

Fundraising can make a huge impact to us

In a sport where we are being challenged more and more to “do more with less,” it is growing increasingly difficult to generate opportunities to positively impact the future of the sport.

By fundraising on behalf of British Weight Lifting it allows you to tell your story why you think it’s important to raise funds for our Foundation, encouraging friends and family members to donate.

And let’s not forget that fundraising can be fun! There are so many ways that you can have fun whilst raising money for a worthwhile cause!

Fundraising Ideas

Here are a few fundraising ideas to get you started:

- Complete a sponsored fitness challenge – how many weights can you lift in a certain time limit.
- Get your club involved and go head-to-head. Even better, get lots of British Weight Lifting clubs in your area to take part to create some friendly competitive rivalry whilst raising money for the Foundation.
- Punish the coach – set challenges for your clubs’ coach with members sponsoring him to complete them.
- Olympic Games - Rally your club and community for your own mock Olympic games!