

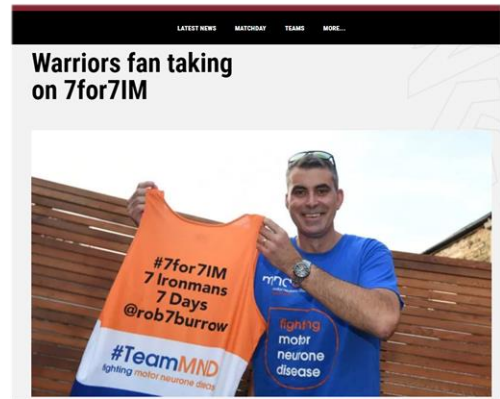


DARE TO DREAM

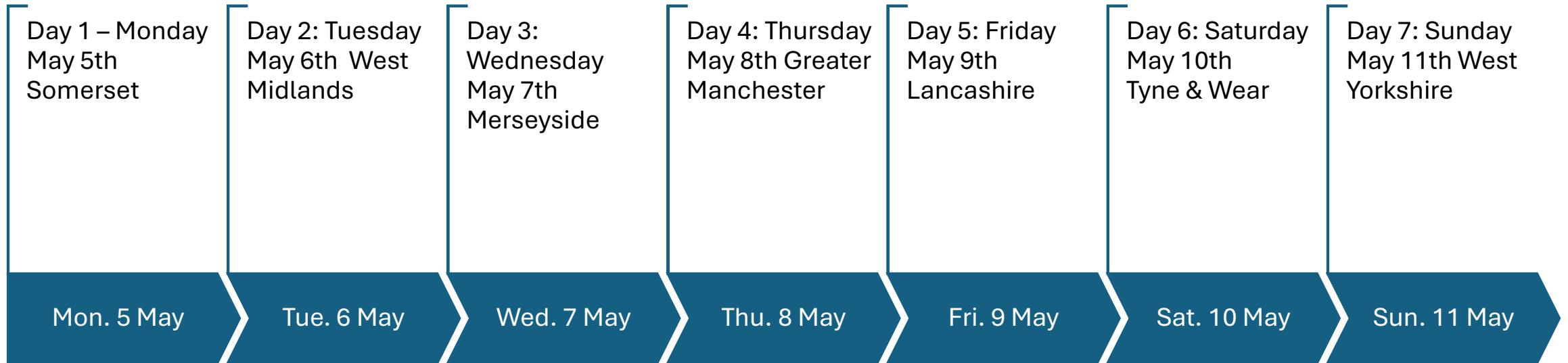
Previously!... 3 Endurance Projects raising £67k for MND 2020 - 23

The Stages of Triathlon 'Impossible'

Broken down into seven stages, Martyn started the challenge in Lake Waldsee, Frankfurt. There, completed the first leg of the challenge, a 7km swim, before jumping on his bike to complete the section of the ride, a 193km ride north to the City of Bonn.



Routes & Detail:





May 5th

Somerset – 9.00am

- Portishead FC Start and Finish
- Clevedon
- Nailsea
- Wraxham



MND 777 Challenge Breakdown

Day 1: Somerset – Monday May 5th

Start 9am – Portishead FC

Bristol Rd, Portishead, Bristol BS20 6QG

6.2 miles:

