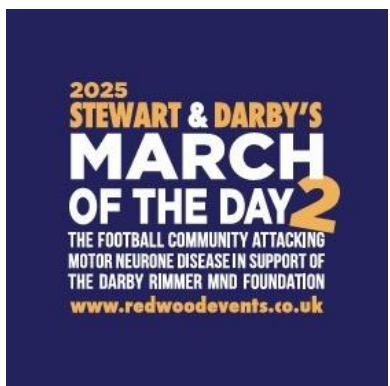




Redwood Times

March of the Day II February Edition



Included in this Newsletter ;-

- Route and Directions
- Stewart and Darby Views
- Meet the Core Team
- Motivational Messages
- Guests Gallery
- Stage Start Meeting Points
- Important Points for Walkers



REGISTRATION IS CLOSED

Registration finally closed on February 19 so we could place the final t-shirt order.

A grand total of 631 people are signed up to take part on March of the Day II across 145 teams.

Currently we have 41 ex-pros or footballing personalities joining the event. In 2024, there were 62 who took part. While we haven't beaten the overall numbers for last years event, we are still very hopeful of passing the number of ex-pros joining this year's event. Watch this space!

LATEST NUMBERS AS OF FEB 27, 2025

MARCH OF THE DAY II

EX-PROS PARTICIPATING		
	41	
REGISTERED TEAMS OF WALKERS		
	145	
TOTAL NUMBER OF PARTICIPANTS		
	631	
STAGES SPONSORED		
	27 OF 27	
CORE TEAM MEMBERS SPONSORED		
	38 OF 38	

FUNDS RAISED TO DATE

£40,771

MARCH OF THE DAY MEMORIES

For those who took part in March of the Day in 2024, the memories live on. This is just a flavour of the event



[Click here for the Bradford City Event Video](#)



THE STEWART & DARBY VIEWS



“On the 22nd March 2024 I ventured into the unknown with a group of people I hardly knew. One thing for sure was that we all had one common goal, to find a treatment and cure and to raise awareness of this terrible disease that is MND. By the early evening on the 24th March, I had made a special group for friends for life. The stories I heard of why people were taking part and the people we met along our route, were life changing. Sometimes I draw on these when days are a little cloudier than others, to find some strength that sometimes you don't think you have.

I cannot wait to embark on this journey again with the same group of people and amazing support from the open walkers and ex pros from Wembley to our football home of Ipswich FC. We March on, stronger than ever in the fight against MND. The blisters will fade but the memories will last a lifetime. Let's go team”

Louise Stewart – Core Team Member

“The walk last year was a great experience, and it brought lots of people together from the MND community. It helped me personally talking with so many people that had been impacted by MND and hearing their stories. Sometimes you don't know you need a talk until it actually happens. The main thing I will take away from last year is the interest and support from the people that we met on the way who had no clue what we were doing until we bumped into them at all hours of the day. We are both looking forward to meeting as many people as possible in a few weeks time to raise the awareness again. Raising awareness along with raising as much money as possible is our aim again for this years walk. Hopefully with the work we are doing along with the other charities, people who are diagnosed today are in a better position than those diagnosed a year ago. Eventually this will lead to effective treatment and a cure.



These events mean so much to us as a family. The support we have all had helps massively and we can't thank people enough for what they have done for Stephen, the family and the MND community. Mike, Steve and the support team put an incredible amount of time into organizing these events which makes the foundations mission possible.”

Kev & Paul Darby – Core Team Members

FOLLOW OUR ROUTE

The one big difference between this year's event and last is that we have limited those outside the core team to joining in the daytime. This means that at nighttime, the core team can get the rest needed. So, people have been able to sign up for any of these stages.

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	

We will provide maps / directions on the day. These will be laminated to ensure that they remain readable in adverse weather conditions. That said, these instruction documents are available for download in advance so that walkers can check and understand the routes they will take.

We also provide a list of the handover points with postcodes so that walkers know exactly where to go to start their stage. This is particularly relevant when the starting point is not a football stadium.

FOLLOW OUR ROUTE (Cont.)

Download your instruction packs here.

Day 1 – Wembley to Arsenal

Day 1 – Arsenal to Fulham

Day 1 – Fulham to QPR

Day 2 – Crystal Palace to Welling

Day 2 – Welling to West Ham

Day 2 – West Ham to Hornchurch

Day 3 – Braintree to Colchester

Day 3 – Colchester to Ipswich

OUR STAGE SPONSORS

Number	From	To	Sponsor
1	Wembley	Barnet FC	The Difference Hospitality Group
2	Barnet FC	Wingate & Finchley	LFC Foundation
3	Wingate & Finchley	Tottenham Hotspur	Blatchford Solutions Ltd
4	Tottenham Hotspur	Arsenal	DWD Property & Investments
5	Arsenal	Chelsea	My Club Europe PLC
6	Chelsea	Fulham	Aura Life Ltd
7	Fulham	QPR	Concierge UK
8	QPR	Brentford	Tyrone Mings Academy
9	Brentford	Chelsea FC Women	Walkings Brilliant
10	Chelsea FC Women	AFC Wimbledon	HB Surfacing Ltd
11	AFC Wimbledon	Sutton United	Barnett Waddingham
12	Sutton United	Carshalton Athletic	Boxx2Boxx Coffee
13	Carshalton Athletic	Crystal Palace	Gala Events
14	Crystal Palace	Coney Hall	Altrincham Football Club
15	Coney Hall	Bromley	M Sports Group
16	Bromley	Welling United	London Reporting House
17	Welling United	Charlton	Welling United Football Club
18	Charlton	Milwall	Europa Partners
19	Milwall	West Ham	Yallerz Poker
20	West Ham	Orient	Wesleyan
21	Orient	Dagenham & Redbridge	P&S Wilson Technical Services Ltd
22	Dagenham & Redbridge	AFC Hornchurch	Gemma Middleton
23	AFC Hornchurch	Billericay Town	Emmark UK
24	Billericay Town	Chelmsford City	Fishers Gin
25	Chelmsford City	Braintree Town	Ginger Pickle
26	Braintree Town	Colchester United	Rijo42
27	Colchester United	Ipswich Town	Conatus

MESSAGES OF MOTIVATION



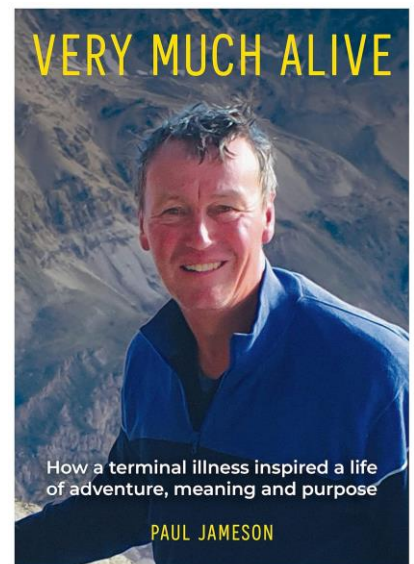
“The highlight of last years walk for me was late into the second night where we were more or less at breaking point going up a very steep hill. Not a word was spoken by Martyn, Filipe, Jeff and I. Then we saw a lady waiting for us soaked in the rain. She told us about losing her husband to MND the previous year. She said she couldn’t afford much but he had to come to see us. She put 75p in my hand. This absolutely broke me and gave ne the inspiration to plod on.”

