





Our Mission

To develop and promote sport and recreational opportunities for people with a physical disability to participate in sport at a level of their choice.

Well done to everyone who donned the Irish shirt with such pride and distinction.



Chairperson's address

I am delighted to present the 2015 Annual Report for Irish Wheelchair Association-Sport.

In the year leading up to the Paralympic Games in Rio, our high performance athletes were busy competing on the international stage in both European Championships and World Championships, gaining world ranking points and qualification towards Rio. While notably for the first time since 2009, our wheelchair basketball team competed at the European Championships. Our wheelchair rugby team also had a memorable year at major championship level. Well done to everyone who donned the Irish shirt with such pride and distinction.

At grassroots level it was pleasing to note the range of sports and activities expand in our sports clubs at local level. Huge credit must go to our dedicated cohort of volunteers, in our organisation. We look forward to continued growth in 2016 with the addition of a new Sports Development Officer based in the South East region.

Our partnerships with other NGB's and organisations again continued to flourish. We worked on numerous successful sports programmes with partners such as

Setanta College, UCC and the CARA Centre for adapted physical activity. The gym and sports hall facilities in Clontarf were refurbished and we added new sports wheelchairs to our programmes, which assisted with an increase in numbers participating and facilities in which to train.

We are a member focused organisation and to that end we are very fortunate to be able to rely on constant support and expertise that our volunteers and staff give us every year. We would especially like to thank the CEO of IWA Kathleen McLaughlin for her support to IWA-Sport over the past 10 years and we wish her continued success in the next chapter of her career.

On behalf of the National Sports Executive Committee I would like to express our sincere thanks for your ongoing dedication and commitment to our Association and look forward to your continued support in 2016.

Yours sincerely,

Lisa Kelly

Chairperson

IWA-Sport National Sports Executive Committee



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The challenge is now set to consolidate and sustain the programmes.

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Director of Sport address

2015 was another busy year whereby much was achieved on and off the playing fields and courts.

For many of our members the first involvement in our programmes is via our sports clubs, of which we have 26. Our clubs provide an essential, first opportunity of contact and involvement with the IWA and peers, and are a vital hub in the local community. In 2015, the range of activity opportunities provided to our members was once again extensive. Well done and thank you to everyone who helped with running the club programmes.

In terms of National programmes, once again our wheelchair basketball programme expanded at all levels and this is a credit to all involved; players, officials, volunteers and staff. The challenge is now set to consolidate and sustain the programmes. The sport of powerlifting also developed at a great rate and over the course of the year many new athletes were introduced to the sport. Our athletics and wheelchair rugby programmes also had busy schedules both domestically and internationally.

There were other notable developments in 2015 a summary of which are;

- We coordinated 12 teams to compete at respective European Championships, World Championships and open competitions involving 112 athletes. This is two more competitions than 2014 and a 31% increase in athletes travelling.
- At High Performance level our members also competed at European Championships in wheelchair basketball,

wheelchair rugby, archery and table tennis and World Championships in athletics, swimming and sailing.

- We carried out refurbishment works on the Oliver Murphy Sports Centre in Clontarf to upgrade the gym and sportshall to a very high standard.
- We held two information forums for our members and clubs which included talks on governance matters, safeguarding and anti doping.
- We held a wheelchair basketball Women in Sport promotional event in December.
- We partnered with numerous agencies to deliver many programmes and events across the country including the NRH Games in September amongst many other events.

2016 promises to be a hugely exciting year, the pinnacle of which will be the Paralympic Games in Rio. We will unite in support of our many members who will proudly compete on the world stage in front of a global audience of billions. Let me take this opportunity to wish everyone involved, coaches and athletes respectively, success at the Games.

To conclude, I would like to express my thanks to everyone involved with IWA-Sport that supports us in running our extensive range of programmes every year; volunteers, athletes, staff, sponsors and principle funders alike. I look forward to working together and witnessing many more wonderful sporting stories in 2016.

Yours sincerely

Nicky Hamill
Director of Sport

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ATHLETICS

Introduction

On the home front the primary athletics programme of 2015 continued to be the annual Grand Prix. 7 competitions were held regionally in Santry, Galway, Laois, Tipperary, Waterford and Cork in addition to our National Championships also in Santry.

This annual programme of competitions is unique across all of our sports in that it provides opportunities for all levels of athletes, from absolute beginners to elite Paralympic athletes, to compete at the same competition in different events on any given day. Equally noteworthy about the grand prix is that 10 A standards were achieved for the Paralympic Games in Rio and 14 athletes set 25 Irish records (12 track and 13 field) at these games.

Participation

Bridging Panel field training sessions were held throughout the year in Ramsgrange, Co Wexford, to provide training opportunities for different standards and age levels in addition to ensuring vital preparation was in place for the grand prix and international competitions our athletes took part in.

Our wheelchair track programme gathered momentum in the latter half of the year. Monthly training sessions were coordinated in Le Cheile Athletics club, Leixlip which included both new and experienced racers.

Internationally, junior member Shauna Bocquet competed at the Weir Archer Academy championships, Virgin Mini Wheelchair London Marathon, Newham Open Classic and Godiva Classic, Coventry. Killian Dunne also competed in Coventry. Both athletes also competed in numerous road races domestically.



Image courtesy of Paralympics Ireland

High performance

Our National Championships in June was an IPC Sanctioned event. Five additional games were Athletics Ireland approved competitions.

In addition senior and development panel athletes competed in an extensive programme of home and international competitions.

8 athletes competed at the Tunisian Open, Berlin and Czech open.

15 athletes competed at the IWAS World Junior Games, in Holland winning 6 Gold medals, 11 Silver medals and 10 Bronze medals, totalling 27 medals.

