

A photograph of two young women smiling and hugging. They are wearing orange t-shirts. The woman on the right has an orange ribbon on her cheek and some glitter. The woman on the left also has some glitter on her cheek. The background is a blurred outdoor setting.

2023 fundraising

Run, walk, roll,
skydive and more
to stop MS

MSWalk



Registered with
**FUNDRAISING
REGULATOR**

Multiple Sclerosis Society. Registered charity nos 1139257/SC041990.
Registered as a limited company in England and Wales 07451571



Take on a challenge in 2023 to stop MS

Want to have fun and raise money for a good cause? Look no further, check out our handy fundraising and events guide.

We've got something for everyone – whether you're looking to test your limits, try something new or get fit. Take on a new challenge, organise your own event or fundraise in your community.

What's more, you'll meet new people and have a great time while making a real difference to the lives of people living with MS.

Everyone's a winner!

▶ Let's stop MS together

All event dates are correct at time of going to print, but may be subject to change.



Run to stop MS

Around 130,000 people in the UK have MS. Your fundraising can support them.

Last year our MS Superstars raised over £1,000,000 by getting their running shoes on. Get fit, have fun and raise money to stop MS.

Find a run near you in 2023

London Landmarks Half Marathon, Sunday 2 April

Brighton Marathon, Sunday 2 April

London Marathon, Sunday 23 April

Belfast Marathon, Sunday 30 April

The May 50k, Monday 1 May - Wednesday 31 May

Walk, run or roll 50k in May. Wherever you live, whatever your fitness level, you can decide when, where and how you'll complete your 50k. You can do it by yourself, as part of a virtual team with friends, family or work colleagues.

Edinburgh Marathon Festival, Sunday 28 May

Great North Run, Sunday 10 September

Berlin Marathon, Sunday 24 September

Scottish Half Marathon, Sunday 24 September

Scottish 10k, Sunday 24 September

Cardiff Half Marathon, Sunday 1 October

Run Bournemouth Weekend, Saturday 7 - Sunday 8 October

 mssociety.org.uk/running

Walk, roll or stroll to stop MS

Sign up for one of our family friendly and accessible walks and raise funds for life-changing MS research.



 mssociety.org.uk/ms-walk



My MS Walk

Do it your way with My MS Walk and raise life-changing funds for MS research!

There are loads of ways to get involved in **My MS Walk** in 2023.

Join us for **My MS Walk – Challenge 28** in February and walk, roll or stroll for 28 minutes a day to get moving, raise money and help stop MS.

If you love dogs, then sign up for **My MS Woof** in October to give your walkies purpose. Challenge yourself and your four-legged friend to walk 130km throughout October to represent the 130,000 people living with MS in the UK.

You can also organise your own **My MS Walk** event and bring your friends, family and colleagues together to support vital MS research.

Whether you need advice, inspiration or fundraising resources, we're here to support you every step of the way.



[mssociety.org.uk/
my-ms-walk](https://mssociety.org.uk/my-ms-walk)

Other Walking Events

Take on a UK walking challenge with a choice of **100km, 50km or 25km** options

My MS Walk - Challenge 28

Wednesday 1 February -
Tuesday 28 February

The May 50k

Monday 1 May -
Wednesday 31 May

Easter 50 Challenge

Saturday 1 April

Jurassic Coast Challenge

Saturday 13 - Sunday 14
May

London 2 Brighton Challenge

Saturday 27 - Sunday 28
May

Lake District Challenge

Saturday 10 - Sunday 11
June

Cotswold Way Challenge

Saturday 24 - Sunday 25
June

Peak District Challenge

Saturday 8 - Sunday 9 July

North Downs 50 Challenge

Saturday 22 July

South West Coast 50 Challenge

Saturday 5 August

South Coast Challenge

Saturday 2 - Sunday 3
September

Thames Path Challenge

Saturday 9 - Sunday 10
September

Thames Bridges Trek

Saturday 9 September

Chiltern 50 Challenge

Saturday 23 September

My MS Woof

Sunday 1 October - Tuesday
31 October

[▶ mssociety.org.uk/walking](https://mssociety.org.uk/walking)

Fancy something different

Ben Nevis Night Hike

Saturday 19 - Sunday 20 August

Climb Ben Nevis overnight and experience the beauty of a sunrise over the Scottish Highlands.

Kiltwalks

Throw on some tartan and head for the glorious Scottish countryside!