Strode Way, Clevedon BS21 6QG

13 miles: White Lion

13 Silver St, Nailsea, Bristol BS48 2AQ

18 miles: Wraxhall Village Club

Bristol Rd, Wraxall, Bristol BS48 1LE

21 miles: The Failand Inn

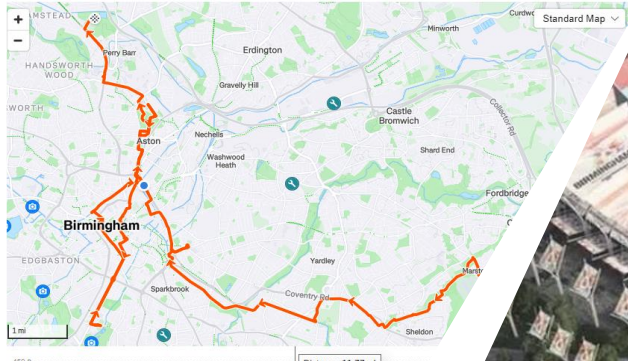
Clevedon Rd, Failand, Bristol BS8 3TU

26.2 miles: Portishead FC

Bristol Rd, Portishead, Bristol BS20 6QG



Route and Elevation



Tuesday May 6th
West Midlands 9am

- Adient Seating UK
- Birmingham City FC
- Aston Villa FC
- Edgbaston Cricket Ground
- Finish at Alexander Stadium, Birmingham



MND777 Challenge Breakdown

Day 2: West Midlands: Tuesday May 6th

Start 9am Adient Seating,
Elmdon Trading Estate, Bickenhill Lane
Birmingham B37 7HQ

5 miles - Smokey Barrells
1741 Coventry Rd, Birmingham B26 1DS

9 miles - Birmingham City
St. Andrews Stadium, Cattell Rd, Birmingham B9 4RL

13 miles - Aston Villa FC
Villa Park, Birmingham B6 6HE

18 miles - Edgbaston Cricket Ground
Edgbaston Rd, Birmingham B5 7QU

26.2 miles - Alexander Stadium (Birchfield Harriers)

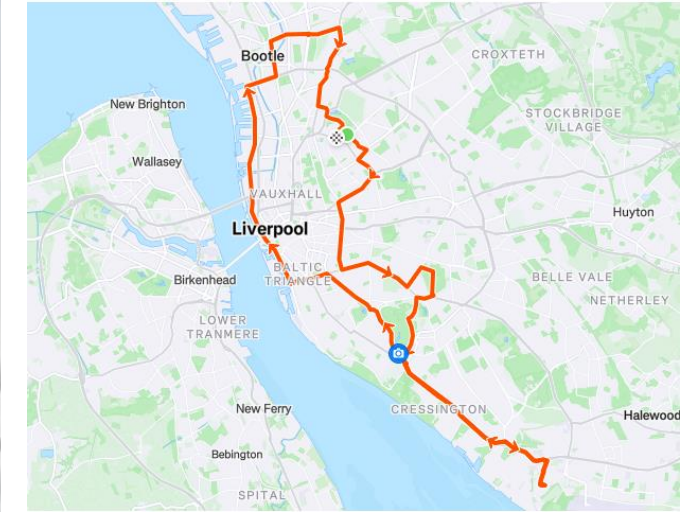


Wednesday May 7th Merseyside – 9am

- Liverpool FC start & finish
- Liverpool Harriers
- Speke
- Penny Lane
- Bramley Dock



nd Elevation



MND777 Challenge Breakdown

Day 3: Merseyside Wednesday May 7th

Start 9am – Liverpool FC,
Anfield Rd, Anfield, Liverpool L4 0TH

5 miles – Liverpool Harriers Running Club
Wellington Rd, Liverpool L15 4LE

10 miles – Adient Seating Liverpool
25 Estuary Blvd, Speke, Liverpool L24 8RF

16 miles – John Lennon Statue,
Penny Ln, Liverpool L18 1LN

20 miles – Everton FC – Bramley Dock

26.2 miles – Liverpool FC



Thursday May 8th Greater Manchester

- Wigan Warriors HQ Start
- Leigh Leopards
- Worsley
- Coronation St & Media City

