



Irish Wheelchair  
Association  
**SPORT**



**ANNUAL  
REPORT  
2016**



Image courtesy of Paralympics Ireland

# CHAIRPERSON'S Address

*“Congratulations to you all for representing Ireland with such distinction over the course of the Games”.*



I am delighted to present the 2016 Annual Report for Irish Wheelchair Association-Sport.

The past year once again saw our members take part in a huge range of activities and events throughout Ireland and abroad in a multitude of sports.

At grassroots level, it was, and is, very pleasing to see so many junior activity programmes emerge in Kilkenny, Waterford, Wexford and Clare. We look forward to seeing them engage in our national activities, supporting them and adding to the list of clubs into the future.

At elite level, the eyes of the world were fixed firmly on Rio last September where 13 of our members formed part of the 48 person Irish squad that competed at the Paralympic Games in Rio. Congratulations to you all for representing Ireland with such distinction over the course of the Games.

On home soil, we witnessed a very competitive senior basketball league and a hugely successful junior blitz programme. We are excited about developing both of these programmes into the future.

The wheelchair rugby programme also continued preparations for the upcoming European Championships and the sport of para powerlifting continued to develop at a steady pace with exciting new talent emerging.

It is important that I take the opportunity to thank all of the clubs of IWA-Sport on behalf of the National Sports Executive Committee for supporting and embracing our responsibilities with regard to Charity Regulation compliance. The integration of club finances into the main body activities was a big undertaking and hugely appreciated.

Personally, my own term as Chairperson finishes at the forthcoming AGM. It has been a great privilege to hold this position and a thoroughly enjoyable experience and I would like to thank everyone who has supported the work of IWA-Sport across all levels, be it at local club level or on the international stage. The impact of your contribution is hugely significant to our members and one you should be very proud of.

Yours sincerely,

**Lisa Kelly**

Chairperson

IWA-Sport National Sports Executive Committee

# DIRECTOR OF SPORT **Address**

*“There is rarely a week or weekend that passes without a significant sporting event or activity”.*



In July of this year, as part of the annual summer camp, a group of our young members visited the Awesome Walls facility in Santry. When one enters the facility your initial instinct is to take a moment to contemplate whether to tackle the enormity of the climbing walls or simply remain on terra firma.

Within minutes, the appetite shown by almost each of the children to scale the heights was palpable. Over the course of the following hour or so, each of the children had scaled the huge heights of a number of climbing walls. In some cases it took a number of visits to the respective climbing walls, but ultimately each child achieved what was supposedly impossible.

It was a joy to witness the absolute fearlessness and desire of the children to tackle the tangible barrier that was a 10 metre high wall. In many ways it was a lesson from the children; they would not accept barriers and there would be no limits. This stands out as a highlight of the year for me.

On the field of play national leagues and championships were held in wheelchair basketball, wheelchair rugby, archery, para powerlifting and swimming. Whilst at elite level, last September we

saw another Paralympic cycle culminate with a memorable Games in Rio.

The activity at grassroots level in our clubs all over the country is of paramount importance. The role our clubs play in welcoming new members, encouraging friendships, providing a regular schedule of physical activity and sports activities is vital and we were delighted to increase the number of opportunities in the South East region with the appointment of a new Sports Development Officer.

This report will provide the detail of what was a busy year at all levels both at home and abroad. There is rarely a week or weekend that passes without a significant sporting event or activity so there is a lot to capture.

Lastly, thank to you to everyone, athletes, volunteers and staff, who continue to make the moments and the memories.

Yours sincerely,

**Nicky Hamill**  
Director of Sport

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# TRACK AND FIELD **Athletics**

Athletics continues to be one of our most popular sports with a very active section that trains and competes in both track and field events at home and internationally.

To prepare the athletes to compete in our annual Grand Prix, pre season field training sessions were once again held in Ramsgrange, Co Wexford from the beginning of the year. The Rebel Wheelers and Galway Speeders also ran training sessions during the season.

Track racing also further consolidated its programme having re-emerged in earnest in

2015. Monthly training sessions were held in Le Cheile Athletics Club in Kildare which catered for both elite level and beginner racers.

All told a very successful season was had particularly on the home and international competition circuit. However of note in 2016 was the fact that participation numbers only consolidated themselves from 2015. The challenge lies ahead to attract young athletes to both the training and competitive programmes.

The Athletics Grand Prix ran from April to September in 2016 with seven regional

# High PERFORMANCE

A summary of significant achievements in 2016 reads as follows:

- ▶ **27** Irish records
- ▶ **3** European records
- ▶ **1** World record
- ▶ **19** A standards and **7** B standards of which **10** A standards and **6** B standards were achieved at Grand Prix Competition
- ▶ **15** athletes competed at the IWAS World Junior Games in Prague winning an impressive haul of **22** medals including; **8** gold medals, **6** silver medals and **8** bronze medals in track, discus, javelin and club events. In doing so, **3** Season's bests, **14** personal bests and an Irish record were recorded. The medal winners were:

Athlete	Events	Medal
Jake Hennessey	Discus Javelin	Bronze Bronze
Dylan McCarthy	Shot	Silver
Sean McCullagh	400 800	Bronze Bronze
Cathal Ryan	Javelin	Silver
Mary Fitzgerald	Shot Discus Javelin	Gold Gold Gold
Sean Hughes	Shot	Gold
Cian O'Neill	Shot Javelin	Bronze Bronze
Cillian Dunne	100 200 400	Bronze Silver Silver
Sinead Keon	Javelin	Silver
Kate Kelly	Discus Javelin	Gold Silver
Hayley Fitzsimons	Shot Discus Javelin	Gold Gold Gold
Gina Griffin	Javelin	Bronze

competitions including: Leinster Championships, Connaught Championships, Laois Games, National Championships, Jamie Boyle Memorial Games, South East Games and Munster Championships.