MEDAL WINNERS WERE:

Shane Curran: Bronze Shot Putt, Gold Discus, Bronze Javelin

Dylan McCarthy: Silver Shot Putt, Gold Discus, Bronze Javelin

Cathal Ryan: Silver Discus, Bronze Javelin

Dale Barry O Sullivan: Bronze Discus

Sean Hughes: Gold Shot Putt, Bronze Discus, Silver Javelin

Cian O Neill: Silver Shot Putt, Silver Discus, Gold Javelin

Conor McBride: bronze 100m

Gina Griffin: Silver Discus, Bronze Javelin

Sinead Keon: Silver Shot Putt, Gold Discus, Silver Javelin

Martin Coleman: Bronze Shot Putt

Jack Colbert: Bronze Shot Putt, Silver Discus, Bronze Javelin

Hayley Fitzsimons: Gold Shot, Gold Javelin

Jamie Strappe: Discus Silver, Javelin Silver

THE FOLLOWING ATHLETES WERE INCLUDED ON PARALYMPICS IRELAND HIGH PERFORMANCE PANELS

Senior Panel

Orla Barry

Deirdre Mongan

John Mc Carthy

Development Panel

Lorraine Regan

Niamh McCarthy

Patrick Monahan

IWA-Sport was well represented at the World Championships in Doha with 6 athletes competing in the team of 9 overall. The athletes are results recorded are as follows;

John McCarthy: T51 100m; 8th overall in 25.40sec & 400m; 6th overall in 1:35.39

Orla Barry: F57 Discus Throw; Bronze in SB of 29.82m

Deirdre Mongan: F53 Shot Put; Bronze with 4.02m

Lorraine Regan: F56 Javelin; ninth overall with 14.47m

Niamh McCarthy: F41, Discus; Bronze with 23.66m

Hayley Fitzsimons: F40 Shot Put; fifth overall with PB of 5.20m

END OF YEAR AWARDS

Volunteer of the year: Aisling Wall

Young female athlete of the year: Noelle Lenihan

Young male athlete of the year: Sean Hughes

Jimmy Byrne award: Maria Furlong

Anne Ebbs award: Ray O Dwyer

Overall athlete of the year (excluding elite athletes): Cian O Neill

Overall athlete of the year: Noelle Lenihan



WHEELCHAIR BASKETBALL

Introduction

The 2014/2015 season concluded in May and the 2015/2016 season began in October.

At junior level wheelchair basketball continued to be a popular club activity. Clubs and individual players also took part in our junior blitz programme which took place in the main part following most senior league fixtures. Participation numbers grew from the previous season which is a great reflection on the work being done at club level.

Whilst the number of teams competing in the Irish league consolidated at ten, there was an increase in the number of registered players.

Significantly we also agreed to formalise our relationship with Basketball Ireland and work closer together into the future. It is worth acknowledging assistance has always been forthcoming from Basketball Ireland in recent years, and this new agreement formalises the relationship. Through

the mechanism of a 'Cooperation and Solidarity Agreement' we will work together across a number of areas to include promotion of our game, officials training and support and coach education among others.

Please read on for a more detailed summary of activities in 2015;

Participation

- Ten clubs competed in the 2014/2015 season namely; Killester, Fr. Matthews, Clonaslee, Dundalk Ravens, Galway Titans, Shannonside Stealers, Swifts Left Bank, Limerick Scorpions, NI Knights and Ballybrack Bulls.
- *Junior blitz events were hosted by six clubs regionally and were well attended all season.*
- *The Swifts, Clonaslee, Kerry, Limerick and Ardee development programmes continued.*



- *The National Senior league was won by Limerick Scorpions.*
- *The Paddy Byrne Cup was won by Swifts Left Bank.*
- *The Martin Greene/Tom Walshe Cup was won by N.I. Knights.*
- *The Ger Larkin Cup was won by Dundalk Ravens.*



High performance

- The National team competed at the European C Championships in Lisbon, Portugal with Portugal, Greece, Bosnia & Herzegovina, Serbia and Finland for a qualification slot to the B European Championships in 2016. Unfortunately despite some close fought and memorable encounters, the team finished 4th overall and just missed out on qualification. The Irish team was;

Paul Mc Killop, Matthew Rollston, Barry Cooke, Michael Cunningham, Joe Hargrow, Tiarnan O'Donnell, Derek Hegarty, Jason Ryan, Jonathan Hayes, Pat O'Neill, Keith Connolly, Jason Kennedy (Head Coach/Player), Valene McMullen (Team Manger), Alan Caron (Assistant Coach), Colin Cohen (Physio).

- 8 emerging talent coaching clinics took place which also fed into the National Development Squad training activities.

Coach education, training and volunteers

- Referees conversion courses in conjunction with Basketball Ireland were held in Dublin, Cork and Athlone.
- Junior coaching clinics were delivered during the summer.
- We supported one of our established officials, Jamie Houlihan to conduct IWBF tutor training in Toronto, Canada.
- In tandem with this training we also ran an IWBF referees training course in Dublin in April.

2014/2015 ALL STARS

Shannonside Stealers: Patrick Tierney

Ballybrack Bulls: Jonathan Hayes

Clonaslee WBC: Lorcan Madden

Dundalk Ravens: Adrian Donoghue

Fr. Mathews: Derek Hegarty

Limerick Scorpions: Joseph Hargrow

Killester WBC: Barry Cooke

N.I. Knights: Aubrey Bingham

Swifts Left Bank: Pat O'Neill

Titans Wheelers: Keith Connolly

2014/2015 PLAYER OF THE YEAR AWARDS

Female Player of the Year: Ashling Duhig - Limerick Scorpions

Male Player of the Year: Joseph Hargrow - Limerick Scorpions

Able Bodied Player of the Year: Loic Bocquet - Titans Wheelers

Young Player of the Year: Jonathan Hayes - Ballybrack Bulls

Sportsmanship Award: Graham Merrigan - Ballybrack Bulls

Most Improved Player: Katie Morrow – N.I. Knights

WHEELCHAIR RUGBY

Participation

- Club activity was consolidated in the form of the Gaelic Warriors (Dublin), Munster Wheelchair Rugby (Cork) Ulster Barbarians Wheelchair Rugby (Belfast) and the Laois Lions.
- Four Irish League days were held in Dublin, Laois, Cork and Antrim and the season finished with the Finals taking place back in Dublin in December. The Gaelic Warriors were the league winners for 2015.
- A Development blitz was held on the first league day in Dublin with Come and Try sessions held at other venues where the objective was to provide opportunities to new players to get involved in the sport.
- As in previous years demonstration sessions were held in secondary schools and third level institutes.
- Wheelchair rugby proved a popular sport for juniors who attended the Junior Summer Camp in July.

