

# TransplantWorld

2022 | Issue 1

Journal of the



World Transplant Games Federation  
Powered by the gift of life

## Road to Perth

Inspiration from our athletes  
as they prepare for the next  
World Transplant Games



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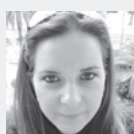


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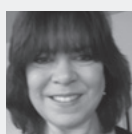
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## MESSAGE FROM THE PRESIDENT

# A pilgrimage Down Under

WTGF President **Chris Thomas** on transplant games re-emerging across the world



**T**radition states a pilgrimage starts as you cross the threshold of your own home and commence a journey to what you deem your sacred place. For some that might be Mecca. For others their sacred place might include a pilgrimage to Rome, Canterbury, Santiago de Compostela Cathedral or Lumbini, the birthplace of Buddha.

Even a journey to a special lake or mountain could easily be classified as a pilgrimage, particularly if that place has special meaning to yourself, your family or friends.

And invariably it is not necessarily the destination that makes the difference but the journey along the way. For pilgrimages usually involve returning a somewhat changed person. It's often a healing or renewal process.

After two years plus of COVID-19, transplant recipients across the world are undoubtedly deserving of such a renewal. It has been a tough slog of isolation for many.

I would like to think of the World Transplant Games as a type of pilgrimage. It has all the hallmarks. The preparation, the planning, the packing. The closing of the front door behind us as we embark on a journey to meet up again with friends from all over the world. The week of celebration once there and the time for reflection of who made it possible. The donors, carers, medical staff.

It is an opportunity to remember what is important in life – and that is life itself. This pandemic has impacted greatly

across the world and the transplant community has not been spared.

Here in Australia, we are full steam ahead for a memorable Games. Preparing this event is a two-to-three-year process. Sponsorship and raising support from governments, infrastructure, registration, hiring of staff and venues, transport, accommodation, visa requirements, sporting venues, special event venues, the list goes on.

## Hosting another Games

Having chaired the World Transplant Games on the Gold Coast in 2009 I now have the honour of hosting another Games. Those Games had the potential to be significantly impacted by the H1N1 'swine flu' pandemic. However, one of my most satisfying moments in my career was welcoming 2,232 people to those Games and seeing 2,232 go home safely and happy with a brilliant Gold Coast Games experience.

That could not have happened without expert medical and first aid care and it's the lessons from those Games that we will be putting in place for Perth. So, on top of all the requirements for building a successful Games our number one imperative is to ensure everyone can participate safely.

We have a comprehensive medical plan in place overseen by a medical committee led by Transplant Australia Medical Director, Professor Richard Allen and Dr Brian Hutchison, one of the nephrologists at Sir Charles Gairdner

Hospital, which will be the closest hospital to most of the sports. We also have key physiotherapists and first aid services in place.

One of the specialists we have been consulting with, Professor Peter Boan, has written the guest editorial for this journal. I encourage everyone to review his contribution closely.

From my perspective, it is natural after three years of planning to encourage as many people as possible across the world to register and attend the Games. Working with Transplant Australia, and becoming President of this Federation, has been the highlight of my career.

We are hoping as many people join with us in this celebration. Goodness knows everyone deserves to come to a beautiful place like Perth and join with the transplant family at these Games.

It is good to see transplant games across the world re-emerging in places like Spain and South Africa, the US Games and the British and European games. Learning to live with the virus, staying up to date on vaccinations and remaining vigilant to protect yourself against COVID-19 with personal protection methods, including handwashing and masks, will be with us for some time to come.

I do hope you will be able to make this pilgrimage Down Under. It certainly will be a memorable experience. Together, let's make the most of life.

**Chris Thomas**  
WTGF President



**Goodness knows everyone deserves to come to a beautiful place like Perth and join with the transplant family at these Games."**

## GUEST EDITORIAL

# COVID-19 and travel

Dr Peter Boan on weighing up the risks of international travel



**A**s we look to the World Transplant Games in Western Australia in 2023, participants and their supporters will reasonably be pondering the risk that COVID-19 infection presents to them with travel and attendance at this event.

At the beginning of the COVID-19 pandemic, the infection occurred in high rates in some parts of the world while other areas were relatively free of infection. Travel to a highly endemic area was therefore a higher risk for contracting the infection, which also occurred due to close contact with a high number of people from different parts of the world that occurs in airports, on aeroplanes, and with travel associated activities. Contracting COVID-19 was a particular risk for immunosuppressed solid organ transplant recipients (SOTr) who had a greatly increased chance of complications with early variants in the absence of available vaccines, antiviral therapy and monoclonal antibodies.

We've come a long way. We now have a number of vaccines which remain highly effective at reducing severe COVID-19 infection, the outcome for which they were primarily designed, including against Omicron variants. We have a number of antivirals and monoclonal antibodies when given early in the course of infection reduce progression to severe COVID-19. We have pre-exposure prophylaxis with Tixagevimab-Cilgavimab (Evusheld) which reduces the chance of getting infected, and also the chance of complicated infection. While vaccine, antiviral and monoclonal antibody randomised controlled trials did not often include

many immunocompromised patients, real world data has demonstrated the effectiveness of these interventions in immunosuppressed patients including solid organ transplant recipients (SOTr).

With the evolution of increasingly transmissible variants, COVID-19 hasn't been contained by public health measures and is now endemic across the world. As much of the population has been infected and epidemic curves plateau, many jurisdictions have ceased restrictive public health measures such as mandated mask wearing, vaccine mandates, limitations on the number or density of people at gatherings, travel restrictions and quarantine. This means that national or international travel compared to staying at home does not have the substantially increased risk for acquiring COVID-19 present at the beginning of the pandemic, and there is more freedom to travel.

## Increased risk

It is unfortunate that immunosuppressed people including SOTr still have an increased risk of complicated COVID-19 compared to immunocompetent people, so it is recommended they continue to take reasonable measure to avoid infection and complications from infection. Recommendations include judicious mask wearing particularly in crowded, indoor, poorly ventilated environments; regularly hand sanitisation after contact with people and potentially infected surfaces; remaining up to date with vaccination; exploring access to pre-exposure prophylaxis; and obtaining access to antiviral medication or monoclonal antibodies early in the

course of infection.

Ultimately individuals need to weigh up benefits and risks. There are great physical, social and psychological benefits in competing in the Games, which have been postponed in the last years. Of course, there are some risks of travel related to COVID-19 infection, chiefly from close contact with a number of people and being away from familiar medical care, but arguably similar risk may occur in attending a concert or conference at home.

As advised for all travel, medication supply and adequate medical insurance should be in place, the latter including provision for care related to COVID-19 infection if required. The future can't be predicted, but Western Australia has a very good track record of controlling COVID-19 outbreaks and was well prepared for the Omicron wave with limited impact on healthcare capacity. In the current circumstances attendance at the World Transplant Games is an entirely reasonable decision.

## Dr Peter Boan

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**“The future can't be predicted, but Western Australia has a very good track record of controlling COVID-19 outbreaks and was well prepared for the Omicron wave with limited impact on healthcare capacity.”**



# Road to Perth...

## 2023 World Transplant Games: The Road to Perth

In 2023, the global transplant community will reunite in Perth, Australia for the 24th World Transplant Games. We meet some of the athletes and find out about their preparation, achievements, and inspiration on the Road to Perth.



### Petra Vovesna, Czech Republic

*Kidney Transplants, 2006 & 2021*

**Games experience:** I have been competing in national and World Games since 2007, and have twice placed 1st in 200m, and 2nd and 3rd in 100m.

I have enjoyed running since I was a child. After my transplant in 2021, I am slowly returning to running and I'm looking forward to being fit again.

I am most looking forward to going to Perth and getting to know Australia, a beautiful country that I have not been to before.

**Petra:** "I am inspired by life itself and the fact that I got another chance to still be here."



### Bruce Giles, Australia

*Liver Transplant, 2014*



**Games experience:** I've attended two World Transplant Games: Malaga, where I won a gold medal in the time trial and a silver medal in the road race, and Newcastle in 2019.