The motto of the Grand Prix is 'Fair Play – All Play' and this can be witnessed at all of the

competitions held where they seamlessly integrate both beginner and elite athletes.

The Grand Prix also provides an important function in that it enables our athletes to compete 'at home' with the possibility of achieving minimum qualifying standards for IPC competitions.

IWA-Sport was well represented at the IPC European Championships which were held in Gresotto, Italy, with 7 athletes competing in the team of 9 overall. The athletes and results recorded are as follows

Athlete	Event/Class	Result
Noelle Lenihan	Discus F37/38	Gold (World Record)
Orla Barry	Discus F57	Gold
Niamh McCarthy	Discus F40/41	Silver (European Record)
Greta Streimikyte	1500m T12/13 class	Bronze
Deirdre Mongan	Shot putt F53/54	Bronze
Lorraine Regan	Javelin F55/56	5th
Heather Jameson	Long Jump F37	No mark

# END OF YEAR Awards

<b>Anne Ebbs Award</b>	Derek Smith
<b>Jimmy Byrne Award</b>	Jennifer Hynes
<b>Merit Award</b>	Rachel Power
<b>Merit Award</b>	Cian O'Neill
<b>Merit Award</b>	Mary Fitzgerald
<b>Merit Award</b>	Cathal Ryan
<b>Milestone Award</b>	Deirdre Mongan
<b>Male Young Athlete of the Year</b>	Jake Hennessy
<b>Female Young Athlete of the Year</b>	Hayley Fitzsimons
<b>Jamie Boyle Volunteer of the Year</b>	John McCarthy
<b>Rosemary Tallon Award</b>	Dale Barry O'Sullivan
<b>Jamie Boyle Athlete of the Year</b>	Orla Barry





# WHEELCHAIR Basketball

The wheelchair basketball season is run in alignment with the academic year, meaning the 2015/2016 season concluded in June 2016 having begun in October 2015.

Beginning with the junior programme, many of our multi sport junior clubs play wheelchair basketball as a focus sport in their activities. Additionally there are a small number of junior clubs whose only activity is wheelchair basketball. Our junior blitz programme once again welcomed players from all parts of the country to play the game over the course of eight headline events. The growth in player numbers in clubs has enabled clubs to play

in the junior blitz in their own capacity as a club as opposed to teams being made up of individual players from all over the country. Eight teams of just under 100 players took part over the course of the season including Rebel Wheelers, Junior Swifts (Carlow), Dublin Swifts, Galway Speeders, St Colms (Limerick), Shannonside Stealers (Athlone), North East Thunder (Ardee), Kingdom Wheelblasters (Kerry).

The objective of the junior blitz programme is to provide a model of fun, participation, encouragement, fair play and competition to all children. These objectives were achieved and

in doing so present new challenges for us; that being to ensure we can continue to provide a model that can cater for the growth in numbers and for all player levels.

The 2015/2016 senior season also began in October 2015. Overall the season which comprised of five competitions, was a success with many high points. However, there were many challenges along the way which must be addressed to ensure our programme not only consolidates but remains fit for purpose into the future.

A new development this season was the reduction in able bodied players from two to one on court at any one time. As a Governing Body we are cognisant of the need to ensure our members are catered for as a priority. This necessary change was brought in with a view to increasing playing opportunities for our members. In tandem with this change we also introduced a points system for the first time in recent years. The limit was set at 19 points to enable teams to get used to the system with a view to reducing it in coming seasons. Classification continued throughout the season with a very high percentage of players now nationally classified.



On the court, Limerick Scorpions continued their domination of the League by retaining their League title losing only one game in the process. The Scorpions also won the first ever National Cup Final played as part of Basketball Ireland Cup Finals, beating Ballybrack Bulls in the process. This competition was played on an open draw basis.

#### **The respective combined competition results read as follows:**

- ▶ 15/16 League Champions – Limerick Scorpions
- ▶ Basketball Ireland Cup Champions – Limerick Scorpions
- ▶ Paddy Byrne Cup Champions – NI Knights
- ▶ Greene/Walsh Cup Champions – Ballybrack Bulls
- ▶ Gerard Larkin Cup Champions – North East Thunder

#### **The key statistics and observations from the season are as follows:**

- ▶ 10 clubs competed: Killester, Fr. Matthews, Clonaslee, North East Thunder, Galway Titans, Shannonside Stealers, Swifts, Limerick Scorpions, NI Knights and Ballybrack Bulls.
- ▶ 90 league games were fixed to play over the season of which two were forfeited
- ▶ 130 players registered of which 76% were classifiable
- ▶ 11% of players were between the ages of 15 and 17 years.
- ▶ 11% of players were female
- ▶ 23% of registered players played in under two games or not at all

A concerning trend over the past season which has continued into the current season is the inability of teams to field sufficient numbers on match days. Unfortunately the occurrence of teams fielding four players at some games in addition to a small number of teams giving walk overs was prevalent. This is noteworthy in that it contrasts with the number of players who are registered for the club. There are two significant factors to consider in this regard: 1) Player recruitment should be an ongoing priority for all clubs, and 2) The sharing of administrative tasks among a number of club members is essential

to ensure the workload is balanced which will ultimately serve to allow the club have a more stable presence.

The National Team received an invitation from the IWBF to compete at the European B Championships in Sarajevo. This was a big step up in competition from the C Championships the year previous with ten teams competing for two qualification slots to the European Championships. With the standard being so high Ireland did not make sufficient progress to take them from Division C.



