



Gold Challenge Groups

Gold Challenge has created a number of challenge groups that we will be promoting on the website and to consumers. These have been created to help participants choose their challenge and to aid marketing to gain registrants.

The current challenges are all five sport packages but please feel free to create your own and add in 10 or 20 challenges.

If you come up with some new ones then please let us know as it would be great to share them to the wider partner group if you are having success with them - as an example, Tier 1 charity partner Scope created some and we've put their "Best of British" on our list below!

The Challenges

The Ultimate Gold Challenge

Olympic distance triathlon
Marathon
10k open water swim
100m + road bike ride (in 24hrs)
100m + canoe (in 24hrs)

The Step into Gold Challenge

Badminton
Table Tennis
Swimming (pool)
5k run (athletics endurance)
Canoeing

The Solo Gold Challenge

Archery Trampoline
Swimming Shooting
Canoe

Team Player Gold Challenge

Handball Football
Basketball Hockey
Volleyball/Sitting Volleyball

The Best of British Gold Challenge - Olympic (where Team GB won Gold in Beijing)

Cycling Rowing
Sailing Boxing
Swimming (pool)

The Best of British Gold Challenge - Paralympic (where Team GB won Gold in Beijing)

Cycling Rowing
Archery Swimming
Equestrian

The Modern Pentathlon Gold Challenge

Fencing Equestrian
Shooting Swimming (pool)
Athletics (endurance)

The Combative Gold Challenge

Fencing Boxing
Wrestling Judo/B & VI Judo
Taekwondo

The Senior Gold Challenge

Swimming
Tennis
Cycling

Badminton
Table Tennis

The Great Outdoors Gold Challenge

Take your pick from:
Sailing Equestrian
Canoeing Rowing
Open Water Swimming
Athletics Endurance
Cycling (mountain or road)

Water Sports Gold Challenge

Canoe
Sailing
Water Polo

Rowing
Swimming

Try Something Different Gold Challenge

(mixed disabled and non-disabled teams)

Blind & VI Football Shooting
Wheelchair Basketball Taekwondo
Sitting Volleyball

Stag Weekend Gold Challenge

Wheelchair Basketball
Fencing Shooting
Mountain Biking
Boxing (or synchronised swimming!)

Hen Weekend Gold Challenge

Archery Equestrian
Trampoline Sailing
Synchronised swimming

Calorie Cruncher Gold Challenge

Boxing Rowing
Judo Triathlon
Athletics Endurance

The Mamil's Gold Challenge (middle aged men in lycra)

Cycling Sailing
Triathlon Boxing
Football

The Sports Hall Gold Challenge

Badminton Basketball
Table Tennis Trampoline
Paralympic Option

The Challenging Gold Challenge (sports not necessarily on your doorstep)

Shooting Sailing
Mountain Biking Wrestling
Rowing (outdoor)

These are recommendations only based on Gold Challenge knowledge and research by Sport England. Sports can be changed by participants.

If you have a target demographic, please let us know and Sport England will come up with a group of sports that suit your audience.