High performance

- The following competitions were attended and results recorded in 2015;
 - Coloplast Super Series 14/15 (Britain)** 6th out of 8 teams - *The team's priority this year was trying to hold on to their division one status as the last super series weekend clashed with the European B Qualifiers. A relatively inexperienced team travelled on that final weekend and maintained 1st division status following a great team effort.*
 - Bernd Best (Köln)** – 2 teams travelled to the Bernd Best in 2015. *The Ulster Barbarians and The Laois Lions both played in the basic league. A lot of new players were attending for the first time which proved to be a great experience for all.*

Laois Lions did really well by getting to the final but unfortunately lost out here. The Barbarians finished in 12th place out of 16, and gained valuable experience.

Coloplast British National Championships (Copper Box, London) - 7th out of 12 teams.

Coloplast Super Series 15/16, 1st weekend, 6th out of 8 teams.

- The National squad was invited by the Italian Paralympic Committee to play Italy in an exhibition match in February which also coincided with the RBS 6 Nations.
- The Welsh Dragons Wheelchair Rugby Team visited in August and played each of the 4 home clubs.

European championships

The national team faced the distinct possibility of playing in three European Championship tournaments in 2015. Ranked 23rd at the beginning of the year and having won the bid to host the C European Championships, the competition did not materialise due to insufficient entries. Subsequently Ireland competed at the B European championships in the Czech Republic in April; the target being to qualify for the European Championships in Finland the following September.

The team performed heroically at the B Championships and a semi final win over Switzerland secured qualification to the European Championships outright.

Preparations stepped up another gear in the summer and the team were well set to compete in Finland. The main target was to consolidate our ranking and avoid relegation to Division B once again. Ireland performed well throughout and with 0.4 seconds to go in the 5th – 8th place crossover match, Thomas Moylan crossed

over for Ireland to secure a 57–56 victory for over Belgium and guarantee our A division status. In doing so the team rose to 11th place in the World Rankings.

- European A Championships, Finland – finished 6th overall.
- European B Championships, Prague – finished 2nd overall.

The squads that competed included the following players and staff;

Will Doggart, Garrett Culliton, Stephen Aylmer, Alan Dineen, Thomas Moylan, John McCarthy, Alan Lynch, Ciara Staunton, Jonathon Mulhall, Stuart McLindon, Julie Neal, Naomi O'Reilly, Eleanor Lucy.

AWARD WINNERS

Player of the year – Will Doggart

Volunteer of the year – Naomi O'Reilly



SWIMMING

Participation

- Our swimming members remained actively involved in their local swim Ireland clubs nationwide.
- The Galway Speeders swimming club continued throughout the year.
- We held our National swimming Championships in April in the National Aquatic Centre where over twenty swimmers, from development level to elite level, competed.

High performance

- High performance athletes were funded through the Paralympics Ireland Road to Rio programme.
- Darragh McDonald, Ellen Keane, James Scully, and Laurence McGivern were all senior panel members. Ailbhe Kelly, Patrick Flanagan and Nicole Turner were members of the development panel.
- 5 of the 6 team members competing at the IPC World championships in Glasgow were IWA-Sport members.
- A summary of the World Championships is as follows;

2 bronze medals – Darragh McDonald S6 400m freestyle and Ellen Keane SM9 200m Individual medley.

14 finals; Ellen Keane (3), Ailbhe Kelly (1), Nicole Turner (6), James Scully (3) & Darragh McDonald (1).

15 lifetime best performances; Ellen Keane (3), Ailbhe Kelly (3), Nicole Turner (6), James Scully (3).

5 swimmers achieved MQS times for Rio 2016; Ellen Keane, Ailbhe Kelly, Nicole Turner, James Scully & Darragh McDonald.

- The high performance squads also competed in the following competitions

Dave McCullagh Gala

British International Disability Swimming Championships

IPC World Swimming Championships, Glasgow

Irish Long Course Championships

British National Championships, Manchester, UK

Irish Age Groups Division

Irish Age Groups Championships and Summer Open

Member Patrick Flanagan was selected to compete at the inaugural European Paralympic Committee Youth Games in Varazdin, Croatia and won gold medals in both the S7 50m Freestyle and the 100m Backstroke.



Image courtesy of Paralympics Ireland



Image courtesy of Paralympics Ireland



Image courtesy of Paralympics Ireland



Image courtesy of Paralympics Ireland

TABLE TENNIS

Participation

- We continued our para development programmes throughout the year in Galway, Cork, and Clontarf. Additionally players played on an individual basis at established Table Tennis Ireland clubs.
- Para Table Tennis is now an established event at both the Senior and Junior ITTA Butterfly National Championships.
- In the respective Table Tennis Ireland Butterfly finals Colin Judge retained his Mens National Singles title defeating John Finn and Rena McCarron Rooney claimed the Women's Singles defeating Christie Doyle in the Final.
- Rena McCarron Rooney and Christine Doyle then paired up to defeat Greg Keogh and Colin Judge to take the Doubles title.

- Eleven junior para table tennis players contested the National Championships. Four competed in the standing event and 7 competed in the wheelchair event. The overall gold winners were Paddy Vaughan in the junior combined standing classes and Jack Colbert in the junior combined wheelchair classes.
- The Galway Speeders Junior Para Table Tennis club ran a regional Competition in March in preparation for the national Championships.

High performance

- Rena McCarron Rooney, Colin Judge and Christine Doyle were all involved in the Paralympics Ireland Road to Rio performance programme. The Rio Paralympics has a 2-year qualification period of which 2015 was the second year.



