



## Gold Challenge Groups

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The Gold Challenge organisers have created a number of Gold Challenge Groups with Sport England. The aim of these groups is to give you ideas and ways to get your challenge started quickly, rather than choosing from a list of 30 sports.

## The Challenges

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### 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

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## 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  
Judo  
Athletics Endurance

Rowing  
Triathlon

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

Cycling  
Triathlon  
Football

Sailing  
Boxing

## The Sports Hall Gold Challenge

Badminton  
Table Tennis  
Paralympic Option

Basketball  
Trampoline

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

Shooting  
Mountain Biking  
Rowing (outdoor)

Sailing  
Wrestling

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