



① Decathlon ② Fellows ③ Charities



Support and take part in

1 Decathlon

with

2 Fellows

Bruce Elkins and Peter Harding

for

3 Charities

The Rose Road Association, The Rainbow Centre and Wessex Cancer Trust



CW FELLOWES
BUSINESS AND TAX ADVISERS

We're backing the 123 Decathlon Challenge 2012



web www.cwfellowes.com

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TRUSTED, SENSATIONAL AND SPECTACULAR



www.cwfellowes.com/123

Join us

The 2 Fellows:

Bruce Elkins: Director CW Fellowes Limited

Peter Harding: Director Questmap Limited

To celebrate the Olympics coming to London we have created our own exciting sporting event – 1 Decathlon, which will take place across the year to raise much needed funds for 3 special local charities - The Rainbow Centre, The Rose Road Association and Wessex Cancer Trust.

Our aim is to raise £100,000 to be shared by the charities and we invite you, your family, friends and work colleagues to join us in any number of the ten events detailed in this brochure. We would also like to invite you to raise sponsorship as we attempt to reach our £100,000 target, be it individually or as a group or team. We recommend that you aim to donate or raise through sponsorship a minimum of £20.12 per person. This can be given through our just giving website at www.justgiving.com/BruceAElkins. To participate there will be a £10 per person entry fee for each event to cover the costs associated with running the events, this ensures that 100% of your donation/sponsorship goes directly to the charities.

Whether you're an experienced sports person or someone who doesn't perhaps regularly participate in sport, there is something for everyone - simply look through the brochure and find the activity that suits you best. There is no limit on the number of events that you can take part in and there will also be the chance to spectate at certain venues.

These events are a fantastic way to perhaps take part in a new sport for the first time, organise a corporate event involving your staff or maybe enhance your sporting skills, whilst raising money for 3 wonderful charities supporting local people in our community. We hope you will be able to join us – thank you.

Supporters

Brochure designed by:



Tel: 023 8028 5128



Note

All charitable donations are kindly being managed through Challenge Adventure Charities (CAC), a locally based charity that has raised some £2.75 million from cycling challenges that Bruce has had the privilege to participate in over many years. CAC is a Limited by Guarantee Company, registered charity number 1057920. It is run by volunteers and 100% of donations are redistributed for charitable purposes.

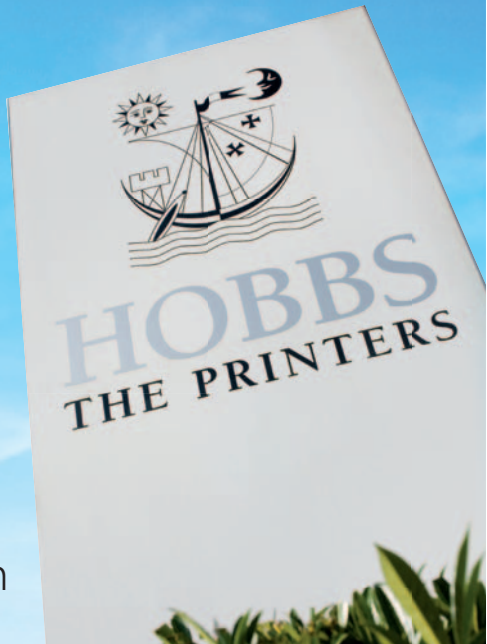
For further information go to www.challengeadventurecharities.org.uk

www.cwfellowes.com/123

Hobbs is delighted to
support the

123 Decathlon
Challenge 2012

www.hobbs.uk.com



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“JE Consulting
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integral and
important part of
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over the past
few years.”

Russell Black
Glazers Chartered
Accountants



The Rose Road Association has been supporting local children and young people with profound disabilities since 1952. Based in our state-of-the-art home in Southampton we provide a special school, short breaks, play activities, fostering services and much more.

Every day presents different challenges to overcome as well as exciting opportunities to experience and at Rose Road we want to do more for every child and family. We are only able to provide the highest levels of care as a result of the very generous support we receive through fundraising from the local community and our supporters and volunteers.

The Children's Appeal aims to direct monies raised to those young people who are in most need of care and support, providing more short breaks for the children who come to Rose Road and others who may not currently access our services. With the rooms we have available we can provide 4,200 overnight stays a year but at the moment we can only provide 3,400 of those linked to the funding we have available, and this is why the Appeal is so important.