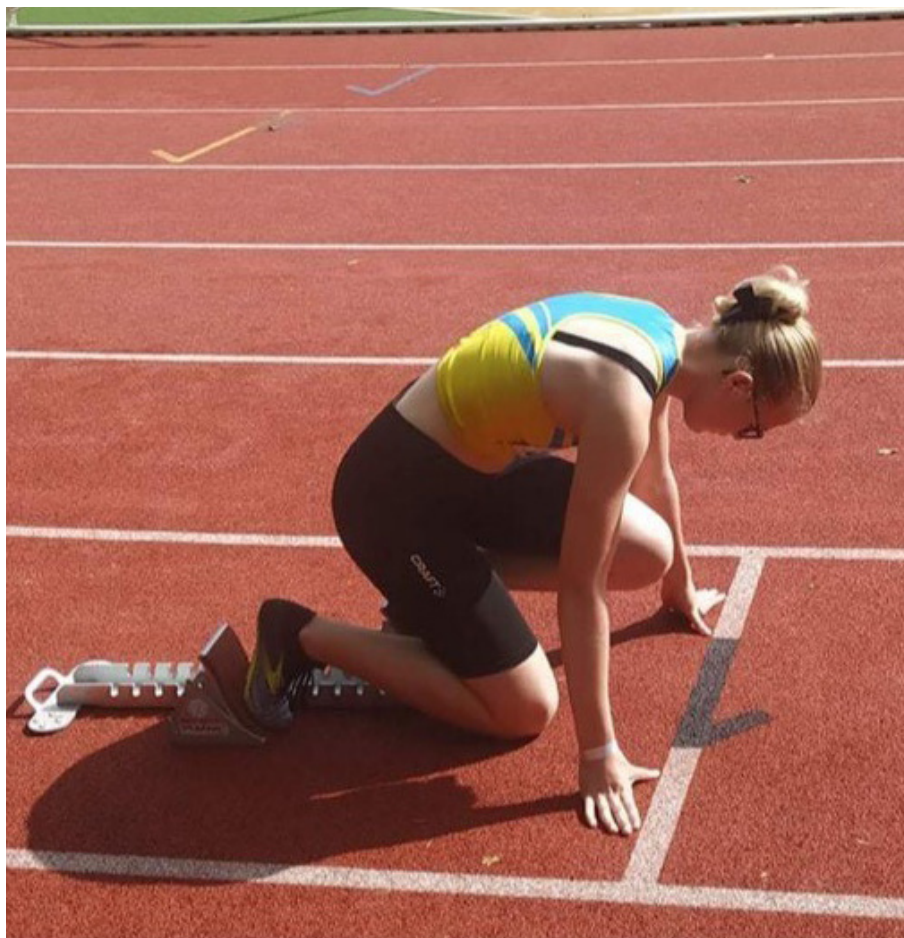
I have always enjoyed being active and I took up cycling as a 30-year-old, competing on road racing at a B Grade State Level. But my health deteriorated over 27 years and eventually it was exhausting just walking 100 metres. Receiving the transplant eight years ago made a huge difference. I was back on my bike after six weeks and was cycling 50 km just ten weeks after my operation. I trained for six months before winning two medals in Malaga. Unfortunately, my preparations for Newcastle were not so easy as I was hit by a truck while out training which fractured my pelvis. It was a tremendous challenge to come back from that, but I was pleased to be able to start training only four months before the Games.

I have signed up to compete again in cycling at the 2023 Games. Perth is a beautiful city and I am looking forward to catching up with people I have met before at other Games. They are a great bunch of people and it is always interesting to listen to other people's stories.

**Bruce:** "The training you put in equals what you will get back out."



## Road to Perth...



## Aude Vandenputte, Belgium

*Bone Marrow Transplant, 2017*

**Games experience:** I am looking forward to going to the European Games in Oxford and then Perth for my first World Games.

Before my transplant, I was in an athletics club and I performed well at a national level. It was very hard when they told me in the hospital that I would probably not be able to achieve this level of competitiveness after my transplant. However, after the treatment, I started training again little by little in my athletics club. The fact that I can now do what I love again, including exercise and sports, is one of my greatest achievements.

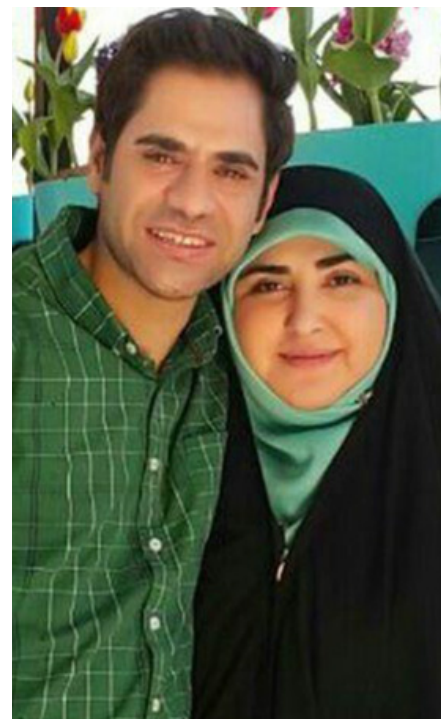
My favourite sport has always been athletics, especially the 400m. The transplant has not changed that. My teammates also supported me and gave me strength to continue with athletics. When I found out that World Transplant Games existed, it only increased my motivation.

I train twice a week with my athletics club and take part in competitions throughout the year. I don't have to dream about the Olympic Games anymore, but the World Transplant Games has become my new dream.

I think it is great that this event exists, both for transplanted people and for donors. This is a way of encouraging organ donation! I secretly hope that my donor knows about the Games, so that he can see how he was able to save someone's life.

I am really looking forward to participating in Perth, both for the sport and for being together with old and new friends.

**Aude:** "I hope to be a motivation for other people who have been transplanted. I am finding out more and more that this is one big community where everyone is supported and motivated to pursue their dreams."



## Mohammad Javad Rahmani Panah, Iran

*Lung Transplant, 2008*

**Games experience:** I have participated in five national competitions and won two gold medals in World Transplant Games.

Since my transplant, I have earned my diploma, got married, and achieved a good fitness in table tennis and sports. I was the first Iranian athlete with lung transplantation who participated in World Games and brought happiness and hope to all the transplant doctors and lung patients.

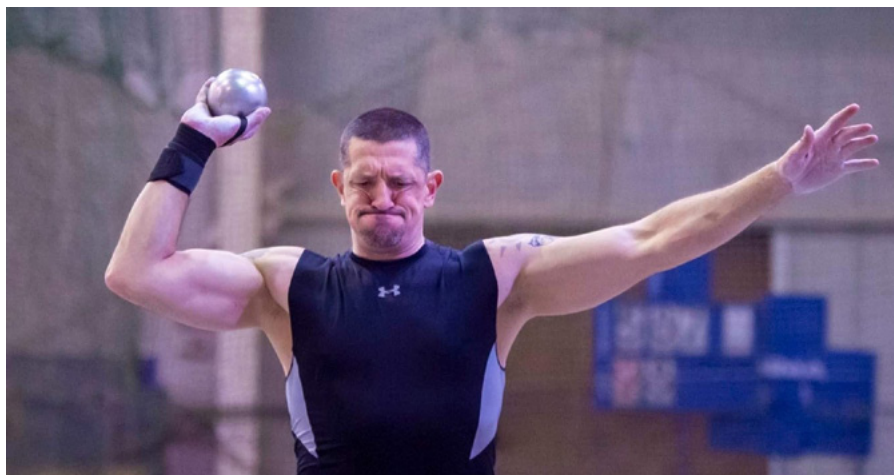
My favourite sports are table tennis and walking, but to be honest, I love all physical activities. I play table tennis five to seven times a week to prepare for the 2023 World Transplant Games.

I am inspired by those who tried their hardest and succeeded, like Ali Daei (Iranian treasure) and Cristiano Ronaldo.

I am looking forward to showing the abilities and mindset of transplanted people and the fact that "we can" in Perth 2023.

**Mohammad:** "I was the first Iranian athlete with lung transplantation who participated in World Games and brought happiness and hope to all the transplant doctors and lung patients."

## Road to Perth...



### Tamas Mihalovits, Hungary

*Kidney Transplant, 2015*

**Games experience:** 2019 World Transplant Games in Newcastle where I won two world champion titles with two world records in shot put and discus.

Currently I do six workouts a week with mixed weightlifting and track and field training to prepare for the 2023 World Transplant Games.

I am inspired by the world record holder athlete Ryan Crouser, the German athlete David Storl, and my favourite young talent Luke Warning. But my

main inspiration is to set another world records in Perth in 2023.

I love the atmosphere of the World Transplant Games. It will be great to meet my fellow competitors. Australia is a beautiful country and I am really looking forward to being there!