- Rena competed at the European Championships in Denmark and won the Silver medal in the class 2 singles event.
- Rena also won silver in the Slovenian Open and bronze in the Slovakian Open in May.
- Rena finished the year at a career-high world ranking of 7, having started the year ranked 11. A total of 12 players qualified for Rio from her class.
- Colin Judge had to a target of top 15 to qualify for Rio and played the maximum number of tournaments. Starting the year ranked 39 he gradually climbed the list to finish at 29, outside the qualification mark. Following his win in the Irish National Championships, he then played tournaments in Hungary, Italy, Germany, Romania, Thailand, Denmark and Belgium and, although he finished the year really strongly, he didn't quite make the qualification cut.

- In Class 5 women, Christine Doyle started the year ranked 19. To qualify, she would have had to compete in the same number of tournaments as Colin and finish in the top 12 in the ranking. Although not being in a position to commit to enough competitions Christine played one tournament (Belgium.) where she won double gold (singles and team) at this tournament, finishing the year ranked 18.

NATIONALS CHAMPIONS 2014

Singles Female category – Rena McCarron Rooney

Singles Male category – Colin Judge

Team – Ronan Rooney and Philip Quinlan

JUNIOR NATIONALS CHAMPIONS 2014

Combined standing event – Paddy Vaughan

Combined wheelchair event – Jack Colbert





Image courtesy of Paralympics Ireland

POWERLIFTING

Para Powerlifting continued to develop at a great rate in 2015. Domestically, monthly training camps were run and members of the section also competed at three international competitions.

Participation

- Para powerlifting was promoted across numerous forums, organisations and contacts in 2015. In addition the sport was exposed to our membership competing in other sports, which had the end result of more athletes being introduced into the sport.
- Approximately twelve athletes were involved in training and competing in 2015 which included new junior athletes to the programme.
- Having identified new athletes a health screening and talent identification process which included detailed analysis was implemented.
- The sport agreed a sponsorship deal with Cork weightlifters club for providing official Sponsorship of Eleiko Para Powerlifting equipment in addition to facility use.

High performance

- The sport held its first ever National Championships in Cork. The aim will be to fix this event in the calendar annually and grow the entry numbers across a range of weight categories.
- Reg Byrne, Chris O Connor and Oscar Hancock competed at the Dubai Faza'a in February with Oscar Hancock winning a Silver medal in the 54kg category.
- Two senior athletes namely Chris O Connor and Reg Byrne and four development athletes Nicola Dore, Oscar Hancock, Tommy McCague, and Jack Colbert were involved in the Paralympics Ireland Road to Rio high Performance programme of activities.

- All of the above listed athletes competed at the European Championships in Eger, Hungary with Jack Colbert winning a Silver medal in the 80kg junior category.
- A programme of sports science supports were made available to all of the athletes.

Coach Education

- The section coordinator successfully completed two IPC accredited courses in 2015; an IPC referees course and an Introduction to Para Powerlifting.
- IPC Powerlifting Chairman, Mr Jon Amos, delivered a coaches workshop in Cork in October at which 22 coaches were in attendance.
- Key relationships were formed and or strengthened throughout the year with Irish Drug Free Powerlifting Association, Setanta College and Weightlifting Ireland. This led to the IDFPFA hosting a number of para powerlifting at their competitions, service provision and facility use provided by Setanta College.



OTHER SPORTS

Handcycling

- We continued to support the development of Handcycling in 2015.
- We supported participation programmes with Mayo Sports Partnership in conjunction with Spina Bifida Hydrocephalus Ireland and the Kilmovee Family Resource centre, Kilkenny Local Sports Partnership and Cork Local Sports Partnership.
- IWA-Sport members competed in the annual Invacare Paracycling Time Trial League.
- At high performance level Declan Slevin, Ciara McCormack, Fiona McCormack and Seamus Wall competed at the following UCI Para-cycling C1 competitions, Bilbao, Cologne and Prague.



Archery

- The main club programme for para archery was the Blackheath Archers based in Clontarf.
- Para archery continued to be a popular activity in some of our Resource and Outreach Centres.
- The National Championships were held in Drewstown House, Summerhill, Co Meath.

- Domestically our archers competed at the Irish Open Field Championships, the Irish Open Target Championships and the Kilmore Open.
- Kerrie Leonard and Barry Guider competed at the World Para Archery Championships in Germany.

Sailing

- IWA-Sport members competed at the Hansa Nationals in the Carrickfergus Sailing Club, Belfast Lough. Eighteen boats from Belfast, Dun Laoghaire, Kinsale and Galway took part. Member Georgina Griffin retained the single handed trophy while she also finished second in the double-handed class along with Leya Teahan O'Connor.
- Our members also competed in the President's Cup which was hosted by the Royal Irish Yacht Club. More than 40 sailors, representing all four Provinces, raced a series of 6 races over the two days in Dún Laoghaire Harbour.
- IWA-Sport members from the Galway Speeders, Kinsale Sailing Club and Dublin Swifts all were involved in a number of sailing programmes in 2015.

Boccia

- Our annual midlands league was held in May and was once again keenly contested. The main winners were;

Kenagh won the team event for the first time beating IWA Springfield.

Winner of the Female competition –
Greta Egan, Ballinagar IWA.

Winner of the Male Competition –
Sean Carty Kenagh IWA.

- The North East Sports Project also continued with its annual boccia league comprising of teams from Navan, Cavan, Clontarf, Drogheda and Ardee Resource centres.

Bowls

- The Blackheath Bowling club continued with their weekly programme in the IWA Sports Centre from September to May. This is a long established programme and provides a great opportunity for members of all ages to get involved in a sport which gives great social and health benefits. The Blackheath Bowlers run development programmes twice weekly for various internal IWA groups in addition to external groups.

Wheelchair Gaelic Football

- In 2015 we introduced the sport of wheelchair gaelic football to our membership. This is an indoor sport suited to players of all disability types and ages played with six players per team. Six taster events were held in IWA, Clontarf with the highlight being the inaugural All Ireland final which was held in September.
- We were honoured that the GAA President Aogán Ó Fearghail visited us on the day to watch some of the games and present the Cup and medals.