### The Squad that Travelled was:

1.	<b>Jason Kennedy</b>	Head Coach/Player	NI Knights (Belfast)
2.	<b>Kenny Murphy</b>	Player	NI Knights (Belfast)
3.	<b>Matthew Rollston</b>	Player	NI Knights (Belfast)
4.	<b>Neil Carlisle</b>	Player	NI Knights (Belfast)
5.	<b>Stephen Melvin</b>	Player	Titans Galway
6.	<b>Keith Connolly</b>	Player	Titans Galway
7.	<b>Joe Hargrow</b>	Player (Captain)	Limerick Scorpions
8.	<b>Tiarnan O'Donnell</b>	Player	Limerick Scorpions
9.	<b>John Enright</b>	Player	Limerick Scorpions
10.	<b>Jonathan Hayes</b>	Player	Ballybrack Bulls (Dublin)
11.	<b>Pat O'Neill</b>	Player	Swifts (Kilkenny)
12.	<b>Alan Caron</b>	Team Manger	
13.	<b>Paul Gallagher</b>	Assistant Coach	
14.	<b>Colin Cohen</b>	Team Physio	
15.	<b>Adrian Donoghue</b>	Performance Analysis	

### Basketball Ireland National Awards:

Best Male Wheelchair Basketball Player	<b>Jason Kennedy</b>	NI Knights
Best Female Wheelchair Basketball Player	<b>Christine Doyle</b>	Killester WBC



All Star Awards		
1.	Ballybrack Bulls WBC	Jonathan Hayes
2.	Clonaslee WBC	Lorcan Madden
3.	Fr. Mathews WBC	Derek Hegarty
4.	Killester WBC	Michael Cunningham
5.	Limerick Scorpions WBC	John Enright
6.	Northern Ireland Knights WBC	Aubrey Bingham
7.	North East Thunder WBC	Phillip Gibson
8.	Shannonside Stealers WBC	Richie Murphy
9.	Swifts WBC	Pat O'Neill
10.	Titans Wheelers WBC	Keith Connolly

Individual Awards		
Best Able-Bodied Player	Loic Bocquet	Titans Wheelers
Best Male Player	Jason Kennedy	NI Knights
Best Female Player	Christine Doyle	Killester
Best Under 23 Player	Cian O'Neill	Fr Mathews
Sportsmanship Award	Tony Coy	Swifts
Most Improved Player	Jack Shannon Cole	Ballybrack Bulls
Player of the Year	Jason Kennedy	NI Knights



# WHEELCHAIR Rugby

The four clubs around the country Ulster Barbarians, Laois Lions, Gaelic Warriors and Munster Wheelchair continued to offer weekly participation and training opportunities. All four clubs competed in the four league days held around the country culminating with the League Finals in Clontarf on December 3rd. Laois Lions and Ulster Barbarians competed in the 3rd and 4th place playoff final with Laois Lions coming out on top on a score line of 50-39. Gaelic Warriors, vying for three titles in a row, took on Munster Wheelchair Rugby in the final. However, Munster were the better team on the day with a winning score line of 37-29.

All four teams were missing key players on the day due to their participation in the GBWR Super Series. The Welsh Dragons team visited in September for a competitive training camp,

where they played all four Irish clubs, winning two and losing two.

## National Team

The Dutch National Team visited for a training weekend in April.

The GBWR Super Series proved a challenging competition for us in 2016 due to injuries and player unavailability however we finished 7th and held on to our Division 1 status in addition to winning the GBWR Nationals Shield competition. The first round of 2017 Super Series was held in Leicester on December 3rd and 4th, the team played five matches over two days winning all five and therefore finishing top of the league. Alan Lynch and Thomas Moylan both winning “best in class”.

## Annual Award Winners

Player of the Year	Laois Lions	Garreth Culliton
Player of the Year	Ulster Barbarians	Seán Smyth
Player of the Year	Gaelic Warriors	Stephen Alymer
Player of the Year	Munster	Alan Dineen
Overall Player of the Year		Stephen Alymer
Volunteer of the Year		Damien Haslett







Image courtesy of Paralympics Ireland

# TABLE Tennis

Since transferring governance to Table Tennis Ireland in 2013 activity levels in para table tennis have unfortunately decreased. It is difficult to gauge if this is as a direct result of the transfer and the lack of experience of running para programmes or if it's a reflection of the player profile in the country currently. Only a short number of years ago training camps for players at development level were thriving and the future was bright. In 2016 there was almost no development level activity which causes concern for the future of the sport. Historically Ireland has always produced Paralympic Table Tennis players with the ability to rank in the top ten in the World in their respective class, however the present position is worrying and Table Tennis Ireland must demonstrate a commitment to supporting the development of the sport.

