

# TransplantWorld

2023 | Issue 1

Journal of the



World Transplant Games Federation  
Powered by the gift of life



## Reunited *and it feels so good!*

**See inside:**

Message from WTGF President,  
Liz Schick

2023 Games survey results

Looking ahead to Bormio 2024  
and beyond!



# Inside this edition

- |   |  |
|---|--|
| <p><b>04 A message from WTGF President</b><br/><i>Liz Schick</i></p> <p><b>05 Remembering André Lassooij</b></p> <p><b>06 Bormio 2024</b></p> <p><b>08 Dresden 2025</b></p> <p><b>10 Introducing the new WTGF Trustees</b></p> <p><b>12 Perth 2023</b></p> <p><b>15 Perth 2023 - Games Survey</b></p> <p><b>19 My Kidney Story</b><br/><i>Paul German, Team GB&amp;NI</i></p> <p><b>21 Cycle Challenge!</b></p> <p><b>22 WTGF Hall of Fame Awards 2023</b></p> <p><b>23 Transplant Football</b><br/><i>1st Transplant Football World Cup 2024</i></p> <p><b>24 WTGF Special Sports Awards</b></p> | <p><b>26 Promoting Transplant Sport in Oxford, UK</b><br/><i>Daley Cross &amp; Dr Paul Harden</i></p> <p><b>28 Transplant Hub Conversations in Perth!</b></p> <p><b>30 Transplant Next</b><br/><i>The Adventures of TX Teddy</i><br/><i>Thank you to the Transplant Pregnancy Registry International</i></p> <p><b>34 New World Transplant Games Record Performances, Perth 2023</b></p> <p><b>36 Member Country News</b><br/><i>36 Ireland</i><br/><i>37 Belgium</i><br/><i>37 Kazakhstan</i><br/><i>38 Philippines</i><br/><i>39 Spain</i></p> <p><b>40 Sprint Triathlon</b><br/><i>40 Kate Clark</i><br/><i>41 Erik Van Rompaye</i></p> |
|---|--|



Image: Luuk Schurde

# Officers and Trustees

## Executive:



Liz Schick  
President



Willie Uys  
Vice President



Gerardo Reyna  
Vice President



Colin White  
Treasurer

## Trustees:



Judit Berente



Kate Clark



Paul Harden



Anders Billström



Ashleigh Duran



Yuhji Marui



Brenda Brown



Samuel Fung



Gudrun Manuwald-Seemuller

## Staff:



Kim Renyard  
CEO



Gary Green  
Sports Manager



Karen Cole  
Office Administrator



Nicole Carvalho  
Communications Contractor



**World  
Transplant  
Games  
Federation**

Powered by  
the gift of life

## Acknowledgements

**Editors:** Liz Schick & Kim Renyard

**Sub Editor:** Colleen Horan-Green

**Content/Article Coordinator:** Karen Cole

**Artwork:** Inkcapp Design, Bath, UK  
[www.inkcapdesign.co.uk](http://www.inkcapdesign.co.uk)

**Front cover:** With our heartfelt thanks  
to Luuk Schudde of The Netherlands

## WTGF

Basepoint Business Centre  
1 Winnall Valley Road  
Winchester  
SO23 0LD United Kingdom

**Tel:** +44 1962 832560

**Email:** [wtgf@wtgf.org](mailto:wtgf@wtgf.org)

**Website:** [www.wtgf.org](http://www.wtgf.org)

Registered Address: World Transplant Games  
Federation, Basepoint Business Centre,  
1 Winnall Valley Road, Winchester, Hampshire,  
SO23 0LD, UK

Registered Charity No.1179470

Company limited by guarantee No.10323481  
Registered in England

## MESSAGE FROM THE PRESIDENT

# Reunited – and it feels so good!



WTGF President **Liz Schick** on reuniting the transplant community and a new structure for the WTGF Board

It was January 2001; I stood with trembling thighs on the top of my first ski race in Nendaz, Switzerland; it was my first World Transplant Games; it was magic! I would never have thought I would be writing the President's report for the WTGF journal one day. Yet life is full of surprises. We cannot take anything for granted, a fact that transplant recipients know so well.

Fast forward to Perth 2023; reuniting with our transplant community four years after Newcastle was fantastic. So much has happened since 2019. We have lost many people close to our hearts. Still, our family is resilient, and together, we have a job to do: to promote organ donation and physical activity globally and to pay homage to our donors and donor families. That is a big job, and thankfully we have an excellent team from around the globe bringing different talents, ideas and ways of thinking to the table. We are all volunteers who share the same passion for our cause.

## Transplant family

However, the WTGF is more than just the Board of trustees and staff. It is all about YOU, our transplant family. We all have a role to play in our mission. Together we are stronger. We need to hear your ideas, hopes, and constructive feedback. We must look in the right direction and think in the interests of everyone in this ever-changing world.

The WTGF Board has a new structure, and we are confident that moving forward, this new structure is the best way to go. My predecessor, Chris Thomas,

did beautiful work professionalising the WTGF – a hard act to follow. I am not the business person that Chris is. I am a people person and transplant recipient. I love sports, but competition stresses me. I was that instructor back in the 80s, the one in the leg warmers and leotard working in improving my clients' abs and glutes on all fours, as Prince blared out the speaker.

Happily, the fitness instructor felt she could take on the role of President thanks to the new format of the WTGF Board with the introduction of two Vice Presidents. Willy Uys, someone I have worked with and admired for 17 years and whom I have always counted on for advice, whom I can count on 100%, and is an expert in the constitution of the WTGF. My other VP has also become a great friend and someone I can count on. Gerardo Reyna brings youth to the WTGF; like me, he is a liver recipient; he has played an essential role in the Federation's relationship with the Latin American Commission is wise beyond his years, and always reflects before acting. Without them, I would not have put up my hand to take on this role.

The Executive would not be complete without our dear Treasurer Colin White, who was elected President of the European Transplant & Dialysis Sports Federation last July and whom I first got to know when he came as a volunteer to TACKERS, a charity I started for transplanted kids in 2002, which has now become part of the WTGF.

So, what would I like to achieve in the next four years? As someone who worked with transplant kids and saw

them grow into adults, I would love to see TACKERS back on the calendar and more youth involved in all our programs. Recently, our dear former colleague from Holland, André Lassooij, passed away. He had the same passion as me, and we discussed things that could be done for our transplant youth.

I have seen young recipients gain confidence and change during a week at TACKERS camps. Their parents were overjoyed at the change. Parents also became more confident about their children and stopped wrapping them in cotton wool. I have seen our former campers become doctors, lawyers, and parents. But not every story has a happy ending, and in hard times I have seen them looking after each other and pulling together. Many lifelong friends were made at camp. So, let's get the youth back on top of our priority list!

## Reach out as far as possible

Another essential thing is helping those who cannot attend the World Games. I know the World Transplant Games is our signature event, but what happens in between and what about those who cannot get to the Games? With our mantra, 'more transplant recipients, more active, more often,' expanding everything available for all, health and fitness, nutrition, mental health, round tables and online get-togethers in different languages is high on my agenda. Let's reach out as far as possible to improve the lives of as many of our global transplant families as possible.

Then the cherry on the cake, let's work hand in hand with the people that research to have the scientific evidence that what we are all doing is of utmost importance for us to benefit from a good quality of life and help our mental health. This is the key to prescribing physical activity in transplant centres as widely as possible.

As I draw my first President's report close, I wish you all good health and happiness and look forward to the next four years with you all.

**Liz Schick**  
WTGF President

**I would love to see TACKERS back on the calendar and more youth involved in all our programs"**





IN MEMORY

## André Lassooij leaves us a beautiful legacy

**H**ow do we wish to remember André now his final finish is not met with cheers and laughter but with silence and sadness?

André's life gives us many clues on how he probably wished to be remembered. First and foremost, he filled his twenty-seven extra years with immense gratitude to his donor. This was at the root of everything he did and sport was his method to show the world the meaning of the 'Choice'.

Next, André decided that optimism was the best strategy to make the most of his Gift of Life. That attitude made him change the uncertainties of life as a transplant recipient into actions that gave meaning to the extra time he had been freely given.

And finally, André decided to make every year count. To use his extra time in life to change things for the better. To overcome difficulties and leave an easier path for all who would follow. He did so until his final breath.

Remembering André is not difficult when based on this beautiful quote:

**"A community grows and thrives when old men plant trees, the shade of which they will never sit in."**

Thank you, André, for planting your trees.

**Jos Grob & Peter van Maurik**  
Chairman & Secretary  
Netherlands Transplant Sport Association



BORMIO 2024



# Welcome to the World Transplant Winter Games 2024!

Italy will host the World Transplant Winter Games in Bormio in Valtellina from 3rd to 8th March, 2024

**B**ormio is a very ancient town, a pearl in the heart of the Alps which offers the visitor a truly special welcome. There are many reasons to reach this renowned location, which hosts the Alpine Skiing World Cup and will be one of the main venues for the Milan Cortina 2026 Winter Olympic and Paralympic Games.

Besides being famous for its ski slopes, Bormio is also famous for its thermal baths, particularly helpful for those with diabetes or circulation problems. The waters of Bormio have been known since ancient times, Terme Bagni Vecchi di Bormio, for example, is an enchanted and historic place, with its Roman baths of very ancient origin and its centuries-old caves.

One of the things that differentiates Bormio from any other mountain resort is its ancient history, made up of invasions and dominations which have marked the architecture of the town. Walking through the historic centre of Bormio, you come across numerous treasures such as churches, bridges and noble palaces. The iconic monument of the town is undoubtedly la Torre delle Ore (the clock tower) located in the main square (Piazza del Kuerc). The tower was built between the XV-XVI century and since then its hands have marked the life of this "Magnifica terra" (Magnificent Land) second by second for hundreds of years.

Bormio, like the whole region, is a land of ancient flavors characterized by ingredients of peasant origin and available in the surrounding environment. Ingredients such as buckwheat flour, Alpine cheeses, apples and bresaola make Valtellina cuisine unique. Among the best-known recipes there are certainly pizzoccheri and sciatt, present on the tables of residents and on the menus of all restaurants. Each typical dish goes naturally with a glass of Valtellina red wine, among which the Sforzato excels.

Alongside this tourist mecca where relaxation, sport and cultural interests intertwine and merge in a fabulous landscape, we certainly cannot forget the profound meaning of the World Transplant Games. Every transplant recipient demonstrates personal "rebirth" and indicates the path of donation to all those who have not yet chosen to donate their organs for transplantation. Transplantation is a life-saving therapy for individuals who may otherwise be doomed to die, it is the triumph of life. And as it was last in Perth and in the last previous editions of the Winter Games in France, Switzerland, USA and Canada, the World Transplant Games bring with them warmth, joy and competition

under the banner of friendship and peace.

The National Association of Haemodialysed, Dialysis and Transplantation (ANED) is proud to organise this edition of the Winter Games, a path along which ANED is lucky enough to have the President of the Lombardy Region, Attilio Fontana, at its side; the Mayor of Bormio Silvia Cavazzi, as well as Cancro Primo Aiuto Association and the Italian Winter Sports Federation - Central Alps (FISI), both fundamental partners for the entire organisation of the competitions.

The main Italian sports organisations, such as the Italian National Olympic Committee (CONI) and the Italian Paralympic Committee (CIP), have expressed their support with their patronage; the latter has recognised ANED as Association of Merit and annually supports projects that promote sport for dialysis and transplant recipients. There will be the presence and unfailing support of Centro Nazionale Trapianti (National Transplant Centre) in the person of Dr. Massimo Cardillo, tireless animator of the transplant network in Italy and always a supporter of physical exercise for transplant recipients as an integral part of the therapy in the post-transplant follow-up.

**Giuseppe Vanacore**  
ANED President

*Beautiful Bormio  
(image: Enrico Pozzi)*





## 12th WORLD TRANSPLANT WINTER GAMES 2024

Hosted by ANED Sport, you are invited to join the 12th World Transplant Winter Games in Bormio, Italy. The spirit of the Winter Games brings together athletes and supporters to celebrate the gift of life, and honour our donors and their families.