The monies raised through the fantastic 123 Decathlon Challenge 2012 will make a real difference to the lives of many children and their families, and we are delighted to be part of the event. Thank you!

www.roseroad.org.uk

www.cwfellowes.com/123



Set up 30 years ago, the Wessex Cancer Trust has given around £20 million to help cancer patients and their families in the Wessex region. The Wessex Cancer Trust relies totally on the generosity of the general public, corporate sector and grant giving bodies for its funding, and is delighted to be a partner charity in the 123 Decathlon Challenge 2012.

Over the years the Trust has been able to support cutting edge research projects, the purchase of vital equipment and training of paediatric cancer nurses, allowing children to be treated at hospitals closer to home.

Demand for patient and family support continues to grow and the Trust is responding to this by increasing the services it provides. These services include patient grants, counselling and befriending, complementary therapies and much needed respite care. The funds we receive from the 2012 Decathlon Challenge will enable us to open more Support Centres which, for many cancer patients, provide a lifeline. For those bereaved families, our emotional care and support helps them through some very difficult days. To be a part of the 123 Decathlon Challenge in 2012 is fantastic and will help make a big difference to many people's lives... thank you!

www.wessexcancer.org

www.cwfellowes.com/123



Helping children and adults with motor impairment towards independence

For over twenty years, The Rainbow Centre has been transforming the lives of children with Cerebral Palsy, those who care for them and, more recently, adults with MS, Parkinson's Disease or in recovery from strokes.

Based in the town of Fareham in Hampshire, The Rainbow Centre works with individuals and families from across the South using a unique form of positive learning called 'Conductive Education', which focuses on what learners are able to achieve to fulfil their true potential in life.

For our children this can involve learning how to sit up without support or the ability to walk unaided. For adults it can be relearning lost skills or preserving the ability to carry out everyday activities with skills we all take for granted.

We are immensely proud to have been chosen as one of the charities who will benefit from the 123 Decathlon Challenge. Receiving almost no statutory funding, The Rainbow Centre relies on donations, sponsorship and fundraising to cover our operating costs of up to £45,000 per month. For each child to attend just one weekly session for a whole year, we need to raise £3,000.

All funds raised from 123 Decathlon Challenge 2012 will go towards sustaining our current excellent range of services and help us to realise our plans for expansion in our adult services from 2012. On behalf of all our children, adults, families and staff, The Rainbow Centre would like to thank you for your support.

www.rainbowcentre.org

www.cwfellowes.com/123



CW Fellowes is a leading independent firm of Chartered Accountants based in the South of England.

Our seventy staff operate out of two principal sites, Chandlers Ford and Fareham, both with very easy access to major transit hubs.

Our central objective as accountants, business and tax advisers is to help increase, measure and protect the financial wealth of our clients, working together as a team, combined with close client relationships. In particular our experienced team of tax advisers are able to advise on all aspects of UK tax, both corporate and personal.

We are able to offer complete financial back office facilities via our outsourcing team enabling all the stress to be taken out of any new venture in the UK.

CW Fellowes are also members of IAPA, the International Association of Professional Accountants, a global association of independent accountancy and business advisory firms operating in over 50 countries. The IAPA membership allows us to work alongside trusted professionals on behalf of our clients in any cross border work.



TRUSTED, SENSATIONAL AND SPECTACULAR

We are a well trusted, imaginative Event Management company. We are helping businesses strengthen their brand, engage their employees and create a legacy of memorable events.

Your event needs to be authentic, original, significant and needs to be customised, delivered and attractively priced, which we can promise you.

After 12 years of experience in a tough and changing market place, events are back in the spotlight now as a very effective marketing tool internally and externally. Executed effectively they are a very powerful mechanism for delivering keys messages and providing a reward.

'Dock Gate Events offer a safe pair of hands, deliver a high quality cost effective service, and provide an outstanding service, on time, to budget with all of the creativity that you would expect of a truly professional global event organiser. On top of that add in a really warm and friendly personality and you'll never be sorry for using Dock Gate Events on any project'. Paul Frankish, Marketing Director, Ideal Standard International

We are proud to be working with Bruce, CW Fellowes and are thankful for being given the opportunity to work for 3 great charities.



Drinks as they should be made - naturally!

Rocks has been making drinks to keep it's customers hydrated and quenched for over 25 years. We do not use Aspartame or other Artificial Sweeteners, nor do we use Artificial Colours, Flavours or Preservatives.

Enjoy the natural taste of Rocks!

**Rocks is proud to be supplying it's drinks
to the events of the 123 Decathlon Challenge 2012**

**For further details
www.rocksorganic.com**

Badminton



Tuesday 21 February 2012

Sponsor: CCV Southampton

Location: Westgate Badminton Centre, Winchester

Approximate start time: 4pm



CCV Southampton is an Insurance Broker based in Chandlers Ford, approximately 9 miles from Southampton city centre.