FRED WORLD CLUB
CHALLENGE 2024



MND777 Challenge Breakdown

Day 4: Greater Manchester

Start 9am – Wigan Warriors HQ,
8a Loire Dr, Wigan WN5 0UH

6 miles – Spinners Arms Pub
649 Atherton Rd, Hindley Green, Wigan WN2 4SQ

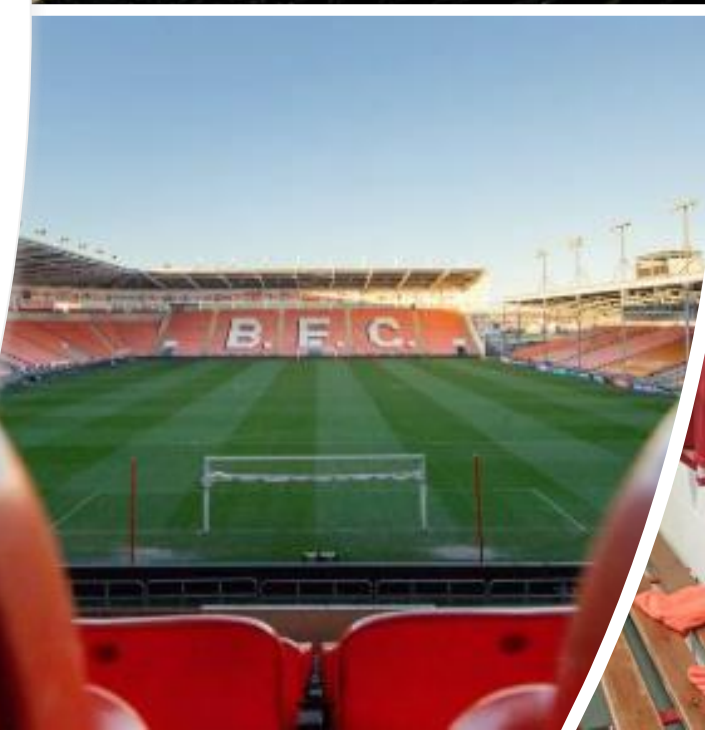
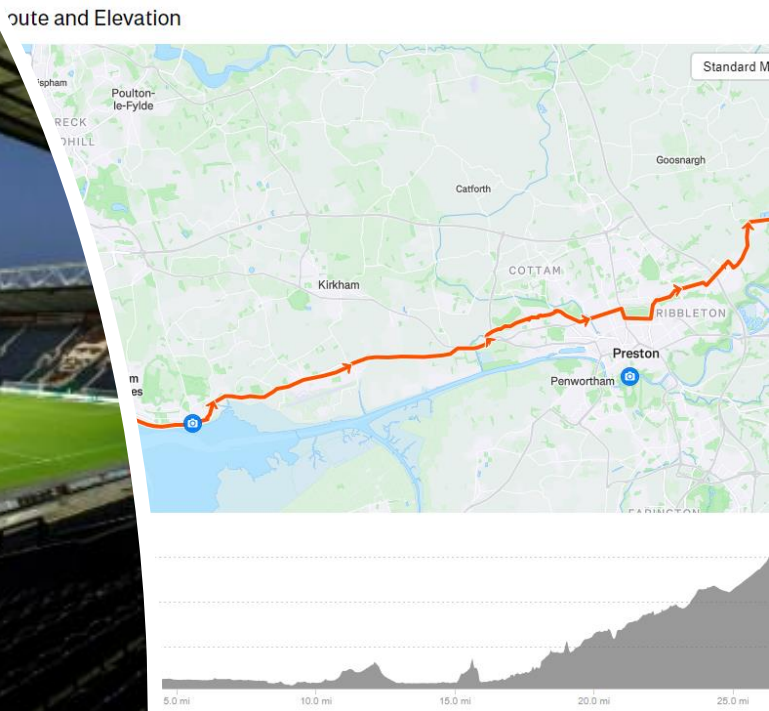
9 miles – Leigh Leopards
Leigh Sports Stadium, Sale Wy, Leigh WN7 4JY

16 miles – The Moorings, Worsley.
2 Quayside Cl, Boothstown, Worsley, Manchester
M28 1YB

