

Three Miles for Mark



Peter Buechel, Clive Freedman and Tom Osborne are each swimming one mile in the Great London Swim at the Royal Victoria Dock on Saturday 3rd July 2010 for the benefit of the Motor Neurone Disease Association and as a tribute to Professor D Mark Cato's inspirational approach to coping with this disease.

Please support their efforts by sponsoring them online at

www.justgiving.com/threemilesformark

or by filling in the sponsor form overleaf and returning it to

MND Association, David Niven House, 10-15 Notre Dame Mews, Northampton NN1 2BG with your cheque made payable to MND Association

Sponsorship Form

Peter Buechel, Clive Freedman and Tom Osborne will be swimming for the benefit of MND Association at the Great London Swim on 3 July 2010

By sponsoring Peter, Clive and Tom you will help the Motor Neurone Disease Association provide the essential services people with MND rely on, and fund research projects to bring hope for a future without the disease.

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For every £10 you give the Motor Neurone Disease Association can get an extra £2.82, making your donation go even further. The Gift Aid scheme allows the Motor Neurone Disease Association to reclaim tax on every qualifying donation, whatever the amount. If you pay UK income tax and/or capital gains tax at least equal to the tax we will reclaim, please tick the box below.

Full Name	
First line of home address	
Postcode	
Amount Pledged	
Gift aid it	Please tick
Date	

I/We who have given our names and addresses above, and who have ticked the box entitled "Gift aid it" would like my/our gift to the Motor Neurone Disease Association to work even harder by ensuring the Government can add its contribution too. Please treat as Gift Aid donations, all donations I have made in the last six years, and all donations I make in the future, until I notify you otherwise.

Send form and donation to: MND Association, David Niven House, 10-15 Notre Dame Mews, Northampton NN1 2BG