Come and enjoy a week of celebration, camaraderie and competition at this unforgettable winter sports destination.

Known for its alpine charm, warm hospitality and world-class winter sports facilities, Bormio is waiting to welcome you!

**3-8 MARCH 2024**

### SPORTS ON OFFER:

- Snowshoeing
  - Cross Country
  - Curling
  - Biathlon
  - Snowboard Giant & Parallel Slalom
  - Ski – Slalom, Giant Slalom, Super Giant Slalom, Parallel Slalom
- Donor Families and Living Donors are invited to participate in select events**



*See you on the slopes!*

**MORE INFORMATION COMING SOON**



DRESDEN 2025

# Dresden, host city of the 25th World Transplant Games



Germany is set to welcome transplanted athletes 16th to 23rd August, 2025

**F**or the first time, Germany, the Free State of Saxony and the city of Dresden will welcome transplanted athletes from 60 nations around the world. Participants will gather at a unique destination. The state capital itself is enthusiastically behind this event and will receive everybody, young and old, professionals and beginners, with a warm welcome.

We are working hard to stage a fantastic Games that will offer the best opportunity for participants, their donors, families and friends, to celebrate the gift of life. The World Transplant Games in Dresden are a project of heart. We are committed to leave a lasting impression for all participants and to change the perception of organ donation in Germany for the better. We are prepared for the challenge.

## The city of Dresden

Dresden is located in a protected basin on both sides of the gentle Elbe River. The city, with its 530,000 inhabitants, is the state capital and cultural centre of the Free State of Saxony. Until the end of the Second World War, Dresden was also called "Florence on the Elbe" because of its remarkable cityscape and astonishing beauty. Numerous buildings, such as the Zwinger and the Semper Opera House, as well as entire ensembles were rebuilt after the destruction. The former residential palace of the Wettin dynasty forms the core of the old town laid out on the left bank of the Elbe. The restored baroque Hofkirche also stands on the palace square. South of the palace is the likewise baroque Taschenbergpalais, which after reconstruction serves as

a top-class hotel. The Theaterplatz adjoins the palace and the Hofkirche to the west. The classicist Altstädter Wache (Old Town Guard) is located here, designed by K F Schinkel.

The city hosts a technical university of excellence, colleges of music, church music, fine arts, engineering and business, a medical academy, an academy of artistic dance and an army officer's school. Among the numerous research institutes are the Max Planck Institutes for Physics of Complex Systems, for Chemical Physics of Solids and Molecular Cell Biology and Genetics, as well as Fraunhofer Institutes and the Von Ardenne Institute for Applied Medical Research. A diversified industry with two large

*Continued on next page*





## DRESDEN 2025

microelectronics companies, precision mechanics industry, equipment and vehicle manufacturing, optical industry and camera manufacturing, pharmaceutical industry, printing and publishing as well as furniture manufacturing secure Dresden's place as the economic centre of Saxony.

### Sports

Dresden has a lot to offer, especially when it comes to sports. The city has been the venue of many international championships and has impressively proven its ability to host large events.

Modern sports facilities such as the Ostra Sports Park, the newly built Heinz-Steyer-Stadium, the JOYNEXT Arena, the Ball Sports Arena and not forgetting the Swimming Centre at Freiburger Platz are

the venues of WTG 2025.

The Ostra Sports Park will host the petanque and sprint triathlon competitions. Badminton and basketball will be held in the fancy Ballsport Arena, squash and athletics will take place in the newly built Heinz Steyer Stadium. Swimmers can look forward to the Freiburger Platz Swimming Centre, with a 50m FINA certified pool and another 50m pool.

The city offers an excellent infrastructure with regard to the venues of the championships, as almost all of them are conveniently located near the city centre (10-12 minutes on foot or by streetcar).

The tennis players will meet at the facilities of the traditional Tennis Club Dresden Blasewitz and the golf

tournament will be guest at Golfclub Ullersdorf. The cycling races are to be held on proven course in the city centre, as a special treat the Great Garden offers ideal conditions for the runners of 5k. Table tennis, darts, and volleyball are planned in the JOYNEXT Arena and last but not least, ten pin bowling will be guest in the "Play Bowling & More"; Bowling Arena.

The planning and development of the schedule of competitions will be the focus of the next weeks and months, as soon as they are finalised they will be published.

On behalf of the Local Organising Committee, I warmly welcome all transplanted athletes, their organ donors or their families, their own families and their friends to celebrate the unique festival of life with joy and gratitude.

See you soon at the 25th World Transplant Games in Dresden.

**Gudrun Manuwald-Semuelser**  
Chair of the Dresden Local  
Organising Committee

**“The city offers an excellent infrastructure with regard to the venues of the championships, as almost all of them are conveniently located near the city centre.”**



## TRUSTEES

# World Transplant Games Federation welcomes new Trustees

Liz Schick introduces the three new trustees to the governing Board of the Federation

**L**iz Schick, the President of the World Transplant Games Federation, has welcomed three new trustees to the governing Board of the Federation while acknowledging the contributions of those who had served the worldwide transplant community recently.

At the General Assembly of the WTGF on 19th April 2023 the outcome of the recent trustee elections was announced. Newly-elected on to the Board were Brenda Brown, Canada, Kate Clark, Australia and Dr Samuel Fung, Hong Kong.

Liz especially acknowledges the work of the outgoing President, Chris Thomas as well as retiring Committee Chairs, Dr Ka Foon Chau, Hong Kong and Dr Edith Martin, Colombia.



## Kate Clark

Kate is a liver recipient of 25 years, and has the unique experience of being both a transplant recipient as well as a sibling and daughter of recipients after both her brother and father received liver transplants.

Kate currently resides in Queensland, Australia, with her husband Paul and dog Jaspa. A passionate advocate, Kate volunteers with DonateLife Qld as well as Transplant Australia, facilitating at sporting camps across Australia, sharing her story, as well as her passion for fitness and an active lifestyle post-transplant.

An athlete prior to transplant Kate feels she has an unfair advantage over many other recipients, but says the beauty of transplant sports is the opportunity to achieve things that you never thought possible, surrounded by people that totally and completely understand your journey. It's a place of belonging and she loves that connection.

Kate is a qualified personal trainer and although not working in the industry, she spends a lot of her time at the gym, if not there she can be found in her "happy place" on the trails around the Sunshine Coast hinterland.

Sport, organ donation, family and dogs are Kate's passion, and not always in that order. If she is not racing, training, volunteering or spending time with family, Kate is often assisting rehomed dogs with a local dog rescue charity or teaching Jaspa some new tricks.

**“The beauty of transplant sports is the opportunity to achieve things that you never thought possible, surrounded by people that totally and completely understand your journey.”**



## TRUSTEES



## Dr Samuel Fung

Dr Samuel Fung, renowned consultant nephrologist, leads the Nephrology and Urology Centre at Princess Margaret Hospital in Hong Kong. His contributions extend beyond patient care, holding prominent positions within the medical community, and actively supporting organ donation and transplantation through his involvement with the Hong Kong Society of Nephrology, Hong Kong Society of Transplantation, and Hong Kong Kidney Foundation.

Dr Fung's commitment extends to the field of transplant sports, where he serves as an advisor to the Hong Kong Transplant Sports Association. Collaborating closely with Dr Chau Ka Foon, the founding president, he organizes transplant games, educational programs, and media initiatives, including acclaimed Radio-television Hong Kong programs on organ donations featuring healthcare professionals and media artists.

By joining the WTGF Board of Trustees, Dr Fung aims to make a global impact by advocating for patients awaiting organ transplantation and promoting improved post-transplant rehabilitation.

**“Dr Fung aims to make a global impact by advocating for patients awaiting organ transplantation and promoting improved post-transplant rehabilitation.”**

**“Since her transplant, she has challenged herself to improve on old sports and learn new ones each year.”**



## Brenda Brown

Brenda is a 10-year kidney transplant thriver who received her kidney from her daughter through the kidney paired exchange program in Canada. A native of Vancouver, she has three children and three grandchildren. She's been the President of the Canadian Transplant Association (CTA) since the fall of 2018.

Prior to her involvement in the CTA, Brenda was an advocate for organ donation, volunteering for Heart & Lung, Cystic Fibrosis and Leukemia Canada. Brenda's family has benefitted from organ donation six times over; her uncle received his double lungs just five months prior to Brenda's own transplant. Her aunts shared bone marrow transplant, (one-donor, one-receiver) and her young cousin was the 1st double lung recipient aged 12, at a local Children's Hospital in 1984.

Brenda never considered herself an athlete but since her transplant, she has challenged herself to improve on old sports and learn new ones each year. Brenda has competed in tennis, skiing, curling, and racewalking as a few of her WTG sports. Brenda is also a certified Yoga Teacher, motivated primarily by the desire to give back to our transplant community and to impart movement and breathing techniques.

In addition to her work with the CTA, Brenda volunteers by doing a 100km Kidney March with the Kidney Foundation each year, as well as sitting on a committee for Public Education and Awareness for Organ Donation in Canada.

## PERTH 2023

# Perth 2023 A New Games Legacy

As the dust settles on the World Transplant Games, Perth, 2023 and the stragglers from the Games arrive back in their home country, it's an appropriate time to consider the legacy of these Games and what the lessons might be for future hosts

**T**ransplant Australia, the host of these Games in Perth, identified an opportunity to link the Perth Games closely with the Australian Sports Commission's desire to establish Australia as the 'world's best sporting nation'.

The motivation for this was two-fold. Firstly, Australia, like many other nations, has a rising incidence of obesity and inactivity in its population. Physical activity and sport need to become a part of everyday life for all people no matter their background, age or ability.

Secondly, Australia is now in the 'green and gold decade' leading into the Brisbane Olympics in 2032 and this has been identified as an impetus to become the 'world's most active sporting nation'.

And so, the Perth Games was one of the first events in the Australian sporting calendar in the 10-year countdown to the Olympics in Australia.

Against that backdrop Transplant Australia was obligated to deliver an event that could sit proudly alongside other international sporting events in the leadup to the Olympic. And deliver it did.

The objectives of the Games are multi-faceted. Publicly the Games uniquely deliver a message that promotes organ and tissue donation and the need for families to discuss donation and potentially register.

The over-arching objectives of these Games aligned with the Australian Government's commitment to sport through to 2032 and beyond:

- build and continue a legacy that brings lasting benefits to the transplant and donor community, the Australian community and the major events sector
- enhance Australia's reputation as the pre-eminent nation for the hosting and delivery of high quality major



Image: Luuk Schudde

**“The Perth Games was one of the first events in the Australian sporting calendar in the 10-year countdown to the Olympics in Australia.”**

international events, and a leading destination for sport, tourism, business and investment

- increase awareness of events that showcase sport and active recreation by targeted populations as opportunities to improve public health
- reinforce Australian Government messaging around participation in sport and active recreation as ways to promote healthy lifestyles and social inclusion

That last area is important. The transplant population and everyone

around them are a target population for health and physical activity messages in their own right. Recipients, perhaps even more than the general population, need to be as active as possible around their transplanted organ.

That is why Transplant Australia embarked on a 12-month program of training camps and information sessions leading into the Games. Locally Transplant Australia even appointed a Coach of the team to motivate the team with Zoom sessions in the six months prior.

At a state level the tourism

*Continued on next page*



## PERTH 2023

objectives were also important with Perth once again open to tourists following extensive lockdowns following the COVID Pandemic. And the City of Perth was also engaged to highlight the city as a tourism and sporting destination.

### The Challenge

It was brilliant that the leaders of the Dresden Games attended for the week and were able to witness firsthand the staging of a Games. We are hopeful the funding provided for the Games in Perth can be replicated in Dresden and beyond.

The challenge for future hosts is to link the Games with a nation's overall sporting and health objectives. To use the Games to demonstrate to the wider population the health benefits of sport. To showcase the nation's commitment to sport and physical activity and to tap into the obvious tourism objectives.

