

Mixed Ability Week & International Mixed Ability Rugby Tournament Cork 2022

A history in pictures



Co-funded by the
Erasmus+ Programme
of the European Union

Contents

Foreword	03
Facts and figures	05
Meeting new and old friends	07
The conference	15
The public	19
The International Mixed Ability Rugby Tournament	21
The teams	33
Mixed Ability sports	39
Volunteers	47
Social	53
The trophies	61
Acknowledgements	69
Sponsors	73



Foreword



↑ **Martino Corazza** (right), International Mixed Ability Sports and **Alan Craughwell** (left), Mixed Ability Sports Ireland

A picture is worth a thousand words, so the saying goes. What better – then – than the pictures presented in this photobook to capture the essence of what Mixed Ability Week 2022 was? And yet, flicking through the smiles, the sheer joy, the banter, the tears, it's easy to realise that the pictures capture but a fraction of the most important legacy stemming from the week in Cork, namely lived experience and human connection. The experience and the connections created have become friendships and memories that will last an entire lifetime.

The Mixed Ability Week in Cork has also showcased to a global audience that another approach to community sport is possible. If sport is the great catalyst for change that we all acknowledge, why – then – are there still so many people who face significant barriers to participating in mainstream sport as equal members? Why can't they be considered 'normal' members of their communities? Where are their voices? Why do we still use labels, categories and attitudes which should belong to the past, dividing people by ability, disability, gender or background?

We believe it's time to look at the future with different eyes.

We believe it's time to look at the future with different eyes. Better. We want to prove that that another way to think of, join in and enjoy sport is possible. MAW22 and IMART 2022 were a great inspiration and an invite to democratising sport participation across the world, giving people the right to join in community sports without being identified, separated, classified, or labelled, promoting inclusion and equality through a sense of belonging and membership.

This is happening, all over the world, and is helping build fairer, happier, and healthier people and communities. Mixed Ability sport is showing the way, let society follow!



↑ Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**



“
If we were to start
sport again, we
would probably use
the Mixed Ability
model to reshape it”

— Catherine Carty, UNESCO Chair in
Inclusive Physical Education, Sport,
Fitness and Recreation, MTU.

FACTS AND FIGURES



1,100

PLAYERS



650

VOLUNTEERS



28

TEAMS



15

NATIONS



82

MATCHES



25,000

SPECTATORS



53,000

UNIQUE STREAMS*



IRELAND, ENGLAND, WALES, SCOTLAND, SPAIN, ITALY, BELGIUM, POLAND,
NETHERLANDS, MALTA, ARGENTINA, CANADA, ECUADOR, CHILE, URUGUAY



1ST WOMEN'S TOURNAMENT EVER!



NEW SPORTS

MIXED ABILITY ROWING, **MIXED ABILITY BOXING,**
 MIXED ABILITY FOOTBALL, **KINBALL,** **FLOOR CURL**

*Unique viewers on streaming platforms

IMART GROWTH

	BRADFORD 2015	VITORIA-GASTEIZ 2017	CORK 2022
👥 TEAMS	12	16	28
👤 PLAYERS	450	600	1100
🚩 NATIONS	10	12	15
👤 VOLUNTEERS	40	150	650
👤 SPECTATORS	4,000	10,000	25,000

€1M RAISED, INCLUDING CO-FINANCING FROM ERASMUS+
 OVER **€280K IN PRESS AND DIGITAL MENTIONS** IN IRELAND
 SOCIAL MEDIA REACH **+42 MILLION PEOPLE**
 MORE THAN **6M DIGITAL AD VIEWS**
 GENERATED MORE THAN **100K INTERACTIONS**



“IMART is a great opportunity to grow the culture of inclusion through the values of sport.”

— Participant

“IMART in one single week knocked 5 campaigns out of the park. I couldn't compliment it highly enough”

— Simon Slattery, Smurfit Kappa, IMART platinum sponsor

Meeting new and old friends

IMART Cork 2022 and the Mixed Ability Week have been a long time in the making and little did we know how disruptive the journey to Cork would be for everyone. Even in the darkest hours of the Covid-19 pandemic, IMART gave hope to thousands of people all over the world that Mixed Ability would still be there to welcome back teams and players, and to support them in returning to normality.

Finally, June 2022 arrived, and with it the joy of having the opportunity to reacquaint with old friends and make new ones, the normality of social interactions, the fun, the enjoyment, the craic.

In Mixed Ability sports, the emphasis is on regular, frequent, and sustainable activities, self-determination, club membership and opportunities for social interaction for all. It's social sport. It's sport as it should be.

