ULTIMATE TEAM BUILDING EVENTS FOR THE CONSTRUCTION INDUSTRY

10TH ANNIVERSARY COINS 3 PEAKS CHALLENGE SUPPORTING THE COINS FOUNDATION

12TH & 13TH MAY 2012
If you’re looking for a challenge to get your colleagues motivated, a team building event or a new personal goal, COINS Challenge Events are the answer.

Choose from the UK Construction Industry’s flagship fundraising event - the COINS 3 Peaks Challenge - or our two new events for 2012: COINS 24 Peaks Challenge and COINS Coast 2 Coast. The challenges demand mental toughness as much as they do physical fitness, and with some training and preparation, it’s possible for anyone to take part. The result: an amazing sense of achievement and a challenge to be really proud of.

The intensity of a weekend together forges a strong camaraderie between colleagues. Our events require stamina, determination and above all team spirit. Participants will be supported by our experienced team to ensure the journey leading up to your event is as enjoyable as the challenge itself.
THE CHALLENGES

COINS 3 PEAKS CHALLENGE
12TH -13TH MAY 2012
3 PEAKS, 24 HOURS

COINS 24 PEAKS CHALLENGE
16TH - 17TH JUNE 2012
ONE CRAZY WEEKEND, TWO DOZEN NATURAL HIGHS

COINS COAST 2 COAST
27TH - 30TH SEPTEMBER 2012
GEAR CHANGING ADVENTURE

www.coinsfoundation.org
The COINS 3 Peaks Challenge is the UK Construction Industry’s leading fundraising challenge event: an adventurous, exhilarating and fantastic team building experience exclusive to the industry.

In a team of four and two support crew, this event will test your endurance and give a great sense of achievement upon reaching the summits of the three highest mountains in the UK; Ben Nevis in the Scottish Highlands, Scafell Pike in the Lake District and Snowdon in North Wales. Teams will walk a total of 24 miles, achieving a total height gain of 10,000 feet, all this, with very little sleep, in an effort to complete the challenge in 24 hours.

To participate in this event we ask you as a team to fundraise **£5,000** for the COINS Foundation.
## Event Details

- **Event Date:** 12th - 13th May 2012
- **Team Size:** 4 walkers, 2 support crew
- **Fundraise:** £5,000
- **Ben Nevis:** 5 hrs 30 mins
- **Scafell Pike:** 4 hrs 30 mins
- **Snowdon:** 4 hrs
- **Driving Time:** 10 hrs
- **Total Target Time:** 24 hrs

We have a dedicated challenge team who will ensure you are supported at every stage of your training and fundraising prior to the event, as well as during the challenge. For more information please visit www.coinschallengeevents.com or ask for the challenge team on 01753 501 000.
The COINS 24 Peaks Challenge is a spine-tingling, invigorating, endurance testing event. Over two days you will scale 24 peaks in the Lake District, each mountain being over 2,400 feet high with a total height gain of over 13,000 feet, all in 24 hours.

In a team of four to seven walkers, the challenge route follows the Lake Districts best mountain ridge walks, including many of the famous peaks in this beautiful landscape such as Red Pike, Scafell Pike (England’s highest mountain), Helvellyn and Great Gable. You will cover some 33 miles, scaling half the height of Mt Everest. This event is not for the faint hearted!

To participate in this event we ask your team to pledge to fundraise £4,000 for the COINS Foundation.

www.coinschallengeevents.com
<table>
<thead>
<tr>
<th>Event Date</th>
<th>16th - 17th June 2012</th>
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<tbody>
<tr>
<td>Team Size</td>
<td>4-7 walkers, 1 support crew</td>
</tr>
<tr>
<td>Fundraise</td>
<td>£4,000</td>
</tr>
<tr>
<td>Day One</td>
<td>10 Peaks - 14 hrs</td>
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<tr>
<td>Day Two</td>
<td>14 Peaks - 10 hrs</td>
</tr>
<tr>
<td>Total Target Time</td>
<td>24 hrs</td>
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This classic Great British ride covers some of northern England’s most rugged and spectacular scenery. Join us on this 136 mile ride from the West coast to the East coast of England and enjoy one of the UK’s most archetypal and memorable tours.

We will be following the West to East CTC route. After dipping bike wheels in the Irish Sea at Workington we will cross the northern edge of the Lake District to the Eden Valley. We then cross to the North Pennines before dropping down to the post-industrial landscape of the North East and dipping our wheels into the North Sea at Tyneside.

To participate in this event we ask you to pledge to fundraise £850 for the COINS Foundation.
Event Date 27th - 30th September 2012
Team Size 2 minimum
Fundraise £850 per person
Day One Whitehaven – Keswick 31 miles
Day Two Keswick – Alston 45 miles
Day Three Alston – Tynemouth 60 miles

We have a dedicated challenge team who will ensure you are supported at every stage of your training and fundraising prior to the event, as well as during the challenge. For more information please visit www.coinschallengeevents.com or ask for the challenge team on 01753 501 000.
Not only will you be testing yourself physically and mentally whilst experiencing some of the most beautiful landscapes the UK has to offer but you will also be fundraising for the COINS Foundation.

The Challenge team will support your fundraising from start to finish with plenty of advice and guidance. Online information, fundraising packs and tailored workshops will all be available to you and your team.

Join colleagues and companies from the construction industry who are challenging themselves and changing lives at the same time by participating in the COINS Challenge Events.

To date the construction industry has raised over £2.2 million.

www.coinschallengeevents.com
The COINS Foundation is working towards an inclusive global society in which everyone enjoys the benefits of a decent place to live; enough to eat; education, employment and prosperity. For this to happen we need to address the root causes of poverty and discrimination, to develop long-term solutions which will help to bring about permanent change.

Here are just a few of the projects that the COINS Foundation has supported;

- Created housing for 500 orphans and vulnerable children across Zambia, Uganda and Mozambique
- Expanded four schools in Uganda providing 500 secondary education places
- Supported 40 young construction apprentices into work in Zambia
- Built 30 houses benefiting 150 people affected by the Haiti earthquake in 2010

With the construction industry’s continued support we aim to continue helping to provide sustainable futures to those most in need.
WHY TAKE PART?

- Sense of achievement
- Adventure
- Team spirit
- Fun
- Developmental clarity and focus
- Personal growth
- Trust and respect

CHALLENGE YOURSELF

www.coinschallengeevents.com
EVENT: 

NAME OF TEAM LEADER: 

COMPANY: 

COMPANY ADDRESS: 

POSTCODE: 

HOW DID YOU HEAR ABOUT THE EVENT: 

HAVE YOU TAKEN PART BEFORE: 

TELEPHONE: 

EMAIL: 

WEBSITE: 

BUILDING THE INFRASTRUCTURE OF COMMUNITIES
REGISTER AT
WWW.COINSCHALLENCEEVENTS.COM
OR CALL THE CHALLENGE TEAM ON
01753 501 000