In terms of recognition and funding, transplant sport came of age at the Games in Perth. It started with the launch the previous October at Olympic House in Switzerland with IOC President Thomas Bach declaring that 'Olympic House is your home'. It was



Image: Luuk Schudde

**In terms of recognition and funding, transplant sport came of age at the Games in Perth."**

amplified by IOC Vice President John Coates declaring the Games open at Perth's magnificent Optus Stadium. And it carried on throughout the week of the Games.

Transplant Australia was proud to deliver these Games to the worldwide transplant community. For those who could attend as recipients, donor families, living donors and supporters

and to all the volunteers, sponsors and team managers, thank you. You were part of a defining moment that we hope will help transplant recipients in their journey back to the fullness of health and living beyond 2023 and into the future.

**Chris Thomas**  
CEO, Transplant Australia

## The Gift of Life Baton

The Gift of Life Baton, unveiled in Perth after traversing the Australian continent, has now been gifted from Transplant Australia and the Australian Government to the world transplant community to act as a universal beacon between each World Transplant Games.

The Baton, designed and produced in Australia, by leading industrial design company, Form Designs Australia, is uniquely West Australian featuring a special piece of Jarrah, a hardwood native to Western Australia.

The Baton is the culmination of a six-year dream and was designed to represent all donors and is a symbol of the gift of life given from donors to recipients. It is designed to be embraced by all countries with the simple word of 'thank you' engraved on the back. It also features the WTGF logo as a uniting symbol of the global transplant sport community.





## PERTH 2023

## Quotes on Perth 2023

"The World Transplant Games have always been an event that leaves participants with deep emotions and great memories. Over the years it has step by step improved in execution. The 2023 Games in Perth have added a major step and set a new standard for our Games."

**Peter Van Maurik**, Team Manager, The Netherlands

"We were moved by the amazing opening ceremony and grateful for the opportunity to meet other families like ours from around the world."

**Rob Dixon**, Australian Living Donor

"I was fortunate to be part of Volunteering. I would like to thank the World Transplant team for dedicating their time and energy towards this noble cause. I would also like to thank the entire team for giving me an opportunity to be part of this event."

**Jayshree Shah**, Volunteer and Donor Family

"As a parent, the growth of my teenager from when we first heard about the World Transplant Games, to his representing Australia and winning of three golds and one silver medal has just been astounding: his courage to accept his transplant, commitment to attempt and train in new sports (chronic health has always hindered this), meet so many new people, compete at an international level, and mature physically, emotionally and socially - it just blows my mind, we could not be prouder of who he was become."

**Alana Prince**, Supporter and Recipient Parent





# Perth 2023: SURVEY RESULTS

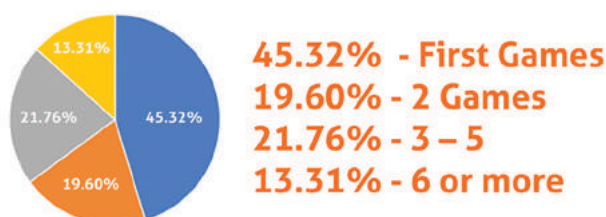
The Summer and Winter World Games are the signature events of the World Transplant Games Federation, and as such, the WTGF conducts a thorough evaluation of each of the Games. In addition to a detailed analysis by the WTGF leadership and the Athletes Advisory Commission and other committees, one of the most helpful tools in this process is the survey all game participants are invited to complete.

The survey for the 2023 World Transplant Games held in Perth, Australia, was completed by 572 participants from 41 countries, which represent 38% of 1522 registrants, slightly higher than previous surveys. 73% were transplant recipients, with the balance comprising supporters, donor families, living donors, health professionals and volunteers.

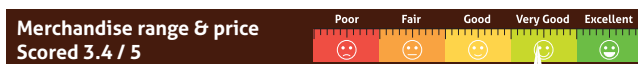
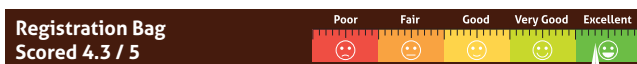
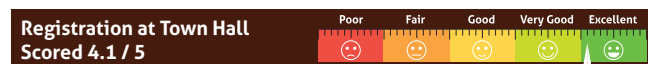
The 2023 World Transplant Games scored an impressive 4.1 out of 5 stars, showing that the Games scored in the excellent range. Congratulations to Transplant Australia, its staff, the Event Team, sports coordinators and volunteers.



These Games attracted a lot of first-time attendees, with many representing the host country of Australia.



Preparations for the Games start long in advance, with the first step being registration – as such, we captured feedback on the online **registration system** and the experience of registering in Perth, collecting your goodie bags and the range of the merchandise offered. The registration bags were a big hit scoring the highest in the category of 4.3/5.



*We received the following constructive feedback in this area pointing to a need to:*

- Review the online registration system to make it more streamlined with better functionality. The system should store data from previous Games, send notification reminders, integrate QR codes and integrate with medical forms.
- Requests for more affordable merchandise with a broader range and ability to sell throughout the event.

The results regarding the conduct and organisation of the different **sports** of the Games are always interesting, and this year was no exception.

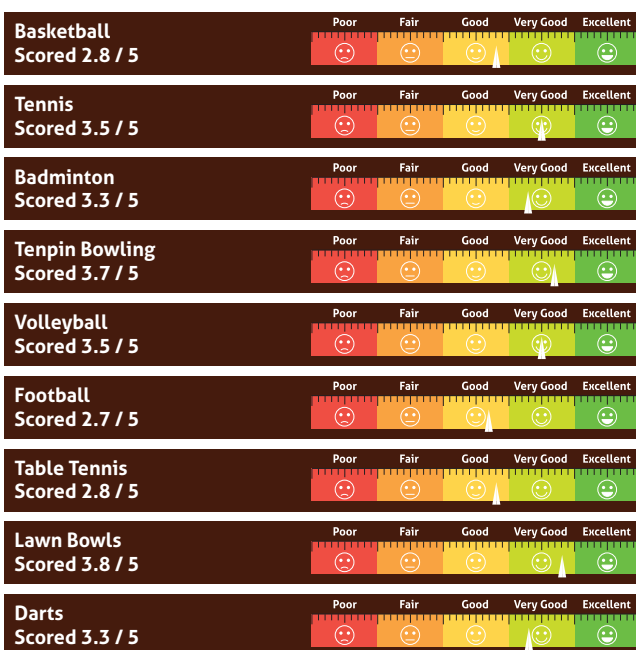
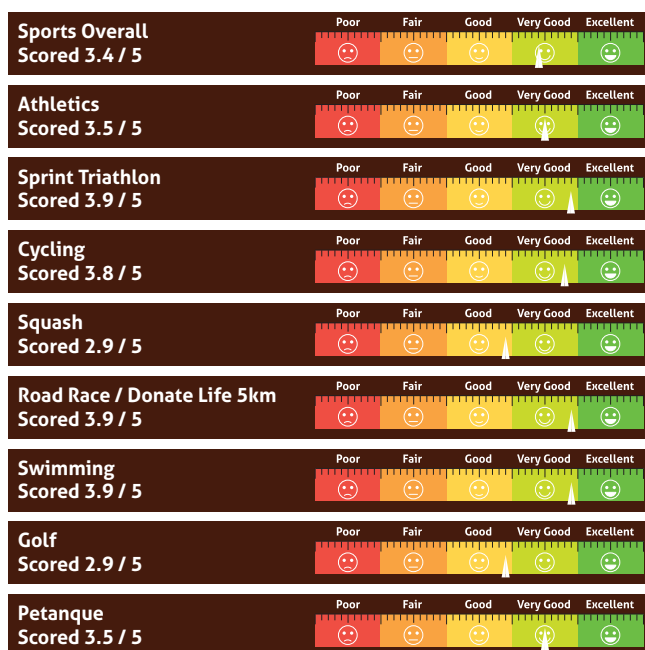
We received many positive comments on the sports, ranging from the venues to the management and help received from officials, and we also received some constructive feedback. The feedback on each sport is vital to help us focus on strategies and possible changes to improve the sports delivery, format and venues for the next World Transplant Games. The WTGF sports committee and Athletes Advisory Commission work through every single one of these comments to ensure we can bring improvements to the next Games. Many of the comments are directed at the WTGF rules, which are reviewed post every Games.

*The below is a summary of the main comments we received:*

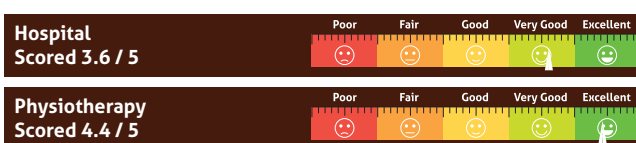
- A sports and venue briefing should be held before the start of each sport
- Ensure rules are clear and consistent
- Wonderful volunteers at all sports venues
- Results should be posted throughout the day, and medal ceremonies should be put in the program so everyone is clear as to when they will take place
- Start lists for all sports should ideally be distributed earlier
- Officials very obliging and helpful
- Requests for the number and length of matches in racquet sports to be reviewed so everyone has a good opportunity to play
- Comments noting the great venues for the Swimming, Athletics and Sprint Triathlon
- Requests for better balancing of groups stages where applicable to ensure fairness

# Perth 2023: SURVEY RESULTS

- A few sports requested more Games to be played
- Review of the format for some sports (especially darts and golf)
- Stricter officials and referees to ensure rule enforcement and sports etiquette
- PA announcement at the larger sporting events
- Heats and scheduling to be reviewed for athletics and swimming
- More transparency around seedings and handicaps verifications for golf
- Better separation of age groups and review of age group combinations when participation numbers are low
- Venue to be closer to the main precinct for cycling, where possible
- Road Race – ideally, have the start/finish in the same place on a flat part of the course
- Review of the medal ceremony timings and results accuracy
- Healthier food options to be available at all sports venues

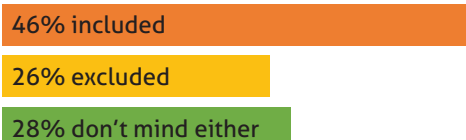


**Medical services** are another critical issue for the WTGF, as it is essential that any Federation event be conducted safely and with proper medical attention available. The following results were received, with comments to consider more access to physiotherapists at the sports events and requests for the health clinic to be open all day where possible:



At these Games, **accommodation** was sold separately from the registration package, and as such, we asked participants their views on this, with the following information captured:

Do you prefer accommodation to be included or excluded from the official registration package:



In general, everyone was happy with the standard of accommodation, with some requesting earlier breakfasts at hotels on the days that sports events start early.

**Transport** is a massive component of all major events and is often difficult to perfect. Overall transport scored 3.5 / 5 with the following breakdowns:



The comments in the review pointed to the Games transport needing better communication around the timings and



# Perth 2023: SURVEY RESULTS

process, with information boards hosting transport schedules preferential. There were also many requests to provide more frequent shuttles and regular movements throughout the Games, however this is not always possible due to the high costs of ground transportation.

**Catering** is another significant facet of the Games and often receives mixed reviews given the diverse nature of our participants, and this Games was no different. While many enjoyed the meals being served at the various social events, there were comments about the queues, an area that can be hard to perfect with large gatherings. The voucher system used for evening meals did not start tremendously and was noted, and the LOC worked hard to correct this. We also noted the requests for healthier meal options at the various sporting venues throughout the Games.

The Games' **social program** started with a bang with the Opening ceremony hosted at Optus stadium, and many commented on the amazing atmosphere, cultural celebrations, special song and entries by the donor families and living donors. Comments revealed that participants would have liked to see more local engagement, and more seating at the welcome function afterwards.

The cultural evening was a great hit, and it was so wonderful to see all the nations showing their talents.

The Gala celebration started off excitingly with the Great Aussie BBQ; many highlighted their enjoyment of socialising after a long week of competition. The formal part, however, received mixed reviews. It was noted that it would be preferred not to have a formal element happen after everyone has started to relax and unwind at the BBQ. All in all it ended well with many enjoying the live music and dance celebrations.

There were also some significant tribute events to celebrate donor families, living donors and children, which were all very well received.