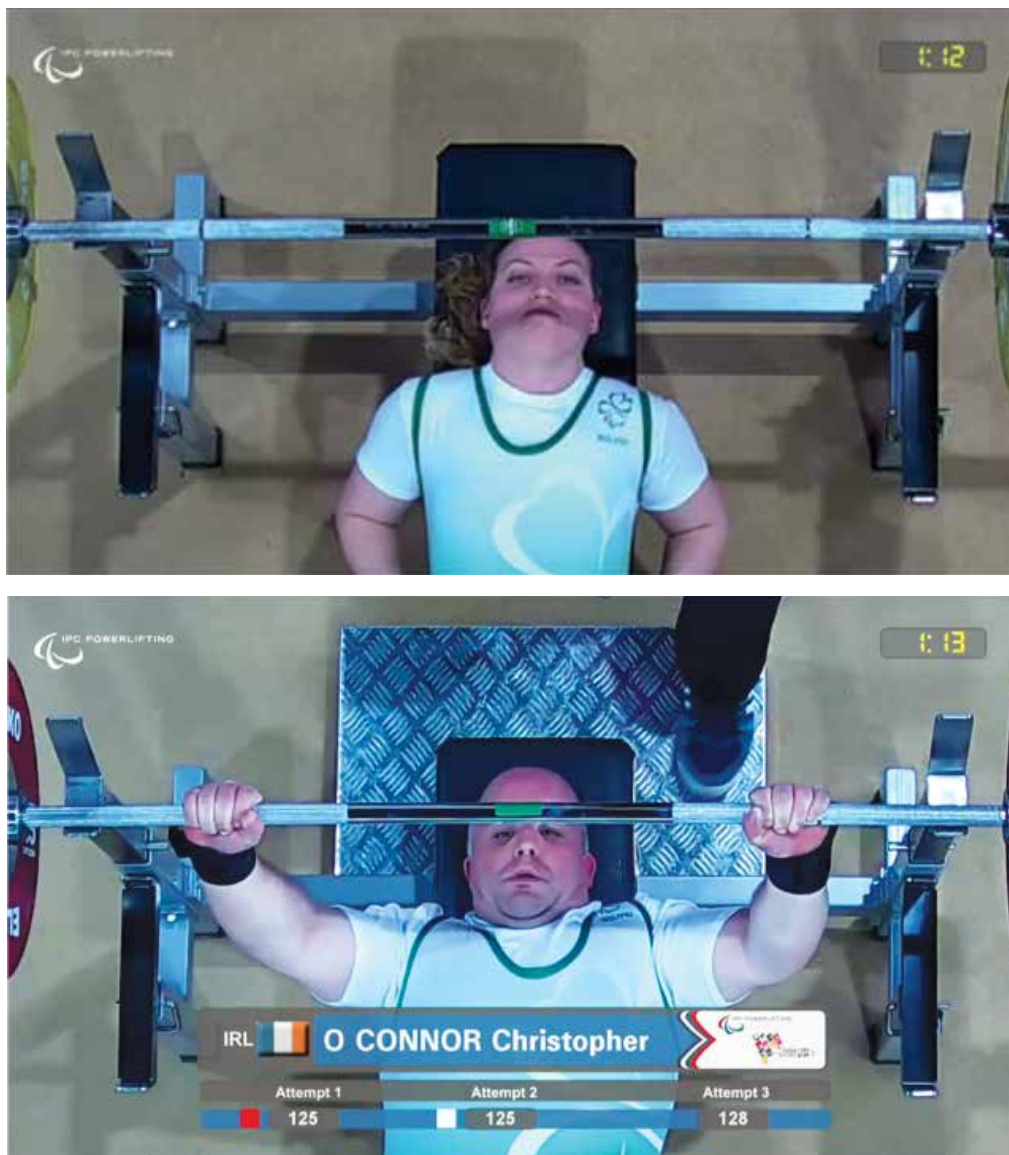
At the Table Tennis Ireland National Championships, Rena McCarron Rooney and Colin Judge retained their singles titles. The same players competed at the Slovenian and Slovakian Open also.

Rena McCarron Rooney then competed at the Rio Paralympic Games where she reached the quarter-finals but was beaten by the World Number 1, Seo from Korea. Rena achieved her goal with a top eight finish and can also consider herself unfortunate to draw the World Number 1 in the quarter final.

#### End of year (2016) ITTF ranking:

- ▶ Rena McCarron Rooney 8th
- ▶ Colin Judge 17th
- ▶ Christine Doyle 15th

# POWERLIFTING



The sport of para powerlifting has been developing steadily since 2011. Currently there are approximately twelve powerlifters in the country comprising of males and females in both the senior and junior categories.

As was the case with many of the sports in 2016, the focus for many of the athletes was to achieve a minimum qualifying standard at one of the two international IPC competitions in Dubai or Kuala Lumpur last February. Unfortunately the respective minimum qualifying standards weren't achieved, however all three athletes recorded personal best lifts and excellent competitive experience was gained and will stand to the athletes.

Domestically, monthly training camps were run from the Cork Weightlifters Club and Elite Gym. The same venue also hosted the National Championships in November at which 6 athletes competed and recorded five personal best lifts.

Nicola Dore, Chris O'Connor and Jack Colbert competed at the Dubai Fazaa in February with Jack Colbert winning the Gold medal in his Junior Category. All three subsequently competed at the Kuala Lumpur World Cup where Thomas McCague also joined the team.

The section coordinator Ken Hurley, successfully completed the Sport Ireland accredited and delivered Tutor Training course.

# OTHER Sports

## Handcycling

We continued to support the development of Handcycling in 2016. Our handcycle loan scheme, whereby we issue the loan of handcycles to members to try out the sport for the first time continued. At competitive level, our members competed in the annual Invacare Paracycling Time Trial League. 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.

At high performance level Declan Slevin, Ciara Staunton and Seamus Wall were heavily involved in the UCI Rio qualification journey. Ciara Staunton enjoyed winning the silver medal in the WH2 Time Trial at the Para Cycling World Cup in Belgium. Staunton was also part of the handcycling team relay squad – which also included Declan Slevin and Seamus Wall – who secured 10th place.

Declan Slevin also recorded a significant result during the year when he secured a bronze medal in the UCI Para-Cycling World Cup in South Africa, setting a new national record for the 16km Time Trial of 26 minutes 58 seconds. These results effectively secured the first time qualification to the Rio Paralympic Games for both Ciara and Declan.

## Archery

Three archers, Kerrie Leonard (Fusion Archers, Meath) John Cairns (Ulster Archers, Armagh) and Barry Guider (Blackheath Archers, Dublin), alongside team manager, Pádraig Dunphy (Fusion Archers), travelled to the European Para-Archery Championships and Rio Qualification Archery Competition, in Saint Jean de Monts, France.



Domestically our archers competed at the Irish Open Field Championships, the Irish Open Target Championships and the Kilmore Open. The National Championships were held in June in Summerhill, Co Meath.

## Boccia

Boccia is played in most IWA Community Support Centres around the country and following a successful pilot competition in the North East region it was established that there would be enough interest for a first ever National competition. 42 teams representing 22 centres from all over the country entered.





Regional qualifying competitions were held in Navan, Mallow, Sligo, Kilkenny and Athy which saw ten teams qualify for the National Finals. Those teams were, Drogheda 1 and Drogheda 2, Limerick 1 and Limerick 2, Belmullet, Letterkenny, Kilkenny, Roscrea, Ballinagar and Athy.

