



I will be attempting an official World Record (confirmed by the Guinness book of Records) for the longest unaided open water swim for a person living with MND on Sunday 24th September at 8am at Denham Water Ski Club, UB9 5HE.

All donations will be split equally between MND Research, MND Hertfordshire & MND Bedfordshire.

Mark's World Record Attempt for MND



To read my story & donate please go to my Justgiving page:
<https://www.justgiving.com/page/mark-obrien-mndworldrecordswim>



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