



Are you ready for

# The Gold Challenge?

St Mungo's   
Opening doors for homeless people

## Raise money for St Mungo's by taking part in the Gold Challenge

The Gold Challenge is a unique opportunity for companies and their employees to feel part of the excitement of London 2012 by taking on multiple Olympic and Paralympic sports and raising money for charity.



This will be a popular engagement programme as your employees can learn new skills, develop team spirit and improve general fitness levels all whilst drawing on the excitement of the forthcoming Olympic and

Paralympic Games.

Participants challenge themselves to do 30, 20, 10 or 5 different sports. This can be done as an individual or as part of a team, with each team member taking on one or more sports.

So whether your challenge is testing yourself in multiple new sports, pushing yourself to the next level within your favourite sport or creating the most extreme sports challenge ever – the Gold Challenge will motivate and inspire you.

**Get sponsored to take on the challenge and raise much needed funds for St Mungo's. Help change the lives of homeless men and women in the UK.**



## Who can take part?

The Gold Challenge is passionate about encouraging everyone in your business to participate in sport – irrespective of age, ability or locality.

It is easy to get involved and register:

- Individual and team entry
- Teams can be based around departments, divisions, office locations or business groups.
- Disability sports are fully integrated into the Gold Challenge.

## Why Gold Challenge?

- It is a high profile, nationwide programme
- It will create a greater sense of team spirit
- You'll feel part of the excitement in the run up to the London Olympics
- It's an opportunity to raise money for St Mungo's
- It's accessible for all employees, regardless of age or physical ability.



## The sports

All sports are open for everyone to try regardless of ability or disability.

Archery **Boxing** Football **Rowing**  
Tennis **Athletics** Canoeing/Kayaking  
Gymnastics Sailing **Triathlon** Cycling  
Handball Shooting **Volleyball** Hockey  
Swimming **Badminton** Equestrianism  
Judo **Taekwondo** Weightlifting  
Basketball Fencing **Modern Pentathlon**  
Table Tennis **Wrestling**

## Challenge suggestions

The Gold Challenge can be approached in many different ways; we've outlined some for you below to help you on your way:

**Ideal for offices or departments competing against each other:**

### The '5 New Sports Team Challenge'

"We are going to try five new sports we've always wanted to have a go at, but never got around to doing." – ideal for a team of 5 – one sport per person.

### The '30 Sport Challenge'

"We're taking on all 30 sports and are going to do five sports each... other than Mike – he's doing them all."

**Or, a director could take on The Ultimate Challenge for charity:**

### The 'Ultimate Challenge'

"I want to create the challenge of all challenges" for example:

A marathon  
A triathlon  
10k open water swim  
Modern pentathlon  
A decathlon

**We can talk you through the different options and find out what works best for you.**



# Contact us

For more information and to arrange an introductory meeting to discuss how Gold Challenge could work for you, please email [Lisa.Long@mungos.org](mailto:Lisa.Long@mungos.org) or call **020 8762 5537**.



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For more information contact:  
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**[www.mungos.org](http://www.mungos.org)**

Charity exempt from registration  
I&P Society No.20598R Housing Association No. LH0279

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