

# Life Changing Experiences

Events 2010/11 [www.scope.org.uk/adventures](http://www.scope.org.uk/adventures)



Time to get equal

**scope**

About cerebral palsy.  
For disabled people achieving equality.

- Peru Inca Trail trek
- Great Wall of China trek
- Grand Canyon trek
- Climb Aconcagua, Argentina
- Kilimanjaro trek**
- Cycle South Africa
- London to Paris 24 bike ride**
- Community Project Cambodia
- White Peaks ski marathon
- Brighton Marathon
- Virgin London Marathon
- Ironman UK Triathlon**
- Bath Half Marathon
- adidas Silverstone Half Marathon
- Bupa Great North Run
- Royal Parks Half Marathon
- Bupa Great South Run
- Bupa Great Manchester Run
- Bupa London 10,000
- Asics British 10Km London
- Mazda London Triathlon
- Sporting Inspirations**
- Backgammon and Bridge Tournament

# Why choose Scope?



Scope is a leading disability charity, whose vision is a world where disabled people have the same opportunities to fulfil their life ambitions as non-disabled people.

We believe that together we can create a better society for all - disabled people and their families still face many barriers in shaping their future and achieving their dreams. Scope recognises these challenges and with your support we can develop new services created with disabled people, for disabled people and their families.

One of Scope's vital services is Scope Response – a free service that offers expert advice, information and support to disabled people and their families. Scope Response is entirely supported by voluntary donations.

**“My name is Emma and I'd like to tell you about my son Josh and the fantastic support that we've received from Scope Response – a pioneering service from Scope developed especially for disabled people and their families.**

**Josh was born prematurely at 28 weeks and diagnosed with cerebral palsy – just like the 1,800 other children who are diagnosed with cp every year in the UK. As a family we were going through a really difficult time and had nowhere else to turn. Scope Response gave us expert advice and support, and also really useful information about the rights and services available to Josh. But if Scope Response is to continue fighting for the rights of disabled children and adults, they need your support.”**



## Scope's 2010/11 events

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For more information about any of our fantastic events, please get in touch:

Call **020 7619 7272/7270**

Email **events@scope.org.uk**

Visit **www.scope.org.uk/adventures**

Register online at  
**www.scope.org.uk/adventures**

Trek, cycle, ski... join us on a truly life-changing journey to some of the most remote and spectacular corners of the world, making great friends along the way.

## TREK



### Mount Kilimanjaro Trek

A spectacular trek that takes you from the dense rainforest to the snow-capped peak of the volcano, the highest point in Africa and one of the World's Seven Summits.

**18 – 27 June 2010;**

**15 – 24 Oct 2010;**

**28 Jan – 6 Feb 2011**

Registration fee £199; minimum sponsorship £3250

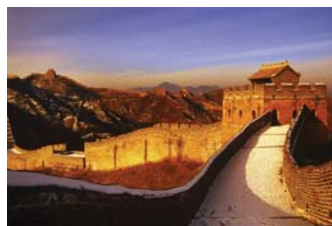


### Peru Inca Trail Trek

Journey to the lost Inca city of Machu Picchu. Trek through the high Andes Mountains via wind-swept valleys, over wild mountain passes and through tiny, isolated Andean villages

**2 – 12 September 2010**

Registration fee £199; minimum sponsorship £3100



### Great Wall of China Trek

An unforgettable trek along one of the World's great wonders, which will leave you with everlasting memories of China's rich culture and history

**18 – 26 September 2010**

Registration fee £199; minimum sponsorship £2900



### Grand Canyon Trek

We will explore this awe-inspiring landscape, crossing enchanting turquoise creeks, jumping into breathtaking waterfalls and trekking deep down into the canyon

**2 – 10 October 2010**

Registration fee £199; minimum sponsorship £2900



### Aconcagua Expedition, Argentina

Embark on this extreme challenge up to the summit of 6962m. Push yourself to the limit on one of the World's Seven Summits. Spaces are limited!

**Jan 2011**

## CYCLE



### Cycle South Africa

Cycle along the rugged coastline of the Garden Route on an invigorating bike ride, which takes you through forests, woodlands and remote beaches to reach the Cape of Good Hope

**18 – 28 November 2010**

Registration fee £199; minimum sponsorship £3250

## COMMUNITY



### Community Project Cambodia

After a two day jungle trek you will be immersed in village life on this rewarding community project building houses for landmine-affected families in rural Cambodia

**4 – 14 Nov 2010**

Registration fee £199; minimum sponsorship £3100



### London to Paris 24 bike ride

Cycle this iconic route– in 24 hours! This is the first-ever challenge of its kind – make history by entering a team in this exhilarating event

**23 – 25 July 2010**

Registration fee £300; minimum sponsorship £1900 (for team of 3)

## SKI



### White Peaks Ski Marathon

Ski or board 24 peaks in 48 hours in the Italian Alps. This is a challenging and fun event where you will ski the equivalent of Everest twice!