**Tamas:** "I wish you all a successful preparation with my favourite quote! "Do what you can, with what you have, where you are."- Theodore Roosevelt"



### Alice Tapping, France

*Liver Transplant, 2005 as an 18-month year old*

**Games experience:** I first participated in the Winter Games in France when I was 10 years old, where I won a medal in the Nicholas Cup. Since then, I have competed in several French Games, the European Games in Poland, the World Transplant Games in Argentina and Spain, and soon at the European Games in Oxford, UK.

I am studying visual communications at university and would like to work in the cinema, television, or theatre. I love visual arts and English pop music.

I love athletics, especially running. I practise running with my dad who used to run marathons, and in September I will start training with a personal coach.

I am really looking forward to the 2023 World Transplant Games, to meeting people from all the world, sharing good times, discovering Australia and the "beautiful" spiders!

**Alice:** "Even since I participated in my first World Transplant Games, I have felt uplifted. It helped me to grow confidence and to meet people from all around the world like me. These Games are such a great experience allowing me to discover foreign countries, new cultures, and new languages. Fun stuff!"



### Votja Koudelka, Czech Republic

*Kidney Transplant, 2006*

**Games experience:** I have attended every World Transplant Games since the Gold Coast in 2009. I have a Games world record in the 400m (30-39 years) and I am a 13-time gold medallist in 400m and 800m.

My favourite sport is running middle distance. I'm very active in training and I compete with 'healthy' runners in Czech Republic.

I enjoyed visiting Australia for the Gold Coast games and I am excited to visit Perth. I hope we will be a strong team in Australia, as always.

**Votja:** "I am inspired by physical activity and people who, even at a later age or with a handicap, can improve their performance."



**PERTH VENUES**

# Discover the World Transplant Games 2023 venues

With the World Transplant Games just 10 months away, it is time to discover the beautiful city of Perth and its world class sporting venues where all the action will take place in April 2023

**P**erth, the capital city of Western Australia, is the sunniest capital city in Australia and embraces the best of both worlds, where soft-sand beaches and scenic parks meet a thriving metropolis of small bars, creative restaurants and curated street art. Perth has a long history of successfully hosting major sporting events, from the 1987 America's Cup to a range of major international and mass participation events including the World Rally Championships, the FINA World Aquatic Championships, the ITU Triathlon World Championships, and the ICU Gran Fondo World Championships.

Western Australia's leading event management consultants, The Event Team, are working closely with Transplant Australia behind the scenes to deliver the sports program. This is the team behind one of Australia's largest fun runs – HBF Run for a Reason, and many other iconic events including the Rottnest Channel Swim, the Busselton Jetty Swim, and the Dwellingup 100 Mountain Bike Classic.

The Games will be an easy and enjoyable experience for participants and spectators alike, with most of the venues located within an easy 15-minute transfer by bus from the city hotels to the sporting hub in Mt Claremont. Here you can walk between venues to cheer on your team in Swimming and Basketball or Athletics and Table Tennis.

Here are just a few highlights of the sporting action in Perth.



## 5km Road Race & Community Run Kings Park

One of the first events of the Games, the 5km Road Race and Community Run, will be held in the iconic Kings Park. This 400-hectare park is one of the world's largest inner-city parks with sweeping views of the city skyline and the Swan River. The park features sculptured botanical gardens, a walkway among the treetops and playgrounds for all ages. With over two thirds of the park protected bushland, there are over 3,000 unique West Australian plants and over 70 bird species which are just some of nature's wonders that might catch your eye as you run through this Western Australian landmark.



## Athletics WA Athletics Stadium

WA Athletics Stadium will host two action-packed days of track and field athletics. Opened in 2009, the WA Athletics Stadium hosts many national and international events, including the 2016 World Masters Athletics Championships, and is the training facility for elite athletes training with the Western Australian Institute of Sport. It features a grandstand for 2000 spectators as well as additional relaxed viewing from the grassed banks and new track just in time for the 2023 World Transplant Games.



## Swimming HBF Stadium

HBF Stadium is the home of swimming in Western Australia. Featuring one indoor and two outdoor pools, a dive pool and water polo pool, it has twice hosted the FINA World Aquatics Championships, as well as the World Masters Swimming. The venue is part of the Mt Claremont Sports Hub and is just a short walk to the athletics, basketball and 6-a-side soccer.

*Continued on next page*



## PERTH VENUES



### Basketball, Volleyball & Table Tennis Bendat Basketball Centre

Since its opening in 2010, Bendat Basketball Centre is the home of basketball in Perth. The Centre is the training facility for the most successful team in the Australian NBL, the Perth Wildcats, and it is also the home of the WBNL's Perth Lynx. The Centre enjoys expansive views of the nearby Perry Lakes parkland, with access to walkways and playgrounds.



### Badminton Gold Netball Centre

The Gold Netball Centre will be the home of Badminton for the games. Opened in 2015, the Gold Netball Centre has 4 multipurpose courts that will convert to 12 badminton courts. This universally accessible venue has nine competitor team changerooms, kiosk facilities and seating for 2,000 and is just a short drive from other major venues including Bendat Basketball Centre, WA Athletics Stadium and HBF Stadium.



### Golf Wembley Golf Course

Wembley Golf Course is one of the premier public golf courses in Australia. Set on the hill between the city and the sea it has spectacular views to the city. The facility offers two 18-hole courses set in an undulating landscape bordered by native Tuart and Banksia trees. The venue includes an 80 bay, state of the art automatic driving range, mini golf, architecturally designed clubhouse, restaurant and bar, as well as Perth's biggest Pro shop.



### Cycling Wanneroo Raceway

Western Australia's premier racetrack, Wanneroo Raceway, has been reserved for our two days of cycling – the time trial events and the 30k Road Race. At 2.4km long, the raceway will provide a safe venue with no public roads while also allowing spectators to view the entire events from the comfort of two grandstands. The Raceway, in operation since 1969, hosts many touring events and is equipped with comprehensive hospitality facilities.



### Triathlon Champion Lakes Regatta Centre

Champion Lakes Regatta Centre will be the home of the World Transplant Games' inaugural Sprint Triathlon. Opened in 2009, this world class water sport venue is purpose built for rowing, canoeing and triathlon. It includes a 55-hectare man-made lake and 11 km of sealed pathway for running and cycling. Located in Armadale, 30km southeast of the CBD, the course will be flat and fast so be prepared to do a personal best!



### Tennis State Tennis Centre

Located on the scenic Burswood Peninsula by the Swan River, only 5 minutes from Perth City, the State Tennis Centre will be the home for tennis during the Games. The centre boasts 12 hard courts, each individually lit ready for two days of exciting singles and doubles tennis.

The team at Transplant Australia wish everyone well in their training for the 2023 World Transplant Games. Perth is ready to welcome you – when the World Reunites.

## DÁITHÍ'S LAW

# Dáithí Mac Gabhann

The story of how years of campaigning resulted in a change of law

It is hard to remember exactly how life was before October 2016, when Seph brought our heart warrior into this world, weighing an impressive 7.5lbs. Our world was turned upside down at Seph's routine 20-week anomaly scan where we thought our biggest worry would be if we were having a baby boy or girl. We weren't keeping the baby's gender a surprise, but we got the surprise of our lives when we found out that our baby had a severe heart condition. We left the hospital horrified; and the news that we were having a baby boy did not soften the blow until a few weeks later when it had all sunk in. Days rolled into weeks and then to months, and Dáithí joined us on the 21st October 2016. Looking like any other healthy baby, Seph was allowed to hold Dáithí for a quick 10 seconds before he was taken away to NICU where we would see him hours later.

Hypoplastic Left Heart Syndrome is the form of Congenital Heart Defect that Dáithí was diagnosed with, which essentially means that he was born with half a working heart which required immediate open-heart surgery, but with no cure. At two days old, Dáithí was flown to London where we held him for the first time. He had his first (of many) surgeries, at just four days old. The following forty-six days were in PICU can only be explained as a terrifying never-ending nightmare which included more surgery, a stroke, NEC and a less than 10% chance of survival. We will never forget the words of Dáithí's surgeon on his 6th day of lifesaving ECMO, at just ten days old. A miracle moment that you would think can only happen in the movies, when we were asked the horrible question if we wanted to withdraw support and let our boy pass away peacefully. At that very moment, Dáithí opened his eyes for the first time in days and looked directly at his surgeon to which he replied – "YOUR BOY WANTS TO LIVE." Dáithí would fight against all the odds and get home to



Belfast for Christmas 2016, to continue with his treatment until March 2017 when he was allowed home, free from hospital.