Participants were also asked about the **communication elements** of the Games and information available to them before and during the event. Website, newsletters, social media, event guide, Games app, Livestreaming, city and venue branding and medal ceremonies together scored an average of 3.8 / 5. Facebook, followed by Instagram, was the communication channel used most. Live streaming was a new element introduced by the Local Organising Committee, and while greatly appreciated and loved by participants, many comments noted requests for more live streaming at all events. Overall, participants enjoyed the newsletters, reels and recaps on social media.

Comments were noted that **public engagement** could be improved to ensure that locals know more about the Games. The app was another new addition introduced by the Local Organising Committee, and whilst we noted the comments that information was sometimes incorrect, it proved to be a great way to access info on the events and stay informed, and set the standard for future Games. We hope the app will stay around and provide an excellent base on which we can build.

The Games are never complete without the trusted **volunteers**, and this was an area where the Games scored amazingly, with interaction with the volunteers scoring an impressive 4.2 / 5. Many commented on the friendliness of the volunteers and found them extremely helpful.

The Local Organising Committee set the bar high in relation to the recognition given to **donors**, with results showing that 84% of participants felt the recognition was good to outstanding.

**Hosting** a Games is a big commitment for any host country, and it was encouraging to see that so many people extended their stays to enjoy all that Western Australia and Australia had to offer, showing that the participants make the World Transplant Games the centrepiece of a major and meaningful travel experience. While it was noted that costs were expensive in terms of the long-haul international flights, most took advantage of their time in Australia with the following:  
75% of attendees stayed on longer in Australia, and 36% spending two weeks or more in Australia  
47% visited other parts of Western Australia apart from Perth  
29% visited other parts of Australia outside of WA  
30% brought additional people (not registered to the Games)

The survey included some fun questions gauged at the future. When asked which sports they would like to see at **future**

# Perth 2023: SURVEY RESULTS

**Games**, the top 5 scoring places went to:

- 1st – Archery
- 2nd – Field Hockey and Touch / Tag rugby
- 3rd – Kayaking / Cue sports (pool/snooker)
- 4th – Netball / Padel
- 5th – Beach Volleyball / Mountain Biking

And when asked where they would like to see future Games:

**1st: America**



**2nd: Canada**



**3rd: New Zealand**



**4th: Japan**



The survey ended with asking two critical questions. The first is: List three areas where you would like to see **improvements** in the Games. We consolidated the answers to show the top 6 comments areas received:

- 1 - Transport - more frequent movements and between venues
- 2 - Price – the cost of the Games with international flights was prohibitive
- 3 - Catering better catering in general at all events/venues
- 4 - More opportunities for the community to come together and mingle
- 5 - Better public awareness and engagement
- 6 - More opportunities for youth (more events for youth and more youth participation)

And the other question is: List your top 3 **positives** of the Games, and the most popular answers were:

- The opportunity to meet up with new and old friends and be part of the transplant community
- The beauty of Perth and Western Australia and the ability to travel and see the country
- The opportunity to witness the celebration of life and see people overcoming obstacles through movement
- Acknowledging and honouring donors
- The local people of Perth and friendly welcome
- The opportunity to participate in their chosen sports on an international field

The Games again shows that it is an excellent opportunity to be part of the Transplant community, show what the gift of transplantation has given to others, thank our donors and celebrate life, and this Games was no different.

We want to thank everyone who completed the survey and Transplant Australia and all their volunteers for their tireless efforts in delivering the Games. Every comment received is analysed and reviewed to help us make the future World Transplant Games the best they can be. Survey Results presented by the WTGF Executive Committee.

We end with some quotes from the community....

*"Perth was a great Games, the city a wonderful host and it went by far too quickly!"*

*"An unforgettable experience of connection with a unique and inspiring group that can only be felt by the individuals who were all connected through the gift of organ donation...."*

*"This was my first World Games and I was very impressed with the whole event. Without exception the volunteers were brilliant. Germany will have a lot to live up to!"*

*"I had an amazing time at the WTG, traveled to a country that I would never have visited and met amazing people during and after Games. The Venues and hospitality were outstanding and will be remembered for a long time. The press releases helped promote organ donation as we shared them on social media. I had no idea what to expect, but the event surpassed all expectations. Thank you."*

*"Some amazing people came together and committed to delivering a dream for so many others and it worked! Don't just look at the legacy for the host country. The organ donor awareness, promotion of physical activity for transplant recipients and inspiring of new competitors for next time happened in every country too."*

*"A big thank you to all of those who worked hard to provide this opportunity for me to attend and compete, I had a great Games. With COVID restrictions, this was an extra challenge for the organising committee, and it really is appreciated by most of us. Having such a large Australian team had its own challenges, but it was also great to see so many young people there, which a home Games facilitates. I liked seeing more events for donor families and living donors, the recognition improves with each Games I have attended. Thanks to all the organising committee, Transplant Australia for persisting and delivering, all the team managers and of course the wonderful volunteers. There are always things to improve on, but I had a great games experience, with my family."*



## MEET THE ATHLETE



## My kidney story..

# Paul German

Team GB&NI

**M**y story starts in 1971. I had not long left school at 16 and was six months into my dream job as an apprentice training to be a vehicle technician. I had always been very fit, had never had any illness to speak of and enjoyed long distance cycling. However, the first sign that something wasn't quite right was when I noticed that my ankles would swell up during the day. I ignored it at first, but then things started to get worse. I would wake up in the morning, look at my ankles and think 'great, no swelling'. But then I would look in the mirror and realise that my face was now swollen as the fluid

had 'levelled out' overnight. By this time, I wasn't feeling 100% either, so a trip to the doctors was followed by a referral to a consultant who sent me straight to hospital.

Tests showed that my kidney function had diminished to the point that dialysis would be inevitable. Thinking back, I was 'lucky' to be offered dialysis as there were very few dialysis centres in the UK in the early seventies. I managed to last out for a few more months, but in January 1972 I started dialysis at Canterbury hospital. Life wasn't great for a 17-year-old, and I have to admit that at times I found it hard to carry on. My

parents could obviously see what I was going through, and although I was being trained to have a dialysis machine at home, they both volunteered to donate a kidney.

My dad was found to be the best match, and on July 16th 1973, three weeks after my 18th birthday, I had my transplant at Canterbury hospital. Transplantation was still fairly rare at this time, so much so that transplant surgeons travelled to whichever hospital the patient happened to be in to carry out the operation. This was also a time before keyhole surgery, so removal of my dad's kidney was a major operation. I remember being told that, based on the statistics of the time, my transplant would last an average of 18 months, five years at the most. Rather selfishly perhaps, as an 18-year-old I thought that even 18 months without dialysis made it worth doing. A few rejection

*Continued on next page*



## MEET THE ATHLETE

episodes followed, and with only steroids available in the 70's to suppress my immune system I soon developed a 'moon face' one of the common side effects of large doses of steroids. But on the whole, I felt fit and well again.

I decided that my best chance of getting the maximum five years out of my transplant was to get as fit as possible. I soon started cycling again and also took up running. At first even a gentle half mile jog was hard work, but I gradually built up the distance, 1 mile, 5, 10 and eventually I was entering half marathons. It was around this time that I was asked if I'd be interested in taking part in the Transplant Games. I said yes, although I was only ever average at most sports at school, except badminton, a sport for which I seemed to have a natural ability. My first British Games weren't a great success from a sporting perspective having got well beaten in the badminton. However, it was a fantastic experience and I came home determined to do better the following year. I joined a local badminton club, improved sufficiently to be included in club competitions around Kent and increased the running and finally won my first badminton gold medal at the British Games.

### First call up

Following other badminton competition successes, I got my first 'call up' to be part of the British team at the World Games to be held in Hungary in 1991. Much like my first British Games, I didn't do so well and was knocked out of the badminton singles and doubles competition at the quarter final stage. More training required! I started running longer distances to improve my stamina, including the London Marathon which I have managed to complete five times over the years. Four years later the World Games were held in Manchester and I had my first medal success. Gold in the doubles and silver in the singles competition. I medalled at most World Games after Manchester, but the singles gold and the title 'World Champion' still eluded me. That is until 2001.

In 2001 the World Games were held in Kobe, Japan. I remember on the Team flight standing up to stretch my legs and



*Paul and son, Daniel, at the Perth Games*

**“I’m convinced that keeping fit and training for the World Games is one of the reasons my transplant has lasted so well.”**

looking back down the plane to see a lady about ten rows back who didn't look at all well. I decided, as you do, to go and chat to her and ask if she was ok. It turned out that she didn't like flying which always made her feel ill. Her name was Judith and she was there with her parents to support her sister who had a liver transplant and was a sprinter in the British team. In Japan I finally achieved my goal of gold medal success in the singles competition and the doubles competition. Oh, and Judith is now my wife!

I have been fortunate to be selected for the British team for 13 World Games and have seen parts of the world that I

would never have seen if it were not for the transplant. Although now classed as a 'veteran' I still look forward to taking part in the Games and meeting friends old and new from around the world.

So here I am 50 years' post-transplant, still with the same kidney that was only expected to last five years. I'm convinced that keeping fit and training for the World Games is one of the reasons my transplant has lasted so well. The World Transplant Games has given me some fantastic life experiences, none of which would have been possible without the success of transplantation and the generosity of my donor father.





# Cycle FOR ORGAN DONATION

World Transplant Games Federation Cycle Challenge



World Transplant  
Games Federation  
Powered by the gift of life

## Pedal with a purpose and join the WTGF Virtual Cycle Challenge Fundraiser!

**Starts September 2023**



*It's not a Race, It's a Journey!*

**Choose between  
these distances:**

- 150km
- 300km
- 500km
- 1000km

**Ride for Organ Donation awareness,  
raise funds and earn yourself an official Cycle  
Challenge jersey!**

## HALL OF FAME

# World Transplant Games Federation Hall of Fame

The Hall of Fame proudly honours longstanding competitors and key individuals who have played an integral part of the leadership of the WTGF

**T**his year two more special people were inducted into Spirit of Competition category and an incredible five people into the Spirit of Leadership category. It was with great delight that the WTGF presented the Hall of Fame Awards at the Opening Ceremony of the 24th World Transplant Games in Perth, Australia.

The stories and achievements of these inspiring people, together with previous Hall of Fame members, can be found at [www.wtgf.org/hall-of-fame/](http://www.wtgf.org/hall-of-fame/)

## SPIRIT OF COMPETITION:

- Michael Prenner, Italy
- Janos Szendi, Hungary
- Also, Liz Hosford, UK, who was acknowledged at the Opening Ceremony following her virtual induction in 2022

## SPIRIT OF LEADERSHIP:

- Fatemeh Hashemi Bahremani, Iran
- Gary Green, USA
- André Lassoij, The Netherlands
- Orion Young, Awarded Posthumously



*Left to right: Mohsen Mousavi accepting on behalf of Fatemeh Hashemi Bahremani, Janos Szendi, Liz Hosford, Michael Prenner, Peter van Maurik on behalf of André Lassoij, Gary Green (image: Luuk Schudde)*

*Continued on next page*



## HALL OF FAME

**Janos:** "I thank my doctors, the staff at the clinic, my family, the Hungarian Transplant Sports Federation for making this wonderful experience possible and for helping me achieve my goals."

**Michael:** "Thank you for this recognition, I am very honoured to be nominated into the Hall of Fame."

**Fatemeh:** "One of my cherished memories was the opportunity to participate in the World Transplant Games in Australia 1997, where I represented my organization as the sole participant. This experience continues to inspire me and drive my efforts."

**Gary:** "I love inspiring people to achieve more than they thought possible, there's no better contribution I can make".



Fatemeh Hashemi Bahremani



André Lassooij, who has sadly passed since being inducted into the Hall of Fame



Chris Thomas



Orien Young, inducted into the Hall of Fame posthumously after passing on 30th September 2016 at age 85

# 1st Transplant Football World Cup 2024

*Teams from member countries of the Federation will compete in a World Cup format to crown an International Champion!*

**TAKING PLACE IN  
CESENATICO, ITALY**



**World Transplant  
Games Federation**  
Powered by the gift of life



STAGED BY

IN COLLABORATION WITH

ANED



## AWARDS

# The WTGF Sports Awards Perth, Australia 2023



At each World Transplant Games, the WTGF presents awards honouring the outstanding athletes of the World Transplant Games

## The Greatest Gift Donor Family and Living Donor Award

The Greatest Gift Donor Family and Living Donor Award are new awards which honour donor family and living donor athletes who have distinguished themselves competing in donor sports events.