The format for the finals saw two groups of five teams vying for two semi final slots each. Drogheda 2 and Limerick 1 Qualified for the semi finals from group 1 and Drogheda 1 and Letterkenny qualified for the semi finals from group 2. Letterkenny subsequently overcame Drogheda 2 in the first semi and whereas Drogheda 2 emerged victorious over Limerick 1 in the other semi final. This set up a final of Letterkenny versus Drogheda 1. This was

an exciting final played over six ends with Letterkenny eventually running out victorious on a score line of 5-2. Captain of Letterkenny was Gerry Gallagher who received the trophy from founding IWA member Dr Oliver Murphy.

### **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.



## Our Club Structure

- 10** *Wheelchair Basketball Teams*

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- 4** *Wheelchair Rugby Clubs*

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- 6** *Junior Multi Sports Clubs*

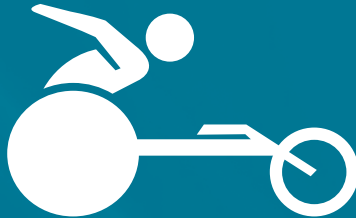
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# x5

Munster,  
South East,  
West,  
North East,  
Midlands

## Athletics



- 27** *Irish Records*

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- 3** *European Records*

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- 1** *World Record*

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- 10** *A Standards*

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- 6** *B standards were achieved at IWA-Sport Grand Prix Competitions*

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## Grants

**€240k** Core funding from Sport Ireland

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**€80k** Dormant Accounts (via Sport Ireland)  
Greater Outdoors Access Guidelines

<b>Paralympic Games - Rio</b>	
	<b>13</b> IWA-Sport team members
	<b>4</b> Medals

# INTERNATIONAL COMPETITIONS



- 🌐 **Dubai Fazaa and Malaysia World Cup**  
*Powerlifting | 4 athletes | 1 medal*
- 🌐 **IPC European Championships**  
*Athletics | 7 athletes | 5 medals*
- 🌐 **IPC World Championships**  
*Swimming | 5 athletes | 2 medals*
- 🌐 **Dubai Fazaa – Athletics**
- 🌐 **Division B European Championships**  
*Wheelchair Basketball*
- 🌐 **GBWR – National Shield Champions**  
*Wheelchair Rugby*
- 🌐 **IWAS World Junior Games**  
*15 athletes | 22 medals*



## Education

## Wheelchair Association SPORT



### National Sports Council Seminar

**30 attendees**

- ➔ Sports club governance
- ➔ Anti doping
- ➔ Safeguarding



### Access Consultancy

- ➔ *National Sports Campus*
- ➔ *Dundalk Sports Centre*
- ➔ *Pairc Ui Chaoimh*



Irish Wheelchair  
**Basketball**

*League Champions* – **Limerick Scorpions**

*Cup Champions* – **Limerick Scorpions**

*Paddy Byrne Cup Champions* – **NI Knights**

*Greene/Walsh Cup Champions* – **Ballybrack Bulls**

*Gerard Larkin Cup Champions* – **North East Thunder**

# OTHER EVENTS, INITIATIVES AND **Partnerships**

## **National Rehabilitation Hospital (NRH) Sports Programme and National Championships**

IWA-Sport partnered with the NRH, Spinal Injuries Ireland and Dún Laoghaire Rathdown Local Sports Partnership to run the 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 seven's wheelchair rugby.

## **Working with the Local Sports Partnership (LSP) and Sports Inclusion Disability Officer (SIDO) Programme**

We strengthened and developed our partnerships with a number of LSP's and SIDO's nationally in 2016. 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. Over the course of 2016 we have also worked closely with SIDO's and LSP's in Waterford, Kilkenny, Wicklow and Wexford to develop sports clubs in the respective areas. This has been a very positive development which is detailed further in the multi sports clubs section of this report.

## **Members Summer Camp and Para Sports Expo**

The IWA-Sport Members camp was once again very popular at the end of July. Our members and their siblings enjoyed wheelchair basketball, wheelchair rugby, wheelchair tennis, athletics, table tennis and an outing to the awesome walls facility in Santry.

## **Clontarf Summer Camp**

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.

## **Cork IWA-Sports Club**

IWA-Sports club, The Rebel Wheelers Summer Camp ran in July and activities included soccer, wheelchair basketball, wheelchair rugby, and athletics 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

The Dr Oliver Murphy Sports Centre continued to provide a valuable service to its many user groups in Clontarf.

The sports hall provides an invaluable training base for the IWA-Sport national squads which includes Para Table Tennis, Wheelchair Rugby, and Wheelchair Basketball. It also provides a dedicated base for the Blackheath Archers, IWA Bowling Club and the Dublin Swifts Junior sports club. Local community sports clubs and schools also continued to use the facility; such as Killester Senior Super League Basketball Team, Central Remedial Clinic, Holy Faith and Belgrove schools.

In 2016 the sports hall hosted the Invacare Wheelchair Basketball Challenge Cup between Ireland and GB U23s. Additionally the Irish Wheelchair Rugby squad hosted the Welsh Dragons for training camps.

The gym facility consolidated its membership base with an approximate number of 500 members of which one third are IWA members. The gym itself boasts a range of dual use fitness equipment suited to people with a physical disability or limited mobility and as a result our facility is well placed to offer expert advice in relation to rehabilitation practices. Such

facilities as the CRC, MS Society, Headway, National Rehab Hospital, Beaumont Cardiac Unit, community physiotherapists and occupational therapists, and local GP's within the north Dublin area regularly engaged.

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 eight years of contact with these institutions.

To compliment the suite of accessible gym equipment a full programme of fitness classes consisting of yoga, pilates, circuit training, suspension training were available to members, the IWA Community Support Centre and The Carmel Fallon Respite Centre.

Personal training, physical therapy services and disability awareness workshops also took place during 2016 to various audiences including schools, universities and corporate agencies.