Wheelchair Tennis

- At development level our members took part in a Wheelchair Tennis Junior summer camp hosted by WestWood Club Clontarf in August.



- Wheelchair Tennis also featured prominently at the NRH Games in September.
- At international level Garreth Greene continued to compete on the UNIQLO ITF World Tour. Garreth has had an incredible year in 2015, a summary of which reads;

ITF Singles ranking: Having competed in 10 ITF events, Garreth rose through the rankings from 368 in January 2015 to a current ranking of 104.

ITF Doubles ranking: 197.

Highest ranked wheelchair player in Irish history.

Lead player: World Team Cup 2015 representing Ireland.





Irish Wheelchair Basketball

1 LEAGUE

10 TEAMS | 90 GAMES

**1 WINNER:
LIMERICK SCORPIONS**



25

sports chairs
loaned long-term
to athletes & clubs

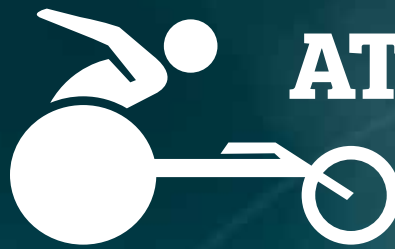


33% of Irish Wheelchair Basketball League players were identified via the NRH / IWA-Sport programme

2 SEMINARS

60 attendees

sports club governance
anti doping, safeguarding



ATHLETICS

GRAND PRIX

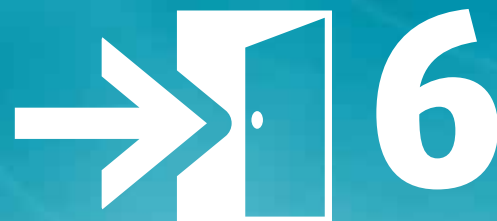
7 regional competitions | **10** Rio A Standards
14 Athletes set **25** Irish records
(12 track and 13 field)



ANTI-DOPING

6 athletes on registered testing pool | **24** drug tests

1 anti doping education workshop



high profile sports facilities engaged with our access consultancy services





€240k core funding from Sport Ireland



ESTIMATED
140 hrs
volunteered per week by IWA-Sport volunteers

INTERNATIONAL COMPETITIONS



112 athletes | **12** international competitions
6 athletics, **6** swimming and **2** archery athletes competed at World Championships
1 Table Tennis athlete, **6** Powerlifting athletes, wheelchair basketball and wheelchair rugby team all competed at European Championship finals
15 athletes competed at the IWAS World Junior Games, **6** Gold medals, **11** Silver medals and **10** Bronze medals, totalling **27** medals



Paralympics
IRELAND

Senior and development athletes involved in; **athletics, swimming, archery, powerlifting, handcycling** and **table tennis** high performance programmes

IPC Athletics World Championships: **3**
IPC Swimming Europeans: **2** | IPC Powerlifting Europeans : **1**
IPC European Youth games : **1** | IWAS World Junior games: **27**



7
MAJOR
MEDALS
WON



EVENTS, INITIATIVES & PARTNERSHIPS

Local Sports Partnership (LSP)

- We strengthened and developed our partnerships with a number of LSP's and Sports Inclusion Disability Officers (SIDO) nationally in 2015.
- In Cork we are members of the Cork LSP Sport Ability forum with the overall aim of developing all elements of disability sport in Cork. Other partners involved in this forum are the HSE, FAI, COPE, CIT and LSP. Other programmes and initiatives are listed as follows;

Cork Basketball For All Forum.

Waterford LSP Wheelchair hurling initiative.

Inclusive Sports Training.

TY Wheelchair Basketball.

Limerick, St. Colm's Junior Wheelchair Basketball team.

Donegal Inclusive Schools program in Ballyshannon.

Wheelchair Basketball coaching sessions in Letterkenny.

Laois – *Clonaslee Senior and Junior Wheelchair basketball.*

Offaly – *Inclusive PE in primary schools.*

Westmeath – *Athlone Junior wheelchair basketball.*

Wicklow LSP – *new club formation.*

- Board member of Board of DLRSP and worked with SIDO in the development of Ballybrack Bulls Wheelchair Basketball Club and the NRH Games.
- Also worked closely with South County Dublin Sports Partnership.

National Rehabilitation Hospital (NRH) Games

- IWA-Sport partnered with the NRH, Spinal Injuries Ireland and Dún Laoghaire Rathdown Local Sports Partnership to run the third annual multi sport games in the NRH facility in September. The main objective of the games is to build upon the weekly IWA-Sport development programme that has been running in the NRH for approximately ten years and to introduce as many sports as possible to current and former patients with a physical disability of the NRH with a view to long term involvement in our sports. The event was a great success with over 40 athletes taking part in different sports including wheelchair basketball, athletics, table tennis, hand cycling, archery, airsoft, and 7's wheelchair rugby.

Girls Allowed

(Irish Sports Council Women in Sport initiative)

- We continued the promotion of our 'Girls Allowed' initiative in 2015. The main objective of this initiative was and continues to be, to increase awareness of IWA-Sport programmes to potential female participants with a view to sustained involvement in our programmes on an on going basis. The headline event of the year took place in December where an All Stars Wheelchair Basketball match took place in Clontarf.

Summer camps

- Three summer camp programmes took place in 2015. The IWA-Sport Members camp was once again very popular in July. Over the course of the three days participants enjoyed wheelchair basketball, wheelchair rugby, wheelchair tennis, sailing, athletics, table tennis and handcycling. A visit to Tayto Park also proved to be very popular!

- The IWA-Sport community camp ran over a period of six weeks during July and August. This summer camp plays an important role in integrating the local community in the activities and sports of IWA-Sport. In many cases it is the first time that many able bodied children are exposed to wheelchair sports.
- IWA-Sport club, The Rebel Wheelers Summer Camp ran in July and activities included soccer,

wheelchair basketball, rugby, athletics and indoor rock climbing which proved very popular.