It wasn't until St. Stephen's Day (Boxing Day) 2017 that the journey with transplant and organ donation began, with Dáithí being rushed to hospital with the flu. He would spend over a month in hospital again, before being flown back to London for further tests in January 2018. It was during this visit that we returned to that side room in hospital, where bad news is given. A room you never want to be in! This time, Dáithí had no other options but that of a heart transplant. The silence in the room was deafening. Surely our boy had suffered enough and deserved a break.

Dáithí was accepted on to the routine



*Continued on next page*



## DÁITHÍ'S LAW

waiting list on the 1st of June 2018, the best day of my life. The day where hope returned to our family, and we would launch our Donate4Dáithí campaign shortly after to raise awareness of organ donation in our native west Belfast. However, the power of Dáithí's individual story wouldn't allow our message to remain at a local level, and we decided to ride the wave of positivity to spread as much awareness as possible reaching people all over Ireland and the UK. Normalising organ donation in our society became the goal, and it continues to be our ongoing goal.

In the years that followed, England and Scotland would join Wales in changing their organ donation laws to a soft opt-out organ donation system. Although we were campaigning ferociously to have a similar system, it appeared that door after door was being closed in our faces. Northern Ireland had a three-year period without a government in place, but we worked on in the background and got support at local government and from every political party while negotiations continued to restore that government. When the government was finally restored, our campaign was waiting on our politicians at the front door of

parliament buildings and after a hard fought 18 months, Minister of Health Robin Swann not only announced a change of law, but that it would be known as Dáithí's Law, as a reward for Dáithí's years of campaigning.

### Brave families

The biggest achievement of the campaign are those brave families that have reached out to us to say that Dáithí's story had helped them with the concept of organ donation and that they donated their loved one's organs because they knew that there were desperate people like Dáithí in the world. Knowing that people have received the gift of life and are alive today because those brave families were inspired by Dáithí's story fills our hearts with pride.

Like his surgeon said all those years ago, our boy does want to live. Dáithí is full of life and brings joy to all those that meet him. We are so blessed to have Dáithí in our lives, and on those days when the harsh reality of Dáithí's health becomes just that too heavy of a cross to bear, we remind ourselves of all this positive change that has happened over the years; that Dáithí is exactly where he is meant to be. Dáithí lives a very

happy life where he not only has a law named after him but has also been the coach of the Belfast Giants Ice Hockey Team, graced Ireland's National Stadium with our county's footballers, beaten an Olympic medallist in the boxing ring and inspired thousands to join the Organ Donor Register while doing it. Not bad for a 5-year-old.

Dáithí continues to wait on that lifechanging phone call that there is the ultimate gift of a new heart for him, but until that day comes, we hope that Dáithí will continue to spread the good word of organ donation in the hope that more people say #YesIDonate.

The dream is that Dáithí will one day be able to represent his country at a World Transplant Games.

**Máirtín Mac Gabhann**

### Where to donate

[www.donate4daithi.org](http://www.donate4daithi.org)

[www.facebook.com/donate4daithi](https://www.facebook.com/donate4daithi)

[www.twitter.com/donate4daithi](https://www.twitter.com/donate4daithi)

[www.instagram.com/donate4daithi](https://www.instagram.com/donate4daithi)



**Máirtín, Dáithí & Seth Mac Gabhann outside Parliament Buildings at Stormont after "Dáithí's Law" passed its final hurdle**

# TRANSPLANT NEXT



**TX – our Transplant Teddy Bear comes with a message of hope for children on the transplant waiting list or those recently transplanted. He brings comfort to everyone who has the joy of holding him close to them.**

**One of our legacy TX Teddy Bears can be yours!**

**Part of the WTGF Youth Initiative is the launch of our global TX Transplant Teddy Bear distribution program!**

- Apply online for TX Teddy Bear to be sent to a Transplant Youth that you know
- Watch our live World Map to see where TX Teddy has been delivered
- Read the stories of Youth who have received their Teddy





## TRANSPLANT NEXT

# TRANSPLANT



# NEXT

The World Transplant Games Federation believes that the positive influence of sports coupled with connecting with like-minded individuals, will encourage a lifetime of healthy habits in transplant youth around the world.

The new Youth Initiative of the WTGF, Transplant Next, is focused on developing a community-based education platform aimed at not only young transplant recipients and those facing transplants, but also their parents, siblings, families, and caregivers to gather information and seek support. Through interactive webinars and open social discussions, the Youth Committee will be covering a range of topics in the areas of health, mental wellbeing, and physical activity for our next generation of transplant recipients to help them integrate into society post-transplant.

Health and wellness continue long after receiving an organ donation, and we understand that there are a variety of topics that would be beneficial to better understand. It is therefore essential that we offer a safe place where youth can share their stories, engage with other transplant recipients, ask questions, raise their concerns and openly discuss issues that may affect them during their transplant journey. Our key focus areas will cover transitioning from paediatric to adult care (post-transplant), mental wellbeing, social networking, nutrition, physical activity, and sports & competition.

Along with the development of education and building essential life skills, we also want to continue to provide hope and encouragement for youth around the world during their

transplant journey.

Our new online TX Teddy Bear distribution platform aims to do just that! Applicants will soon be able to request one of our TX Teddies to be sent to a child they know who is either on the transplant waiting list or has recently recovered.

For those who haven't yet met our furry friend, TX Teddy was born in collaboration with the Build-a-Bear Workshop during the virtual 5K AnyWay event, which was held in place of the 2021 World Transplant Games set for Houston. Over 500 teddies were unlocked by participating teams, with TX already being sent to hundreds of transplant youth around the globe. We are excited to be able to continue with this legacy by opening online applications worldwide for those who need the comfort and hope that TX brings.

The application process is simple and once approved, one of our furry friends will be delivered free of charge to someone you know to help make their transplant journey a little easier. At the same time, you'll be able to view our live online worldwide map to see where TX has already been delivered and read the stories of those who have already received theirs.

Waiting for a transplant or having recently been transplanted can be a difficult time for children and their families, which is why we will continue to share the love and send hope to as many youths as we can to make their transplant journey a little brighter.

**Transplant Next team**

**“Our key focus areas will cover transitioning from paediatric to adult care (post-transplant), mental wellbeing, social networking, nutrition, physical activity, and sports & competition.”**

## HONG KONG YOUTH INITIATIVE PROJECT

# Hong Kong Transplant Sports Association Youth Initiative Project

## Project Report

The Hong Kong Transplant Sports Association (HKTSA) were pioneers in organizing physical training classes for post-transplant children aged between three and eight years between July to September 2021, with a second phase for three months until Christmas.

This project was initiated from an enquiry through the association's social media app. The mother of a post-transplant child asked if we offer children's swimming classes. Although in Hong Kong, it is difficult for an NGO to have its own regular training facility, we started the conversation with this parent to further understand "what we can do for the kids?" We have identified that the physical development of a small group of post-liver transplant children fell below average as a result of prolonged hospitalization and medical treatments.

### Working group

Following discussions with parents a working group, led by Mr Martin Wong, Chairman, HKTSA and WTGF Fit For Life! Ambassador, and Dr Ka Foon Chau, Honorary President, HKTSA and WTGF Trustee, together with a team of physiotherapists and HKTSA volunteers, were determined to run this physical training project. The initiative was aided by a local judo club where the children could exercise on the mats with minimal risk. Parents were requested to leave the venue during the class - this helped to relieve the parents from over-stressing about their child.

The training result of the first phase was found to be positive (see the physiotherapists' report) and was praised by the parents for the obvious improvement to the children's physical fitness, socializing skills, appetite and sleep quality. Therefore, a second phase was carried out in "playgroup style", in which the children were meeting up for



physical activities and games on the judo mats while the parents could enjoy time for a coffee.

The project is temporarily on hold because of the COVID-19 Omicron outbreak in early 2022 in Hong Kong. Also, the parents are now enabling their kids to explore their interests in other activities, like dancing or martial

arts. Meanwhile, a monthly meeting is continuing with this group and HKTSA is determined to keep the youth initiative project on-going.

### Martin Wong

Hong Kong Transplant Sports Association

*Continued on next page*



## HONG KONG YOUTH INITIATIVE PROJECT

# Physiotherapists' Report

Transplantation is ultra-major surgery for patients with organ failure, be it in adults or paediatrics. However, with paediatric patients, undergoing such an operation within their golden time of developing motor, cognitive and social skills, can heavily dampen their development. Home confinement and social distancing measures following the COVID-19 pandemic since late 2019 further fuelled the situation.