Dave Cutts (centre) – Core Team Member

“I have lived with MND for 8 years, and although my progression seems to be thankfully slow, I can no longer speak, and I'm confined to a wheelchair. However, mentally I remain strong, and I still enjoy life. When I heard about MOTD 2, it immediately sparked an interest. I've always loved a challenge and I'm a big footie fan - I've supported Chelsea for my sins ever since I first went to see them in 1972.

I feel it's so important for everyone affected by MND to stay as active as possible and do as much as possible, however hard it is. I always try to say 'yes' to as many things as possible, rather than finding reasons to say no. Signing up and participating in MOTD 2 was a no-brainer and I'm immensely looking forward to it. It will make me feel very alive again and finishing at Stamford Bridge will be very special. I'm sure the event will greatly increase awareness of MND as well as providing much-needed funds to find a cure. My only concern is if my electric battery last the walk!”

Paul Jameson – Open Walker



[Click Here for Paul's book](#)



“What an honour it is to be part the support team again for ‘March of the Day II’. Having been involved in ‘March of the Day’ last year, I have full admiration for the walkers...their determination, camaraderie and resilience is inspiring. The core team has become a force to be reckoned with and amazing friendships made. It’s so important to me to play my part, supporting and encouraging the walkers through the event, knowing that together we can create significant change in the lives of those with MND and their families. So, looking forward to it and I promise to bring chocolate!!!”

Alison Marsden (right) – Core Team Member

STAGE START MEETING POINTS

Day 1

Friday March 21

No	Stage Start	Time	Address
1	Wembley Stadium	9.00am*	South Way, Wembley, HA9 0WS
2	Barnet FC	10.16am	The Hive, Camrose Ave, London HA8 6AG
3	Wingate & Finchley FC	12.16pm	Summers Lane, London N12 0PD
4	Tottenham Hotspur FC	2.04pm	Tottenham Hotspur Stadium, 782 High Road, Tottenham, London, N17 0AP
5	Arsenal FC	3.32pm	Emirates Stadium, Highbury House, 75 Drayton Park, London N5 1BU
6	Marylebone	4.40pm	Paddington St, London W1U 5BR (by Paddington Street Gardens South)
7	Chelsea FC	6.03pm	Stamford Bridge, Fulham Rd., London SW6 1HS
8	Fulham FC	6.46pm	Craven Cottage, Stevenage Rd, London SW6 6HH
9	Queens Park Rangers FC	7.47pm	MATRADE Loftus Road Stadium, Loftus Road, S Africa Rd, London W12 7PJ

Day 2

Saturday March 22

No	Stage Start	Time	Address
16	Crystal Palace FC	5.38am	Selhurst Park Stadium, Whitehorse Ln, London SE25 6PU
17	Coney Hall FC	7.25am	Tiepigs Lane, West Wickham BR4 9BT
18	Bromley FC	8.02am	The Stadium, Hayes Lane, Bromley BR2 9EF
19	New Eltham	9.12am	Nisa Local, 56 William Barefoot Drive London, SE9 3AY
20	Welling United FC	10.31am	Park View Road, Welling, Kent, DA16 1SY
21	Charlton Athletic FC	12.27pm	The Valley, Charlton, London, SE7 8BL,
22	Millwall FC	1.59pm	The Den, John Berylson Way, London SE16 3LN
23	West Ham United FC	4.03pm	London Stadium, Queen Elizabeth Olympic Park, London, E20 2ST
24	Leyton Orient FC	4.48pm	Brisbane Road, London, E10 5NF (meeting point is on Oliver Road around the other side of the ground)
25	Ilford	5.59pm	1021 Romford Road, Manor Park, East London, E12 5LH
26	Dagenham & Redbridge FC	7.52pm	Victoria Road, Dagenham, Essex, RM10 7XL

STAGE START MEETING POINTS (Cont.)

Day 3

Sunday March 23

No	Stage Start	Time	Address
35	Braintree Town FC	8.54am	Clockhouse Way, Braintree, CM7 3RD
36	Bradwell	9.50am	Blackwater Aggregates, Bradwell, Quarry CM77 8EE
37	Surrex	10.53am	Colchester Road, Coggeshall, CO6 1RR
38	Marks Tey	11.52am	Taste of America Diner, 45 London Rd, Marks Tey, Colchester CO6 1EB
39	Colchester Country Park	12.51pm	Cymbeline Way, Colchester CO3 4AG
40	Colchester United FC	2.02pm	United Way, Colchester, CO4 5UP, England
41	Ardleigh	2.57pm	The Crown Inn, Old Ipswich Rd, Ardleigh, Colchester CO7 7QR
42	Stratford St Mary	4.00pm	Black Horse Inn (closed), Lower St, Stratford St Mary, Colchester CO7 6JS
43	Capel St Mary	5.15pm	Zaynab Indian Restaurant, London Rd, Capel St Mary, Ipswich IP9 2JR
44	Washbrook, Copdock	6.15pm	Whight's Corner, London Rd, Ipswich IP8 3LB

WALKABILITY

We are conscious that there will be people taking part in wheelchairs. This gives an accessibility view for those in wheelchairs.

Stages in green have good accessibility.

Stages in amber present challenges that make them difficult for wheelchairs.

Stages in red are not really accessible for wheelchairs. They are likely to involve walking on grass verges, stiles, and uneven natural paths.

Please consider this when deciding where to walk.

	STAGE	FROM	TO	Walkability
Day 1	1	Wembley	Barnet FC	Green
	2	Barnet FC	Wingate & Finchley	Green
	3	Wingate & Finchley	Tottenham Hotspur	Green
	4	Tottenham Hotspur	Arsenal	Green
	5	Arsenal	Marylebone	Green
	6	Marylebone	Chelsea	Green
	7	Chelsea	Fulham	Green
	8	Fulham	QPR	Green
	9	QPR	Brentford	Green
Day 2	16	Crystal Palace	Coney Hall	Green
	17	Coney Hall	Bromley	Green
	18	Bromley	New Eltham	Green
	19	New Eltham	Welling United	Green
	20	Welling United	Charlton Athletic	Green
	21	Charlton Athletic	Milwall	Green
	22	Milwall	West Ham	Green
	23	West Ham	Orient	Green
	24	Orient	Ilford	Green
25	Ilford	Dagenham & Redbridge	Green	
26	Dagenham & Redbridge	AFC Hornchurch	Green	
Day 3	35	Braintree Town	Bradwell	Red
	36	Bradwell	Surrex	Red
	37	Surrex	Marks Tey	Red
	38	Marks Tey	Colchester Country Park	Green
	39	Colchester Country Park	Colchester United	Green
	40	Colchester United	Ardleigh	Green
	41	Ardleigh	Stratford St Mary	Red
	42	Stratford St Mary	Capel St Mary	Red
	43	Capel St Mary	Washbrook	Yellow
44	Washbrook	Ipswich Town	Green	

MESSAGES OF MOTIVATION (Cont.)



