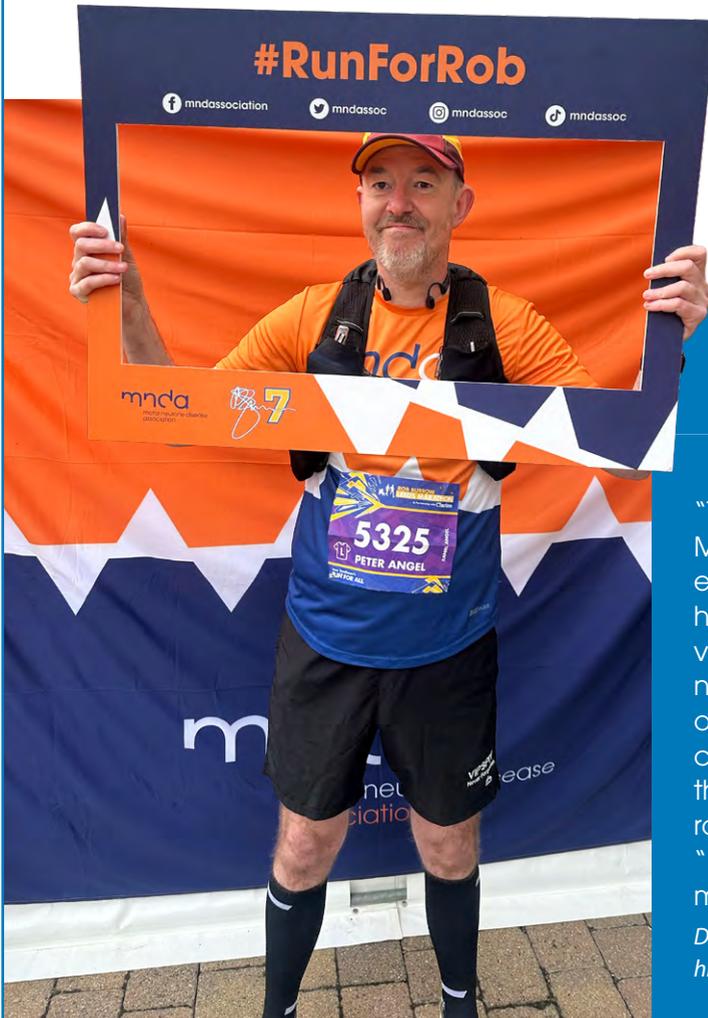
**Registration fee: £30**

**Minimum sponsorship: £450**

Join the incredible atmosphere of the Rob Burrow Leeds Marathon, from the moment you hit the start line, you'll feel the energy of

thousands of runners and the encouraging crowd, making this an event not to be missed! Not running? You can still be part of it! Volunteer or cheer from the sidelines and help power every runner to the finish line.

**[www.mndassociation.org/runforrob](http://www.mndassociation.org/runforrob)**



"The Rob Burrow Leeds Marathon is a special event. It is where my heart lies. I ran in my vest with my Dad's name, rather than my own. That way they cheer him on rather than me. Last time I ran it, the cheers for "Peter" were what got me over the line"

*Daniel Angel ran in memory of his Dad and raised over £2,700*

# London at its best: The scenic Royal Parks Half Marathon

**Date: Sunday 11 October**

**Registration fee: £35**

**Minimum sponsorship: £395**

Experience the magic of London like never before at the Royal Parks Half Marathon, a 13.1-mile journey through the heart of the capital. This stunning central London race takes runners past some of the city's most iconic landmarks, along closed roads, and through four of London's eight Royal Parks: Hyde Park, Green Park, St James's Park, and Kensington Gardens.

From the very start, you'll be swept up in the atmosphere with the cheering crowds, the autumn colours, and the buzz of running through historic streets that are normally packed with traffic.

[www.mndassociation.org/royalparks](http://www.mndassociation.org/royalparks)

"I was fortunate enough to be able to take part in the Royal Parks Half Marathon. Running past such amazing London landmarks, and with others fundraising for their own brilliant causes, was an inspiration. I can't wait to do it all again."