In order to understand the impact of transplantation in the motor development of paediatric patients and the effect of exercise intervention, a group of children from Hong Kong, with histories of solid organ transplantation, were recruited to participate in an exercise playgroup. A weekly group exercise class for three months, focusing on gross motor skills, such as running, jumping and hopping, and fine motor

skills, including throwing and threading, were developed by a group of local physiotherapists according to their motor development stage. Baseline and post intervention motor developmental stages were both captured using Peabody Developmental Motor Scales (2nd edition). To further measure the effect of our group exercise class on parental stress, Parental Stress Scale was also administered pre and post exercise class.

A total of eight children were recruited, six of them with an average age of 48.2 (+/-11.8) months completed the whole exercise class. Two children dropped out due to time constraints. At baseline measurement, the stationary, locomotion, object manipulation, grasping and visual-motor integration age equivalent were down by 43.8 months, 35.5 months, 28.7 months, 43.3

months and 36.3 months respectively when compared to children of the same age. The overall comments on their developmental stage ranged from "very poor" to "below average". After the exercise classes, the stationary, locomotion, object manipulation, grasping and visual-motor integration age equivalent were down by 10.1 months, 12.5 months, 3.8 months, ahead by 11 months and down by 1.7 months respectively. Parental Stress Scale also noted a significant boost in score, indicating a significant decline in parental stress.

### Other factors

Other than our exercise training, there are other factors contributing to the remarkable results. Parents of post-transplant children tend to be more protective of their children inevitably due to their health concerns. During the pandemic, parents might limit their children from interacting and socializing with friends, in order to minimize their exposure to the new virus. Hence those children would lack numerous stimuli which are vital to children's development.

Our exercise class provided necessary stimulation to the children, giving an opportunity for them to utilize their motor skills, thus serving as a kickstart of their motor skills development. Another important impact of the exercise class was how it relieved parental stress. "I have never been able to let my child play in a playground for almost two years", "I can finally leave my child for two hours and go to a cafe with my friends" were some direct feedbacks from parents.

To conclude, motor delay is commonly observed in children post transplantation. Essential stimuli, in the form of a group class, proved crucial in promoting their motor development and relieving parental stress.

**Ms. Rachel Chin,**  
Physiotherapist, Advisor for HKTSA  
**Mr. Chris Kwok,**  
Physiotherapist, Advisor for HKTSA

**“Our exercise class provided necessary stimulation to the children, giving an opportunity for them to utilize their motor skills, thus serving as a kickstart of their motor skills development.”**



*Dr Chau with the Physio team*

## TENPIN BOWLING CHALLENGE

# Every strike is a victory!

The WTGF hosts the 1st ever World Transplant Virtual Tenpin Bowling Challenge and turns every strike into a victory!



Tenpin bowling is very popular amongst recipients and is often played during their rehabilitation stage. This safe and low impact sport offers many health benefits, and can be enjoyed by all ages and abilities. Tenpin bowling is a safe and fun way to reintegrate movement and physical activity into one's life post-transplant.

As one of the largest sports of the summer World Transplant Games, tenpin was an obvious choice to offer a virtual challenge. The challenge aimed to encourage our transplant community to air out their bowling bags, dust off their bowling balls, and flex their bowling skills for the 2023 World Transplant Games in Perth.

The virtual Tenpin Bowling Challenge, open to both transplant recipients and the extended transplant community

(Living Donor, Donor family, Health Professional, Family, Friends) opened on 15th March and ran for two months with participation from nine member countries in a three games series competition.

## Leaderboard

Bowlers could compete in the Individual and Pairs Category, and submit multiple scores with their best score being uploaded to the bi-weekly Leaderboard. The challenge also offered a 'Best Average' competition for bowlers playing 3 rounds or more during the challenge period. A fun prize giveaway and most rounds played category added a fun element to the challenge.

All participants received a certificate of participation and medal pin while the winners in each category received medals and WTGF gift hampers as part of their prize.

It was great to see some familiar and new faces in the bowling community with bowlers saying the challenge encouraged them to get out, have fun and spend some time with family and friends.

We look forward to hosting our next virtual challenge...perhaps it's time we Cycle for Organ Donation!

Visit [www.wtgf.org/leaderboard-tenpin-bowling/](http://www.wtgf.org/leaderboard-tenpin-bowling/) to view the final Leaderboards.

## Quotes



*"We both thoroughly enjoyed competing in the virtual event we both would happily compete in future, not only for ourselves but for getting the awareness and message out about transplant sport."*

Glen & Karen Mills – United Kingdom



*"Thank you so much, this was a fun event. It's so great to see so many supporters in the transplant world. If you haven't experienced it you really have no idea what happens. It's the scariest thing and the most miraculous thing all at the same time"*

Eric DeCesare & Virginia Doepping – USA



*"I think WTGF should do more events like this!! It provides a way to promote the Games and also get others involved with training and meeting others. We had several members of the public speak with us and it opened up conversation about the Games and transplant."*

Amy Frackowiak - USA





## FOCUS ON INDIA



# Focus on India

ORGAN India (Organ Receiving and giving Awareness Network, India), is an initiative of the NGO Parashar Foundation and supported by the Vijaya Gujral Foundation

In 2013 the Parashar Foundation began working on creating awareness for organ donation and transplantation under the initiative called ORGAN India. The ORGAN India Project was initiated after our former Chairperson, the Late Ms Kirti Parashar, was told that she needed a heart transplant. The family underwent a lot of struggles and realized that there was an urgent and pressing need to raise awareness and disseminate information about organ donation in India. Thanks to a generous organ donor, Kirti Parashar received a new heart on December 13th, 2013. Today, Organ India has become one of the key organizations in India working on the issue of organ donation. [www.organindia.org](http://www.organindia.org)

We aim to influence public policy on organ donation in India, as part of the collaborative effort of all NGOs working together in the field; to increase the number of donor pledges in India through large-scale information dissemination, spreading awareness about the benefits of organ donation; to educate and help those suffering from organ failure about their various options and help them in their ordeal by offering information, advice, counselling; and to promote good health and education amongst the masses and combating diseases associated with organ failure by helping provide medical help for transplant patients.

ORGAN India has a Pan-India presence and works under the aegis of the National Organ & Tissue Transplant Organization (NOTTO) and been felicitated twice by NOTTO and the Ministry of Health and Family Welfare for our commitment to the cause. As of October 2021, ORGAN India, Parashar Foundation has become the Member Organization from India at the World Transplant Games Federation and will lead Team India at the World Transplant Games at Perth, Australia in 2023.

## Online Tools for Transplant Patients and Donors

Approximately 500,000 people in India face organ failure every year, and no more than 2,000 - 2,500 organs are available for transplantation from deceased donors. India's organ donation rate is less than 1 per million population – the situation is grim.

We began our journey in 2013 by providing tools, online and offline for organ recipients. In 2017 we launched an Organ Transplant Guide on our website. The first of its kind in India, this directory gives information on everything that a patient needs to know about transplant – a directory of transplant hospitals, doctors, and transplant coordinators across India, along with the places to stay, labs, blood banks, chemists, taxis and other facilities useful for patients and their families during the treatment. This guide helps patients and their families contact and choose a hospital of their choice as per convenience. We regularly update this directory every few months.

## A New Beginning: Working with Transplant Patients

We conduct webinars for patients, pre and post-transplant recipients, their families and caregivers, donors, and their families, and all who wish to join us and want to turn their struggles into their strengths. These webinars are about harnessing your inner strength and making your journey easy and joyful, by sharing experiences and learning practical tools and effective techniques.

## Donor Sign-ups, Social Media Presence, Radio Outreach, Awareness Campaigns & Talks

We have a website through which we have signed up over 100,000 people to be organ donors and through our social media pages on Facebook, Instagram, LinkedIn and Twitter, we hold monthly campaigns and reach out to millions across India with information.

The first in the country to start radio programming on organ donation and transplant, our show reaches over 20 million people through the year. Stories of successful transplants, of donor families and why they took the decision to donate their loved ones' organs, of living donors, and of doctors and experts

*Continued on next page*



**Talks in schools and colleges**

## FOCUS ON INDIA

talking about transplants, the radio show covers it all,

We have held several huge campaigns with MTV, JK Masale, NDTV-Fortis and many other corporations to take the message to the masses and have held over 400 talks in schools, colleges, clubs, organizations and corporates to reach out to the public.

