

# Join us and fight motor neurone disease



# Embrace the mud

**Date:** Various dates

**Registration Fee:** £40

**Minimum sponsorship:** £250

Take on the ultimate challenge and test your limits by conquering a Tough Mudder course near you. Aim for a 5K mud run or a 15K endurance challenge and feel the excitement of completing it solo or with a group.

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



*"We decided to take on the Tough Mudder challenge to raise money for MND. It seemed like the perfect way to come together as a family to commemorate the life of our brother and uncle, Gideon."*

*Bill completed the challenge with his daughters, Emma and Helen.*



# Organise a golf day

Spend a day on the green whilst making a difference! A charity golf day can bring together friends, colleagues and businesses to raise funds for the fight against MND. Spring is an ideal time to hit the fairways - book a course, plan your format, and add fundraising extras like raffles or sponsored holes. Many clubs also offer charity discounts and special rates too!

**Golf not your thing? Check out our A-Z of fundraising ideas for inspiration and we'll support you every step of the way.**

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





# Take on the Leeds 10K

**Date: 15 June 2025**

**Registration Fee: £10**

**Minimum sponsorship: £125**

Whether you're a seasoned runner or a first timer, join #TeamMND for a 10km route which takes in many of the city's landmarks. Home to rugby league team, Leeds Rhinos, the atmosphere along with the enthusiastic crowds make it a day to remember!

**[www.mndassociation.org/leeds10k](http://www.mndassociation.org/leeds10k)**



"The MND Association have given us so much support over the years, we wanted to give back as much as we possibly can. One day, I'd like to see a cure for the illness."

*Team Luty ran in memory of Elena's Dad, David, who had MND.*

# Trek around London this Summer

**Date: 23 August 2025**

**Registration fee: From £20**

**Minimum sponsorship: From £240**

Spend the bank holiday weekend exploring some of the Capital's lesser known historical areas. You'll be guided along the Thames's eastern section with signposted routes, full support along the way and a BBQ, bar and music at the finish!

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



**10, 25 or 50km routes available. Walk solo or as part of a team.**

# Take on a journey to the coast

**Date: 14 September 2025**

**Registration fee: From £55**

**Minimum sponsorship:  
As much as you can raise!**

Cycle your way from London to Brighton and help support people living with MND. You'll join over 4,000 cyclists on this 55 mile challenge which takes you from the heart of the Capital, through the Surrey and Sussex countryside, all the way to the iconic Brighton seafront.

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



We've got lots of events coming up where you can contribute and lend a helping hand. Register your interest to volunteer at one of our upcoming events!

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



Visit [mndassociation.org/fundraisingevents](http://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)

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

Tel: 01604 611860

Email: [fundraising@mndassociation.org](mailto:fundraising@mndassociation.org)

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

Registered charity no. 294354 © MND Association 2025

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)



Registered with  
**FUNDRAISING  
REGULATOR**