

MalcolmGunter

FOUNDATION

Coast to Coast

CHALLENGE

in aid of MND*

To mark the first anniversary of Malcolm losing his brave battle with MND, please take up the challenge to navigate from his favourite surfing beaches of North Devon to the high seas off Plymouth, where he loved to sail.



Why not club together with friends, colleagues or family to run, walk, relay, cycle, sail, drive, take the bus, hitch a ride or any combination.

Its not a race, so take as much time as you need.
Just pick your route and enjoy the journey.

There is no specific start date, just take a photo/selfie in front of Verity and aim to congregate at Smeaton's Tower on Plymouth Hoe at **4pm on Friday 17th May 2019** for a celebratory glass of fizz.

Suggested minimum entry donation is £30 per person – although you are encouraged to raise and contribute as much money as you can through private and corporate sponsorship for this most worthy cause.

For more information and details on how to enrol please visit the website at:

www.malcfoundation.co.uk/coast-to-coast



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*Research, investment and welfare for all those suffering from Motor Neuron Disease.