

Join us and be an Olympian 2012 - The Gold Challenge



The Gold Challenge is organised in partnership with the British Olympics Association, Paralympics GB and Sport England. Programme participants are sponsored to undertake a minimum of three hours' training in at least five Olympic or Paralympic sports, or to complete an endurance event. The challenge needs to be completed by December 31 2012.

Individuals and groups of all ages and abilities can participate in the challenge. You can even add your own twists to the challenge. Inter-school tournaments with teams competing with one another or setting fundraising targets are good ways to get more out of the programme. Groups may also want to consider team or individual awards based on athletes' performance, attitude or dedication.



The Baynes family from Leicester have already signed up to the Gold Challenge to fundraise on behalf of STARS and have already tried out two new sports; archery and judo.

Olympic Sports:

Archery	Fencing	Swimming
Athletics-Field	Football	Taekwondo
Athletics-Track	Gymnastics	Table Tennis
Athletics-Distance	Handball	Tennis
Badminton	Hockey	Triathlon
Basketball	Judo	Volleyball
Boxing	Modern Pentathlon	Water Polo
Canoe/Kayak	Rowing	Weight Lifting
Cycling	Sailing	Wrestling
Equestrianism	Shooting	Paralympic option

Getting involved is easy, for further information and to register; email gold@heartrhythmcharity.org.uk or call 01789 204272 and a representative will get in touch to support your registration and help you with your teams challenge. Teams will be required to commit to a minimum of 15hrs of sport by the 31st December 2012.