Image courtesy of Paralympics Ireland

## PARALYMPIC GAMES **Rio 2016**

On the 7th of September last 4336 athletes from 161 countries, touched down in Rio Brazil to represent their nation in 23 sports at the Paralympic Games, over the course of the following eleven days.

There was an uneasy build up to the games on this occasion. Would the host nation embrace the games? Would the infrastructure and services in place for the preceding Olympic Games remain? What would be the impact of banning the Russian team from competing as a result of doping violations? How would the Zika Virus impact the games?

Thankfully, whilst all concerns were valid, the feedback was hugely positive and a successful games was delivered. Team Ireland has competed at each Paralympic Games since the inaugural inception of the Games in 1960.

Indeed the Irish Wheelchair Association was founded by the athletes that attended those first games 56 years ago. The Irish Wheelchair Association is very proud of the role it has had in creating and supporting the Irish Paralympic story and particularly of it's members who once again represented Ireland, Paralympics Ireland and the IWA with great distinction over the course of the eleven days last September.

Of the 48 strong team, 13 of the athletes are IWA-Sport members. John Toomey had the honour of leading the team out as flag bearer at the Maracana Stadium on the opening night. This alone was a proud moment for John, but equally so was the fact that John was competing at his 11th consecutive Games in Sailing. Together with his crew the Sailing team finished 13th overall in the Sonar event.

Rena McCarron Rooney was competing in her second Games in the sport of Table Tennis, her first being at the London Games in 2012. Rena performed admirably and qualified from her group despite being unfortunate to draw the World Number 1 and the 2012 Paralympic Champion in her class.

In the sport of handcycling two of our members made their Paralympic Games debut; Declan Slevin and Ciara Staunton. Both will be proud of their first appearances and will look to build on the experience.

Five IWA members formed part of the athletics team; Orla Barry, Niamh McCarthy, Noelle Lenihan and Deirdre Mongan all competed in discus and shot putt respectively and Patrick Monahan was the sole wheelchair track representative. For the Cork trio of girls, it was a memorable games; Orla Barry claimed Silver in the F57 Discus, Niamh McCarthy claimed Silver in the F41 Discus and Noelle Lenihan also won the Bronze medal in the F38 event.



Image courtesy of Paralympics Ireland



Image courtesy of Paralympics Ireland

A 'Rebel Treble' to savour. Deirdre Mongan claimed 5th place in the F53 shot putt in a tough field whilst for Patrick Monahan he was unfortunate to fall victim to illness resulting in his withdrawal from the T53 800m. Inevitably this would impact on his performance in the marathon where he finished with a time of 1hr 40 mins.

In the pool, four of our members competed with distinction. Ellen Keane, James Scully, Ailbhe Kelly, and Nicole Turner competed in a combined number of 15 events achieving eight personal bests. The highlight being the Silver medal that Ellen Keane won in the S9 100m Breaststroke event.

### **Behind the Scenes**

Once again IWA-Sport was well represented behind the scenes of the Rio Journey. Many IWA-Sport coaches and mentors dedicated much time and commitment in assisting the athletes prepare not only for these games, but have done so for many years. Pat Furlong, John McCarthy, and Jimmy Byrne have coached, guided and mentored Orla Barry, Niamh McCarthy and Deirdre Mongan and are owed great credit.

Michael Bergin from Wexford was a key backroom member of the athletics coaching team. Ronan Rooney has coached Rena McCarron Rooney directly for two years in Table Tennis.

Administratively IWA has strong links with the team; Mairead Farquharson Chaired the Swimming Performance Committee for the Rio cycle. Paralympics Ireland Performance Director Dave Malone, and long time IWA member, has led the team through this cycle with great success.

We also wish to acknowledge the role IWA members play at Paralympics Ireland Board level; James Gradwell, President, John Fulham, Vice-President, Eimear Breathnach, Vice-President, James McCarthy, Athletes Representative and Anne Ebbs, Honorary Life Member.

To each of the athletes and everyone who has played a part in supporting their journey to Rio we congratulate you for your achievements and thank you for the memories.

The opposite table provides details of the athletes events and results.



In addition to directly preparing for the Rio Paralympic Games we also worked as follows with Paralympics Ireland:

- ▶ We received funding from Paralympics Ireland towards the powerlifting high performance programme and that athletics grand prix.
- ▶ We were represented on the respective 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.



Image courtesy of Paralympics Ireland

Sport	Athlete	Competition	Placing	Time/Distance
Athletics	<b>Orla Barry</b>	Discus F57	2nd Silver Medal	30.06
	<b>Niamh McCarthy</b>	Discus F41	2nd Silver Medal	26.67
	<b>Noelle Lenihan</b>	Discus F38	3rd Bronze Medal	31.71
	<b>Deirdre Mongan</b>	Shot Putt F53	5th Place	4.04
	<b>Patrick Monahan</b>	Marathon	16th Place	1.40.26
Handcycling	<b>Ciara Staunton</b>	Road Race	14th Place	N/a
		Time Trial	11th Place	45.28.69
	<b>Declan Slevin</b>	Road Race	9th Place	1.44.33
		Time Trial	11th Place	32.59.53
Sailing	<b>John Twomey,</b>	Sonar	13th	n/a
Swimming	<b>Ellen Keane</b>	100m Backstroke S9	8th Place	1.15.44 (PB)
		100m Butterfly S9	8TH Place	1.10.95 (PB)
		100m Breaststroke S9	3rd Bronze Medal	1.23.07
		200m Individual Medley S9	11th	2.41.17
	<b>Ailbhe Kelly</b>	100m Backstroke S8	16th Place	1.29.48
		100m Freestyle S8	14th Place	1.20.65
		400m Freestyle S8	13th Place	5.41.36
	<b>James Scully</b>	50m Freestyle S5	10th Place	37.38 (PB)
		100m Freestyle S5	7th Place	1.20.18 (PB)
		200m Freestyle S5	6th Place	2.51.45 (PB)
	<b>Nicole Turner</b>	50m Freestyle S6	7th Place	36.31
		400m Freestyle S6	8th Place	5.51.99 (PB)
		100m Breaststroke S6	7th Place	1.46.19 (PB)
200m Individual Medley S6		7TH Place	3.17.09	
50m Butterfly S6		5th Place	37.31 (PB)	
Table Tennis	<b>Rena McCarron Rooney</b>	Singles TT2	Quarterfinals	5th

# Services

## Anti Doping Programme

IWA-Sport athletes previously listed on the registered testing pool underwent a governing body transfer to Paralympics Ireland during 2016. One anti doping outreach session was facilitated at the Athletics National Championships.