*Niall O'Reilly ran in memory of his Mum and Grandad and raised over £2,265*



# Get creative, raise funds your way!



Hallamshire Rugby Club

Looking for inspiration for your next fundraising event? No matter your passion, every event helps raise vital funds and awareness for people living with and affected by MND. Whether it's through art, sport, music or something completely your own, there are so many ways to make a difference.

For some, fundraising means getting creative—like Adrian, who turned his love of art into a colourful exhibition that raised £2,911 in memory of his son. “Painting has been therapeutic for me. I was delighted the exhibition raised money in Jonty’s memory and so grateful for all the support. It meant so much to have Kevin Sinfield visit too.”

For others, it’s all about team spirit, like the Hallamshire RUFC crew, who pulled on their boots and brought four teams together for an action-packed day of rugby, raising an incredible £8,244 for the cause. “The atmosphere was incredible; everyone was in such high spirits. It was one of the best days of my life. If you’re thinking about organising something similar, do it! With the right support, you’ll be amazed at what you can achieve.”  
*Hallamshire RUFC President.*

Every round played, mile covered, and event hosted, whether it’s cricket, a 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.

[www.mndassociation.org/fyw](http://www.mndassociation.org/fyw)



Adrian Lord, artist



"I decided to do the skydive because it was something I've always dreamed of doing and I thought it would be a good opportunity to raise awareness about MND to remember my grandpa and do something big in his memory."

*Emily Moorcroft and instructor taking on the sky dive*



## Ready, Set...Skydive!

**Date: Various**

**Registration fee: £70**

**Minimum sponsorship: £495**

Ready to feel truly alive? A skydive is the ultimate adrenaline rush, a heart-racing freefall followed by the calm, breathtaking beauty of gliding through the sky. With 18 airfields across the UK and flexible dates all year round, it's never been easier to tick this off your bucket list.

**[www.mndassociation.org/skydive](http://www.mndassociation.org/skydive)**

# Journey along the Jurassic Coast

**Date: Saturday 16 – Sunday 17 May**

**Registration fee: From £10**

**Minimum sponsorship: From £100**

If you crave to be where the sky meets the sea, the Jurassic Coast Challenge is for you! Trek a distance that suits you from Corfe Castle through stunning coastal landmarks like Lulworth Cove, Durdle Door and Chesil Beach, with breathtaking views at every turn. It's the perfect mix of challenge, scenery and achievement, an unforgettable day you'll want to keep talking about.

Join as an individual or as a team; even take on the Ultra TRAILBLAZERZ® 'Time Goal' and win a special medal. With plenty of food and drink, a finisher's medal and T-Shirt, and post-race celebration – and a great sense of achievement!

[www.mndassociation.org/jurassic](http://www.mndassociation.org/jurassic)

"I'm incredibly proud to have completed 42.5 km and to have received my ultramarathon medal. I know my mum would be proud of my determination and strength. But more than anything, I'm thankful for the opportunity to raise awareness about MND."

*Claire Hicklin, Jurassic Coast participant raised over £2,410 doing her challenge!*



# Take on a brand new trek this Global MND Awareness Day

**Date: Saturday 20 -  
Sunday 21 June**

**Registration fee: From £20**

**Minimum sponsorship: From £100**

**NEW FOR 2026!** Take on an unforgettable adventure for Global MND Awareness Day! Walk, jog, or run from 10 miles to 100km, starting at Scarborough basecamp and enjoying Yorkshire's stunning coastline and moorland trails through Robin Hood's Bay, Whitby, and the Esk Valley. The perfect challenge to take on solo or gather a team and make every step count.

With 50km, 25km & 10-mile options also available, there's a challenge for everyone!

[www.mndassociation.org/northyorks](http://www.mndassociation.org/northyorks)



Visit [mndassociation.org/fundraisingevents](http://mndassociation.org/fundraisingevents) to find out more ways to get involved and support the fight against MND

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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](mailto:mndconnect@mndassociation.org)

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