**4 – 7 March 2010**

Registration fee £100; minimum sponsorship £1500

Scope has a running team in all of the major UK road races. From 10kms to a full Ironman, we have the run for you!

## MARATHONS

### Brighton Marathon

The inaugural marathon in Brighton promises to be like the London Marathon, but by the sea!

**18 April 2010**

Registration fee £20; minimum sponsorship £300

### Virgin London Marathon

**25 April 2010**

Registration fee £55; minimum sponsorship £1700

## HALF MARATHONS

### Bath Half Marathon

**7 March 2010**

Registration fee £20; minimum sponsorship £175

### adidas Silverstone Half Marathon

**14 March 2010**

Registration fee £20; minimum sponsorship £100



### Bupa Great North Run

The world's largest half marathon takes you from Newcastle to South Shields. It's a real challenge for any runner.

**Date 19 September 2010**

Registration fee £20; minimum sponsorship £200

### Royal Parks Half Marathon

**Date 10 October 2010**

Registration fee £20; minimum sponsorship £250

## 10 MILE RUNS

### Bupa Great South Run

**Date 25 October 2010**

Registration fee £20; minimum sponsorship £120

## 10KM RUNS

### Bupa Great Manchester Run

**Date 16 May 2010**

Registration fee £20; minimum sponsorship £120

### Bupa London 10,000

**Bank Holiday Monday 31 May 2010**

Registration fee £20; minimum sponsorship £100

### Asics British 10K London

Running alongside the Thames and through the streets of London, the atmosphere for this event is one to savour.

**11 July 2010**

Registration fee £20; minimum sponsorship £100



## TRIATHLONS

### Mazda London Triathlon

Swim, Bike Run! The world's largest Triathlon, this event takes place in the docklands of London. You can participate in Olympic distance, sprint, super sprint or the team event.

**7&8 August 2010**

Registration fee £20; minimum sponsorship £350

### Ironman UK Triathlon

**Date TBC August 2010**

Registration fee £50; minimum sponsorship £1000



## Sporting Inspirations 09

An evening with Sir Clive Woodward OBE and John Inverdale

Wednesday 18 November 2009,  
Marriott Grosvenor Square, London W1

Join us and mingle with Olympic and Paralympic medalists at the champagne reception, enjoy great food and wine over dinner followed by Sir Clive Woodward OBE, Director of Olympic Performance at the British Olympic Association, in conversation with John Inverdale, BBC presenter. **The evening will be hosted by Alastair Stewart OBE, ITN news anchor.**

To book your table at £1,750 or individual tickets at £175, please contact Sue Dorrington on 020 7619 7271 or email [susan.dorrington@scope.org.uk](mailto:susan.dorrington@scope.org.uk)



## Backgammon and Bridge Tournament

Sunday 7 March 2010, Royal Automobile Club (RAC), 89 Pall Mall, London SW1

Scope is delighted to bring you the 11th annual Backgammon & Bridge Tournament, the only one of its kind on the market! The tournament attracts around 150 social players to International players.

The day begins with a champagne reception where guests can take part in the raffle with very good odds! The reception is followed by a specially created brunch and a live auction kindly conducted by Lord Archer. The tournaments begin at 2.00 pm with plenty of prizes and trophies to be won.

To book your Backgammon Masters Flight places at £250, Backgammon or Bridge places at £100 or simply join us for brunch at £50, please contact Sue Dorrington on 020 7619 7271 or email [susan.dorrington@scope.org.uk](mailto:susan.dorrington@scope.org.uk)

## Organise your own event



### Your ideas – Our Support!

Its simple: Your ideas, Your event, Your choice...

If you would like to organise a fundraising event we would love to hear from you. Whether it's a cake sale, a tea party, a walk, bike ride or a run, whatever your passion, why not fundraise for Scope while you are doing it?

Scope will give you dedicated support and advice on any event ideas, as well as supplying you with a fundraising pack and materials to help your event.

To request a fundraising pack, please contact the events team on 020 7619 7272/7270 or email [events@scope.org.uk](mailto:events@scope.org.uk)