26.2 miles – Coronation St, Trafford Park, Stretford,
Manchester M17 1FZ

Friday May 9th Lancashire

- Blackpool FC Start
- Lytham St Annes
- Preston North End
- Longridge FC finish in tribute to George Melling



MND777 Challenge Breakdown

Day 5: Lancashire

Start 9am – Blackpool FC
Bloomfield Rd, Seaside Way, Blackpool FY1 6JJ

6 miles – Fairhaven Lake Café,
Inner Promenade, Lytham Saint Annes FY8 1BD

12 miles – Freckleton Village Hall
17 School Ln, Freckleton, Preston PR4 1PJ

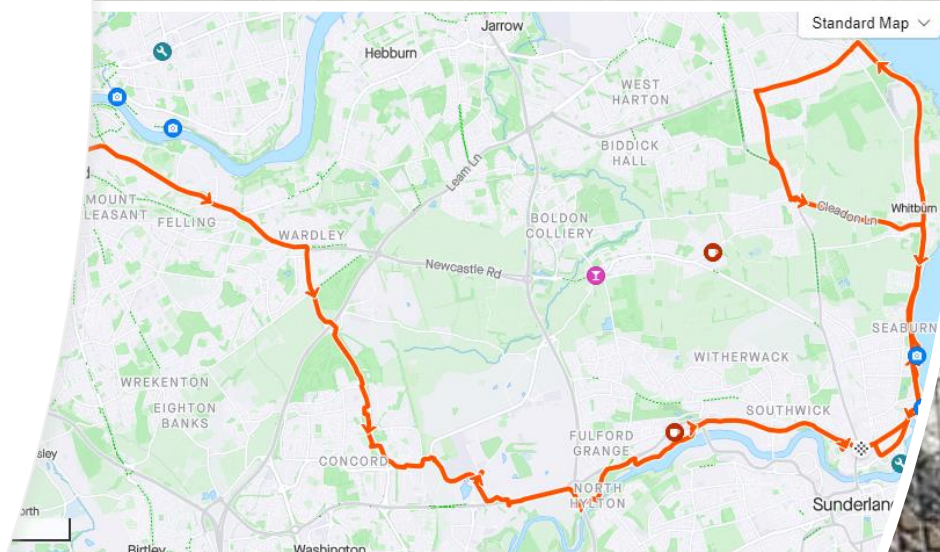
20 miles – Preston North End Football Club
Preston North End Football Club, Sir Tom Finney Way,
Preston PR1 6RU

26.2miles – Longridge FC
Inglewhite Rd, Longridge, Preston PR3 2NA



Saturday May 10th Tyne & Wear

- Newcastle FC Start – St James Park
- Gateshead Stadium
- Seaburn - Coastline
- Whitburn Coastal loop
- Finish at Stadium of Light, Sunderland FC