The female recipient of the Donor Family Award in 2023 was Carli Bekkering of Canada competing in the road race, swimming and pétanque. Colin Liebmann of Australia, who medaled in swimming and lawn bowls, was awarded as the male recipient of the Donor Family Award.

Elizabeth Black of Canada was the first recipient of the Living Donor Award with three bronze medals in the road race, petanque, 100 meters, and a silver in the race walk. The male recipient of the Living Donor Award with a silver medal in petanque and two gold medals in the 5K run and the ball throw was Vijaybahadur Yadav of India.



**The Greatest Gift Living Donor and Family**



**Robert Fryer**

## Inspiration of the Games Award

Another new award created by the Federation is the Inspiration of the Games Award which recognises someone who has upheld and promoted the spirit of the transplant community at the World Transplant Games. The first recipient of the Inspiration of the Games Award was Robert Fryer of the USA.



**Maurice Slapak Awardees**

## The Maurice Slapak Award

The Maurice Slapak Award recognises excellence in the sport of distance running. This award is given to the top men's and top women's team in the Games' Road Race event. Congratulations to the men's team from France and the women's team from Great Britain & Northern Ireland.

*Continued on next page*



## AWARDS

### The Outstanding Athlete awards

The WTGF Outstanding Athlete awards and Outstanding Junior Athlete awards are awarded to a man and a woman and a boy and a girl who have been nominated by their team manager and selected by the Judiciary Committee using the following criteria:

- Performance (number of medals won)
- Quality (strength of competition)
- Diversity (achievements in multiple sports)
- Sportsmanship

The male Outstanding Junior Athlete Award went to Kristof Polgar of Great Britain Northern Ireland. He won gold medals in badminton, squash, table tennis, and tennis. The female Outstanding Junior Athlete Award was presented to Cerys O'Connell of Great Britain Northern Ireland, who won five gold medals in the 50m backstroke, 100m freestyle, the 50m freestyle, 100m backstroke and the 200m freestyle as well as helping with the relays and setting four new Games World Records.

The Men's Outstanding Athlete Award was awarded to Grey Brett of Canada. At the Perth Games, he competed in five swimming events, winning gold in all and breaking records, many of which were his own. The Women's Outstanding Athlete Award was presented to Michele Daley of Australia who won a silver in the cycling 30K road race and gold in the 10K time trial and the 20K team time trial, gold in the swimming 50m breaststroke and a relay bronze, and gold in the athletics 400 meters.

### The Outstanding Team awards

The Outstanding Team Award recognises a team whose athletes have won the most medals relative to the team size (minimum of 20 athletes). The Award is determined by awarding points for each medal earned by athletes at the World Games and then by dividing the number of points earned by each team by the number of athletes on the team. Following their success at the Games in the UK in 2019, this year's winner was Iran with an incredible ratio of 5.36 medal points per athlete, an average of more than a gold and a silver for every team member.

Further information: [sports@wtgf.org](mailto:sports@wtgf.org)



## CAMPAIGN

# Promoting Transplant Sport in Oxford, UK



**Daley Crosss (left) and Paul Harden** on a campaign to encourage new and existing transplant recipients to participate in regular physical activity

There is increasing evidence that physical activity improves quality and potential quantity of life but is especially beneficial in those with chronic illness especially transplant recipients. Despite this clear benefit, very few clinicians advocate or encourage transplant recipients to exercise regularly or provide a structured rehabilitation programme post-transplant. Whilst transplant function and associated medication is of prime importance at outpatient review, a holistic approach should include physical and mental well being including a discussion on current physical exercise. Currently this aspect is frequently missed out all together or only a passing enquiry. A major incentive for the transplant recipient is to rebuild following a serious chronic illness and resume a normal and active life. An exception is heart and lung transplant programs that include an active rehabilitation exercise programme post-transplant.

The exact number of transplant recipients who participate in regular exercise is not known but we do have a basic idea judged by the numbers participating in Transplant Games. In the United Kingdom we host the annual British Transplant Games over four days with 25 different sports; on average we have 900 competitors from a potential population of 42,800 current UK transplant recipients. This represents only 2% of all transplant recipients, although it is likely that many more

are physically active but are unaware or not interested in participating in the Transplant Games. A recent survey estimated the worldwide number of organ transplant recipients was 142,300 with less than 1% attending the World Transplant Games in Perth in 2023.

## Progressive campaign

In Oxford less than 1% of our transplant population participated in the British Transplant Games 15 years ago. We have had a progressive campaign to encourage new and existing transplant recipients to participate in regular physical activity and attend the Transplant Games. We have increased the proportion participating to 4% in 2023 through active encouragement by their lead clinician and youth worker. A particular focus has been to target the teenage and young adult population facilitated by our Youth Worker resulting in a three-fold increase in participation of 18 to 29-year-olds who benefit enormously from the peer support and camaraderie of the Transplant Games.

The Transplant Games is not for everyone and many transplant recipients participate in regular exercise ranging from walking the dog to Masters Athletics competitions. There is a tremendous range of different activities undertaken and many have physically challenging occupations. The key objective should follow the WTGF mantra, 'more transplant recipients,

## Key strategies to encourage increased physical exercise

- Incorporate discussion on physical exercise in every clinic visit
- Change culture amongst multidisciplinary team
- Increase awareness of tools Fit for Life! and Re-fit for Life!
- Actively promote both National and International Transplant Games
- Arrange a few local activity days to encourage wider engagement
- Provide an information pack to all newly transplanted patients
- Target highly vulnerable populations such as teenagers and young adults

more active, more often'. The WTGF Fit for Life! and Re-Fit for Life! on-line physical fitness programmes are very useful, and it is important that we make all transplant multidisciplinary teams aware of these resources so they can promote their use in their units. Hopefully this will lead to a progressive change in culture thereby improving transplant recipient fitness, wellbeing and quality of life.

### Daley Crosss

Team Manager Oxford UK

### Paul Harden

Transplant Physician and Chair  
Transplant Sport, UK

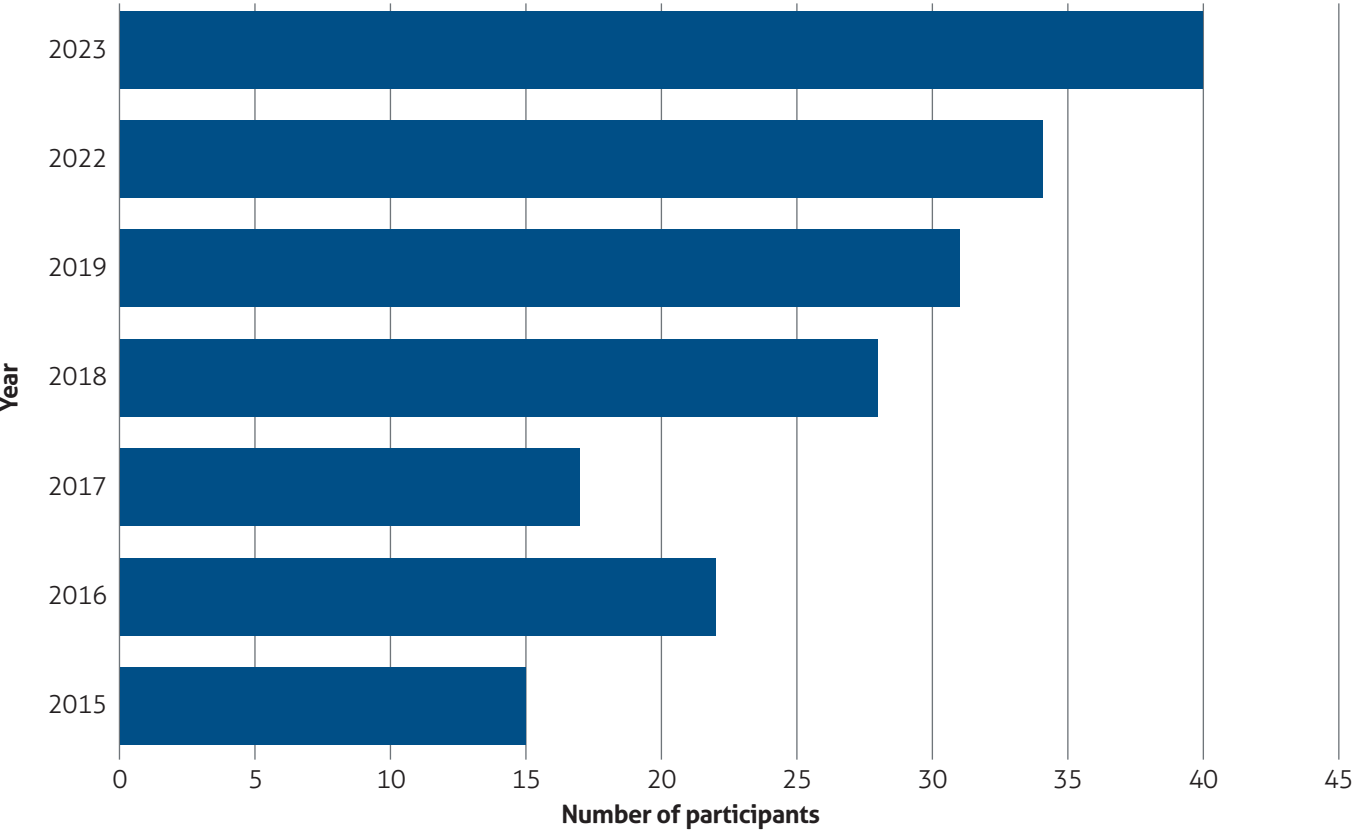
**“We have increased the proportion participating to 4% in 2023 through active encouragement by their lead clinician and youth worker.”**

*Continued on next page*

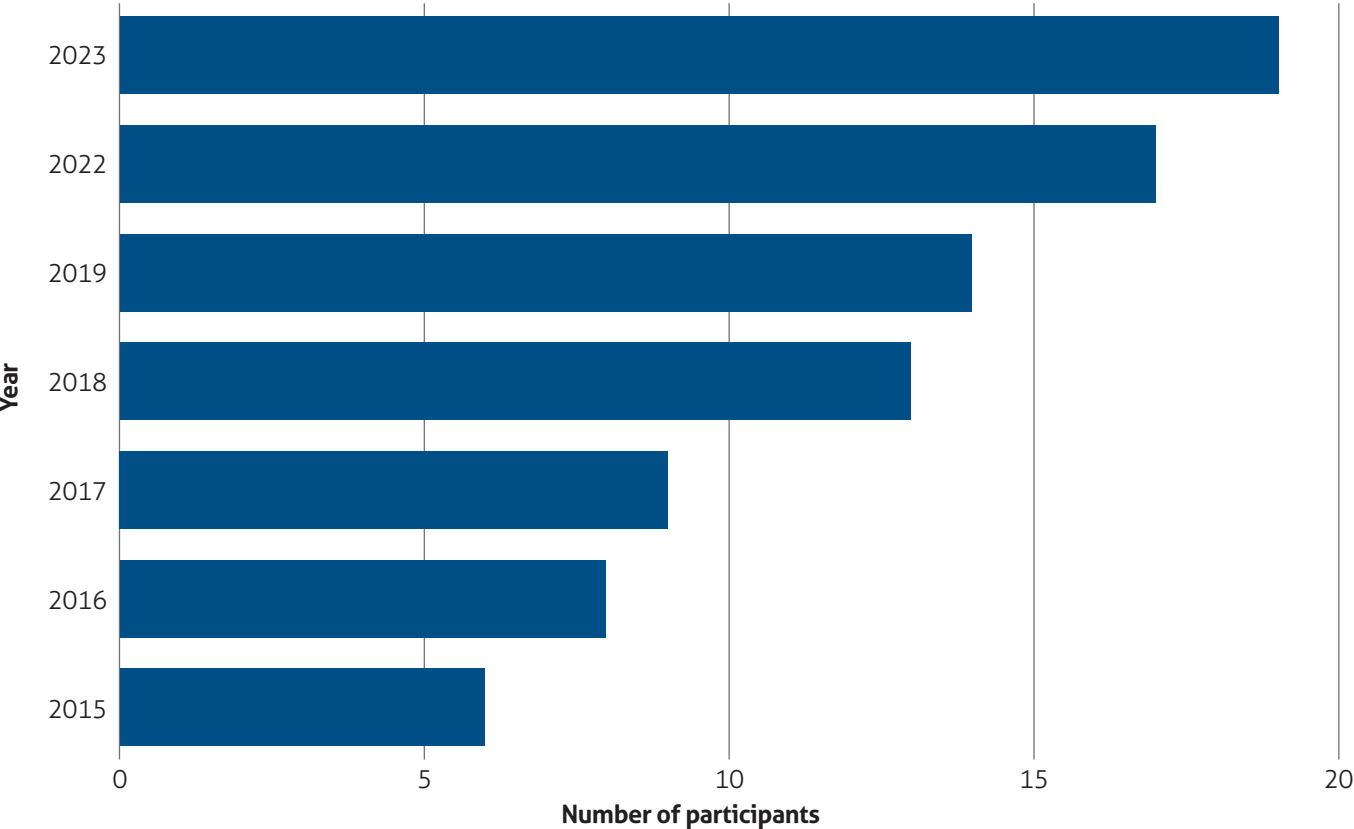


CAMPAIGN

Oxford team attendance at the British Transplant Games



Young adult attendance at the British Transplant Games (18-29)





