

Weightlifting

- 0.12% of women took part in weightlifting at least once in the last four weeks
- The ethnic profile of female weightlifters is the same as that of the population as a whole – unusual for a sport to achieve this balanced a profile

All charts are based on those adults (16 and over) who said they had taken part in weightlifting at least once in the last four weeks (Active People Survey (APS2) 2007-08), unless stated otherwise. See Note 1.

Women who take part in weightlifting – overview

Trends in women's weightlifting participation

Taken part at least once in the last week
(moderate intensity)

APS1 (2005-06) 0.06%

APS2 (2007-08) 0.04%

No significant change in participation

Taken part at least once in last four weeks

APS1 (2005-06) 0.11%

APS2 (2007-08) 0.12%

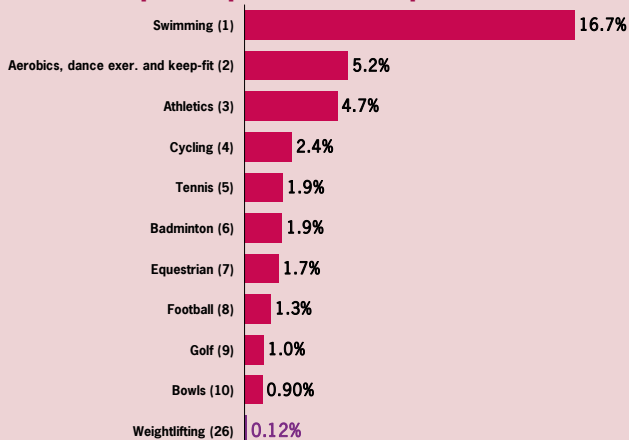
No significant change in participation

Base: All female respondents. APS1 = 212,568; APS2 = 113,056

Participation overview

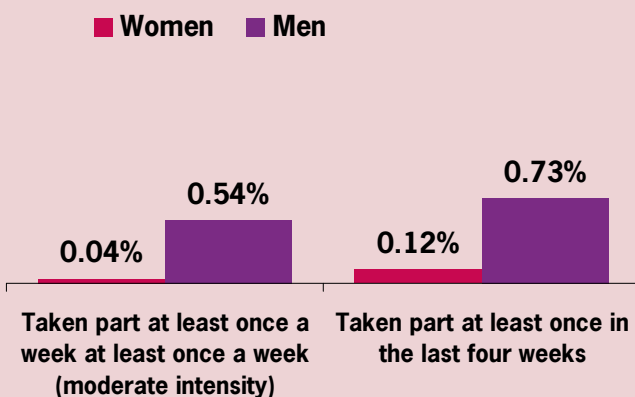
- 25,100 women took part in weightlifting at least once in the last four weeks; no significant change since 2005-06
- weightlifting is the 26th most popular participation sport for women
- Almost six times as many men as women take part in weightlifting each month

How does weightlifting fare? Women's participation in all sports



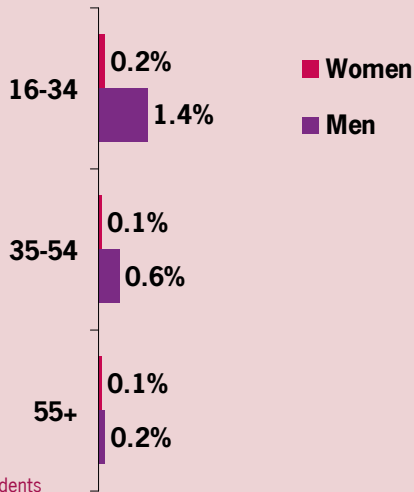
Base: All female respondents. Figure for cycling is respondents who took part in at least four recreational cycles in the last four weeks at moderate intensity