MND777 Challenge Breakdown

Day 6: Tyne & Wear

Start 9am – Newcastle Utd FC

St James Park, Strawberry Pl, Newcastle upon Tyne
NE1 4ST

2.5 miles – Gateshead International Stadium,
Neilson Rd, Gateshead NE10 0EF

6 miles – Washington FC

Washington NE37 3HR

14 miles – Stadium of Light, Sunderland FC

Stadium of Light, Millenium Way, Monkwearmouth,
Sunderland SR5 1SU

19 miles – Lighthouse Café,

Souter Lighthouse, Coast Rd, Sunderland SR6 7NH

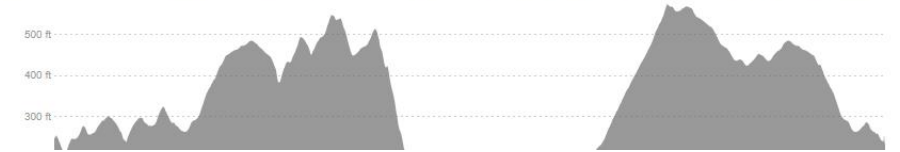
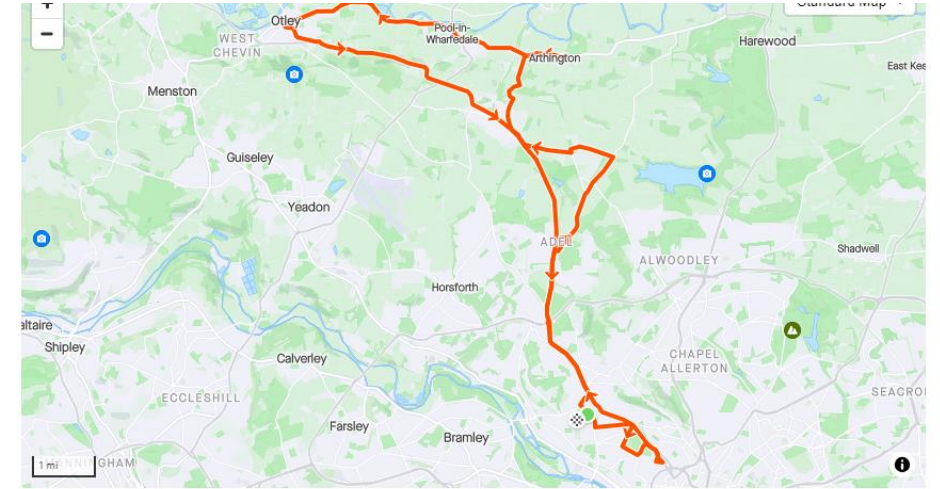
26.2miles -Stadium of Light, Sunderland FC

Stadium of Light, Millenium Way, Monkwearmouth,
Sunderland SR5 1SU



Sunday May 11th West Yorkshire

- 3rd Leeds Rob Burrow Marathon
- TeamFlatt
- Finish at Headingley Stadium



#MND777

7 Marathons | 7 UK Counties | 7 Days

05.05.25 - 11.05.25



THE CHALLENGE...

The MND777 Challenge will unite runners and communities across the UK to support the fight against Motor Neurone Disease. Led by Martyn Clarke (7 for 7IM, Triathlon Impossible) and inspired by the late Rob Burrow, this journey will raise funds for four amazing charities: Leeds Hospitals Charity, the DarbyRimmer Foundation, MND Association (South Lancashire Branch), and the Mel Evans Foundation.

WHY WE'RE RUNNING...

We're running to make a difference. MND is a devastating disease that affects thousands of families each year, and our goal is to raise funds to support research, care, and awareness. Every step we take honours the courage of Rob Burrow and others facing MND, driving us toward a brighter future.



SCAN HERE.

THE ROUTE

05/05/25 - SOMERSET
06/05/25 - WEST MIDLANDS
07/05/25 - MERSEYSIDE
08/05/25 - GREATER MANCHESTER
09/05/25 - LANCASHIRE
10/05/25 - TYNE & WEAR
11/05/25 - WEST YORKSHIRE



Raising funds for four incredible MND charities



Insta - @MND777Challenge | X - @MND777Challenge | TikTok - @MND777Challenge

HOW YOU CAN SUPPORT US...

Join us in an extraordinary journey of hope and resilience raising funds for Motor Neurone Disease. Each marathon is divided into 10km segments, making it accessible for runners of all levels. Here's how your organisation can get involved:



HOST A START OR FINISH LINE

Be a central part of our challenge by hosting the start or finish of a marathon. Bring your community together and show your support for this vital cause.

PROVIDE REFRESHMENT STOPS

Support our runners by offering essential rest and refreshment points along the route. Keep them energised as they push through their 10km segments.

SPONSOR SUPPLIES

Contribute to the success of the challenge by sponsoring sportswear, refreshments, or other key supplies that help our runners succeed.