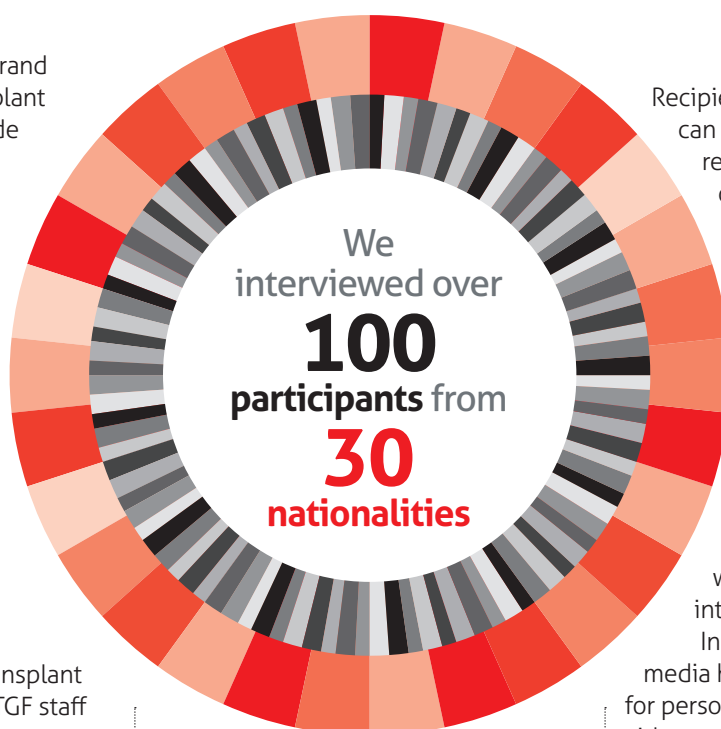
# TRANSPLANT HUB Conversations

The World Transplant Games Federation joins the conversation at the 2023 World Transplant Games recently held in Perth, Australia.

**A**lready an established brand within the WTGF, Transplant Hub Conversations made its first live appearance at a World Transplant Games with its pop-up video interview booth.

Sponsored by Eurofins Transplant Genomics, the interview booth aimed to meet face-to-face with our community and encourage sharing their unique experiences, challenges, and triumphs. It also offered participants an opportunity to inspire others through the Games' spirit and thank their donors and donor families.

Throughout the Games, Transplant Hub Conversations, led by WTGF staff and Board members, made its way from registration through to various sporting venues each day, finishing its run at the inaugural live sprint triathlon. What a week! We interviewed over 100 participants from 30 nationalities, with strong emotional connections being made through these personal stories. Participants chatted openly about the impact of transplantation on their quality of life, the significance of organ donation in saving lives and the role of sport to ignite and unite individuals from all walks of life.



The Federation's mission to encourage physical activity post-transplant is enhanced by sharing personal testimonies from recipients who have embraced sport and exercise to lead fulfilling lives. These stories have the power to inspire and empower newly transplanted individuals, not only by motivating individuals to participate in future Games but also by fostering the development of support networks.

Recipients sharing their experiences can connect with and support new recipients with similar interests or concerns. These connections can help to dispel fears and enable the exchange of knowledge, encouragement, and guidance.

The WTGF plans to continue the rollout of these videos on our social media platforms throughout the year. Keep a look out for our fresh new "Faces of the Games" look as we continue to offer a window into these personal journeys. In this digital age, social media has become a powerful hub for personal storytelling, allowing videos to reach a global audience instantaneously. These video stories humanize the organ donation process and drive meaningful change. They can capture a larger audience's attention, leading to increased awareness, widespread discussions about organ donation, and potentially more donor registrations.

We thank everyone who joined the conversation with us at the Games and look forward to sharing their stories.

**Fit for Life! Team**

“These stories have the power to inspire and empower newly transplanted individuals.”





## TRANSPLANT HUB Conversations

BRINGS YOU

# Faces of the Games



*"I received a kidney from my father almost 50 years ago! I've been to 12 World Transplant Games and I believe it's part of the reason that I am still fit and healthy. It gives me a goal and something to focus on. The games are also vital in getting the message of organ donation out there."*

**Paul German, Kidney Recipient, GB&NI**

*"This was my first World Transplant Games and I was excited to meet others who have been blessed by this beautiful gift. Transplant has a lot of ups and downs, but having a strong mental attitude helps lead to success. Practicing sports helps rehabilitation and keeps me strong physically and mentally."*

**Lucio Arreola, Heart Recipient, Mexico**



*"Don't be scared to do things in life. Sometimes when you're scared of something, you've just got to do it."*

**Eloise Baker, Kidney Recipient, Switzerland**

*"The decision to donate my kidney to Kieran was easy. Even at over 60 years old, I knew I could live perfectly well with just the one. I would implore anyone to consider giving the gift of life."*

**Pat Watts, Living Kidney Donor with Kieran Sullivan, her Kidney Recipient**



*"If you are newly transplanted, don't get caught up in the word athlete, the games really are a community. There's nothing like being with a lot of people who understand both the joy and sometimes the struggle that comes with having a transplant."*

**Phelicia Price, Kidney Recipient, USA**

PROUDLY SPONSORED BY



**eurofins**

**Transplant  
Genomics**

# TRANSPLANT

## NEXT

A round up of news and adventures from TX Teddy

### The Adventures of TX Teddy

Over the past two years, TX has been busy on an exciting adventure! From bustling cities to remote villages, TX has travelled far and wide, touching the lives of over 600 transplant youth in 24 countries. Along the way, TX has made stops at various events dedicated to raising awareness about organ donation and supporting youth transplant recipients. TX has become a beacon of hope and comfort for those who have faced the challenges of transplantation and those still struggling.

From his birth at the virtual 5K AnyWay event in 2021, this little bear's legacy has continued to touch the lives of transplant youth, and TX has been on a mission to reach more transplant youth more often.

Excited for his next adventure, TX eagerly joined the 2021 Billion Steps Challenge, counting his steps as he motivated our community to step up to the challenge and get moving. But that was just the start of this cuddly bear's journey. TX travelled through the United Kingdom, visiting the donor memorial at the Royal Berkshire Hospital and the Donor Family Network, Gift of Life organ donor memorial based at the National Memorial Arboretum in Staffordshire, where TX was able to pay his respects to the donors that make organ donation possible. On his way, he stopped at Trafalgar Square in London to write a special thank you message to all donors and donor families.

### Spreading Smiles and Encouragement

In July 2022, TX attended the British Transplant Games in Leeds, meeting 93 junior athletes participating in various sporting events. TX was very encouraged to see many transplant youth actively involved in sports. These young athletes serve as role models for the next generation and inspire others to support organ donation initiatives and increase awareness.

The next stop was Switzerland in October 2022. What a day to remember! Here, TX met with 10-year-old kidney recipient Eloise and was so excited when he was asked to join her at the Organ Donation Ambassador Campaign launch at the Olympic House in Lausanne.

So far, the final leg of TX's journey was the trip of a lifetime! TX joined the Gift of Life Baton Ride through Western Australia, arriving in Perth at Town Hall before the start of the 2023 World Transplant Games. TX was very excited to meet and connect with youth athletes participating in the games, sharing his support and encouragement and celebrating the achievements of these extraordinary young individuals.

He also added a touch of fun to the event. From football to swimming, badminton to athletics and road races, TX became an avid spectator, enthusiastically cheering on the athletes. TX reminded everyone that the Games are not only about competition but the joy of participation and the bonds forged through shared experiences. His presence at the 2023 World Transplant Games gave athletes and spectators a powerful message of inspiration and possibility.



### Where to next for TX?

With the World Transplant Winter Games in 2024 – you will see TX on the slopes in Bormio, Italy. Until then, TX will continue their global journey via our online distribution program, allowing individuals to request a teddy bear to be sent directly to their doorstep or someone they know. The application process is straightforward and done via the WTGF website, requiring applicants to be 18 years or younger and either recently transplanted or on the waiting list for a life-saving transplant.

Please look at our TX Teddy Worldwide map to see the stories of those who have already received their teddy bear.

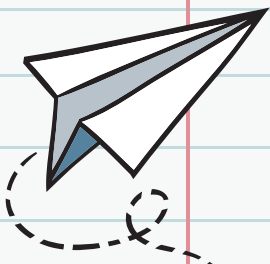
With each new destination and encounter, TX continues to inspire conversations about the importance of organ donation while spreading a message of hope and resilience to communities worldwide.

We look forward to TX's next adventure.

[www.wtgf.org/about-tx/](http://www.wtgf.org/about-tx/)



# MY SCRAPBOOK



Trafagar Square



Hoops in Oz

I love my goggles!

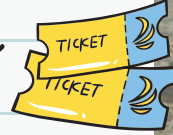


On the Gift of Life Baton ride

My friend Riya in Hong Kong



Going on a new adventure to Perth



Time keeping at the road race



I'm a world traveller!

New friends in London



Rocking the 5K Anyway in Houston USA



About to go to India with Varun



I'm in Columbia!



The Spanish Games



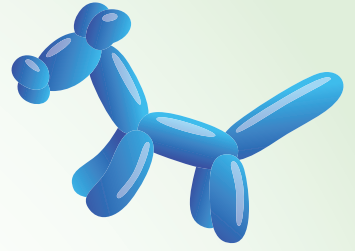
Meeting Eloise in Switzerland





# TRANSPLANT NEXT

Youth Initiative of the World Transplant Games Federation



**THANK YOU TO TRANSPLANT PREGNANCY REGISTRY  
INTERNATIONAL FOR BRINGING JOY AND FUN TO OUR  
JUNIOR ATHLETES AND SUPPORTERS AT THE  
2023 WORLD TRANSPLANT GAMES.**



SUPPORTED BY



**Transplant Pregnancy  
Registry International**

A DIVISION OF GIFT OF LIFE INSTITUTE





# Celebrating

# NEW GENERATIONS

Transplant Pregnancy Registry International (TPRI) is the only registry of its kind in the world. Since 1991, TPRI has tracked more than 5,400 post-transplant pregnancies, providing critical medical information to transplant recipients and their healthcare teams making family planning decisions.



To obtain more information about parenthood after transplant or to enroll in TPRI, please contact us today.