## Child Protection Training

As required, our members engaged with Safeguarding courses run by Local Sports Partnerships. Additionally we also undertook to consider the provision of an e-learning module to compliment the LSP training. It is hoped that this service will be in place early in 2017.

## Raising our Profile and Promotion

Our most popular form of engagement with our members continued to be via our website, and social media sites of Facebook and Twitter. At the end of the year we have over 3000 followers on facebook and over 1000 on Twitter.

## Working with Others

We actively encouraged and supported the inclusion and integration of our members with mainstream NGB's. We received support from Basketball Ireland, Table Tennis Ireland, Swim Ireland, Athletics Ireland, FAI, GAA, Archery Ireland, Paralympics Ireland, and CARA across a range of levels, such as PR, competition officials at events, training of officials, coach education, programme support.

## 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 such as Pairc Ui Chaoimh, Cork; Dundalk Sports Centre, Co Louth; Kells Swimming Pool, Co Meath and the National Sports Campus.



# Funding, Grants, Sponsorship and Other Support

## **Sport Ireland**

Sport Ireland funded IWA-Sport as follows in 2016:

Core Grant Funding - €240,000

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.

## **Irish Wheelchair Association (IWA)**

The IWA CEO and Board of Directors continued their funding support in 2016. In addition funding was also provided towards staff salary costs and overhead costs. The financial support from our parent body is of vital importance to IWA-Sport and we thank them for their continued assistance.

## **Department of Transport, Tourism and Sport – Sports Capital Grant**

Whilst there was no Sports Capital programme in 2016 we drew down funding from the 2014 to fund gym refurbishment works and sports equipment. We are grateful to Minister Shane Ross and Minister Patrick O'Donovan in the Department of Transport, Tourism and Sport 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.

## **Dormant Account Funding (via Sport Ireland)**

We were awarded a grant of €80,000 from Dormant Account funding towards the development of Access Guidelines specific to the greater outdoors. This funding will be ring-fenced for 2017 whereby a coordinator will be recruited to manage the project from inception to delivery.

## **Athlete Contributions and Fundraising**

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.

Many sports sections and clubs were committed to fundraising initiatives throughout the year to support the core activities of their club or section.

## **Philanthropy and Sponsorship**

IWA – Sport continues to be supported through philanthropy and sponsorship through a number of different relationships. The Ireland Funds funded the position of our part-time Sports Development officer in the South East for a second year, while C.E.F contributed to support sports development for all our members. Invacare sponsored our events programme throughout the year, while also offering sports chair loans and product advice. We are delighted to continue our partnerships this year. We are extremely grateful to all our supporters for their ongoing and committed support.

## **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 – Shane Ross
- ▶ Junior Minister- Patrick O Donovan
- ▶ Sport Ireland – John Treacy and staff
- ▶ IWA CEO – Rosemary Keogh
- ▶ 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
- ▶ The Ireland Funds, C.E.F. and all our corporate sponsors.

# SPORTS CLUB

# Activity Report

Club activities were ongoing in 2016 catering for all levels of participation. The number of IWA-Sport and affiliated clubs grew in 2016 from 18 to 20 with a further three clubs currently at an initial start up phase. There are 14 sports specific clubs which cater for wheelchair rugby (4) and wheelchair basketball (10). There are a further six junior multi sport clubs running programmes. Additionally three of the senior basketball clubs run junior programmes. Generally all sports clubs run their own individual weekly training programmes with members progressing to engage with the national programme of events.

It is important to recognise that all of our clubs are run by a dedicated cohort of volunteers and to that end it is incumbent on IWA to provide support to the respective committees and club personnel to ensure the environments in which they operate are of the highest standards. In April club representatives were invited in their capacity as IWA-Sport National Sports Council Members to attend an information seminar with regard to a range of governance and policy areas. Specifically presentations were delivered in relation to Safeguarding, Charity Regulation, Governance and IWA Policies and Procedures.



A breakdown of our current club structure is as follows:

Multi Sport Junior Clubs	
1.	Galway Speeders Junior Club
2.	Dublin Swifts Junior Club
3.	Rebel Wheelers Junior Club
4.	North East Sports Project
5.	Banner Spokes Sports
6.	Deise Dragons

Wheelchair Rugby	
7.	Gaelic Warriors Wheelchair Rugby Club
8.	Cork Wheelchair Rugby Club
9.	Ulster Barbarians Wheelchair Rugby Club
10.	Laois Lions Wheelchair Rugby Club

Wheelchair Basketball	
11.	Clonaslee Wheelchair Basketball Club
12.	Killester Wheelchair Basketball Club
13.	Shannonside Stealers Wheelchair Basketball Club
14.	Limerick Scorpions Wheelchair Basketball Club
15.	North East Thunder Wheelchair Basketball Club
16.	South East Swifts Wheelchair Basketball Club
17.	Ballybrack Bulls Wheelchair Basketball Club
18.	Titans Galway Wheelchair Basketball Club (affiliated)
19.	NI Knights (affiliated)
20.	Fr Matthews Wheelchair Basketball Club (affiliated)



# INCOME AND EXPENDITURE Statement

For the year ended 31st December 2016 | Irish Wheelchair Association - Sports Section