The office enjoys a history going back to the 1970's and following growth and acquisitions has now become part of the CCV Group, which was established in 2006. Managing Director Stuart Whitcher has been with the company for 30 years and the majority of staff have been with the company for over 8 years. We are proud to say that we also have business relationships with some clients that span decades.

Our clients enjoy service from a team of highly trained and experienced professionals. As part of CCV Risk Solutions, the fourth largest independent broker in the UK, we enjoy substantial market leverage. This in conjunction with our professional relationships with underwriters who have known and respected us for many years, means that we are able to offer competitive insurance terms for all of your business needs.

Website: www.ccvsouthampton.co.uk

Contact Details: Stuart Whitcher

Tel: 023 8026 2020

Email: stuart.whitcher@ccventures.co.uk



Badminton

Open to all abilities and to keep the event interesting there will be a draw to pair you up with another entrant in a mixed (where possible) doubles format... In addition to the doubles format there will be an opportunity to challenge a celebrity or international standard player.

Walk



Sunday 25 March 2012

Sponsor: R&M Electrical

Location: Manor Farm Country Park, Bursledon

Approximate start time: From 9am



The R&M Electrical Group is one of the largest independent electrical distributors in the UK, providing a range of products and services to a worldwide customer base. Besides a number of specialist divisions and branches in the UK, R&M have overseas branches in the Caspian Region and the Middle East.

Since our formation in 1987 R&M have been stockists for some of the world's leading electrical manufacturers. Our diverse product range and our membership of ANEW (largest independent buying group in the UK) ensures that we can supply a complete solution to our customers. As well as our UK stocking branches we have four specialist divisions, our Lighting Division and R&M Cables in Bristol, R&M Fixings & Support based in Southampton and R&M Assembly Division based at our head office.

In addition to our electrical supplier capabilities we have dedicated exports and projects divisions. These divisions have proved an unqualified success with exports to over 70 countries world-wide winning many internationally significant contracts and projects since being established in 1996.

We are stockists for some of the world's leading manufacturers with each Branch holding stock utilising a variety of different manufacturers. As a result of this R&M with its diverse product range can supply solutions for all your electrical needs whatever your specific application.

R&M can supply the following product categories: Cables, Cable Accessories, Cable Management, Datacoms, Domestic Wiring, Fire, Fixings and Supports, Fuses, Industrial Wiring, Lamps and Tubes, Lighting Fittings, Programmers and Timers, Security, Space Heating, Specialist Equipment, Switchgear and Distribution, Test Instruments, Tools, Ventilation, Water Heating.

Website: www.rm-electrical.com

Contact Details: R&M Electrical Group Ltd (Southampton Branch)

Tel: 023 8034 1444

Email: sales_team@rm-electrical.com



Walk

There will be 2 family friendly options of 5k or 10k and a more challenging Olympic distance of 20k for regular walkers.

Cycle - Track



Sunday 15 April 2012

Sponsor: CW Fellowes Limited

Location: Calshot Activities Centre

Approximate start time: from 9.30am (3 slots during the day)



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We are able to offer complete financial back office facilities via our outsourcing team enabling all the stress to be taken out of any new venture in the UK.

CW Fellowes are also members of IAPA, the International Association of Professional Accountants, a global association of independent accountancy and business advisory firms operating in over 50 countries. The IAPA membership allows us to work alongside trusted professionals on behalf of our clients in any cross border work.

Website: www.cwfellowes.com

Contact Details: Bruce Elkins

Tel: 02380 247070

Email: baelkins@cwfellowes.com

CALSHOT
ACTIVITIES CENTRE

Cycle - Track

The track cycle at Calshot Velodrome requires a commitment to 2 training/coaching sessions in groups (maximum 10) prior to the main event and requires some degree of cycling experience.

Tennis



Tuesday 1 May 2012

Sponsor: Hughes Ellard

Location: Virgin Active Hampshire Health and Racquets Club

Approximate start time: From 1pm

*Hughes***Ellard**

hughesellard.com

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Hughes Ellard provides advisory services for sales & lettings of office, retail, industrial & warehousing, together with expert advice in rent reviews, lease renewals, rent reviews, valuations, structural surveys & dilapidation claims.

The practice also specialises in investment sales & acquisitions, along with development land brokerage for both commercial & residential development.

If you are looking for a team of talented and creative property consultants who consistently deliver outstanding results throughout the south of England for property owners, occupiers, investors and developers, then you've come to the right place. The delivery of excellence is how we grow our reputation with the clients we work with.