Transplant Pregnancy  
Registry International

A DIVISION OF GIFT OF LIFE INSTITUTE

877-955-6877 / [TransplantPregnancyRegistry.org](https://TransplantPregnancyRegistry.org)



## RECORDS

# New World Transplant Games Record Performances, Perth 2023

## Track & Field - Men

100m	70-79	16.09	Ronald Grainger	Ireland
200m	18-29	23.22	Konrad Harasimowi	Poland
	30-39	22.45	Lewis Evans	GB&NI
	60-69	28.29	Andrzej Haj	Poland
	70-79	33.97	Ronald Grainger	Ireland
400m	18-29	00:51.17	Konrad Harasimowi	Poland
800m	60-69	02:40.79	Juan Pablo Juarez	Argentina
	70-79	03:31.73	Giovanni Fadda	Italy
1500m	60-69	5:24.34	Juan Pablo Juarez	Argentina
	70-79	6:45.56	Thomas Stokes	USA
5000 Racewalk	18-29	24:41.75	Ahmad Morouzi	Iran
	50-59	27:29.49	Milos Dusek	Czech Republic
	70-79	37:22.46	Leslie Land	GB&NI
4 x 100m		00:45.51	Edwin Yamoah Bramble Johnson Sam Pooley Lewis Evans	GB&NI
Shot put	40-49	12.45	Tamas Mihalovits	Hungary
	60-69	9.76	Andrzej Haj	Poland
Discus	18-29	31.22	Gary Still	GB&NI
	50-59	33.79	Jeremy Clifton	GB&NI
Javelin	18-29	37.68	Aranian Farzad	Iran
	50-59	37.68	Mark Oksanen	Australia
	70-79	24.66	Krzysztof Gorski	Poland
Long jump	60-69	4.53	Vincent Taylor	GB&NI
High jump	50-59	1.61	Jeremy Clifton	GB&NI

## Living Donors & Donor Families - Track & Field - Men

5000 Meter Racewalk	18-49	33:49.51	Roy Tom	India
Ball Throw	18-49	50.26	Anil Srivatsa	India
Long Jump	50 and Over	2.37	Phil Penhaligan	GB&NI

## Track & Field - Boys

25m	0-5	7.70	Sebastian Molina	Australia
Ball throw	5 and Under	9.83	Anthony Schiller	Australia
High jump	15-17	1.55	Jazziah Cairns	Australia
Long jump	6-8	1.74	John Dixon	Australia
	9-11	3.45	Xavier Holt	Australia

## Track and Field – Women

100m	30-39	12.23	Lieselotte Schoem	Netherlands
	50-59	14.00	Susana Rodriguez	Spain
200m	30-39	24.97	Lieselotte Schoem	Netherlands
	50-59	28.67	Susana Rodriguez	Spain
	60-69	34.97	Michelle Mitchell	GB&NI
400m	18-29	01:01.83	Aude Vandenputte	Belgium
	30-39	01:06.52	Pinja Ekstrom	Finland
	60-69	01:25.13	Michelle Mitchell	GB&NI
800m	18-29	02:28.02	Aude Vandenputte	Belgium
	60-69	03:42.53	Michelle Mitchell	GB&NI
1500m	18-29	05:18.12	Anne Bera Wierhak	Germany
	40-49	5:41.46	Kate Clark	Australia
3000m racewalk	40-49	17:46.37	Kate Clark	Australia
	60-69	21:11.28	Susanna Burri	South Africa
Long jump	60-69	3.22	Dinorah Arambula	USA
	70-79	1.49	Krystyna Murdzek	Poland
Ball throw	80+	14.52	Barbara Breckenridge	USA
Shot put	70-79	6.36	Heilie Uys	South Africa
	80+	3.90	Barbara Breckenridge	USA
Discus	70-79	12.15	Heilie Uys	South Africa

## Living Donors & Donor Families - Track & Field - Women

100m	18-49	15.56	Carli Bekkering	Canada
	50 and Over	19.29	Kathleen Fleming	Canada
3000m Racewalk	18-49	23:35.40	Carli Bickering	Canada
	50 and Over	22:29.92	Linda Hindom	Australia
Ball throw	50 and Over	25.86	Suzanne Brimble	GB&NI
Long jump	50 and Over	2.57	Suzanne Brimble	GB&NI

## Track & Field - Girls

Long jump	12-14	3.74	Emma Wilmot	Australia
-----------	-------	------	-------------	-----------



## RECORDS

## Swimming (Long Course) - Men

50m Freestyle	40-49	00:27.20	Grey Brett	Canada
	50-59	00:28.77	Matthew Castle	USA
100m Freestyle	40-49	01:00.52	Grey Brett	Canada
200m Freestyle	40-49	02:34.00	Benoit Raymond	Canada
400m Freestyle	30-39	04:57.72	Andrzej Dziedzic	Poland
50m Breaststroke	50-59	00:37.53	Rodrigo Cristiano Machado	Brazil
	60-69	00:39.86	Peter van Maurik	Netherlands
100m Breaststroke	30-39	01:12.17	Christopher Bagley	USA
	50-59	01:24.85	Rodrigo Cristiano Machado	Brazil
50m Backstroke	30-39	00:30.28	Riccardo Canola	Italy
	40-49	00:32.68	Grey Brett	Canada
	70-79	00:44.82	Laszlo Pengo	Hungary
100m Backstroke	30-39	01:08.64	Riccardo Canola	Italy
	50-59	01:20.91	Rodrigo Cristiano Machado	Brazil
	60-69	01:29.43	Theodoros Katsaros	Greece
50m Butterfly	40-49	00:28.80	Grey Brett	Canada
200m Individual Medley	30-39	02:26.42	Christopher Bagley	USA
	40-49	02:35.75	Grey Brett	Canada
	50-59	02:49.06	Rodrigo Cristiano Machado	Brazil

## Swimming - Boys

100m Breaststroke	12-14	01:51.70	Robert Yates	Australia
-------------------	-------	----------	--------------	-----------

## Swimming - Girls

50m Freestyle	12-14	00:34.00	Cerys O'Connell	GB&NI
50m Backstroke	12-14	00:39.56	Cerys O'Connell	GB&NI
100m Freestyle	12-14	01:17.89	Cerys O'Connell	GB&NI
100m Backstroke	12-14	01:33.49	Cerys O'Connell	GB&NI

## Swimming (Long Course) - Women

50m Freestyle	30-39	00:28.88	Abigail Beckman-Green	USA
	60-69	00:40.15	Janis Clemis	Canada
100m Freestyle	30-39	01:03.73	Abigail Beckman-Green	USA
	40-49	01:11.49	Jodie Cox	GB&NI
200m Freestyle	30-39	02:22.90	Abigail Beckman-Green	USA
	40-49	02:40.07	Jodie Cox	GB&NI
400m Freestyle	40-49	05:35.90	Jodie Cox	GB&NI
	50-59	06:33.97	Lisa Cuthbertson	Australia
50m Breaststroke	18-29	00:37.68	Nicole Mackenzie	GB&NI
	30-39	00:40.00	Jillian Best	Canada
	70-79	01:07.80	Gudrun Manuwald-Seemueller	Germany
100m Breaststroke	18-29	01:23.78	Nicole Mackenzie	GB&NI
	40-49	01:31.45	Jodie Cox	GB&NI
	60-69	02:05.78	Adrienne Mercer	Australia
50m Backstroke	30-39	00:35.41	Caroline Rutherford	GB&NI
100m Backstroke	30-39	01:17.53	Caroline Rutherford	GB&NI
50m Butterfly	30-39	00:30.54	Abigail Beckman-Green	USA
200m Individual Medley	30-39	02:44.74	Abigail Beckman-Green	USA
	60-69	04:21.78	Janis Clemis	Canada
4x50m Freestyle Relay		02:06.29	Nicole Mackenzie Ava Taylor Jodie Cox Caroline Rutherford	GB&NI
		02:24.45	Cerys O'Connell Nicole Mackenzie Caroline Rutherford Jodie Cox	GB&NI

## Swimming - Living Donors &amp; Donor Families Men

50m Freestyle	50 and Over	00:35.52	Colin Liebmann	Australia
---------------	-------------	----------	----------------	-----------

## Swimming - Living Donors &amp; Donor Families Women

50m Freestyle	50 and Over	00:44.62	Shannon Cuthbertson	Australia
---------------	-------------	----------	---------------------	-----------

For all of the World Games Record Performances see: [www.wtgf.org/results](http://www.wtgf.org/results)  
sports@wtgf.org



**World Transplant Games Federation**  
Powered by the gift of life

## COUNTRY MEMBER NEWS | IRELAND

# Transplant Team Ireland enjoys hospitality of Australian Ambassador

Special reception held to honour team's success

**A**fter their successful exploits at the World Transplant Games in April in Perth, Australian Ambassador to Ireland Gary Gray, held a special reception, to honour Transplant Team Ireland at the Australian Embassy in Dublin, to mark the end of Organ Donor Awareness Week (20-27 May). The Irish team presented Ambassador Gray with a framed team jersey.

The team of transplant recipients were delighted to be joined at the reception by Tim Lion, an Australian native who is now living in Dublin with his Irish wife, Ruth. Tim underwent a lifesaving liver transplant at St. Vincent's University Hospital in Dublin in 2022

and hopes to join the team for future Transplant Games.

At the reception, Ambassador Gray said, "Your experience in Perth was pretty special to us. The stadium is a building that we are proud of. But more than that the route that you took to enter the games is an area of special nature to us because of our indigenous population.

As you crossed over that Bridge, that bridge is a symbol of building bridges between our modern population and the population of indigenous people who owned and controlled our country before we arrived."

He continued, "Thank you for being

there to compete and to bring attention to the great importance of ensuring that donation rates are lifted right across the world for all kinds of organs that can bring new life and new energy where they are available. We like the fact that you did that. We like the fact that you competed. We really like that you went, that you enjoyed yourselves, and that you connected with the extremely important Irish community in Australia."

## A fantastic time

Colin White, Transplant Team Ireland Manager, speaking on behalf of the team, "We had a fantastic time in Australia. We were delighted to be part of the wonderful experience and have been really pleased with the level of media engagement in Ireland which has allowed us to get our core message out about the importance and success of organ donation for transplantation.

We enjoyed success in the competition. Our team of 14 competitors took home a haul of 17 medals, including 7 gold, 6 silver and 4 bronze. We also took home many wonderful memories, renewed old friendships and made new ones. We now look forward to building on our team for the biennial European Transplant & Dialysis Sports Championships which are scheduled to be held in Lisbon, Portugal next summer."

*Below: Eddie Flood (Chairman of the Irish Kidney Association); the Hon Gary Gray AO (Australia's Ambassador to Ireland) and Colin White (Ireland Team Manager and WTGF Treasurer)*



Members of the 2023 Transplant Team Ireland squad and their supporters were invited to the Australian Embassy in Dublin by the Hon. Gary Gray AO to celebrate their successful trip to Perth for the World Transplant Games





**COUNTRY MEMBER NEWS | PHILIPPINES**

# News from Belgium

Sports activities arranged by Transplantoux

A great range of sports activities were arranged by Transplantoux on their return from Team Belgium's participation in the World Transplant Games in Perth, Australia!

Transardennaise 2023: the Transardennaise, also known as the Grand Traversée des Ardennes, is a marked route that crosses the Ardennes range from North to South for over a 160 km between La Roche-en-Ardenne and Bouillon, Belgium. Members of Transplantoux completed the hike from Saint-Hubert to Bouillon from 22nd to 26th May 2023.

A social activity took place on 4th June, with the focus on enjoyable exercise rather than sports, including an experience walk and a Kubb competition.

On Sunday 5th June an enthusiastic group of Transplantoux 'ventourists' travelled to the Ardennes for their

Right:  
Transplantoux  
'ventourists'!



**Hiking from Saint-Hubert to Bouillon**

second to last preparation ride for Mont Ventoux, when members will again go to the south of France to cycle and hike up the Ventoux. The group experienced beautiful weather, nice company and together conquered the heights that were thrust in front of their noses.

**Finally, and importantly, also in June there was a press conference**

announcing the 2027 World Transplant Games to be held in Leuven. 'WTG2027' were happy to welcome the WTGF President, Liz Schick and WTGF Vice President, Gerardo Reyna to join the event.

**Raf Dubois**  
Belgium

# News from Kazakhstan

Results from republican competition

A republican competition among transplant patients and dialysis patients took place in Aktobe city, Kazakhstan from 19th – 23rd June 2023, organised by the Public Association of Transplanted Patients "Omira Tynysy".