Proportion of people who weightlift by gender

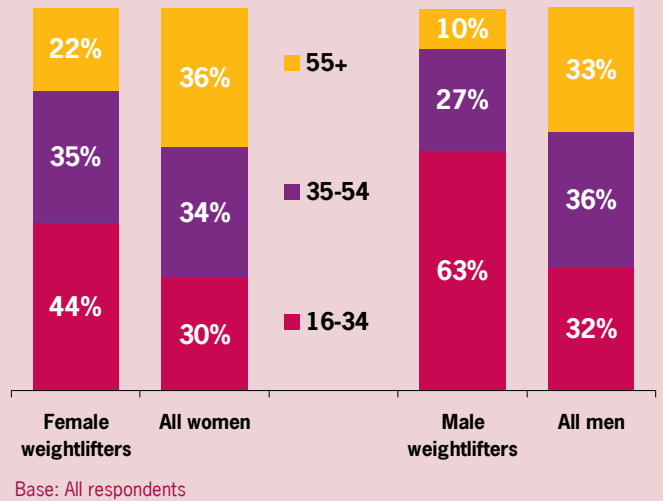


Base: All respondents (women = 113,056, men = 78,269)

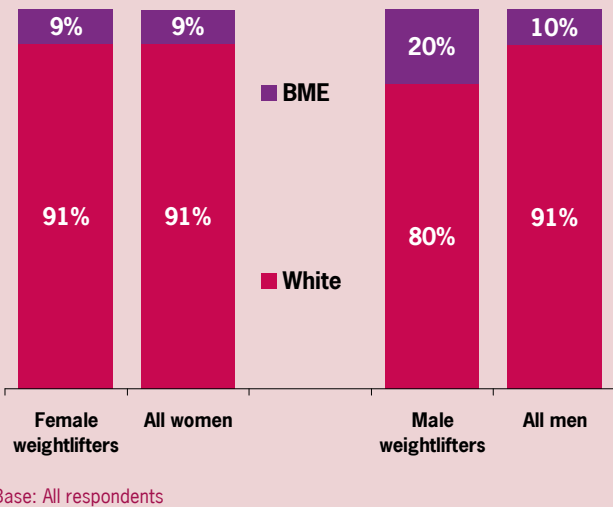
Proportion of people who take part in weightlifting by gender and age



Profile of weightlifters by gender and age



Profile of weightlifters by gender and ethnicity



Participation – demographics

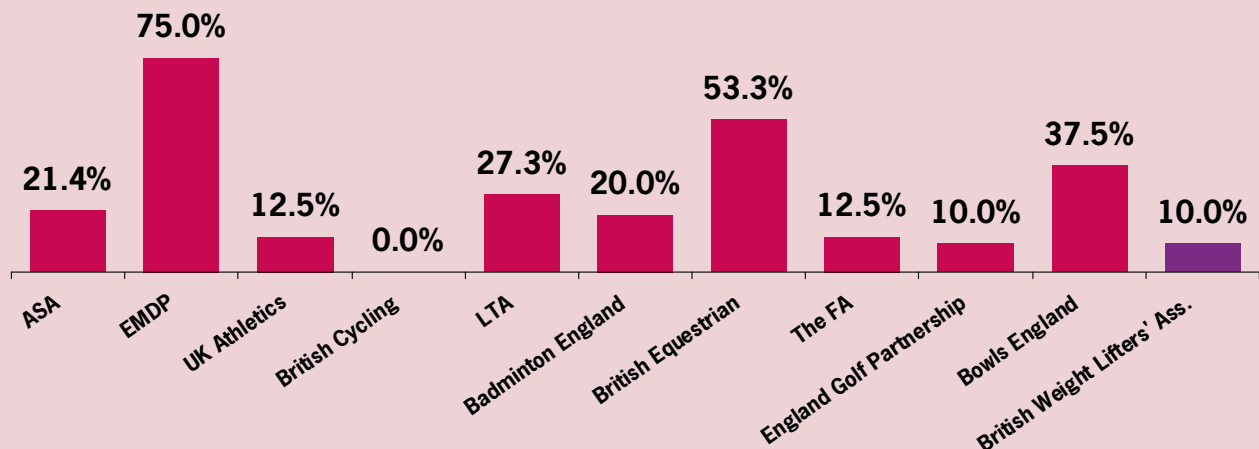
- Weightlifting is a young persons sport twice the proportion of 16-34 year old women as 35+ take part in weightlifting. That said, the female age profile is more mixed than the men's
- The ethnic profile of female weightlifters is the same as that of the population as a whole one in 11 participants is from a BME group