Inclusive PE Programme

- In 2015 we continued to visit many Primary and Secondary Schools around the country. In addition, we frequently presented theorised and practical examples of PE Inclusion to undergraduates and postgraduates of the Colleges of Education around Ireland.





DR. OLIVER MURPHY SPORTS CENTRE REVIEW

2015 was another successful year for the Dr. Oliver Murphy Sports Centre. The centre which contains a state of the art sports hall, an accessible gym and studio, a therapy room and changing facilities underwent substantial refurbishment works in August.

Sports Hall

- The sports hall was heavily used throughout the year both by our own internal IWA clubs; IWA Bowlers, Table Tennis, Wheelchair Rugby, Rugby 7's, Wheelchair Basketball, Junior multi-sports clubs, Blackheath Archers, the newly founded Wheelchair Gaelic Football and Junior Sports Camps and events, and many external groups; Killester Senior National basketball, Clontarf FC, CRC, Darndale Bellcamp, local schools and community groups to name a few.

Gym

- Gym membership once again reached close to 500 members one third of which are IWA members/staff. The gym also offers day passes which further adds to user numbers.
- The centre has continued to work with and offer services to CRC, MS Society, Headway, National Rehab Hospital, Beaumont Cardiac Unit, community physio's and OT, local GP's within the north Dublin area and GAA and Rugby clubs to name a few.

Clontarf ROC programs and Respite centre

- 2015 saw the continuation of our specifically catered exercise programs aimed at Clontarf Day centre members. These programs are aimed to get our members more physically active and to promote a healthy lifestyle. The program includes group classes to highlight the social and fun aspect of exercise and one to one's to specifically

cater for the member rehab or prehab needs.

- Holiday Centre visitors also used the facility on a regular basis.

GP, Outpatients and Physio Referral

- The gym receives many referrals from GP's, consultants, physiotherapists, outpatient departments, the NRH, Cappagh and Orthopedic Hospital's.
- The pathway for such referrals is usually as follow-on from rehab work an individual would have received in these units. The gym serves as a successful referral centre for these clinical settings once a set period of rehab is completed within these units. This is a unique model and has been made successful through the last 8 years of contact with these institutions.

Fitness Classes

- The gym continues to run inclusive exercise classes each week.

CLASSES INCLUDE:

Yoga.

Pilates.

HIIT classes.

Suspension training.

Core Class.

Tone and condition.

Combat and Tae Kwondo.

These classes are run on a pay as you go basis.

Personal Training

- One to one and small group personal training continued to be very popular. This service is provided at additional cost but is popular and a proven pathway to a healthy and active life.

Therapy services

- The Gym has an in-house Therapy room. Sports, physical therapy and remedial therapies are all available. This service is provided by external Therapist through appointment.

Advocacy, Consultancy and Awareness

- The Gym has provided support, consultancy services as well as Disability awareness training to a number of gyms and organisation's. These include:

Dell, NCC, CRC, NRH.

Education

- The Gym has worked closely with a number of Universities and Academic institutions in providing internship experience in Fitness and exercise with the mobility impaired. These placements will help with providing a supply of well trained and educated professionals within the fitness industry for the physical impairment



SERVICES

Anti doping programme

- There were 6 athletes on the registered testing pool for 2015.
- 24 doping tests were conducted in 2015.
- One anti doping education workshop was delivered by Sport Ireland to members of our international teams.

Child Protection training

- Our members also engaged with Children Protection Courses run by Local Sports Partnerships.

Raising our Profile and Promotion

- In line with current trends our most popular form of engagement with our members continued to be via our website, and social media sites of Facebook and Twitter.

Working with others

- We actively encouraged and supported the inclusion and integration of our members with mainstream NGB's. Specifically we received support from the following NGB's;
 - Basketball Ireland** – support continued to be received in the form of officials and referees support and PR.
 - IRFU** – the IRFU provided ongoing PR support to our wheelchair rugby section throughout the year.
 - Table Tennis Ireland** – Para table tennis events were included in many competitions.
 - Swim Ireland** – once again facilitated our National Championships in April.

CPSI – we worked with CPSI across a number of projects; most notably our Athletics Nationals and the CPSI Boccia league in which our Resource Centres and Branches enter.

- We continued to support many Sports Inclusion Disability Programme events nationwide both in the form of staff support and also loaning equipment. See page xx for more details.
- CARA Adapted Physical Activity Centre – IWA Sports Development Officer (SDO) Mark Barry sits on the CARA steering committee and Paul Ryan (SDO) was the IWA-Sport rep sitting on the National Standardised Training and Education Framework Committee.

Consultancy

- Together with the IWA Access department IWA-Sport consulted on a range of building projects relating to access and inclusive practises in sports facilities and stadia.

Croke Park - We provided access consultancy advice to Croke Park and significant progress was made with the opening of a new and improved accessible viewing area.

Pairc Ui Chaoimh –we provided access advice to the project management team and are still a key player in the design process.

Dundalk Sports Centre, Co Louth

Kells swimming Pool, Co Meath

National Sports Campus, specifically the National Aquatic Centre and the new Conference Centre.

National Sport and Adventure Centre (NSAC) in Killarney Co. Kerry

WORKING WITH PARALYMPICS IRELAND

IWA-Sport is the internationally recognised National Governing Body responsible for the governance of the following sports; powerlifting, wheelchair basketball and wheelchair rugby. We also have a remit to work at development level in the sports of athletics and swimming.

We continued our excellent relationship and worked closely with Paralympics Ireland across a number of areas including;

- We coordinated and delivered all aspects of the 2015 high performance plan for powerlifting.
- We received funding from Paralympics Ireland towards the powerlifting high performance programme and that athletics grand prix.
- Paralympics Ireland Athletics Performance Committee and Swimming Performance Committee.
- Our programme of home competitions provided valuable competitive experience for current and aspiring Paralympic athletes.