SPREAD THE WORD

Use your networks to share our story and inspire others to get involved. The more people we reach, the greater impact we can make.

HELP US FUNDRAISE

Join us in raising vital funds for the MND777 Challenge! Every effort, big or small, helps us support those living with MND and funds life-changing research.

OUR AMBASSADORS...

IAN FLATT
STEPH HOUGHTON & STEPHEN DARBY
TANYA ARNOLD
CLAIRE BURNETT & JOANNE HARTSHORNE

MARCUS & LOUISE STEWART
JAMES SMITH
CRIS HOSKIN
LYNN PRITCHATT

GET INVOLVED

Interested in joining us, sponsoring or supporting the challenge?
Contact us at: MND777Challenge@gmail.com

Donate: givewheel.com/fundraising/4996/mnd777challenge

Insta - @MND777Challenge | X - @MND777Challenge | TikTok - @MND777Challenge

#MND777

7 Marathons | 7 UK Counties | 7 Days

05.05.25 - 11.05.25

MEET THE AMBASSADORS!



Raising funds for four incredible MND charities



#MND777



IAN FLATT

Diagnosed with MND in 2019, Ian has become a key advocate for raising awareness and funds for MND research. Recently, he undertook the monumental challenge of climbing seven of the UK's iconic mountains, raising vital funds for the Leeds Hospitals Charity Rob Burrow Centre for MND. The final leg of the MND777 Challenge is the Rob Burrow Marathon in Leeds, where Ian and Team Flatt will cross the finish line together.



STEPHEN DARBY & STEPH HOUGHTON

Stephen, a former professional footballer, was diagnosed with MND in 2018. His wife, Steph, is the former captain of the England Lionesses. Together with his close friend, the late Chris Rimmer, a former British serviceman who also battled MND, Stephen co-founded the Darby Rimmer MND Foundation. The foundation is dedicated to raising awareness, funding research, and providing support for those affected by the disease.



TANYA ARNOLD

As a sports broadcaster and Patron of the West Yorkshire branch of the MND Association, Tanya is deeply committed to raising awareness and funds for MND. Her dedication is driven by her close friendship with Rob Burrow, and she continues to advocate for the MND community.

#MND777



CRIS HOSKIN

Cris leads the South Lancashire branch of the MND Association, passionately advocating for local support and better care services for those living with MND. Their work is focused on raising awareness and improving the lives of those affected by the disease.



LYNN PRITCHATT

Lynn founded the Mel Evans Foundation in memory of her late husband, Mel Evans. She channels her energy into supporting those with MND, raising awareness, and funding vital research. Her ongoing work continues to inspire, as the foundation strives to improve the lives of those affected by the disease.

GET INVOLVED

Interested in joining us, sponsoring or supporting the challenge?

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Insta – @MND777Challenge | X – @MND777Challenge | TikTok – @MND777Challenge

SCAN
ME!



#MND777



CLAIRE BURNETT & JOANNE HARTSHORNE

Sisters of the late, great Rob Burrow CBE, Claire and Joanne continue to honour his memory by raising awareness and supporting MND research. Their personal connection to the disease drives their commitment to fundraising efforts, providing hope and strength to families impacted by MND.



MARCUS AND LOUISE STEWART

Former professional footballer Marcus and his wife, Louise are driven in their mission to turn Marcus's diagnosis into a positive force for change. Inspired by the invaluable support from Stephen Darby and the Darby Rimmer MND Foundation, Team Stewart are committed to raising awareness, providing support, and contributing to the fight for a cure.



JAMES SMITH

James is a married dad of three and patron of the MNDA. Once an avid runner raising funds for MND through various events. James's journey took a life-changing turn when he began experiencing symptoms that led to his diagnosis of slow-progressing Motor Neurone Disease. Despite the challenges, James remains positive and focuses on family life and raising awareness and supporting the fight against MND.