Tough Mudder

Get your colleagues together and join Team MRF at one of the 2020 Tough Mudder events to help us to achieve our vision of a world free from meningitis and septicaemia.

Test your physical and mental strength and stamina against Tough Mudder’s famous obstacles. With each obstacle you overcome and every pound you raise, you’ll be helping to support our life-saving work.

Join as a team or on your own – Tough Mudder is known for its amazing atmosphere and camaraderie so you’ll all the support you need on the day.

When and where:
- **London West** – 9th and 10th May 2020
- **English Midlands** – 13th and 14th June 2020
- **Scotland** – 4th and 5th July 2020
- **Yorkshire** – 1st and 2nd August 2020
- **South West** – 15th and 16th August 2020
- **North West** – 5th and 6th September 2020
- **London South** – 19th and 20th September 2020

Fundraising Target: £350 per person

By becoming part of our team, you will be helping us to achieve our goal of defeating meningitis wherever it exists. Your contribution will enable us to fund vital research into the disease, provide life-saving awareness information, and support those who have lost a loved one or are coping with the after effects of this disease.

To sign up or make an enquiry please email supportus@meningitis.org or call 0333 4056 262
Get a team together

<table>
<thead>
<tr>
<th>Classic Individual Runner Package</th>
<th>Team of 5 Package</th>
<th>Team of 10 Package</th>
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<tbody>
<tr>
<td>Everyone running for Team MRF will receive:</td>
<td>On top of the Classic Individual Runner Package, a team of 5 would also receive:</td>
<td>On top of the Classic Individual Runner Package and Team of 5 Package, a team of 10 would also receive:</td>
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<tr>
<td>• Fundraising guide and resources</td>
<td>• No sign up fee</td>
<td>• Team target equal to £295 per runner</td>
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<tr>
<td>• MRF running vest</td>
<td>• Iron-on team name for their vest</td>
<td>• Have a feature on the Meningitis Research Foundation website</td>
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<td>• Dedicated charity support</td>
<td>• Social media assets for your business to share about taking part in the event</td>
<td>• Cheer packs for your team’s supporters</td>
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<td>• Regular charity and running support updates</td>
<td>• Access to our team Facebook group for the event</td>
<td>• Support with your fundraising from our dedicated Corporate Fundraising Team</td>
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<td>• Join our MRF Strava team to track your runs and to support team mates training</td>
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Team of 10+?

If you are interested in assembling a team larger than 10 please get in contact directly with us and we will look at putting together a bespoke package for you.

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