		Note	2016	2015
EXTERNAL INCOME			€	€
	Irish Sports Council Core Funding		240,000	237,834
	Paralympics Ireland		2,000	9,000
	Other Grants		21,203	4,672
	Sponsorship and Fundraising		137,358	79,952
	Membership Fees		4,590	3,045
	Core Activities Programme		7,910	9,075
	Women in Sport (ISC)		-	3,000
	Equipment Income		128	1,276
	Bank Interest Received		5	485
	<b>Total External Income</b>		<b>413,194</b>	<b>348,339</b>
<b>INVESTMENT BY IWA</b>				
	IWA - Grant		60,000	60,000
	IWA - Additional support		32,125	68,164
	IWA - Cost of National Shared Services		46,227	42,130
	Total Investment by IWA		138,351	170,295
<b>PROGRAMME AND OTHER EXPENDITURE</b>				
	Programmes and Activities	2	(121,967)	(132,905)
	Staff-Related Costs	2	(324,906)	(293,753)
	Support Costs	2	(42,924)	(36,772)
	Cost of National Shared Services		(46,227)	(42,130)
	Total Programme and Other Expenditure		(536,023)	(505,561)
<b>CAPITAL: ASSETS AND GRANTS</b>				
	Amortization: Sports Capital Grant		32,004	32,004
	Depreciation	3	(47,526)	(45,076)
	Net impact of Capital Assets and Grants		(15,522)	(13,072)
<b>Surplus / (Deficit) for the Year</b>			0	0

# BALANCE Sheet

For the year ended 31st December 2016 | Irish Wheelchair Association - Sports Section

		Note	2016	2015
<b>FIXED ASSETS</b>			€	€
	Tangible Assets	3	78,436	125,962
<b>CURRENT ASSETS</b>				
	Debtors	4	15,862	22,500
	Cash at bank and on hand	5	111,677	40,391
			<b>127,540</b>	<b>62,891</b>
<b>CREDITORS</b>				
	Amounts falling due within one year	6	3,670	1,090
<b>NET CURRENT ASSETS</b>			<b>123,870</b>	<b>61,800</b>
<b>OTHER LIABILITIES</b>				
	Deferred Income	7	149,883	94,354
<b>NET ASSETS</b>			<b>52,423</b>	<b>93,408</b>
<b>FINANCED BY:</b>				
	Net Investment by IWA in IWA Sport Section	8	<b>52,423</b>	<b>93,408</b>

# IWA-SPORT NATIONAL & INTERNATIONAL EVENTS

# Calendar 2017

<b>JANUARY</b>		
January 7th	Wheelchair Basketball Irish Senior League	Dundalk
January 8th	Wheelchair Basketball Junior Blitz	Dundalk
January 21-22nd	Wheelchair Rugby Ireland V Switzerland friendly	IWA, Clontarf
January 27th	Wheelchair Basketball National Cup Final	NBA, Tallaght
<b>FEBRUARY</b>		
February 5th	Wheelchair Basketball Junior Blitz	Tralee, Kerry
February 18th	Wheelchair Basketball Irish Senior League	Galway
February 22 – Mar 4th	Powerlifting, Dubai Fazaa	Dubai
February 25th	IWA-Sport AGM & National Council Forum	IWA, Clontarf
<b>MARCH</b>		
March 11th	Wheelchair Basketball Irish Senior League	Limerick
March 12th	Wheelchair Basketball Junior Blitz	Limerick
March TBC	Wheelchair Rugby Irish League	Clonaslee, Laois
<b>APRIL</b>		
April 1st	Wheelchair Basketball Irish Senior League	Cork
April 2nd	Wheelchair Basketball Junior Blitz	Cork
April 7th – 9th	Wheelchair Rugby, Bernd Best	Cologne
April 15th	Wheelchair Basketball Irish Senior League	Clonaslee, laois
April 22nd	Athletics Leinster Championships	Kilkenny
April 29th	Swimming National Championships	NAC
April 30th	Wheelchair Basketball League	Killester
<b>MAY</b>		
May 4th – 7th	Powerlifting World Cup	Eger, Hungary
May 6th	Wheelchair Basketball Irish Senior League	IWA, Clontarf
May 7th	South East Games	Templemore
May 13th	Wheelchair Basketball Irish Senior League	Dundalk
May 14th	Wheelchair Basketball Junior Blitz	Dundalk
May 20th	Athletics Connaught Championships	Galway
May 27th	Wheelchair Basketball National Cup Finals	National Sports Campus

# IWA-SPORT NATIONAL & INTERNATIONAL EVENTS

# Calendar 2017

<b>JUNE</b>		
June 10th	Athletics National Championships	Santry
June 24th	Athletics Laois games	Crettyard, Laois
June 24th-July 1st.	Wheelchair Rugby European A Championships	Germany
<b>JULY</b>		
July 17th – 21st	IWA-Sport Members Summer Camp	IWA, Clontarf
July 24th	Wheelchair Basketball European Championships	Czech Republic
July 14th – 23rd	IPC Athletics World Championships	London
<b>AUGUST</b>		
August 26th	Athletics Jamie Boyle Games	Templemore
August TBC	Wheelchair Rugby Irish League	Ulster
<b>SEPTEMBER</b>		
September 9th	Athletics Munster Championships	Cork
September 30th	Wheelchair Basketball Irish Senior League	IWA, Clontarf
September TBC	Wheelchair Rugby Irish League	Sligo
<b>OCTOBER</b>		
October TBC	Para Powerlifting World Championships	Mexico
October TBC	Wheelchair Rugby Irish League	Cork
October TBC	Wheelchair Basketball Irish Senior League	TBC
<b>NOVEMBER</b>		
November	Wheelchair Basketball Irish Senior League	TBC
<b>DECEMBER</b>		
December	Wheelchair Rugby Irish league	TBC







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