“As someone living with MND, a football fan and an ex, let’s say, “enthusiastic” player, the Darby Rimmer MND Foundation March of the Day 2 means a lot to me.

Just as in football, there is a whole lot of teamwork, preparation, know-how and effort going into research to try to accelerate a different march towards meaningful treatments and, ultimately, a cure. I’m proud to be part of that effort with many others as well as joining the Darby Rimmer team this year.

Although it’s a dark, horrible disease, it does bring out the best in people. And this really is the whole community coming together to show support for everyone affected by MND.

From my little club, Reigatians in Surrey, to senior teams like Welling and Carshalton to the biggest names in the land, I know that just as Kevin Sinfield carried his mate, Rob Burrow, over the finish line, the football family will be doing the same for us.

Please donate if you can and let’s give MND the red card! Thank you so much.”

Dave Setters – Core Team Member

“I first got involved with the “Steps for Stephen” walk in 2019 out of solidarity with Stephen Darby, because I had interviewed him for The Athletic shortly after he was diagnosed with MND. I only walked one stage on that occasion, so I had no idea what I was letting myself in for when Mike Wilson asked me if I fancied joining the core team for March of the Day last year.

But it was an amazing experience with some wonderful people — and for a hugely important cause. I didn’t hesitate to sign up March of the Day 2. I’m looking forward to more of the same — and better weather, hopefully — as we keep banging the drum in the battle against MND.”

Oli Kay– Core Team Member



MEET THE CORE TEAM (PART 1)

Our core team is made up of former professional footballers and people who have been impacted by Motor Neurone Disease.

MARCH OF THE DAY II CORE TEAM

JEFF WHITLEY

ROSLINGHAM, HULLING
MANSFIELD TOWN
SHEFFIELD
SHEFFIELD
SHEFFIELD
SHEFFIELD
SHEFFIELD
SHEFFIELD
SHEFFIELD
SHEFFIELD

8

SPONSORED BY

Professional Footballers Association

MARCH OF THE DAY II CORE TEAM

MICHELLE ELLIOTT

HULLING WOODS
HULLING WOODS
HULLING WOODS
HULLING WOODS
HULLING WOODS

16

SPONSORED BY

ME

MARCH OF THE DAY II CORE TEAM

ALISON MARSDEN

ALDERMOUTH TOWN
ALDERMOUTH TOWN
ALDERMOUTH TOWN
ALDERMOUTH TOWN
ALDERMOUTH TOWN

22

SPONSORED BY

DARBY RIMMER MND FOUNDATION

ARCHERS

MARCH OF THE DAY II CORE TEAM

MARTIN KELLY

LEEDS
CRYSTAL PALACE
WEST BROM
HULL CITY
WIGAN

34

SPONSORED BY

Hydro

MARCH OF THE DAY II CORE TEAM

FILIPPE MORAIS

WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY

20

SPONSORED BY

EMMARK UK LTD

MARCH OF THE DAY II CORE TEAM

KEV DARBY

SOUTH WESTON
SOUTH WESTON
SOUTH WESTON
SOUTH WESTON
SOUTH WESTON

3

SPONSORED BY

STEWART'S SPORTS TOUR

MARCH OF THE DAY II CORE TEAM

CHRIS YIALLOUROU

YALLOUROU PARK
YALLOUROU PARK
YALLOUROU PARK
YALLOUROU PARK
YALLOUROU PARK

13

SPONSORED BY

WALWORTH

MARCH OF THE DAY II CORE TEAM

MATT HOLLAND

IPSWICH TOWN
CHARLTON ATHLETIC
WIGAN
WEST HAM UNITED

38

SPONSORED BY

Mixbrow Construction

MARCH OF THE DAY II CORE TEAM

DAVE SETTERS

PATENTON UNITED
PATENTON UNITED
PATENTON UNITED
PATENTON UNITED
PATENTON UNITED

33

SPONSORED BY

DARBY RIMMER MND FOUNDATION

CAMP GUIDE

MARCH OF THE DAY II CORE TEAM

SIMON HALWORTH

CARDIFF WALSLEY
WIGAN ATHLETIC
WIGAN ATHLETIC
WIGAN ATHLETIC
WIGAN ATHLETIC

31

SPONSORED BY

JJB

IC360

MARCH OF THE DAY II CORE TEAM

PAUL DARBY

SETTON & DISTRICT
SOUTH WESTON
LUSH & HILL
MAGRETT
BOTTLE

32

SPONSORED BY

DARBY RIMMER MND FOUNDATION

HUYTON & PRESCOTT GOLF LADS

MARCH OF THE DAY II CORE TEAM

STUART BARLOW

WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY

29

SPONSORED BY

JJB

Fenton

MARCH OF THE DAY II CORE TEAM

MARK PRESCOTT

GREAT BRITAIN
GREAT BRITAIN
GREAT BRITAIN
GREAT BRITAIN
GREAT BRITAIN

14

SPONSORED BY

WALWORTH MND

BARNETT WADDINGHAM

MARCH OF THE DAY II CORE TEAM

KELLY BOWEN

HULLING WOODS
HULLING WOODS
HULLING WOODS
HULLING WOODS
HULLING WOODS

18

SPONSORED BY

WALWORTH MND

MARCH OF THE DAY II CORE TEAM

STEWART'S SPORTS TOUR

WIGAN ATHLETIC

MARCH OF THE DAY II CORE TEAM

OLI HAY

THE ATHLETIC
THE ATHLETIC
THE ATHLETIC
THE ATHLETIC
THE ATHLETIC

11

SPONSORED BY

DARBY RIMMER MND FOUNDATION

STEWART'S SPORTS TOUR

Difference Group

MARCH OF THE DAY II CORE TEAM

NATHAN CLARKE

WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY
WARRINGTON CITY

5

SPONSORED BY

SAMSUNG

AKLD Training

MEET THE CORE TEAM (PART 2)