Our proven 30-year+ pedigree is built on a reputation of service excellence, integrity and in-depth regional market knowledge

Our Specialties include -

- Strategic property advice.
- Business relocations to achieve maximum efficiency from new premises encourage cultural change, company image, and competitive lease terms
- Acting for commercial property investors to maximise rental returns and capital values.
- Acting for developers to secure prime locations to deliver the right property to maximise development returns.

Website: www.hughesellard.com

Contact Details: Russell Mogridge

Tel: 01329 220033 or 02380 224080

Email: rmogridge@hughesellard.com



Tennis

Open to all abilities and to keep the event interesting there will be a draw to pair you up with another entrant in a mixed (where possible) doubles format... In addition to the doubles format there will be an opportunity to challenge a celebrity or international standard player.

Triathlon



Sunday 1 July 2012

Sponsor: Questmap Ltd

Location: Totton Health and Leisure

Approximate start time: 8am



Southampton based property and investment company with property stretching from Inverness to Lands End. Questmap invest in commercial, residential, leisure and office space across the country and run it from their head quarters in Southampton. Questmap also manage and develop property for other parts of the Harding organisation group of companies.

Clients of Questmap include Travis Perkins, Wolseley Group, SIG, Care homes, ABB, Unipart etc, etc. Significant investment is currently underway in a mixed use commercial and residential scheme in south West Cornwall, as well as schemes in Southampton, Hull, Portsmouth, Glasgow and Isle of Wight.

Questmap play a supporting lead role to other companies within the Harding group of companies:

www.hiestore.com – a web based plumbing, heating and bathroom supplies company which is expanding and opening retail outlets.

Harding Holdings UK Ltd – a development and investment company.

Ibex Land & Property – acquirers of land, creators of planning gains and development.
www.ibexproperty.co.uk

Geosolair Ltd – a renewable energy business. www.geosolair.co.uk

Website: www.questmap.net

Contact Details:

Tel: 023 80382800



Triathlon: (swim/cycle/run)

You can enter the triathlon individually or as a mixed team and complete one section each.

Athletics



Sunday 9 September 2012

Sponsor: Peter Cooper Volkswagen Group

Location: Southampton Sports Centre

Approximate start time: 1pm



Established in 1981, Peter Cooper is the leading Volkswagen expert on the South Coast.

A family owned business for 30 years, the Group now consists of five sites in total, located at Shirley in Southampton, Hedge End, Portsmouth, Chichester and Bognor Regis, giving a representation from the New Forest across Hampshire to Worthing in West Sussex.

As a fully authorised Volkswagen Retailer, Peter Cooper can cater for all your Volkswagen needs, whether that is for a new Volkswagen, a pre-owned Volkswagen, Service and repair, MOT's or Accident repair. Our teams work tirelessly to exceed our customer's expectations and we are constantly achieving results that give us a top 20% ranking Nationally. Established as the largest privately owned Volkswagen group on the South Coast of England, with customer satisfaction at the heart of our business, why trust anyone else?

We are very proud to support such a fantastic initiative with this Decathlon and support such worthy local Charities. We look forward to supporting each of the events with as many entries from our staff as possible! Please visit our website through the next 12 months to keep up to date with our support.

Website: www.petercoopergroup.co.uk

Contact Details:

Shirley: 023 8070 1107

Hedge End: 01489 783434

Portsmouth: 023 9266 1000

Chichester: 01243 787684

ACTIVE
NATION

Athletics

The Athletics event will consist of four events. These will be:

200m and 800m on the athletics track, Long Jump and Shot Putt.

Children will not be permitted to enter the Shot Putt.

Run



Sunday 9 September 2012

Sponsor: Radcliffe & Co

Location: Southampton Sports Centre

Approximate start time: 6pm



Established in 1959 Radcliffe & Co, Independent Financial Advisers have been providing Informed, Impartial and Independent Financial Advice to business and private clients alike for over 50 years.

Having expanded by acquisition and organic growth we are now 18 advisers and are probably the largest on the South Coast advising clients across the UK.

Insurers classify us as a large regional firm and, as such, we attract the best terms available in the industry. Radcliffe's client base is now in excess of 15,000 and we also administer the pension schemes of over 100 different employers and the number is growing.

For the private client investors we have brought to market specialist Discretionary Fund Management services where we have formed a strategic alliance with Brooks MacDonald Asset management. From pension funds to ISA investments we have a panel of firms that look after our client's investments.

Radcliffe Mortgages provide the whole range of independent mortgage advice including Equity Release.

We remain fiercely independent and look forward to meeting new clients and continuing to provide a first class service to our existing clients.