### India at the World Transplant Games

Of the many challenges facing the Team Managers, perhaps the most frustrating challenge is how few people of India know about the Games. Fewer still know that India has been participating and winning medals at the Games for more than a decade. The athletes who have won medals are nothing short of inspiring - Balveer Singh, a government teacher from a small town outside Lucknow who is a kidney recipient and, Davies Kollanur, a transplant coordinator from Thrissur and a two-time kidney recipient and cancer survivor are just two examples. They have struggled to put together finances to travel to almost every Games since 2011 but continue to strive towards excellence. Together, they have won six medals while representing Team India.

India's last outing at the Games in Newcastle in 2019 saw the largest contingent to date, a team of 14 athletes, including three donors and 11 recipients travelled to Newcastle. Managed by Light-a-Life – Reena Raju Foundation, the team came back with seven medals from disciplines as varied as golf, athletics, and badminton. For the first time, an Indian donor, Ankita Shrivastava, came back with three medals, two golds and one silver.

### Team India at WTG 2023, Perth Australia

For the Perth Games in April, ORGAN India is extremely proud to have been appointed as the Country Member Organisation for India. Our goal is to take our team to the next level and lead a contingent of 45 well-trained, well-funded participants. More than 75 transplant athletes have already registered with us and are hoping to make it to the Games. We have launched



**Awareness campaigns in local communities**



**Awareness campaigns**

our website [www.wtgindia.com](http://www.wtgindia.com) and you can find us on Instagram at @teamindiawtg.

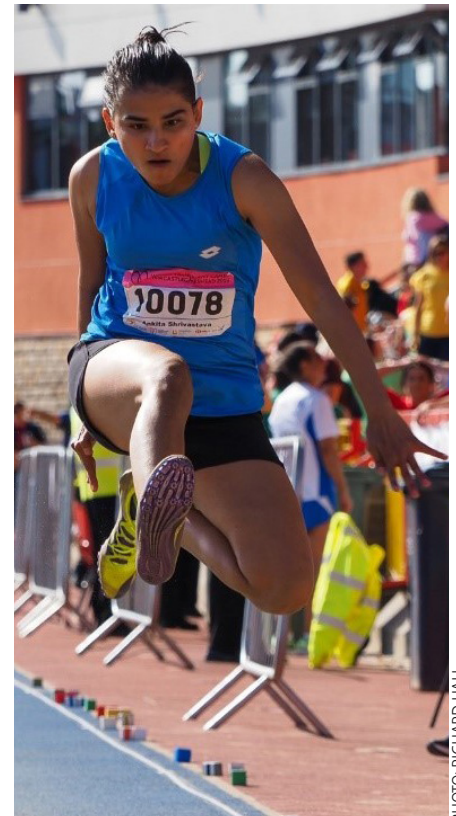
This August we plan to hold a training camp in Delhi for badminton players (of whom we have the maximum) as well as for football. It will also include visits and engagements of prominent sportsperson and persons in India who could encourage the team. We have tremendous support from the Manav Rachna Educational Institutions for this camp.

Our team allows us to leverage the larger, more visceral appeal of sports to get our message to a wider audience. In this endeavour, we will need all the help we can get, donors, sponsors, partners supporters. If anyone would like to join us in helping the Indian team, reach out to us. Stand with us. Help us take our team to Gold in Australia.

**Sunayana Singh**

India

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**Three times medal winner  
Ankita Shrivastava**

PHOTO: RICHARD HALL



REFIT FOR LIFE!



## Relaunching Refit for Life! for 2022!

The World Transplant Games Federation's mission to assist transplant recipients to rehabilitate and focus on their quality of life was again emphasized by the relaunch of the Refit for Life! Toolkit

**T**he online program, which is available free to all who register, has shown to be a positive resource for those looking to get active post-transplant and also for recipients ready to try something new to improve their overall sense of wellbeing. Sixty six new participants from seventeen countries have already registered for the relaunched online program.

The relaunch included a remodelled version of the core Rehabilitation Program alongside the new Wellness Series which currently offers a Beginners Yoga Series, Mindfulness Series, Stretching & Flexibility Series and an Embodying Your Transplant Series.

On a quest to now expand on the Refit for Life! toolkit, the WTGF continues to grow the portfolio of easy-to-follow online classes which can be done from home with no equipment needed. Recipients can look forward to a new Sports Psychology Series, Pilates Series and Cardio Based Series coming in the near future.

The next leg of the Refit for Life! journey aims to engage with transplant units, medical practitioners, organ donation and transplantation associations worldwide to help deliver the message of physical activity post-transplant to new markets.

We strive to continue to promote the benefits of physical activity within our community, with a key focus on tackling the mental and emotional challenges that recipients face post-transplant.

The long-term trajectory of the program will look to engage with sponsors to fund the translation of existing programs into multiple languages, the creation of a professional promotional video which highlights the programs benefits, and ideally lead to the development of an online app.

The Refit for Life! team also plan to start a collaboration group which will lead future developments of the program and assist with improvements, growth and identifying opportunities to reach wider audience. Our goal is to continue to advance the program, and encourage more recipients to be more active, more often.

The WTGF wishes to thank Astellas and Novartis for their support and funding which helped make the program a reality, as well as the contribution of the panel of experts and program facilitators.

Register for the Program now! Visit [www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife)

**Fit for Life! team**

**“Sixty six new participants from seventeen countries have already registered for the relaunched online program.”**

*Continued on next page*

## EXERCISE SERIES

A starting point for newly transplanted recipients to help you take the first steps to get active



**Justin Bircher**

### REHABILITATION PROGRAM

Progress at your own pace in this Exercise Series designed to help you get active again after your transplant. The program includes plans for 4 different levels of ability, ensuring there is help for everyone in their activity journey

## WELLNESS SERIES

For all transplant recipients who are ready to try something new and improve their fitness, wellbeing and overall quality of life



**Tina Clarke**

### BEGINNER YOGA SERIES

Learn the concepts of Yoga in this 10 class series focused on movements and postures designed to bring awareness and connection with your body



**Grey Brett**

### GUIDED SERIES

Transform your body and gently build strength by unlocking movement and more flexibility in this 8 class series



**Simplicity Coaching**

### MINDFULNESS SERIES

In this 8 week series, Julie and Liz teach a variety of simple meditation practises to help reclaim your life and live it more fully, moment by moment



**Tina Clarke**

### EMBODYING YOUR TRANSPLANT SERIES

Regain a deeper sense of being 'back in your body', & feel more self-empowered during this 8 week somatic therapy series

## NEW SERIES COMING SOON



**Charis Maguire**  
**PILATES SERIES**



**Arturo Velasco**  
**SPORTS PSYCHOLOGY SERIES**



**Manoela Ferreira**  
**CARDIO SERIES**



## REFIT FOR LIFE!

# Meet some of our Wellness Series Facilitators



## Arturo Velasco

Arturo Velasco is a Psychology, Sports Coach and Sports Psychologist Graduate with over 8 years experience helping people achieve their optimal performance, increase their wellbeing and ultimately conquer their goals.

He is CEO of Activamente Psicología y Coaching Deportivo, a professional consulting firm offering personalized services aimed to enhance the performance of people, maximize the operation of the team and positively impact the results of the organization.

Arturo's focus is to challenge all of us to discover our own talents, increase our mental strength to reveal our optimal performance for our main test called "Life!".

**"I am often reminded that there are many things that happen to us that we cannot avoid or change, but the only thing we can do is choose how we are going to approach it. We can see it as a problem or as an opportunity to develop our resources."**

## Sports Psychology Series

Reset your Mind - Regain your Game is a series of Sports Psychology classes that will accompany recipients on their path towards achieving an optimal quality of life. During this 8-part video series, participants will learn strategies that encourage them to build mental strength and key skills to help manage themselves on a personal, emotional and social level. The series will focus creating and committing to a healthy lifestyle, and learning.



## Charis Maguire

Charis Maguire is a qualified Personal Trainer and Life Coach with a passion for Pilates, Yoga and Barre. She certified through NASM for Personal Training and CrossFit in Hong Kong in 2011 and now focuses on helping others improve both their mind and their bodies.

Charis biggest passion in life is helping to motivate and guide others to become the best version of themselves, both mentally and physically. She believes in a holistic approach to changing your life, and frequently hosts wellness retreats, workshops and motivational speaking.