- Paralympics Ireland provided ongoing PR support across a range of forums for many of our programmes throughout the year.
- Paralympics Ireland supported many of our athletes on the National Classification programme across a number of sports, namely athletics, swimming, powerlifting, wheelchair basketball, wheelchair rugby and archery.
- IWA-Sport members, Amanda Carty and Mairead Farquharson also provided expertise, support and advise to the Classification Advisory Group on an ongoing basis throughout the year.
- Member Patrick Flanagan was selected to compete at the inaugural European Paralympic Committee Youth Games in Varazdin, Croatia.

IWA-Sport Paralympic athletes update

The year prior to a Paralympic Games is a critical year in terms of performance and qualification. IWA-Sport members competed in the following High Performance programmes; (please refer to the individual sports reports for major championship summaries and results).

Athletics	Orla Barry Lorraine Regan Deirdre Mongan Niamh McCarthy John Mc Carthy Patrick Monahan Hayley Fitzsimons	Swimming	Ellen Keane James Scully Darragh McDonald (retired) Laurence McGivern (retired) Ailbhe Kelly Patrick Flanagan Nicole Turner
Powerlifting	Chris O Connor Reg Byrne	Table Tennis	Rena McCarron Rooney Colin Judge
Handcycling	Declan Slevin Seamus Wall Ciara Staunton Fiona McCormack	Sailing	John Twomey Ian Costelloe Austin O Carroll

GOVERNANCE

Throughout 2015 IWA maintained its high standards of governance, its reputation for transparency and its good relationships with all its funding partners. We achieved this through our continued commitment to the Governance Code and the Fundraising Principles as well as through our unique structure of accountability to our members.

- We completed all requirements as requested by Sport Ireland for the 2015 mid-year review in addition to submitting the 2016 core grant application.
- We liaised with international governing bodies in an effective manner to ensure the smooth processing of all competition entries.
- The IWA-Sport National Sports Executive Committee and management operated within the guidelines as set out by the IWA-Sport standing orders at all times.
- The Director of Sport continued to be a member of the IWA Senior Management Team.
- We supported our professional staff in the form of bi monthly team planning and review meetings, annual staff appraisals and continuous professional development training opportunities.

- At our 2015 AGM we elected the following persons to our National Sports Executive Committee (NSEC);

Chairperson	Lisa Kelly
Treasurer	Gerard Scully
Secretary	Graham Merrigan
Committee member	Declan Slevin
Committee member	Gerard O Rourke
National Children's Officer	Post not filled

IWA Board representative Jack Lawler was nominated to the NSEC.

Ger Scully was nominated as the NSEC representative to the IWA Board of Directors.

FUNDING, GRANTS, SPONSORSHIP AND OTHER SUPPORT

Sport Ireland

(formerly known as Irish Sports Council)

Sport Ireland funded IWA-Sport as follows in 2014;

Core Grant Funding - €237,834

Women in Sport Funding - €3,000

Core funding was used to fund, Strategic Planning, Administration; Information technology; Competitions; Equipment, Coaching and core activities including Code of Ethics and Anti-doping Programmes. This funding is crucial to our very existence and we are extremely grateful for the ongoing support and the excellent relations with Sport Ireland.

Irish Wheelchair Association (IWA)

The IWA CEO and Board of Directors continued their funding support in 2015. In addition funding was also provided towards staff salary costs and overhead costs. The financial and moral support from our parent body is of vital importance to IWA-Sport and we thank them for their continued assistance.

Department of Art, Sport and Tourism – Sports Capital Grant

In 2014 we were successful with a Sports Capital Grant application totalling €130,000 from the Department of Transport, Tourism and Sport to complete essential refurbishment works to the IWA-Sport Centre and purchase sports equipment. In 2015 we undertook the refurbishment works in the sports centre and gym and also purchased wheelchair rugby chairs.

We are very grateful to Ministers Pascal O Donoghue and Michael Ring in the Department of Arts, Sport and Tourism for their continued support.

Paralympics Ireland

We received funding from Paralympics Ireland towards the Road to Rio High performance para powerlifting programme and our athletics grand prix. We would like to extend our thanks to Paralympics Ireland CEO Liam Harbison and his staff and the Paralympics Ireland Board for their continued support. Please see page 25 for a more detailed report on Paralympic activities.

Athlete Contributions

It is the policy of IWA-Sport for athletes to contribute to programmes and competitions. It would not be possible for IWA-Sport to coordinate the full programme of events each year without athletes contributing. The level of personal and financial commitment shown by the athletes and staff to their sport is greatly appreciated by the National Sports Executive Committee.

Fundraising

All sports sections and clubs were committed to fundraising initiatives throughout the year to support the core activities of their club or section. Of note, once again, was the annual Dublin to Galway cycle which raised approximately €4000 and the various events we ran in support of our Angels campaign.

Sponsorship

IWA-Sport continued its partnership with Invacare Ireland in 2015. This partnership sees Invacare sponsor our events programme throughout the year. In addition to the financial investment, we received excellent support from Neil Harvey and his team, in the form of sports chair loans, and product advice. We are delighted to continue this partnership in 2016.

Acknowledgements

The National Sports Executive Committee would like to thank the following people and organisations for their continued support;

- Minister for Transport, Tourism and Sport – Paschal Donohue.
- Junior Minister- Michael Ring.
- Sport Ireland – John Treacy and staff.
- IWA CEO – Kathleen McLoughlin.
- IWA Board – Michael Hickey (Chair), Eileen O'Mahony (President) and Board members.
- IWA Senior Management Team.
- IWA-Sport National Sports Council.
- Coaches and Co-ordinators.
- Paralympics Ireland – CEO Liam Harbison, Members Forum, Board of Directors and Staff.
- Coaching Ireland.
- All volunteers, athletes, families and friends of IWA-Sport.
- Invacare Ireland – Neil Harvey and Invacare Ireland staff.
- Our corporate sponsors who support our programmes.