More of our core team who will largely be with the walk from start to finish

MARCH OF THE DAY II CORE TEAM

ANDY BISSETT

2024 ILLION
WELSH GOLF
LEADERSHIP
LEADERSHIP
LEADERSHIP

7

SPONSORED BY
IHB SURFACING LIMITED

MARCH OF THE DAY II CORE TEAM

MARTYN CLARKE

TRIATHLON
WALKING
WALKING
WALKING
WALKING
WALKING

17

SPONSORED BY
GREEN

MARCH OF THE DAY II CORE TEAM

CHRIS HIGHLAND

ENGLAND
LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL

43

SPONSORED BY
MY-CLUB

MARCH OF THE DAY II CORE TEAM

LEN HOUGHTON

LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL

36

SPONSORED BY
BOXX

MARCH OF THE DAY II CORE TEAM

WAYNE HADLEY

CONTRIBUTOR
CONTRIBUTOR
CONTRIBUTOR
CONTRIBUTOR
CONTRIBUTOR

4

SPONSORED BY
ASHTON GATE

MARCH OF THE DAY II CORE TEAM

MARTIN PAUL

BRISTOL ROVERS
BRISTOL ROVERS
BRISTOL ROVERS
BRISTOL ROVERS
BRISTOL ROVERS

27

SPONSORED BY
TMA TYNOR HIGGS ACADEMY

MARCH OF THE DAY II CORE TEAM

MARTIN BROWNLOW

REFORMER EVENTS
REFORMER EVENTS
REFORMER EVENTS
REFORMER EVENTS
REFORMER EVENTS

35

SPONSORED BY
converj

MARCH OF THE DAY II CORE TEAM

JOHN MCGINLAY

HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER

10

SPONSORED BY
BARNETT WADDINGHAM

MARCH OF THE DAY II CORE TEAM

HATE DOULSON

TEAM WHO IN MEMORY
TEAM WHO IN MEMORY
TEAM WHO IN MEMORY
TEAM WHO IN MEMORY
TEAM WHO IN MEMORY

39

SPONSORED BY
THE CARPET MILL BURY

MARCH OF THE DAY II CORE TEAM

IAN PHILBEY

REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS

40

SPONSORED BY
James Bailey

MARCH OF THE DAY II CORE TEAM

PETE WILSON

REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS
REDWOOD EVENTS

61

SPONSORED BY
EST. 2007 Redwood events

MARCH OF THE DAY II CORE TEAM

JAY SPEARING

LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL
LIVERPOOL

26

SPONSORED BY
PETER DICKINSON

MARCH OF THE DAY II CORE TEAM

JAMES COOK

HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER

15

SPONSORED BY
TREEHOUSE

MARCH OF THE DAY II CORE TEAM

BRYAN TELFER

LEADERSHIP
LEADERSHIP
LEADERSHIP
LEADERSHIP
LEADERSHIP

37

SPONSORED BY
ASK

MARCH OF THE DAY II CORE TEAM

MARTY ROYAL

IPSWICH TOWN
IPSWICH TOWN
IPSWICH TOWN
IPSWICH TOWN
IPSWICH TOWN

30

SPONSORED BY
COMBAT COFFEE

MARCH OF THE DAY II CORE TEAM

DAVE CUTTS

HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER
HOLLAND MANCHESTER

28

SPONSORED BY
Jemma Middleton

MEET THE CORE TEAM (PART 3)

MARCH OF THE DAY II CORE TEAM

MARCUS STEWART

IPSWICH TOWN
HUDDERSFIELD TOWN
BRISTOL ROVERS
EXETER CITY
SUNDERLAND
YEovil TOWN
BRISTOL CITY

9

SPONSORED BY

HENRY ABBOTT
BANKERS & BUILDERS
Established 1797

MARCH OF THE DAY IPSWICH XI

MARCH OF THE DAY II CORE TEAM

LOUISE STEWART

IPSWICH TOWN
BRISTOL ROVERS
HUDDERSFIELD TOWN
SUNDERLAND
YEovil TOWN
EXETER CITY
BRISTOL CITY

19

SPONSORED BY

SALTHOUSE
HARBOUR HOTEL

MARCH OF THE DAY II CORE TEAM

MIKE WILSON

REDWOOD EVENTS
FEESIDE POLYTECHNIC
BARNSTORMERS
BOBO BOYS
150 VETERANS

60

SPONSORED BY

bide

MARCH OF THE DAY II CORE TEAM

STEPHEN DABBY

BRADFORD CITY
LIVERPOOL
BOLTON WANDERERS
SWINDON TOWN
ROCHDALE
NOTTS COUNTY

2

SPONSORED BY

FIELD ENERGY

MARCH OF THE DAY II CORE TEAM

STEPH HOUGHTON

ENGLAND
MANCHESTER CITY
ARSENAL
LEeds UNITED
SUNDERLAND

6

SPONSORED BY

BOXX 2 BOXX
COMPS

MARCH OF THE DAY ENGLAND XI

MARCH OF THE DAY II CORE TEAM

STEVE WOOD

REDWOOD EVENTS
BRADSHAW GROUNDHOOGS
HALLIFAX ATHLETIC
ST MICHAEL'S BOYS

23

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DARBY & STEWART'S MARCH OF THE DAY 2

THE FOOTBALL COMMUNITY ATTACKING MOTOR NEURONE DISEASE IN SUPPORT OF



DARBY RIMMER MND FOUNDATION

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MESSAGES OF MOTIVATION (Cont.)



“My Dad Warren was a real outdoorsy person. When he was younger, he was very sporty. He was always outside, always, making something, a real DIY dad – we used to laugh as he had his shed more alarmed than his house; it was his pride and joy, and he had more tools than B&Q.

That was one of the reasons his MND diagnosis was so cruel, because his physical deterioration stopped him from doing things he really loved. So many of my dad’s attributes are consistent with those I see in other MND warriors. His motto was to just get on with it. He did this so well, but unfortunately his deterioration was much faster than any of us expected, and he died 20 months after his diagnosis, leaving a gaping hole in our lives.

“My dad was always my biggest supporter. If I needed him, he would break land speed records to be there for me! So it was so important for me to show him that I would do the same for him. Not long after his diagnosis I planned my first fundraising activity and have continued to say “yes” to as many challenges as I can in support of the MND community and MND charities in loving memory of my dad. I have met some incredible and inspirational individuals along the way. I am in awe at the way Stephen and Marcus have been so open about sharing their experiences, like Doddie and Rob – at a time when they are at their most vulnerable, they are making their experience public to help raise awareness and change the dial on MND.

I met Lou and Marcus at the Rob Burrow marathon in 2024 and bonded with Louise over our blisters (Lou’s from March of the Day I and mine from my This Girl CAnGLEsey challenge). I couldn’t say no when they invited me to do the Stewart Sports Tour in Bristol in July, and there was absolutely no way I could say no to being part of the Core team for March of the Day II.

This is going to be an incredible few days of the football community supporting the MND community. Together we can bang the drum more loudly, and we will!”

Katie Dowson– Core Team Member

“We are participating in memory of my dad, David Owens, a super awesome dad who would take my brother and I to watch ITFC even though he supported Spurs. Always brave and aware of how the disease affects the loved ones, he would take much pleasure in parking his scooter somewhere he’d be told “can’t park there Dave.”

