



MARCH OF THE DAY II

MARCH 21-23, 2025



In Support of the Darby Rimmer MND Foundation

MARCUS STEWART & STEPHEN

DARBY are football heroes who have been diagnosed with the Motor Neurone Disease. They are working hard to pull the football world together in support of the MND Community.

Stephen established the Darby Rimmer MND Foundation in 2019 and Marcus is working hard with the Foundation to raise awareness of MND and fund research into treatments and a cure. **MARCH OF THE DAY II** is a 178-mile fundraising walk from Wembley to Ipswich via 26 other grounds.

Charlton Athletic FC is supporting this event fully and will greet the walkers as they arrive at Selhurst Park. Former Charlton midfielder **MATT HOLLAND** is part of the event's core team or walkers.

You can be part of this event too!!!!

HOW TO BE PART OF MARCH OF THE DAY II

Register a team of up to 6 walkers to walk any daytime stages. Register for £10 per walker (covers the cost of a t-shirt) and help us raise funds for the MND Community in support of Marcus and many other battling this cruel disease.

You can register to walk on any or all three days of the walk at the same time. Come and walk alongside our core team which includes many ex-pro footballers like **MARCUS STEWART, STEPHEN DARBY, STEPH HOUGHTON, CHRIS KIRKLAND, JOHN MCGINLAY, SIMON HAWORTH, MARTIN KELLY, JAY SPEARING, NATHAN CLARKE, FILIPE MORAIS, MATT HOLLAND & STUART BARLOW.**

We expect many more footballing legends to join the event throughout the route.

To register a team of walkers or come on board as a sponsor, click the **Darby Rimmer MND Foundation** logo above.

| Day 1 | Stage | From | To | Miles | Start Day | Start Time | End Day | End Time |
|-------|----------------------|-------------------------|-------------------------|-------|-----------|------------|---------|----------|
| Day 1 | 1 | Wembley | Barnet FC | 3.69 | Fri | 9.00 | Fri | 10.06 |
| | 2 | Barnet FC | Wingate & Finchley | 6.13 | Fri | 10.16 | Fri | 12.06 |
| | 3 | Wingate & Finchley | Tottenham Hotspur | 5.45 | Fri | 12.16 | Fri | 13.54 |
| | 4 | Tottenham Hotspur | Arsenal | 4.33 | Fri | 14.04 | Fri | 15.22 |
| | 5 | Arsenal | Marylebone | 3.76 | Fri | 15.32 | Fri | 16.40 |
| | 6 | Marylebone | Chelsea | 4.03 | Fri | 16.40 | Fri | 17.53 |
| | 7 | Chelsea | Fulham | 1.82 | Fri | 18.03 | Fri | 18.36 |
| | 8 | Fulham | QPR | 2.83 | Fri | 18.46 | Fri | 19.37 |
| | 9 | QPR | Brentford | 3.77 | Fri | 19.47 | Fri | 20.55 |
| Day 2 | 16 | Crystal Palace | Coney Hall | 3.26 | Sat | 5.38 | Sat | 7.15 |
| | 17 | Coney Hall | Bromley | 1.47 | Sat | 7.25 | Sat | 7.52 |
| | 18 | Bromley | New Eltham | 3.91 | Sat | 8.02 | Sat | 9.12 |
| | 19 | New Eltham | Welling United | 3.81 | Sat | 9.12 | Sat | 10.21 |
| | 20 | Welling United | Charlton Athletic | 4.79 | Sat | 10.31 | Sat | 11.57 |
| | 21 | Charlton Athletic | Milwall | 4.56 | Sat | 12.27 | Sat | 13.49 |
| | 22 | Milwall | West Ham | 6.34 | Sat | 13.59 | Sat | 15.53 |
| | 23 | West Ham | Orient | 1.92 | Sat | 16.03 | Sat | 16.38 |
| | 24 | Orient | Ilford | 3.94 | Sat | 16.48 | Sat | 17.59 |
| 25 | Ilford | Dagenham & Redbridge | 5.21 | Sat | 17.59 | Sat | 19.42 | |
| 26 | Dagenham & Redbridge | AFC Hornchurch | 5.33 | Sat | 19.52 | Sat | 21.40 | |
| Day 3 | 35 | Braintree Town | Bradwell | 3.11 | Sun | 8.54 | Sun | 9.50 |
| | 36 | Bradwell | Surrex | 3.47 | Sun | 9.50 | Sun | 10.53 |
| | 37 | Surrex | Marks Tey | 3.29 | Sun | 10.53 | Sun | 11.52 |
| | 38 | Marks Tey | Colchester Country Park | 3.29 | Sun | 11.52 | Sun | 12.51 |
| | 39 | Colchester Country Park | Colchester United | 3.40 | Sun | 12.51 | Sun | 13.52 |
| | 40 | Colchester United | Ardleigh | 3.06 | Sun | 14.02 | Sun | 14.57 |
| | 41 | Ardleigh | Stratford St Mary | 3.48 | Sun | 14.57 | Sun | 16.00 |
| | 42 | Stratford St Mary | Capel St Mary | 4.18 | Sun | 16.00 | Sun | 17.15 |
| | 43 | Capel St Mary | Washbrook | 3.33 | Sun | 17.15 | Sun | 18.15 |
| 44 | Washbrook | Ipswich Town | 3.07 | Sun | 18.15 | Sun | 19.06 | |