**"My love for fitness and psychology combined enables me to help others discover the wonderful things that not only your body can do but what your mind can do too."**

## Pilates Series

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. In this 8-part series, participants will start from the foundational basic movements and progress into longer, more challenging workouts, targeting all the different muscles in the body. During the series, participants can expect to build their strength, endurance and flexibility whilst reconnecting with themselves.

## COUNTRY MEMBER NEWS

# Italian National Transplant and National Dialysis Games 2022

Dr Giuseppe Vanacore brings us the latest news from Italy



**2**022 was an important year for ANED - between May and June we celebrated 50 years of activity and 30 years of sporting activity for transplanted and dialysis patients.

On 18 and 19 of June, the XXX National Transplant Games / XXVII National Dialysis Games took place in Milan, organized by ANED under the patronage of CONI, the Italian Paralympic Committee, the National Transplant Center and the Italian Society of Nephrology, demonstrating the interest of the most important national scientific and sporting institutions in the sporting activity of transplant recipients and dialysis patients.

The Games were presented by ANED President, Giuseppe Vanacore, who was joined in a press conference the previous day by the National Councilor in charge of Sport, Margherita Mazzantini, Gisella Motto and by the Coordinator of ANED Sport, Marco Mestriner. The press conference was attended by the Councilor for Sport of the Municipality of Milan Martina Riva and the WTGF Trustee Judit Berente, a welcome guest for the entire duration of the event.

The Games took place at the Saini Sports Center in Milani, their first historic venue chosen by the founder Franca Pellini Gabardini.

After the cancellation of two editions due to the COVID-19 pandemic, the National Games have been even more a celebration of new life, of the desire

for life and rebirth. These Games also saw the joyful participation of a large group of young people from the pediatric nephrologies of Rome thanks to a project to encourage the sporting activity of young people, organized by ANED in Rome in collaboration with the Italian Paralympic Committee.

From the moment that Games began, it was clear that it would be a Games marked by the awareness of the meaning of the gift and the fraternal bond of the participants - starting from the heartfelt words of the head of transplants of the Lombardy Region, Dr. Giuseppe Piccolo, when he illustrated the intense activity in favor of transplantation in Lombardy so

that it can truly become an enforceable right for all those registered on the waiting list - to the joyful announcement of the winners in all disciplines.

A particularly exciting moment occurred at the presentation of plaques in memory of the missing ANED athletes and managers who have worked - some for their entire post-transplant life - to spread Sport among transplanted and dialysed people and to build ANED Sport as an inclusive community. In a festive atmosphere of sharing and with the joy for some of meeting again after three years or of others in participating in the Games for the first time, the 62 registered athletes - aged between 13 and 80 - took part in athletics, football and basketball competitions, tennis, table tennis, petanque, swimming, cycling and volleyball, testifying with their enthusiasm and friendly competitive spirit that transplantation is life.

**Dr Giuseppe Vanacore**  
 ANED President  
 Italy



**Press Conference: Gisella Motto (bone marrow recipient and lead of cycling for ANED Sport), Vincenzo Irace (ANED National Councillor), Martina Riva (Councilor for Sport, Municipality of Milan), Dr Giuseppe Vanacore (ANED President), Judit Berente (WTGF Trustee) and Margherita Mazzantini (National Councilor for Sport)**



## COUNTRY MEMBER NEWS

## Events in France!

Action from the 28th French National Transplant &amp; Dialysis Games



A Donor Walk opened the French Games



Medal winners: Jacques Gruninger and Stéphane Blanchetete

The French Transplant & Dialysis Sport Federation, Trans-Forme, were delighted to organise the 28th National Transplant & Dialysis Games in late May 2022 after a break of three years due to the COVID-19 pandemic.

Around 60 participants from all over France assembled in Narbonne in the Aude region. There were 86 transplant recipient and dialysis athletes, including 13 children aged from 10 to 17, competing over three days.

The event opened with a Donor

Walk around the area followed by the sports schedule where participants had the opportunity to compete in athletics, swimming, tennis, table tennis, badminton, 3x3 basketball, table-football, cycling, sailing, golf, tenpin bowling, go-karting and more.

In addition to the sports events, a medical conference, "Transplantation & Organ Donation: Yesterday, Today & Tomorrow", was held on 25th May. The event was conducted by local leading physicians and a donor family.

These Games were once again an

opportunity to promote the success of transplantation and the need for organ donations, through the positive image of transplant recipients and dialysis patients practicing physical activity and sport.

A video of this wonderful event can be viewed here: [www.jntd.org/videos-2022/146-film-des-jeux-nationaux](http://www.jntd.org/videos-2022/146-film-des-jeux-nationaux)

**Eloise Pillias**  
France



## Voiles de la Vie

As part of the "Voiles de la Vie", six young transplant recipients, members of Trans-Forme, will participate in a five-day sailing event from the town of Les Sables d'Olonne in the Vendée area. The young recipients are looking forward to sailing this summer from 22th to 26th of August 2022, learning the ropes and tasks of sailing with fun activities and trips to nearby sites.

[www.trans-forme.org/voile/les-voiles-de-la-vie](http://www.trans-forme.org/voile/les-voiles-de-la-vie)

## COUNTRY MEMBER NEWS

# Spanish National Games in Memory of Vicente Granados

The Transplant community comes together to pay their respects to Vicente Granados



The city of Gijón, in the Asturias Region of Spain was the perfect setting for the X National Transplant Games (Juegos Nacionales de Trasplantados, JNT), a very special edition for two reasons. It was the first time since the pandemic that we had the chance to come together and celebrate the Gift of Life and also because it was the first edition of our national games without the immense presence of Vicente Granados in whose honor the whole celebration was dedicated.

Deporte y Trasplante España (DyTE), all the participants and especially Rosa and Vicente's family were surprised and honored by the special visit from the WTGF President, Mr. Chris Thomas, who travelled to the north of Spain to pay his respects to Vicente, his family and the organization Vicente helped to develop over the years.

The activities were opened by the event "Los trasplantes, mejor con deporte" (The transplants, better with sports). A series of chats and round tables with the perspective of the doctors, trainers and the recipients on the benefits that sports and an active

lifestyle bring to the life of recipients. This was a long-wanted wish of Vicente and organized mostly by Rosa, his life partner.

The sports activities started with a friendly football match between our national team and the veterans of the local team, Real Sporting de Gijón. It was a tough game for our team but a wonderful opportunity to be showcased on the local news promoting organ donation and a healthy life for recipients.

The day ended with badminton, pádel and table tennis competitions. On the second day the activities began in the pool with the always spectacular swimming competitions. The morning was completed with golf, tennis and petanque, when the WTGF President participated in a friendly match with some of the best local players.

The afternoon was the moment for the highlight of the Games, the 5km run. This was included in the program of the Gijón Half Marathon on this occasion. It was open participation and a beautiful way of celebrating life and the chance to cherish being able to come together after the difficult time we all have gone

through with the COVID-19 pandemic.

The final day was the opportunity for the athletic events, with the 3km walk race, spectacular 100m competition and some surprises in the high jump. The second day of the golf took place and also, we saw some bowling. The last to compete were the cyclists with the 30km race and 10km time race.

For this edition of the JNT we had the participation of seven different nationalities aside from the national competitors. People from Andorra, Argentina, Australia, Colombia, Mexico, United Kingdom and Venezuela took part in this amazing event.

The closing ceremony was the special moment dedicated to Vicente, with the Mayor of Gijón, the President of DyTE and the WTGF President paying their respects to Rosa, Vicente's daughter and son, and Rosa's daughter. In an emotional ceremony we celebrated, honored and remembered Vicente's memory and started our collective journey to continue his legacy.

**Gerardo Reyna**  
Spain



WTGF President, Chris Thomas (left), at the petanque



## COUNTRY MEMBER NEWS

# Club Deportivo Trasplante Andaluz

Insight into a Spanish club that's like a great transplant family

The Club Deportivo Trasplante Andaluz (CDTA) was founded in 2000 at Andalucía, Spain, and since its beginning has been closely related with the Asociación Deporte y Trasplante España (DyTE), the WTGF member association for Spain.

The Club consists of recipients, persons on dialysis, family and friends - today we have close to 80 members in this great family.

Its main objectives are: to raise awareness about organ, bone marrow and blood donation; express our gratitude to the donors and their families; promote exercise for transplant recipients as a healthy lifestyle and a recovery therapy; and to support the participation of the Andalusian recipients in the different national and international events.