**Clare Burley – Open Walker
(pictured with her dad, David)**



COMBAT 2 COFFEE SUPPORT

In January, we had the opportunity to visit the offices of Combat 2 Coffee and meet their team. Cliff Bardock gave us a tour of their complex and shared the story of how Nigel Seaman had set up the company following his departure from the Armed Forces. It really was an inspirational story. We are very pleased that Nigel and his team are going to be supporting March of the Day II. We have arranged with many of the clubs to set up their mobile coffee van at their grounds to keep the walkers refreshed.



Combat 2 Coffee, who have former England defender Terry Butcher as a skipper, will be following the event around and serving coffee and other beverages at

- Wingate & Finchley FC
- Queens Park Rangers FC
- Crystal Palace FC
- Millwall FC
- Leyton Orient FC
- Braintree Town FC
- Colchester United FC

They have a regular pitch at Portman Road and will be there for the women's match on Sunday March 23 when we arrive at the end.

MARCH 21-23, 2025

MARCUS STEWART & STEPHEN DARBY'S

MARCH OF THE DAY II

IN SUPPORT OF THE DARBY RIMMER MND FOUNDATION

COMBAT2COFFEE SUPPORT

SUPPORTING AT

WINGATE & FINCHLEY - FRI - 12.00PM	
QPR - FRI - 7.30PM	
CRYSTAL PALACE - SAT - 5.00AM	
MILLWALL - SAT - 1.30PM	
LEYTON ORIENT - SAT - 4.30PM	
BRAINTREE TOWN - SUN - 8.00AM	
COLCHESTER UNITED - SUN - 1.30PM	
IPSWICH TOWN - SUN - 6.30PM	

MESSAGES OF MOTIVATION (Cont.)



“As a lifelong supporter of Ipswich Town, I was lucky enough to see Marcus play for us, scoring the pivotal goal that helped to get us into the Premier League and ultimately European football. To this day, I would say he is the greatest player I’ve seen play for Ipswich.

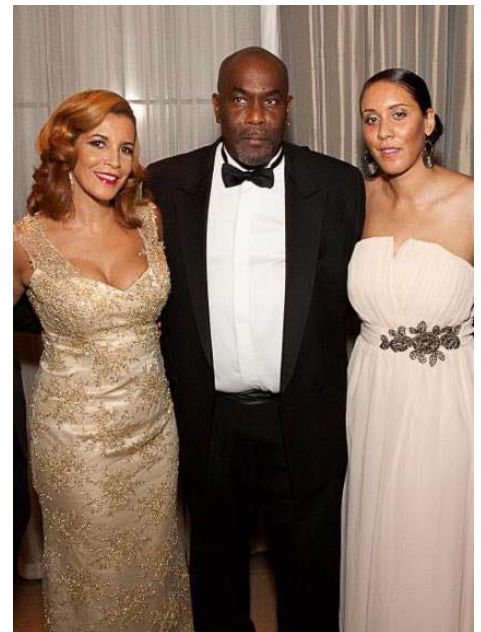
Ipswich Town is a family and I’m walking in March of The Day 2 to help find a cure for Marcus and all the MND warriors.”

**Lauren Place – Open Walker
(Pictured with Marcus in 2001)**

“I’m taking part in March of the day 2 to help raise funds for this amazing charity. I’ve lost 4 family members including my dad and very recently my younger cousin to MND and live with the condition myself, so I’ve seen first hand how it impacts families. So, I will be walking in memory of them. We need to stop this disease from devastating families by finding treatments and a cure.

The Darby Rimmer MND foundation invests vital monies into research, and this is so important to our MND community. So, I’ve gathered my closest girlfriends, and we will be putting our best feet and wheels forward to help kick MND where it hurts.”

**Eleanor Dalley– Open Walker
(Left, pictured with Dad, Owen, and sister, Marcia)**



“My reason for joining March of the Day II One word really.....Marcus. I've been very lucky through my job at Fishers Gin & events at Ipswich Town Football Club, to have met & spent time with Marcus & Louise a few times in the last couple of years. His bravery & honesty in the face of battling MND is inspirational, and Louise, well, again one word...Superwoman! You can't help but want to support them & the Darby Rimmer MND Foundation. I've roped in some lovely friends to join me for the last stage on Sunday. We love a challenge, especially a walk (& a natter of course), see you there!! 💙💜💛💖.”

**Naomi Hodges – Open Walker
(Pictured with fellow walkers Penny, Sarah, Andrew & Martin)**

IMPORTANT POINTS OF NOTE FOR ALL WALKERS

In advance of the walk, we wanted to share some of the important points about how the event will operate. It's important that everyone taking part is fully aware of how it will all work and is prepared for every eventuality.

AT THE GROUNDS

We have had some great conversations with all the teams on the route already. We have made two requests that pertain to support on the day, namely, can we get access to the ground so we can take team photos and are there toilets available for the walkers to use. Anything above that was seen as a 'nice to have'. In almost all cases, this has been met with a resounding yes. For some, this is still to be negotiated though we have had positive signals so far. In one or two, the agreement has been made that a limited number of walkers will be allowed pitchside. In that situation, those entering the ground will be from the core team. These arrangements will be sorted on the day by the Support Team so if you arrive at a stadium before the core walkers, you may have to wait for the team to arrive.

TIMINGS

The timings on page 2 of this newsletter are the expected start and end times of each stage for Open Walkers. With the best will in the world, we won't keep perfectly to this. If we lose time, and you arrive at a stage waiting to start your walk, you will need to wait for the walk to catch up so you can get your instructions. If we get ahead of time, the Support Team will not leave a stage start until after the agreed start time, plus probably 10-15 minutes. If you are planning to walk a long distance, for example, Wembley Stadium to Brentford, you will require 3 maps, and we will provide them before you start. That way, because you may be slower than the core team who are walking in relay, then even if you arrive at a stadium after the core team have left, you have the instructions for how to progress.

HEALTH & SAFETY

We undertake this event assuming responsibility for our own health and safety. We looked to select routes that are paved and walkable. You have chosen how far you plan to walk understanding your own capabilities. The Support Team is essentially in place to support the core team. While we will try to support all walkers as much as we can, we must keep up with the core team throughout. If any of your team runs into trouble and decides not to continue, then we ask that you make your own arrangements to get home (Uber, Tube, lift etc.). This should be especially manageable on Days 1 and 2 around London.

THE IMPORTANCE OF BEING A TEAM

We ask people to enter in teams. There are many reasons for this. It means we can liaise in the build up with one team member rather than everyone. The key impact of this for the participants is that you have selected people that you want to spend time with. We ask that you stay in your teams throughout. We will provide one set of instructions per team so if you get fragmented, people will get lost. So please walk together in your teams. You will enjoy the event more!