→ The Flemish team of Hesselse Herten (Belgium) posing for a shot during the opening ceremony. Photo credit: [@soundofphotography](#)



→ The Canadian team of Oshawa Vikings celebrating their first participation at an IMART. Photo credit: **Gareth Lyons**





➤ Cork City Deputy Lord Mayor greeting Union Rugby Almeria (Spain) at the opening ceremony. Photo credit: @soundofphotography

“


We all aspire to having a sport sector that provides opportunities for lifelong participation in sport and physical activity for everyone. We want a sport sector that fully celebrates diversity and promotes inclusion. Mixed Ability rugby is an excellent example of exactly this, demonstrating the richest forms of inclusion, diversity, community engagement and competitiveness”

— Micheál Martin, Taoiseach

→ The Irish Taoiseach Micheál Martin, with the official tournament ball, attends the opening ceremony at Musgrave Park. Photo credit: @soundofphotography





A close-up photograph of a man in a blue jacket hugging a player in a red jersey. The man in the blue jacket is bald and has his eyes closed, smiling. He is holding a grey baseball cap. The player in the red jersey is wearing a black wristband with a white logo. In the background, other players in red jerseys are visible on a green field. The sky is overcast.

➤ Players from Chivasso Rugby ecstatic after their first win. The Italian team hosted amongst their ranks players from other Mixed Ability teams such as Padova and Brescia and Malta. Photo credit: **Tom Maher**



← The emotions of playing rugby at an international level, streamed live across the world, have been a first for many. In the picture, players from El Salvador (Spain). Photo credit: **Tom Maher**

“
**It's not charity.
These players
train and play
hard. They want
to win. But the
biggest thing
is how you win,
you want to win
using the values
of rugby.”**

— Stuart McReynolds,
Abilities Centre and Oshawa Vikings.

→ 2022 International
Mixed Ability Rugby
Tournament World Cup,
Musgrave Park, Cork.
Oshawa Vikings
celebrate after the
game. Photo credit:
Tom Maher



→ 2022 International
Mixed Ability Rugby
Tournament World Cup,
Musgrave Park, Cork.
Sundays Well Rebels vs
Oshawa Vikings. Photo
credit: **Tom Maher**





➤ The Oshawa Vikings reached an unexpected final against the hosts Sundays Well Rebels. Without the Covid-19 pandemic and the 2-year postponement, many teams such as the Canadians wouldn't have had the time to develop. Photo credit: **Tom Maher**

The Conference

A crucial part of the Erasmus+ Sport-funded Mixed Ability Week 2022, was the international conference 'The Future of Mixed Ability: For Sport and Beyond'.

The conference ran alongside the 3rd International Mixed Ability Rugby Tournament (IMART2022) and aimed to showcase the transformational power of Mixed Ability in changing lives, communities, and our wider society. The conference brought together experts with lived experience of disability, academics, practitioners, policymakers, sports participants and National Governing Bodies alongside representatives from the disability, advocacy, healthcare, civil society and private sectors.

It was important to draw attention to the fact that disabled people and other groups facing barriers to participation are still disproportionately affected by the stark increase in health inequalities, isolation, exclusion and lack of connectedness, and try to collectively find a way to tackle these injustices and move forward together.

The event received the patronage of UNESCO.



↑ Sam Prowse, an IMAS and Hertfordshire County Council Expert by Experience, shared his story at the MAW22 conference. Photo credit: **Gareth Lyons**



← Dr. Jen Dyer, Associate Professor at the University of Leeds (SRI and Centre for Disability Studies), presented her vast experience of researching Mixed Ability sports. Photo credit: **Gareth Lyons**

“

There is a critical problem with othering language. There's a lot of 'us', non-disabled people and 'them'. And what do we do with 'them' and how do we tolerate 'them'? How do we deal with 'them'? That's really, really problematic in terms of thinking about integration and inclusion and equality. There's a real assumption that disabled participants are going to have lower skill levels, and that really links to non-disabled people seeing themselves as volunteering or participating in sport only to support the 'less fortunate'. Mixed Ability creates safe, welcoming, and non-judgmental environments and breaks down barriers not just for disabled participants, but for all sorts of other people that didn't see themselves as being part of a sports club.”

— Dr Jen Dyer,
University of Leeds

“

This week has been amazing! The amount of people I've met... the other day this player from El Salvador – I've never met her – she comes up to me and says: “I'm a huge fan of yours!” She wanted to have a photo with me because I'm the Ballincollig Trailblazer captain.”