INCOME & EXPENDITURE STATEMENT

For the year ended 31st December 2015 | Irish Wheelchair Association-Sport Section

	Note	2015	2014
EXTERNAL INCOME			
Irish Sports Council Core Funding		237,834	237,834
Paralympics Ireland		9,000	11,000
Other Grants		4,672	-
Sponsorship and Fundraising		79,952	97,405
Membership Fees		3,045	3,030
Core Activities Programme		9,075	12,476
Women in Sport		3,000	2,000
Hosting Events		-	3,600
Equipment Income		1,276	12,127
Bank Interest Received		485	1,415
Total External Income		348,339	380,886
INVESTMENT BY IWA			
IWA - Grant		60,000	60,000
IWA - Additional support		68,164	43,937
IWA - Cost of National Shared Services		42,130	38,293
Total Investment by IWA		170,295	142,230
PROGRAMMES AND OTHER EXPENDITURE			
Programmes and Activities	2	(132,905)	(147,455)
Staff-Related Costs	2	(293,753)	(299,919)
Support Costs	2	(36,772)	(35,901)
Cost of National Shared Services		(42,130)	(38,293)
Total Programme and Other Expenditure		(505,561)	(521,568)
CAPITAL: ASSETS AND GRANTS			
Amortization: Sports Capital Grant		32,004	32,004
Depreciation	3	(45,076)	(33,552)
Net impact of Capital Assets and Grants		(13,072)	(1,548)
Surplus / (Deficit) for the Year		0	0

BALANCE SHEET

For the year ended 31st December 2015 | Irish Wheelchair Association-Sport Section

		Note	2015	2014
FIXED ASSETS				
	Tangible Assets	3	125,962	98,605
CURRENT ASSETS				
	Debtors	4	22,500	17,835
	Cash at bank and on hand	5	40,391	88,352
			62,891	106,187
CREDITORS				
	Amounts falling due within one year	6	1,090	-
NET CURRENT ASSETS			61,800	106,187
OTHER LIABILITIES				
	Deferred Income	7	94,354	106,030
NET ASSETS			93,408	98,762
FINANCED BY:				
	Net Investment by IWA in IWA Sport Section	8	93,408	98,762

EVENTS CALENDAR 2016

JANUARY

January 9th	Wheelchair Basketball League	Ballybrack
January 9th	Powerlifting National squad training	Cork
January 17th	Wheelchair Gaelic Football	IWA, Clontarf
January 16th-17th	Athletics Throws training	Ramsgrange
January 16th	Athletics wheelchair track training	Leixlip
January 23rd	Wheelchair Basketball League	Ardee
January 30th-31st	Athletics throws training	Ramsgrange
January 30th -31st	Wheelchair Basketball Nat Squad training	IWA, Clontarf
January 30th	Powerlifting National squad training	Cork

FEBRUARY

February 6th	Wheelchair Basketball League	Galway
February 13th-14th	Athletics Throws training	Ramsgrange
February 13th	Athletics wheelchair track training	Leixlip
February 13th	Wheelchair Basketball Nat Squad training	IWA, Clontarf
February 15th, 19th	IPC Powerlifting, 7th Fazaa	Dubai
February 20th	Wheelchair Basketball League	Limerick
February 24th, 28th	IPC Powerlifting World Cup	Kuala Lumpur
February 28th	Wheelchair Gaelic Football	IWA, Clontarf

MARCH

March 5th & 6th	Wheelchair Basketball Nat Squad training	IWA, Clontarf
March 12th	Wheelchair Basketball League	Cork
March 19th	Athletics wheelchair track training	Leixlip
March 20th	Wheelchair Gaelic Football	IWA, Clontarf
March 25th-26th	Athletics Throws training	Ramsgrange

APRIL

April 16th	Wheelchair Basketball League	Clonaslee
April 16th	Athletics Throws Training	Ramsgrange
April 23rd	Athletics Leinster Championships	Santry
April 24th	Wheelchair Gaelic Football	IWA, Clontarf
April 30th	Wheelchair Basketball League	Killester

MAY

May 7th	Athletics Laois Games	Crettyard
May 7th-8th	Wheelchair Basketball Nat Squad training	IWA, Clontarf
May 8th	Swimming National Championships	NAC, Dublin
May 15th	Wheelchair Gaelic Football	IWA, Clontarf
May 21st	Wheelchair Basketball League	IWA-Sport
May 21st	Athletics Connaught Championships	Galway
May 28th	Wheelchair Basketball Cup Finals	Cork

JUNE

June 4th	Athletics National Championships	Santry
June 10th-16th	IPC Athletics European Championships	Italy
June 12th	Wheelchair Gaelic Football	IWA, Clontarf
June 25th & 26th	Wheelchair Basketball Nat Squad training	IWA, Clontarf
June 29th-July 7th	IWAS World Junior Games	Puerto Rico

JULY

July 10th	Wheelchair Gaelic Football	IWA, Clontarf
July 18th - 22nd	IWA-Sport Members Summer Camp	IWA, Clontarf
July 23rd	Athletics Jamie Boyle Memorial Games	Templemore

AUGUST

August 13th	Athletics South East Games	Waterford
August 21st	Wheelchair Gaelic Football	IWA, Clontarf

SEPTEMBER

September 7th – 18th	Paralympic Games	Rio de Janeiro
September 10th	Athletics Munster Championships	Cork
September 11th	Wheelchair Gaelic Football	IWA, Clontarf

OCTOBER

October 9th	Wheelchair Gaelic Football	IWA, Clontarf
October TBC	Wheelchair Basketball League	TBC

NOVEMBER

November 6th	Wheelchair Gaelic Football	IWA, Clontarf
November TBC	Wheelchair Basketball League	TBC

DECEMBER

December 4th	Wheelchair Gaelic Football	IWA, Clontarf
December TBC	Wheelchair Basketball League	TBC

Please note: all events, dates and venues are subject to change.







Image courtesy of Paralympics Ireland



Irish Wheelchair Association-Sport
Blackheath Drive, Clontarf, Dublin 3, Ireland.
Tel: 01 818 6400 | Email: info@iwasport.com
www.iwasport.com
CHY 5393



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