IMPORTANT POINTS OF NOTE FOR ALL WALKERS (Cont.)

BAG STORAGE

Many teams have asked us about bag storage during the event. 'Can we put our bags in one of the support vehicles?' has been a regular question. We Hopefully, be honest and say this is not a practical idea for many reasons.

- The minibuses and support vehicles will already have the baggage of 30+ members of the core team and will be quite packed as it is. There will be very little room.
- If you were to store a bag in one of the support vehicles, there is no guarantee that they would be in the same location as you when you complete your stages. Their role is to support the core team, so they are likely to be where the core walkers are.

As such, our advice is to bring only what you can carry yourself. Hopefully, that's something that you have already considered when choosing where you plan to walk.

FOOTWEAR IS KEY

People often underestimate the challenge of prolonged walking on pavements. The need for the right footwear is key. Our advice has always been to wear lightweight walking shoes or trainers that have good capacity to absorb impact. Running shoes tend to work well here. Don't use footwear you haven't worn in significantly. They can lead to a greater chance of blisters.

If you have chosen to walk longer distances, over 10 miles maybe, then you should consider bringing a change of socks. Fresh socks can help avoid blisters too. In some cases, blisters are inevitable, and the support team will have a good supply of blister plasters, but it doesn't hurt to bring your own.

REFRESHMENTS

Combat 2 Coffee are supporting us throughout the event. They serve more than just coffee. Breakfast will be available on Saturday and Sunday at Bromley FC and Braintree Town FC. On Saturday night, Hornchurch FC are arranging for their match day food facilities to be open for the purchase of food.

Most of the route takes us through the city and through towns where those participating will be able to stop and purchase anything they need in term of refreshments. This lessens the need to carry a large supply of food with you throughout the event.



MESSAGES OF MOTIVATION (Cont.)

"In 2008 I lost my grandad, Ken Bird, to MND after a long battle with this deadly disease. Since then I found there is very little awareness around MND and certainly very little funding to support finding a cure or treatment.

Stephen Darby was my favourite Bradford City player and I was devastated to learn he had been diagnosed with MND, shortly followed by Rob Burrows, knowing how cruel this disease was. Since then the awareness has grown about MND and in 2024 I joined the Darby Rimmer MND Foundation. Becoming a member of the MOTD core team was an honour for myself and one I count myself lucky to be apart of ready to go again with MOTD2.

Meeting people and hearing their stories, their memories and their hopes and dreams for the future is what makes every step I take easier and I'm looking forward to extending the Darby Rimmer MND Foundation Family in March 2025."

Michelle Elliott – Core Team Member



"Crawley Old Girls (COGS) is delighted to be part of March of the Day II to help raise more funds. 3 groups of COGS will be taking part and the training is proving not as easy as we first thought!

This will be a challenge for us, which is why we want to raise as much as we can, for such an important cause. Good luck to everyone taking part and if you see

a load of "old girls" walking around London, please chuck us some jelly babies!"

Carol Bates – Open Walker

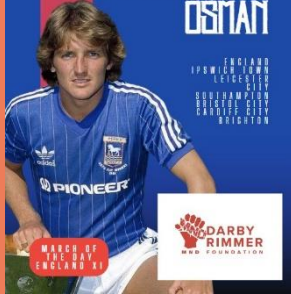
GUESTS GALLERY (PART 1)

Throughout the event, we will be joined by some special guests. Here are some of these ex-pros and footballing personalities who will be joining us on our route


MARCH OF THE DAY II GUEST WALKER

RUSSELL OSMAN

ENGLAND
IPSWICH TOWN
LEICESTER CITY
SOUTHAMPTON
SUNDERLAND
CARDIFF CITY
BRIGHTON



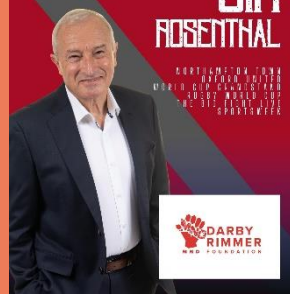
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

JIM ROSENTHAL

COVENTRY CITY
TOTTENHAM HOTSPUR
WOLVES
SUNDERLAND
LEICESTER CITY
SOUTHAMPTON
CARDIFF CITY
BRIGHTON



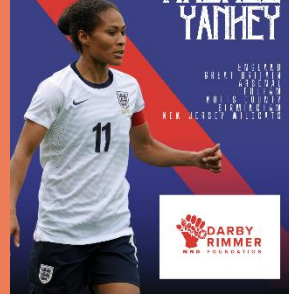
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

RACHEL YANKEY

ENGLAND
WOLVES
LEICESTER CITY
SUNDERLAND
CARDIFF CITY
BRIGHTON



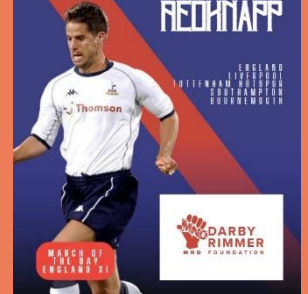
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

JAMIE REDKNAPP

ENGLAND
TOTTENHAM HOTSPUR
SUNDERLAND
CARDIFF CITY
BRIGHTON



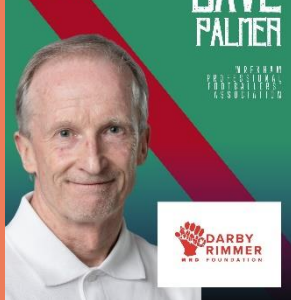
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

DAVE PALMER

WOLVES
LEICESTER CITY
SUNDERLAND
CARDIFF CITY
BRIGHTON



MARCH OF THE DAY ENGLAND XI



MARCH OF THE DAY II GUEST WALKER

LEOLEY KING

TOTTENHAM HOTSPUR




MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

TERRY BUTCHER

ENGLAND
IPSWICH TOWN
SUNDERLAND
CARDIFF CITY
PLYMOUTH



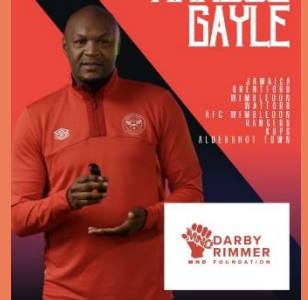
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

MARCUS GAYLE

JAMAICA
WOLVES
LEICESTER CITY
SUNDERLAND
CARDIFF CITY
BRIGHTON
ALBERTHOTT TOWN



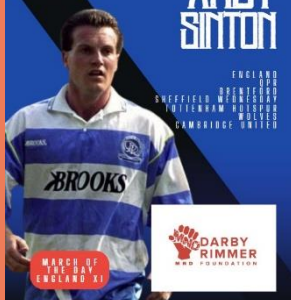
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

