



rainbows

Brightening short lives

Challenge yourself

This year, we've teamed up with events company, Adventurous Ewe, to bring you some new and exciting challenges. All challenges have dates available throughout the summer, starting in April. Get in touch with us to find the right one for you.

Snowdon Challenge

Experience the rugged landscape of Snowdonia with this one day action packed challenge of cycling, trekking and kayaking.

Lake District Challenge

The Lake District's postcard panorama of craggy hilltops, mountain tarns and glittering lakes paints the perfect landscape for your multi activity adventure! Trek, cycle and kayak this route.

Coast to Coast Cycling Challenge

Starting from the coast of West Cumbria, this challenging route covers 145 miles before reaching the welcome sight of the North Sea at Whitley Bay. Be inspired by some of the most dramatic scenery the UK has to offer.

Yorkshire 3 Peaks Challenge

Support Rainbows whilst taking part in this iconic, tough and incredible trek.

Events List 2022

January

This month, why not host a sale at work for Rainbows and encourage everyone to donate those unwanted gifts?

February

Consider holding a quiz night to get through the winter months - we can provide you with a pack to help you plan and get started.

March

Time for a spring clean! We can provide you with one of our Rainbows recycling cardboard bins to sit in your office. Give us your unwanted items so we can keep our charity shops stocked with wonderful things.

April

Miles for Rainbows

Throughout April, join us in virtually taking part in a 64.2mile loop across the East Midlands by either cycling, running, walking or swimming. Whether you take on the route in one go, over multiple days or multiple ways, it's up to you. Sign up for £15 and get a Rainbows t-shirt included.

May

Derby Cathedral Abseil - 7 May

Climb the 199 steps to the top of Derby's Cathedral Tower, then begin your 212ft abseil. As you reach the top of the Cathedral tower, take in the breath-taking views of Derby. Register for £20 and pledge to raise £100 for Rainbows.

Leicestershire Golf Day - 25 May

This Stableford Competition is taking place at the beautiful Lingdale Golf Club. There'll also be bacon butties, hot drinks and a two-course meal! Entry is £240 per team of 4 and don't forget you can support us by sponsoring a hole.

June

Ramathon - 19 June

Run this exciting half marathon around Derby for Rainbows, the course is fast and flat. Sign up and pledge to raise £100 for Rainbows.

Rainbows Afternoon Tea: A slice of Inspiration - 26 June

This year we welcome two pioneers of their chosen fields who will share stories and memories to help us demonstrate that your gender should never hold you back - top female adventurers of our time Anna McNuff and Kirsty Murphy MBE - the first and only female pilot to fly in the RAF Aerobatic Team, the Red Arrows.

July

Peak District Walk: Choose your Challenge - 3 July

Experience the beautiful sights of the Peak District like never before, by joining us on one of our New Peak District Walks in 2022. Choose the 5 or 10 mile route and enjoy the scenes whilst making friends!



It's A Knockout - 21 July

It's back! With a mixture of the original IAK costumes, inflatable and water games, we can promise your team will have a fantastic evening of competition. Sign up a team of 8-10 for £150 and pledge to raise £700 for Rainbows.

September

Great North Run - 11 September

Run for Rainbows in this iconic half-marathon! Grab one of our limited charity spots and start your training.

Snowdon Trek - 24 September

Experience the sights of North Wales like never before and trek Snowdon with team Rainbows. Register to tick this trek off your bucket list for £35 today.

Derby Golf Day - Friday 30 September

Join us for our annual four-ball competition at Kedleston Park Golf Club, one of the finest courses in the Midlands. Head to our website to check our entry costs which include a two-course meal and prize presentation.

October

London Marathon - Sunday 2 October

The TCS London Marathon is the marathon all runners – new and seasoned – want to run, and for good reason. The world-famous route has remained largely unchanged since the inaugural race in 1981 and as you take on the 26.2 miles around the Capital. Apply for a Rainbows place by 14 February.

November

Fireworks - Saturday 5 November

Join us at Leicester Racecourse for an incredible firework show! This one is not to be missed.

December

Derby Santa Run - Sunday 4 December

Join us as we dash through Markeaton Park, with a fun 2.5 or 5km run perfect for all of the family.



rainbows.co.uk/corporateevents

Rainbows is registered as Cope Children's Trust in England and Wales. Registered Charity No. 1014051.
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