Women in leadership positions

- One in ten of the British Weigh Lifters Association board members is a women (national average for NGBs = 21%)

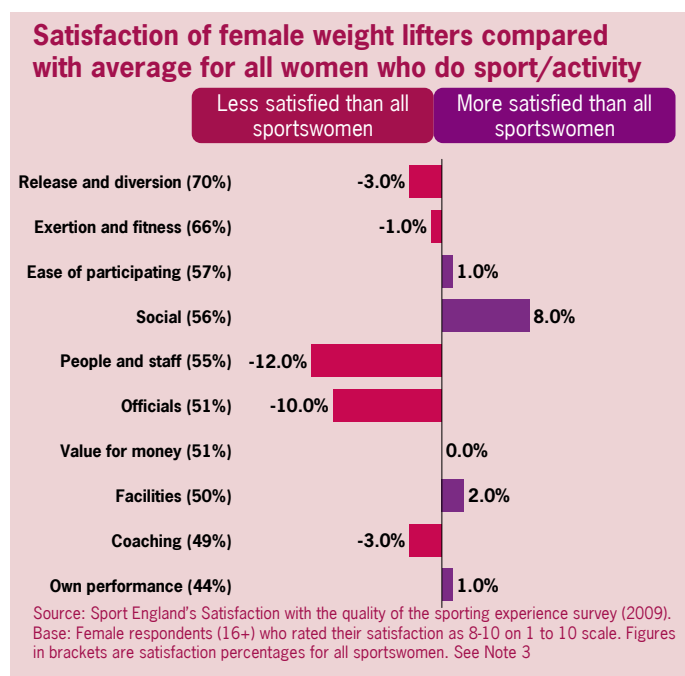
Women as leaders

Women as leaders of sport: % of NGB Board members who are women



Source: WSFF 2009 NGB audit. See Note 2

Women's satisfaction



Satisfied

- Female weightlifters have a mixed satisfaction experience with their sport
- They are considerably less satisfied with the people and staff, officials, release and diversion and coaching elements.
- However, they are more satisfied than average with the social aspects and facilities

To sum up...

Sample sizes make it hard to analyse the demographic profile of women who take part in weightlifting in any great detail. However, we can say that while weightlifting is more popular with young women than older women, the age difference is not as great as for men, and the sport is doing better than two-thirds of other sports in reaching BME women.

The British Weight Lifters Association (BWLA) may want to focus on increasing the number of women on its board. A balance board will better equip the BWLA to deal with current and future challenges and appeal more successfully to new female members.

Notes

- 1 Source for all data is the Active People Survey 2 (2007-08) unless otherwise stated. 16 year olds and over in England only. Sports used in comparison are the 46 Sport England funded sports except where data are not available or sample sizes too small. Using a gym is not included in this series of factsheets.
- 2 In 2009 WSFF undertook an audit of all 46 Sport England funded NGBs. NGBs were asked to provide demographic data about board members, affiliated coaches and members. Sports chosen for comparison are the top participation sports for women + sports similar to weightlifting.
- 3 Survey respondents were asked to rate their perceived satisfaction for 75 questions across ten themes. Figures in brackets are aggregate satisfaction percentages of the individual theme questions. Domains ranked in order of satisfaction for all women.

To convert overall percentages to population numbers use the following figures:

Survey	Male 16+	Female 16+
APS 1	19,756,900	20,954,000
APS 2	20,170,100	21,266,200

Source: Office for National Statistics England Mid-year Population Estimates, 2005 and 2007

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To be updated with weightlifting specific data from Active People Survey 3...

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