ANDY SIMON

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SHEFFIELD WEDNESDAY
TOTTENHAM HOTSPUR
WOLVES
CAMBRIDGE UNITED



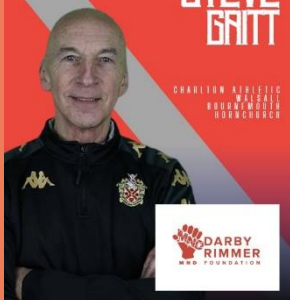
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

STEVE GATT

CHARLTON ATHLETIC
BURNHAM
WOLVES
SUNDERLAND
BRIGHTON



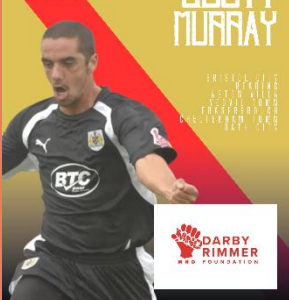
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

SCOTT MURRAY

ENGLAND
SUNDERLAND
CARDIFF CITY
BRIGHTON




MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

JOE COLE

ENGLAND
WEST HAM UNITED
ASTON VILLA
SUNDERLAND
CARDIFF CITY
BRIGHTON



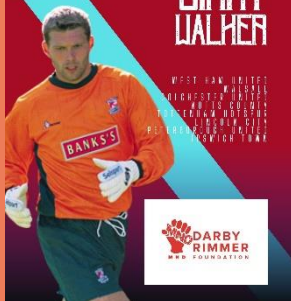
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

JIMMY WALKER

WEST HAM UNITED
BRIGHTON
WOLVES
SUNDERLAND
CARDIFF CITY
BRIGHTON



MARCH OF THE DAY ENGLAND XI



MARCH OF THE DAY II GUEST WALKER

GARY CHIVERS

IPSWICH TOWN
LEICESTER CITY
SUNDERLAND
CARDIFF CITY
BRIGHTON



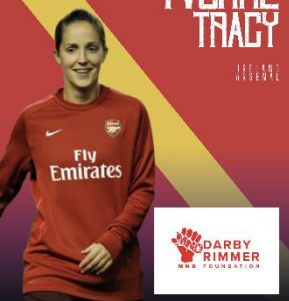
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

YVONNE TRACY

ENGLAND



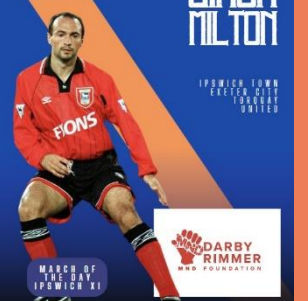
MARCH OF THE DAY ENGLAND XI




MARCH OF THE DAY II GUEST WALKER

SIMON MILTON

IPSWICH TOWN
LEICESTER CITY
SUNDERLAND
CARDIFF CITY
BRIGHTON



MARCH OF THE DAY ENGLAND XI



GUESTS GALLERY (PART 2)

MARCH OF THE DAY 11
GUEST WALKER

KEVIN LISBIE

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

JOE BURNELL

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

TOM DOONERTY

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

DARREN BENT

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MARCH OF THE DAY 11
ENGLAND XI

DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

LEE MANSSELL

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

GARY OWERS

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

DARYL MCMANON

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

FREDDIE SEARS

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

LOUIS CAREY

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

GAVIN JOHNSON

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MARCH OF THE DAY 11
IPSWICH XI

DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

STEVE GRATT

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

VINCE MILAIRE

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DARBY RIMMER
MND FOUNDATION

MARCH OF THE DAY 11
GUEST WALKER

SCOTT WALKER

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DARBY RIMMER
MND FOUNDATION



DARBY & STEWART'S MARCH OF THE DAY 2

THE FOOTBALL COMMUNITY
ATTACKING MOTOR NEURONE DISEASE
IN SUPPORT OF



DARBY RIMMER
MND FOUNDATION

MAIN SPONSOR



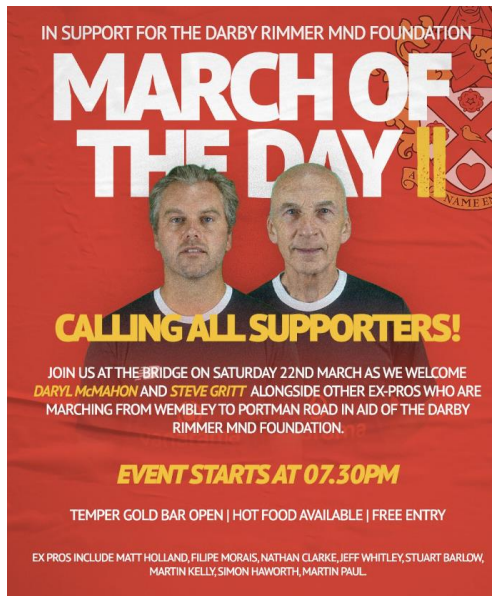
Professional Footballers' Association

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- BOXX
- ASHTON GATE
- FISHERS
- converj
- ConciergeUK
- TREEHOUSE
- MY-CLUB
- IHB

FROM THE STADIA

We have had amazing support from many clubs involved. Some of them share their own motivations here.



“Many of us, our families, our supporters, our sponsors, the football world, will be touched by someone with this terrible disease.

Hornchurch FC are very proud to be part of the fight against MND to promote awareness and raise funds for future research.

We welcome all walkers, officials and supporters to join us at the reception at Hornchurch FC, Bridge Avenue, Upminster, RM14 2LX on 22nd March from 7.30pm.”

Mike Alexander – Hornchurch FC

“Last July, I retired and now keep my mind active with supporting local football and cricket clubs by writing match reports and other features voluntarily for newspapers and websites. When Dave Setters, who I met through work, alerted me to March of the Day II, I wanted to get involved in giving it some publicity, especially when I saw that Welling United was one of the calling points.

Since then, I’ve discovered that one of my daughter’s former schoolfriends’ father has been diagnosed, and it has made me all the more determined. I go out walking every day in the hope that I won’t disgrace myself when joining stages on Friday and Saturday.”

Mark Doig – Welling United FC



FROM THE STADIA (Cont.)

“To have such an amazing charity walk, passing by our club is one thing but to be the starting point of the final days leg is an honour for Braintree Town FC and something we really wanted to get involved in and support.

Speak with a some of our fans it was evident others wanted to take part and so I have a team that is trying to walk the full final day which is fitting as we have had many players over the past few years on loan or signed from both Colchester Utd and Ipswich Town including this current campaign it made sense to attempt the whole day which is just a small amount compared to the hard work of others not just within the charity but the whole MND community.

I’m looking forward to meeting so many people and hearing their stories. I think it will be an enjoyable experience but very emotional at the same time but one I am very much looking forward to.”

James Crysell – Braintree Town FC



“When we saw that the walk was coming through the stadium, it hit me what a cruel disease this is.

I had witnessed what Kevin Sinfield had done for his mate Rob Burrows which highlighted MND

Then when I heard about Steph Houghton’s husband Stephen having MND a few years ago, which really affected me, so when we were contacted it was a no brainer to support the cause. .”