Website: www.radcliffe-ifa.co.uk

Contact Details:

Tel: 02380 222 444

Email: enquiries@radcliffe-ifa.co.uk



Run

The 5k run will be around the Southampton Sports Centre after the athletics event. All abilities are welcome and children welcome accompanied by an adult.

Road cycle



Date: October 2012 TBC

Sponsor: Graham High Group Limited (GHG)

Location: New Forest



The Graham High Group Limited (GHG) is a company specialising in Insurance Claims Solutions most notably in Loss Adjusting and Subsidence Engineering.

The Head Office of the company is based in Eastleigh, Hampshire and technical staff operate from bases around the country. GHG Limited provides services to discerning Insurers, Lloyds Underwriters and associated companies and enjoys an enviable reputation for high quality work. Other companies within the Group include BASE UK Limited which is a Risk Management Company and High Performance Consultants Limited which provides an Engineering and Surveying Consultancy Service.

GHG Limited use every endeavour to support local, community and charitable events and are delighted to be involved in the 2012 Decathlon in support of The Rose Road Association, The Rainbow Centre and Wessex Cancer Trust.

As well as supporting a number of the events, GHG Limited are the proud sponsors of the Road Cycle to be held in October 2012 and we hope that our event along with the other 9 will be very well supported to benefit these excellent charities.

Website: www.highgroup.co.uk

Contact Details: Graham High

Email: graham.high@highgroup.co.uk

Tel: 02380 622622

Mobile: 07702 566216

Road cycle

The road cycle will be approximately 100k around the New Forest with food and drink stops provided. We also hope to arrange a shorter cycle for families.

Table tennis



Thursday 15 November 2012

Sponsor: Snows Group

Location: Barton Peveril College, Eastleigh

Approximate start time: 5pm



Snows Group is a family and privately owned company that has been in business for 50 years in 2012 and is recognised as being one of the leading motor groups in the South.

Snows Group represents the exciting car brands of BMW, Kia, Lexus, MINI, SEAT, Toyota and Volvo from 17 retail dealerships across Hampshire, Wiltshire, Dorset and the Isle of Wight employing over 350 staff dedicated to providing exceptional customer service.

Whether you choose to deal with us direct through our individual dealerships or our website, Snows Group is confident we can provide you with the car and after sales care that you are looking for.

We are very proud that more than half of our business comes from existing customers or people who have been recommended to us and through exceeding their expectations we hope they will continue to recommend us again and again.

We hope that we will have the opportunity to welcome you as a Snows Group customer soon and to those of you who already are, we thank you very much.

Website: www.snowsgroup.co.uk

Contact Details: Stephen Snow

Email: stephen.snow@snowsgroup.co.uk

Tel: 023 8078 8789



Barton Peveril

Table tennis

Open to all abilities and to keep the event interesting there will be a draw to pair you up with another entrant in a mixed (where possible) doubles format... In addition to the doubles format there will be an opportunity to challenge a celebrity or international standard player.



Thursday 20 December 2012

Sponsor: Taylor Made Computer Solutions

Location: Fareham Leisure Centre

Approximate start time: 4pm

Taylor Made
COMPUTER SOLUTIONS

Taylor Made Computer Solutions is one of the Solent region's largest and growing IT service providers, based in Fareham. Since 1994 the company has been delivering professional IT solutions for businesses, education, local authorities and charities based in and around central southern England.

Taylor Made's strategic approach sets them apart from most other IT providers in the region; the company's experienced, highly skilled team works hard in partnership with both its customers and suppliers to ensure that from the very beginning the solutions the company delivers are the right solutions for your business and align with your business goals.

From pay as you go support and procurement right through to significant business changes such as opening new offices, outsourcing or full hosted solutions, Taylor Made have the skills, commitment and resources to help, support and enhance your business.

Taylor Made has a long reputation for supporting sporting events and teams, such as Havant Rugby Club and The Rose Bowl, as well as its involvement with many charities across the south coast. The company is delighted to be able to support the decathlon and wishes everyone taking part the very best of luck.

Website: www.tmcs.co.uk

Contact Details: Emma Downing

Email: emmad@tmcs.co.uk

Tel: 01329 239900



Swim

The swim is 1500 metres (60 lengths) and you can enter individually or as a mixed team with each swimming 20 lengths.



In the run up to London 2012, we're giving businesses a head start.

The London 2012 Olympic and Paralympic Games are a great opportunity for UK business which is why we're making the most of our exclusive partnership to help businesses get ahead. You can read more about how to get your business ready for the London 2012 Games by downloading our business guide.

To find out how we can help call Jennie Cartwright, Relationship Manager on **07921 105576** or go to **lloydstsb.com/supportingukbusiness**

Supporting UK business.



Lloyds TSB | for the journey...