The CDTA develops its activities mostly in the Andalusian territory and we have several sporting events and social gatherings all year long, the most common ones being: hiking trails, bike routes, pádel and petanque tournaments, friendly football matches and road races. Every single one of those is an opportunity to come together, share some days and enjoy the beautiful landscapes of Andalucía. At these celebrations we share Experiences, Sports and Life!

At a national level, with great success for a number of participants from the



## Pádel tournament

Club members, we take part in the Spanish National Transplant Games (JNT), the sporting event organised by the DyTE. During May 2022, the 10th edition of the JNT took place in Gijón, gathering more than 170 participants from all over Spain, some international competitors and the special visit of the President of the WTGF, Chris Thomas, as a tribute to his friend and Board colleague, Vicente Granados.

## Green uniform

At this Games, at this Celebration of Life, again this year the eye is caught by the number of participants wearing the

same green uniform, the members of the Club Deportivo Trasplante Andaluz.

After more than 20 years of history, great people with a big commitment to sports and organ donation have been part of the Club. One, if not the most, important member was our beloved Vicente Granados, who sadly passed away last year. Vicente was one of the founders of the Club, he was always close to our entity, was the President of DyTE and was a Trustee of the Board of WTGF for four years.

On the 5th of June this year in Malaga the 1ra Carrera en Memoria de Vicente Granados (the 1st Road Race in memory of Vicente Granados) was celebrated. At this event, in addition to giving Vicente a more than deserved tribute we promoted the benefits of organ and bone marrow donation and the benefit of a healthy life style for transplant recipients, just as Vicente advocated. Also continuing in Vicente's spirit, DyTE and the CDTA collaborated in the organization of this race, coming together and working with the aim that this event will become an annual celebration of life in the memory of Vicente.



Football match

Club Deportivo Trasplante Andaluz  
Spain

## COUNTRY MEMBER NEWS

# South African National Transplant Games

7th – 10th July 2022



**T**he South African National Transplant Games was a great success, concluding on Saturday night with a Gala Dinner.

We had 75 participants at the event and no one experienced serious injuries. 47 athletes qualified to represent South Africa in Perth next year with another 12 that will be allowed to attempt to qualify again before 5th August - so we are hoping to have some more qualifications then. There are an 16 additional athletes that requested 'extraordinary qualification' as they were unable to attend the National Games and we trust that many of these recipients will also be able to reach the qualification standard. This puts us on track to reach our goal of sending a team of around 60 athletes to the 2023 World Transplant Games.

In addition, there were two donor participants at the National Games who we were thrilled to attend in the spirit of the Games.

Everyone on the South African team is very excited to be joining the rest of the nations in Perth in April next year.

**Jan Marais**  
South Africa



## The Glacier Patrol

Swiss liver transplant recipient,  
Patrick Gervais

**T**he mythical ski mountaineering race, La Patrouille des Glaciers (the Glacier Patrol) was held on 25th April to 1st May 2022 in the Valais region of Switzerland.

The race takes place every two years with approximately 1,500 military and civilian patrols from all over the world participating. This was the 22nd anniversary of the race with 35 nationalities represented.

This grueling biennial race offers two courses held in a breathtaking setting in the heart of the Swiss Alps. The long route (57.5km and 4,386m elevation) starts at the foot of the Matterhorn in Zermatt to arrive in Verbier via the village of Arolla. The shorter version (29.6km and 2,200m elevation) is from Arolla to Verbier, via the Rosablanche at 3,191m above sea level.

Among the participants, as a member the 'Les Mignons' team, was Patrick Gervais who received his liver transplant in 2018. Taking part in this challenging adventure with Patrick were his friends Gabriel Mathez and Sébastien Devrey. The three friends set off from Arolla, reaching Verbier after eight hours and seven minutes of intense effort.

Patrick offers a very special thought for his donor and their family. "But what can I say? Without this donation nothing would have been possible. What a feeling of gratitude. The life of my donor unfortunately ended, it is a great sadness for his relatives. It is not only during these eight hours and seven minutes that my thoughts turned to my donor and his loved ones, but on a daily basis. Taking care of this gift means taking care of myself, it's the least I can do to express my gratitude."

**Patrick Gervais**  
Switzerland



## AAC

# Athletes Advisory Commission (AAC)

The Athletes Advisory Commission is a relatively new part of the World Transplant Games Federation. Formed In 2017, by the WTGF's Board of Trustees, the Commission was established to improve the organization of the official sports of the World Transplant Games and to advance the programs of the Federation in a number of ways.

The goal of the Athletes Advisory Commission is to act as an advisory group to the WTGF Sports Committee. For each sport, the respective AAC groups assist the Sport Committee by sharing their experiences and providing feedback as athletes. The AAC groups review any proposed modifications to their sport's official rules for the World Transplant Games, and proactively make suggestions and recommendations to the Sport Committee. The AAC helps update the Games' Sport Rules, Competitor Guides, and the general "Understanding" documents for Games organizers so that the world's best transplant sportsmen and sportswomen can enjoy an event that is a once-in-a-lifetime dream.

The objectives of the Athletes Advisory Commission are:

- To build more trust between the athletes and the WTGF
- To involve more athletes in the WTGF movement
- To serve as a panel of individuals who can share expertise in their sports
- To provide suggestions and recommendations to the Sport Committee on how to improve World Transplant Games sports
- To act as a source of experts and reference for the Sport Committee in all aspects related to sport
- To be available during the Games to assist the WTGF Sport Manager or the Judiciary Committee.

AAC members can be athletes, coaches, trainers, or team managers. After every Games, the WTGF community is invited to apply to be part of the AAC. Prospective members must have expertise in their sport, have participated in one of the two previous Games and expect to participate in next World Transplant Games. Expertise is defined by an athletes' sport knowledge, sport commitment, and participation in previous games.

Interested individuals submit an online application that asks applicants to share their experience, their interest and any previous/present experience in sport administration relevant to their wish to serve on the AAC. The selection of members is based on sport knowledge, sport commitment, and in some cases, members will be chosen to ensure the broadest possible representation of member countries on the committee.

The most recent Commission is composed of 39 members representing 16 member countries who will serve until 31 December 2023, at which time a new Commission will be named.

## AAC members, listed by their sports

Fariba Madadi	Badminton	Iran
Amar Nath Tanwar	Badminton	India
Seyed Mousavi	Basketball	Iran
Ross Owens	Basketball	USA
Nathaniel Winkler	Basketball	USA
Karen Hoyt	Cycling	USA
Declan Logue	Cycling	GB&NI
Bart Rienties	Cycling	Netherlands
Gary Rosenbaum	Cycling	USA
Alberto Carmona	Football	Spain
Karhun Nanda	Golf	India
Paul Rakoski	Golf	USA
Ruurd Valkenburg	Golf	Netherlands
Margaret Martin	Petanque	Australia
Rainer Weckeck	Petanque	Germany
Calvin Henry	Road Race	USA
Deirdre Faul	Squash	Ireland
Christopher Bagley	Swimming	USA
David Landes	Swimming	USA
Nicole Mackenzie	Swimming	GB&NI
Peter van Maurik	Swimming	Netherlands
Gabriella Szabo	Table Tennis	Hungary
Brett Beeley	Ten Pin Bowling	GB&NI
Jennifer Irwin	Ten Pin Bowling	Canada
David Miller	Ten Pin Bowling	USA
Ian Hamilton	Tennis	USA
Pinja Ekström	Track and Field	Finland
Teoman Erdogan	Track and Field	Turkey
Liege Gauterio	Track and Field	Brazil
Heather Leverington	Track and Field	USA
Cyril De Pistoia	Triathlon	France
Kari Ginn	Triathlon	USA
Troy Scudds	Triathlon	Australia
Vicky Horan	Volleyball	GB&NI
Jen Klouse	Volleyball	USA
Garth Lewis	Volleyball	GB&NI
Marco Mestriner	Volleyball	Italy
Brian Rothermel	Winter-Alpine	USA
Marshall Peterson	Winter-Curling	USA

WTGF Trustee Ashleigh Duran (USA) is the Board liaison to the Commission. Gary Green of the WTGF staff is the staff contact.

For additional information about the Athletes Advisory Commission, please email [sports@wtgf.org](mailto:sports@wtgf.org)



Ashleigh Duran



Gary Green

 PERTH 2023

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