A total of 110 participants took part in the event from the regions of Astana, Turkestan, Kyzylorda, Shymkent, Komtanay, Atyrau, Aktobe, Mangystau and Abpi.

Cups were won for the following sports:

	1st	2nd	3rd
Table tennis	Aktobe	Turkestan	Astana
Swimming	Kostanay	Aktobe	Kyzylorda
Darts	Kostanay	Mangystau	Atyrau
Volleyball	Shymkent	Kyzylorda	Turkestan

For the team event, the cup for 1st place was won by the team from the Aktobe region, with the Kostanay region taking 2nd place and the Turkestan region, 3rd place.

**Zhanibek Uspanov**  
Kazakhstan



## COUNTRY MEMBER NEWS | PHILIPPINES

# The Philippine National Transplant Games

A 25 year celebration



**KITAP Board with Dr Rose Marie O Lique, Executive Director of National Kidney and Transplant Institute, our guest from the USA**

**M**ay 29th, 2023 was an exciting day for both recipients, donors, and guests. It was the 25th PNTG celebration which was a whole-day event. The Sports Tournament was conducted at the Multi-Purpose Wellness Centre, National Kidney and Transplant Institute, Quezon City, Manila, Philippines.

The program proper commenced at 7:00 am with a prayer followed by the singing of the Philippine National Anthem and the raising of the Kidney Transplant Association of the Philippines (KITAP) colours, red, green, yellow, and blue. Before the games started, each team presented their astonishing cheering skills with gusto for the Athlete of the Year, Mr Rolly Pura, following his message which was the highlight of the games.

The four teams started exercising in preparation for the tournament and it was really super fun while others were waiting to watch the games. Others discussed how to win every sport they were assigned to play. All

participants were energetic and excited for the games organized by the Sports Committee Chairman, Mr. Christopher Mendoza.

## Practice and training

Under the KITAP and Sports Enrichment Program, before the actual PNTG tournament, most team players underwent sports practice and training like basketball, ball shoot, darts, badminton, 100m relay, and 50m walk and scrabble. This aims to boost

## Results:

CHAMPIONS	Green Team
1st Place	Red Team
2nd Place	Yellow Team
3rd Place	Blue Team
Best Male Athlete	Mr Rolly Pura
Best Female Athlete	Ms Oddessy Payoyo

the members physical fitness and build their confidence in playing their particular sports.

All of the players got sweaty but they never paid attention to it because they loved to be involved in the games. Everyone learned loyalty and sportsmanship from the games and of course non-players cheered very loudly for their team.

Some teammates were best of friends but they were competitive and everyone remained friendly with other teams. It is because it's not about winning. It's all about experiencing and learning together. The event made players happy and each teammate helped each other in every sport. Of course, it was the hardest thing every team has done to win but some said it is not important to win or not. What matters is they tried their best and had fun.

The tournament promoted self-confidence and sharing of talents among kidney recipients and donors. We all hope that PNTG will be celebrated yearly and members learned not to be a bully but to be a buddy.

**Delia Gayman**  
Philippines



**Green team – Champions**



## COUNTRY MEMBER NEWS | SPAIN

# Spanish Football Tournament in Favour of Organ Donation

## 1st Triangular Football Tournament held in Sierra de las Nieves

**R**ecently on the 3rd and 4th of June, the WTGF was invited by our Spanish member organisation, Deporte y Trasplante España, to assist with the 1st Triangular Football Tournament Sierra de las Nieves, which took place in the beautiful town of Monda, located in Malaga, Andalucia.

The event was held in honour of a local recipient and active advocate for donation, Miguel Sanchez Urbano, who sadly passed away recently. The activities for the weekend consisted of a training camp, a cultural visit and an engaging session titled "Promoting sport and healthy Lifestyles for Transplant Recipients" on the Saturday and football matches with post-event BBQ on Sunday.

The assistance of the Vice President of the WTGF, Gerardo Reyna, clearly reflected the Federation's interest in sensitively developing Transplant Football, with health and safety as the primary focus. The national coach conducted Saturday's training session, focusing on warmups, strength and stretching, tactics and technique. Adapting the body to this kind of sport is a fundamental step for transplant recipients.

The afternoon session had the testimonies of three members of Deporte y Trasplante España, Mateo Ruiz (treasurer and bone marrow recipient), Alberto Carmona (Football Manager and Vice President) and member of the association, Vicente

Elías (liver recipient and sports medicine doctor), each of them spreading the message of sports and healthy lifestyle for recipients as a fundamental element of improving our wellbeing and prolonging the years of a received organ.

Sunday's tournament saw the National Transplant Team facing two non-recipient teams, a local team, C D Monda, and the Sierra de las Nieves regional team. For both matches, previous discussions had been held with the members of each team on the safety-specific measures recommended for transplant recipients. It was an excellent opportunity for the TX Team to face regular players who tested them to a significant challenge, from which they learned a lot.

### Different activities

We welcome the work done by Deporte y Trasplante España on developing a program with different activities and meetings around the year and complying with the safety recommendations from the WTGF.

The WTGF is interested in having national football programs in our member countries, in which our member organisations can develop the sport in an organised way that will be, at the same time, the base to have a national team participating at the next Transplant Football World Cup.

The National Transplant Football



**National Spanish Transplant Football Team**

Team has the support of the RFEF (Spanish Football Federation). This support goes from official equipment to even being invited previously to have a training camp at the National Training Centre where all the national teams train.

We would also want to thank event organisers, ATHEMA, the Liver Transplant Recipients Association of Malaga, the City Hall of Malaga and the Commonwealth of Sierra de las Nieves for giving us the opportunity of witnessing the importance of local engagement in our shared interest of organ donation and a healthy lifestyle for transplant recipients.

Our global work is supported by the national, regional and local work that many organisations develop continuously.

**Gerardo Reyna**  
Spain



## SPRINT TRIATHLON: MEET THE ATHLETE

# Kate Clarke

Overall Ladies Winner of the inaugural Sprint Triathlon held at the recent 2023 World Transplant Games in Perth, Australia

**W**hen I heard that the inaugural WTG sprint triathlon would be held down under at the 24th World Transplant Games in Perth, I knew I had to come out of retirement to give it a crack.

I am predominantly a track athlete, who, until the Games, had not done a sanctioned triathlon and was once told by her husband that she has "work to do" when it comes to being on two wheels, but I thought, you know what? I have never turned my back on a challenge, and there is only ever one inaugural event. So, I bought a bike and new goggles and added these other disciplines to my training.

I am always super nervous when it comes to races, particularly those with other rules, no drafting, helmets on before unranking your bike.... (the list goes on), so race morning nerves were

next level; the last day of competition and what I saw as the main event for my race week.

But I needn't have been worried; the camaraderie from all the athletes and spectators will be a highlight of the Games for me.

## A smart move

I positioned myself furthest to the right of the start line, having never been in a pack swim start, I didn't want to be caught in a wash of all the other athletes, and it turned out to be a smart move. From start to finish, I had clear water ahead, exiting the water into transition in the lead.

Onto the bike and away, nerves and cold, I slipped, getting my cleats locked, but was soon on my way. Within a few minutes into the first lap, a fellow Aussie overtook me. I tried to keep

her in sight and not let my speed drop below 31 km an hour.

After three laps on the bike, I headed into transition, psyching myself for what I thought would be a challenging 5km trying to chase down 1st place, but at transition, I was told I was the first girl. "No", I argued, "there is another Aussie in front of me". I continued to argue while slipping my shoes on and was told to run my race, so away I went. Not a record-breaking time in the run, but one that meant I was chasing down a few of the men that started in the wave before us.

I crossed the line in the first place, and a few minutes later, the second place female (Katrina Burton/ Kate) crossed the line. I heard during that time that Kate had miscounted her bike laps and done an additional lap. I was devastated for her.

I came away with a lucky win that day, and sometimes sport takes a little bit of luck, but it starts with a whole lot of courage, and I would urge everyone out there who may be on the fence about triathlons.... jump off and jump in....you won't regret it.





## SPRINT TRIATHLON: MEET THE ATHLETE

# Erik Van Rompaye

Overall Men's Winner of the inaugural Sprint Triathlon held at the recent 2023 World Transplant Games in Perth, Australia

**O**n April 21, 2023, I became the world champion triathlete at the 2023 World Transplant Games in Perth - a dream I never dared to dream.

I did my first triathlon in 1990, building my fitness and strength to eventually participate in the Ironman World Championship in Kona, Hawaii, 2006. Three years later, I was diagnosed with primary sclerosing cholangitis, and for 12 years, my health slowly worsened until, in January 2021, I had a liver transplant.

While on the waiting list, the transplant specialist assured me I could be active again after the transplant and mentioned there were Transplant Games. When looking up "World Transplant Games 2023", I saw they would host the first sprint triathlon and made this my goal, even before my transplant.

I returned to my old triathlon team to train and, hopefully, win a medal. In 2022 I finished two sprint triathlons but knew I had to improve in running and swimming, so that became my focus.

I had set two goals for 2023: the World Transplant Games in Perth in April and running the UTMB in Chamonix in September, a 170km running/walking race. Therefore, my training aim was to become stronger and faster while continuing to do longer runs. My body was not the same as other triathletes, and I had to learn to adapt and listen to it and take rest when needed. With most of my training happening in the Belgium winter, I focussed on indoor sessions on the Smart Bike and swimming in the 50m pool in Antwerp. I only did five outdoor sessions on my bike.

On April 1st, my wife and I set off to Perth for two weeks of holiday, visiting the Quokkas and Coral Bay. I didn't bring my bike and rented one for the Games, so my training was only running during this time. I was unsure how my

body would react to this, but on the Sunday morning, I started my Games by participating in the 5km road race, winning gold! This was followed by a bronze in the cycling time trial, gold in the cycling road race, and silver in the 400m swim. My dream, however, remained the sprint triathlon, and I planned to give it my all.

## Swim fast!

On triathlon day, the water temperature was 23°. I decided to save transition time and swim without a wet suit. Standing on the starting line, the water was freezing, and I was told it was 18°; I had no option but to swim fast! Although closely followed, I came out of the water first, something new to me.

Elmar Sprink, whom I had met in the events, was close behind; I knew he would be stiff competition. After one lap on the bike, Elmar passed me, but I could then ride at the same speed. I was sure the French triathletes Emmanuel

Gastaud, Cyril Del Pistoia, and the Dutch triathlete Bart Rienties would catch me soon, as they were faster at the time trial.

Elmar and I entered transition together, and I struggled to get my running shoes onto my still-icy feet. After 750m, I managed to close the gap on Elmar and felt I could still push a little more so I increased my speed and maintained the lead. Crossing Raf Dubois, my fellow Transplantoux Belgium participant, in the last round, I told him with a big smile that I would cross the finish line first... Unbelievable.

The entire experience was indeed a dream come true after my transplant. Finishing Ironman Hawaii was a dream, and this achievement was right up there with it.

It's an honour and a pleasure to participate in the World Transplant Games: meeting fellow recipients, donors, and donor families, making new friends, hearing very inspirational stories, and competing in a friendly atmosphere. It is always something to look forward to training for... all powered by the gift of life!

I want to finish with a huge thank you to my donor. I will keep trying to treat my donor liver the best I can so we will hopefully live together for many years and enjoy many adventures!



## GET AHEAD *of* REJECTION

# Facts at a Glance



### DID YOU KNOW

25% of patients are experiencing silent rejection?



### DID YOU KNOW

Biopsies are negative for rejection 75% of the time?



### DID YOU KNOW

Silent rejection is NOT identified by serum creatinine levels?



### DID YOU KNOW

There is a non-invasive test for monitoring silent rejection?



### DID YOU KNOW

TruGraf is the only non-invasive test to rule out silent rejection?

#### ONLINE

Learn more behind the science  
of TruGraf technology at  
[TransplantGenomics.com](https://TransplantGenomics.com)

#### CALL US

+1-844-878-4723

#### FOLLOW US



@rejectionguide



facebook.com/RejectionGuide



**TRUGRAF**<sup>®</sup>  
Kidney