

Challenge yourself for KMSTC



Support those living with MS and other conditions in Kent

We have a wide range of challenge events available. Set yourself a goal this year to take on a challenge or come up with your own idea!

Our fundraising team can support you with setting up your online fundraising page, advice, offline fundraising materials and promotion of your challenge as well as a KMSTC sports vest.

We can also work with corporates to provide team challenge events.



Pick your challenge.

There's something for everyone.



**£30 registration fee
Raise what you can!**

● Inflatable 5k - Brands Hatch

The world's largest and best Inflatable 5K is coming to Brands Hatch on Saturday 18 May 2024. This is a great family friendly and fun way to fundraise for our charity.



**£ 750 minimum
sponsorship or self-fund**

● Wing Walk

Experience the thrill of a lifetime by taking part in a wing walk with The Wing Walk Company at Headcorn Airfield. Dates from April - October.



**£ 500 minimum
sponsorship or self-fund**

● Skydive

This adrenaline-fuelled experience at Headcorn Airfield is open to anyone over the age of 16. If it's on your bucket list, give it a go! Dates from March - October. Why not get a team together?



**£ 350 minimum
sponsorship**

● Royal Parks Half

Taking place in October, the 13.1m extraordinary route brushes past London's most famous landmarks whilst the roads are closed specifically for this event.



**Saturday 21 July
Start: Canterbury Rugby**

● Canterbury Bike Ride / Walk Canterbury

Choice of cycling routes approximately 25, 50 and 75 miles long. New walking event called Walk Canterbury with various routes taking in historic Canterbury and the surrounding Kent countryside.

For more details and to sign up to a challenge, contact Mia at mbernthal@kentmstc.org or 01227 200793

Offering you more opportunities.

We work with challenge event partners to provide you with a huge range of opportunities in the UK and abroad. If you're looking for something more unique look no further...



Global Challenge Adventures offer some incredible treks and cycles of varying difficulty all over the globe. They provide guides and accommodation as well as prioritising your safety. You can choose to self fund or minimum sponsorship.

Some examples of their adventures include: **3 Peaks Challenge** (Ben Nevis, Scafell Pike and Mount Snowdon in 24 hours), **Everest Base Camp Trek** (12 day trek, 105km covered), **Lands End to John O'Groats Cycle** (1,003 miles) and **London to Paris Bike Ride**...

[Take a look at the range of events here](#)



Run for Charity provide us with a huge list of running events across the country featuring marathons, half marathons, 10k's, 5k's as well as fun runs and obstacle courses so there is truly something for everyone.

Examples of runs you could do include: **Barcelona Marathon**, **Inflatable 5k at Brands Hatch**, **Olympic Park 10k**, **The London Triathlon**, **Yorkshire Marathon**, **Oxford Half**, **Battersea Bungee Jump** and **Glasgow Winter Warmer**.

[Take a look at the range of events here](#)

Support.



- Support and encouragement from our fundraising team to keep you motivated
- A fundraising pack including sponsorship page set up support
- Free KMSTC branded technical vest or t-shirt

Contact us.

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