Expect plenty of fun and a backdrop of some of Scotland's beautiful scenery. You've got three distances to choose from:

The Wee Wander
(approx. 6 miles)

The Big Stroll
(approx. 13 miles)

The Mighty Stride
(approx. 26 miles)

With locations across Scotland:

Glasgow, Sunday 30 April
Aberdeen, Sunday 4 June

Dundee, Sunday 20 August
Edinburgh, Sunday 17 September

 mssociety.org.uk/walking

10in10 Challenge

The 10in10 challenge was created by Yvonne Booth, after her husband Duncan was diagnosed with MS in 2010.



10in10 Challenge

Saturday 17 June

10 Lake District peaks in 10 hours



Family 5in5 Challenge

Saturday 17 June

5 Lake District peaks in 5 hours

 [Sign up at 10in10.org.uk](https://10in10.org.uk)





Cycle to stop MS

Ride London, Sunday 28 May

Join us for this 100 mile closed road event made famous by the 2012 Olympic Road Race.

Round the Harbours, Saturday 15 July

Join us for 32 or 54 miles of sea air, historic harbour towns and unique cycling routes.

Bike the UK for MS

Cross country bicycle trips for MS research and awareness organised by our supporters in aid of the MS Society.

Land's End to John O'Groats, Saturday 8 - Saturday 22 July

North Coast 500, Saturday 29 July - Saturday 5 August

Sea to Sea, Saturday 19 August

North Coast 500, Saturday 2 - Saturday 9 September

London to Brighton Cycle, Sunday 10 September

This fantastic cycle starts in Clapham Common, South London and ends on the beautiful Brighton seafront.

 mssociety.org.uk/cycling

Skydive to stop MS

The Big Leap

Sunday 28 May

Experience the thrill of skydiving from up to 10,000 feet and free-falling at over 120 mph. Take on the Big Leap at one of the 17 locations below:

- Auchterarder, Perthshire
- Brackley, Northants
- Bridlington, Yorkshire
- Brigg, Lincolnshire
- Durham
- Errol, Perth
- Grange Over Sands, Cumbria
- Honiton, Devon
- Lancaster, Lancashire
- Netheravon, Salisbury
- Norwich, Norfolk
- Nottingham, Midlands
- Old Sarum, Salisbury
- Peterborough, Cambridgeshire
- St Andrews, Fife
- Swansea, Glamorgan
- Maidstone, Kent

There are more places available at Maidstone on Saturday 27 May as places at this airfield sell out quickly.



Pick your
own date
to Skydive

Our partners Skyline Parachuting offer you the opportunity to jump at an airfield of your choice across the UK, on a date that suits you. Check out our website for more details.

mssociety.org.uk/skydive

Zip It to stop MS

Experience the closest thing to flying as you zip through the air on one of our ziplines in stunning locations throughout the country.

Check out our website for latest dates and information.

▶ mssociety.org.uk/adrenaline



Fundraise your own way

My MS Fundraiser

There are loads of other ways you can fundraise to help power our research, from holding a quiz to shaving off your hair.

For advice, ideas, inspiration and support contact your local Fundraising Manager at fundraising@mssociety.org.uk and let them know what you are planning so they can support you every step of the way.

Get in touch with our team for more information:

0300 500 8084

fundraising@mssociety.org.uk

▶ mssociety.org.uk/fundraise



Join our MS Superstars Team!

When you take on a challenge or fundraising activity for us you become a member of our MS Superstars Team.

You'll become part of something much bigger, where we support and challenge one another through amazing personal challenges.

Our Community and Events Team will always be on hand to answer any questions you have and help you get your fundraising challenge underway.

Whether you're running a marathon, climbing a mountain, skydiving or hosting a quiz, we're here to support you every step of the way!

MS Superstar VIP package

When you fundraise with us we'll send you:

- an MS Society running vest, t-shirt or cycling jersey to make you look the part on the day
- a welcome pack crammed with fundraising tips and materials to help you reach your goal
- personal support from our dedicated Community and Events Team to help you achieve your goals
- cheer packs and materials for you and your supporters, so you can turn your challenge or event orange!

Tell us about your challenge or fundraising event!

Got your own place or organising you own event? Don't forget to tell us about what you are doing and you too can become a part of our MS Superstars team.

Email us at fundraising@mssociety.org.uk

Give in other ways

There are lots of ways to fundraise to stop MS, and some of them won't cost you a penny. Explore other ways to give such as playing our weekly lottery, fundraising at your birthday, wedding or special occasion or even donating your old car!

Search 'give in other ways' on our website to find out more.

For general information and support:

Our free MS Helpline **0808 800 8000**
(9am-9pm on Monday, 9am-7pm from
Tuesday to Friday, closed bank holidays)

helpline@mssociety.org.uk
mssociety.org.uk



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