

2024 fundraising

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



MS Society



Take on a challenge in 2024 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 2024

London Landmarks Half Marathon, Sunday 7 April

Brighton Marathon, Sunday 7 April

London Marathon, Sunday 21 April

Belfast Marathon, Sunday 5 May

The May 50k, Wednesday 1 May - Friday 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, Saturday 25 - Sunday 26 May

Scottish Half Marathon, Sunday 18 August

Scottish 10k, Sunday 18 August

Great North Run, Sunday 8 September

Berlin Marathon, Sunday 29 September

Cardiff Half Marathon, Sunday 6 October

Run Bournemouth Weekend, Saturday 12 - Sunday 13 October

Royal Parks Half Marathon, Sunday 13 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 2024.

Join us for **My MS Walk – Challenge 29** in February and walk, roll or stroll for 29 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.



Other Walking Events

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

My MS Walk - Challenge 29

Thursday 1 February -
Thursday 29 February

The May 50k

Wednesday 1 May -
Friday 31 May

Easter 50 Challenge

Saturday 6 April

Jurassic Coast Challenge

Saturday 18 - Sunday 19
May

London 2 Brighton Challenge

Saturday 25 - Sunday 26
May

Lake District Challenge

Saturday 8 - Sunday 9 June

Cotswold Way Challenge

Saturday 22 - Sunday 23
June

Peak District Challenge

Saturday 6 - Sunday 7 July

North Downs 50 Challenge

Saturday 20 July

South West Coast 50 Challenge

Saturday 3 August

South Coast Challenge

Saturday 7 - Sunday 8
September

Thames Path Challenge

Saturday 14 - Sunday 15
September

Thames Bridges Trek

Saturday 14 September

Chiltern 50 Challenge

Saturday 28 September

My MS Woof

Tuesday 1 October -
Thursday 31 October

 mssociety.org.uk/walking

Fancy something different

7 in 7 Challenge

Edinburgh, Saturday 24 August

Challenge yourself to a tough 35km walk that includes 900m of ascents around Edinburgh.

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 28 April

Dundee, Sunday 11 August

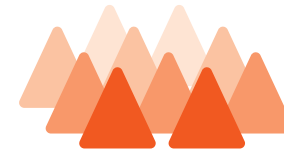
Aberdeen, Sunday 2 June

Edinburgh, Sunday 15 September

 mssociety.org.uk/walking

10in10 Challenge

The 10in10 challenge was created by MS Society supporter Yvonne Booth, after her husband Duncan was diagnosed with MS in 2010. Challenge yourself to a unique walk in a stunning setting.



10in10 Challenge

Saturday 22 June

10 Lake District peaks
in 10 hours



Family 5in5 Challenge

Saturday 22 June

5 Lake District peaks in 5 hours

 **Sign up at: www.10in10.org.uk**





Cycle to stop MS

Ride London, Sunday 26 May

Join us for this 100 miles closed road event starting and finishing in central London.

Round the Harbours, Saturday 6 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

North Coast 500

Sea to Sea

North Coast 500

London to Brighton Cycle, Sunday 15 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 26 May
Sunday 28 July
Sunday 27 October

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 18 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
- Coleraine, Northern Ireland



mssociety.org.uk/skydive

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.

Adrenaline Events

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.

Glasgow, Saturday 7 September

Glasgow Riverside Museum

Wales, Saturday 8 June & Saturday 7 September

Zip world, Penrhyn Quarry Bethesda



Abseil Aberdeen, Saturday 25 May

Join us for our first ever Aberdeen Abseil event - abseiling 131ft off the summit of the iconic Northern Lights Tower!

Check out our website for latest dates and information.

 mssociety.org.uk/adrenaline

Golf for MS

Are you a keen golfer?

There are loads of ways to get involved and use your passion for greens, bunkers and the fairway to help stop MS.

Sign up to hold a golf day in support of us and we will send you some branded golf balls!

Check out our website to find out more information.



Game over for MS

Grab your controller. Get your game face ready. Get gaming to stop MS.

Stream with your followers, community and friends whilst fundraising at the same time! Get in touch today to find out more by emailing myfundraising@mssociety.org.uk

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 your 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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