Andrew Kouroushi– Wingate & Finchley FC

FUNDRAISING

These instructions will help you set up your team's Fundraising page. We have an overall Event Fundraising page. Teams can then set up and personalise their own page under this.

This will allow us to see the overall total raised by the event in one place

Important Note

If you have already created your donation page but not linked it to the main page, you can still do it.

1. Log into your JustGiving Account
2. Click the link below
3. Click 'Connect your Fundraising Page' and follow the instructions

Instructions

1. Go to the link <http://www.justgiving.com/team/marchoftheday2team?invite=true>
2. Click **Join Team**
3. Click **Create your own Fundraising Page**
4. Click **Describe your own Event**
5. Add in the following details
 - a. Event type – **A personal walk**
 - b. Event name – **March of the Day 2**
 - c. Event Date – **21.03.2025**
 - d. Then Click **Continue**
6. On the Fundraising settings screen, add in the following details
 - a. Your fundraising target – **add a figure equivalent to £100 per person (Or higher if you prefer) on the team or the combined teams if doing one page to cover a number of teams**
 - b. Your fundraising page link – **give yourself a team name and your page will be named as this**
 - c. Stay in touch – **Make your own opt in selection**
 - d. Then Click **Continue**
7. On the Gift Aid page – **Make your appropriate selections (probably no, no, tick and tick)**
8. click **Create your Page**
9. Click **Personalise your Page**
10. Update your page details
 - a. Set an appropriate page title – **usually including a team name**
 - b. Add in a page summary to **describe your motivation for taking part**
 - c. Personalise the story – **Add in all the names of those in your team and a personal message on what has motivated your walk. Don't forget to thank potential sponsors in advance**
 - d. Click **Save** under each box you change
11. Once complete, click **View** in the top left to see your page

Get a QR Code for your Page

- Log into your account and into your donation page
- Click 'Edit Page'
- Click 'Share' on the left of the page
- Click the QR box on the right of 6 boxes
- Make a copy of the **QR code** and use this as well as the URL to send to sponsors

WHERE BETTER TO START

Where better to start but the home of English football. The first walkers are due to leave Wembley Stadium at 9am on the morning of Friday March 21. We believe that the start, as it was last year, will be shown live on BBC Breakfast. For that reason, we suggest that all those due to start at Wembley get there for 8.30 at the latest, earlier if possible. This will give time for pre-walk photos and speeches before we start letting the teams off. We may end up starting a little earlier for the live broadcast so we can avoid the nine o'clock news bulletin.



NUMBERS OF WALKERS BY GROUND

Now that registration has completed, we have a good idea of numbers at each ground. This includes Open Walkers and the Core Team. This is a lot of people. This is quite amazing support.

Stage	From	To	Total	Stage	From	To	Total
1	Wembley	Barnet FC	133	22	Milwall	West Ham	106
2	Barnet FC	Wingate & Finchley	126	23	West Ham	Orient	89
3	Wingate & Finchley	Tottenham Hotspur	147	24	Orient	Ilford	80
4	Tottenham Hotspur	Arsenal	165	25	Ilford	Dagenham & Redbridge	77
5	Arsenal	Marylebone	154	26	Dagenham & Redbridge	AFC Hornchurch	86
6	Marylebone	Chelsea	154	35	Braintree Town	Bradwell	113
7	Chelsea	Fulham	142	36	Bradwell	Surrex	101
8	Fulham	QPR	134	37	Surrex	Marks Tey	98
9	QPR	Brentford	109	38	Marks Tey	Colchester Country Park	104
16	Crystal Palace	Coney Hall	76	39	Colchester Country Park	Colchester United	143
17	Coney Hall	Bromley	83	40	Colchester United	Ardleigh	266
18	Bromley	New Eltham	84	41	Ardleigh	Stratford St Mary	275
19	New Eltham	Welling United	86	42	Stratford St Mary	Capel St Mary	291
20	Welling United	Charlton Athletic	102	43	Capel St Mary	Washbrook	304
21	Charlton Athletic	Milwall	100	44	Washbrook	Ipswich Town	329

SUNDAY PARKING

Unlike the first two days, the Sunday of March of the Day II has only three clubs to visit. As a result, many people are taking on larger stretches to walk. This will mean that cars will need to be left and picked up later.

Braintree Town have agreed that walkers can leave their cars in their car park, but they will need to be picked up later that day.

There is a large car park at **Colchester United** too. Cars can be parked there too. It's important to note that this is a **Pay & Display** car park so you must make sure you pay before you leave your vehicle.

All vehicles need to pay, including the Combat 2 Coffee van.



THANK YOU, DAVE PALMER

We owe a huge debt of thanks to the Professional Footballers' Association whose backing helped us get March of the Day II off the ground. In particular, we would like to thank Dave Palmer. Dave made all the introductions to the clubs and brokered conversations that have been very fruitful.

Dave is one of the many former players who is joining us on the walk. We should all take the time to thank him when he joins us for helping to make this event so special.

Thank you, Dave from the MOTDII Team!!!



PLEASE DONATE IF YOU CAN

There are two major aims of March of the Day II. We want to raise awareness of this horrific disease for which there is no cure to date. We are also looking to raise money for the Foundation to be used in two ways

1. To fund research into treatments and a cure for all those battling Motor Neurone Disease
2. To provide grants to families whose lives have been impacted by MND to allow them to adapt their homes and acquire the technologies they need to make life easier.

Please donate if you can by clicking this button

Donate

UPCOMING EVENTS

March of the Day II isn't the only event in plan for the Darby Rimmer MND Foundation this year. On June 6-8, the Grassroots Football Tour takes place in West Yorkshire and Greater Manchester raising funds entirely for the Foundation. This was developed at the request of Ossett United where it starts and finishes.

Kirky's Six Peaks is Chris Kirkland's challenge to complete the National Three Peaks twice over in 48 hours. The Darby Rimmer MND Foundation is one of 5 beneficiaries. This is set for August 8-10. The Scottish March of the Day is in plan for October 10-12 and is a collaboration with the My Name5 Doddie Foundation. Redwood Events are meeting them in April to finalise details and facilitate the launch.

Click the posters below for more information on the events.



KEEPING UP WITH THE PROGRESS OF THE EVENT

In the build-up to the event, this is how you keep up with progress

Via our Facebook Group

We have a long-standing Darby Rimmer Redwood Events Facebook Group. This is probably the most reliable as photos and updates will appear regularly through the walk. You can find our group [here](#).

Via Twitter / X

Updates will also be added to Twitter / X. Search for the hashtag **#MOTD2** or the accounts **@darbyrimmermnd** and **@Redsmail** for these updates

Via Instagram

Updates will also be added to Instagram. Search for accounts **@darbyrimmermnd**, **@Teamstewart254** and **@Redsmail** for these updates