— Marie Healy,
Ballincollig Trailblazers

→ Ballincollig Trailblazer captain Marie Healy.
Photo credit: Gareth Lyons



“

If we were to start sport again, we would probably use the Mixed Ability model to reshape it”

— **Catherine Carty**,
UNESCO Chair in
Inclusive Physical
Education, Sport, Fitness
and Recreation, MTU

→ The conference was supported by the Erasmus+ programme of the European Commission, who was represented in Cork by Pier Marcello Corrado, and hosted by UCC Sport. In the picture from left, Martino Corazza (IMAS). Alan Craughwell (Mixed Ability Sports Ireland), Catherine Carty (UNESCO Chair), Pier Marcello Corrado (EC Sport Unit) and Morgan Buckley (UCC Sport). Photo credit: **Gareth Lyons**



The public

IMART and MAW 22 saw a staggering 25,000 spectators throughout the week and the different activities. The opening ceremony was attended by almost 5,000 people and men's and women's finals saw a crowd of 8,000 watching at Musgrave Park. The matches on the main pitch and the conference were streamed live, with a global reach of more than 55,000 unique viewers.

→ A Sundays Well Rebels player cheered by the crowd. Photo credit: **Tom Maher**



→ Additional engagement activities for schools and the public were offered during the week, including a kin-ball taster session involving 400 local children. Photo credit: **Gareth Lyons**



→ Players from Italian team Chivasso Rugby supporting the Harlequins Latina
Photo credit: **Gareth Lyons**



↓ Irish fans supporting the teams at Musgrave Park. Photo credit: **Mick Massey**



↑ The crowd at Musgrave Park for the men's final Sundays Well Rebels v Oshawa Vikings. Photo credit: **JMP UK**



← The enthusiasm of friends, family members and the public created a magic atmosphere at Musgrave Park. Photo credit: **JMP UK**

The International Mixed Ability Rugby Tournament

The International Mixed Ability Rugby Tournament (IMART) is a celebration of rugby, diversity and inclusion.

During a week of matches, educational and social events, Mixed Ability rugby teams battle for the 2 Trophies: The Winners' Cup and the Spirit of Mixed Ability Rugby Trophy. The whole tournament is played abiding by World Rugby Laws.

The inaugural edition was held in Bradford (UK) in August 2015 and saw over 400 players from 10 different countries participate in five days of completely free and accessible events. Coinciding with the Rugby World Cup, and with the spotlight on England as the host country, the tournament was an unmissable opportunity to promote and expand the Mixed Ability model. It showed a wider audience that not only is it possible to break down the traditional divide of disabled and non-disabled sport, but that doing so results in a whole host of benefits for everyone involved. The Sundays Well Rebels, Ireland's first Mixed Ability team, were the champions of IMART 2015, defeating the hosts, the Bumble Bees, in a thrilling final! Gaztedi Rugby Taldea, from the Basque Country, were awarded the Spirit of Mixed Ability Rugby Trophy as the team who best embodied rugby's values.

Shortly after the success of IMART 2015, the Basque capital Vitoria- Gasteiz was chosen to host the second edition of the tournament. IMART 2017 saw the Rebels narrowly losing the final to the Argentinian Pumpas XV who came as a part of a 80+ contingent, and the Bradford Bumble Bees bringing the Spirit of Mixed Ability Rugby Trophy back to where it was conceived.

Mixed Ability rugby teams are now flourishing across Europe and rapidly developing in Argentina and other South American countries, with new teams also having been established in Canada, Belgium and the Netherlands! IMART 2022 has been the biggest and most inclusive Mixed Ability event to date, with 15 countries represented, more than 900 players and over 1100 participants in total. We were delighted to include the first ever women's Mixed Ability rugby tournament and showcase new Mixed Ability sports from across Europe and beyond.

Mixed Ability sport is leading the way in inclusion... let society follow!



↑ Photo credit: **Gareth Lyons**



↑ Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**

↓ Chasing dreams and... a rugby ball, Ballincolling Trailblazers v El Salvador, for the inaugural IMART women's final. Photo credit: **Tom Maher**



↑ Sundays Well Rebels in action during the men's final won against Oshawa Vikings. Photo credit: **Tom Maher**

“

The biggest impact on me has been the change in my attitude to all people I come across now... I do not worry about whether I'm saying or doing the right thing... I see the person first”

— Jonny Myers, MA rugby player

→ Jack Thornber celebrating scoring a try for the Bumble Bees v Hesselse Herten. Photo credit: Gareth Lyons



→ Unión Rugby Almería and Includus taking on the Harlequeens Latina, a combined selection of Italian, Argentinian and Ecuadorian players. Photo credit: JMP UK





➤ Respect, friendship, and sportsmanship are staple values in rugby. The traditional corridor at the end of Chivasso Rugby v Worcester MA Rugby club. Photo credit: **Gareth Lyons**

→ Rugby truly is a sport for everyone, here a player from Ballincollig Trailblazers crashes through El Salvador defence to score a try. Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**



→ Enjoyment and camaraderie are also an essential part in any positive sport experience, as this Trailblazer reminds us. Photo credit: **JMP UK**



↑ Photo credit: **Tom Maher**



↓ Mixed Ability rugby is the same non-adapted, full contact rugby, played abiding by World Rugby Laws for the game, with only minor adjustments such as uncontested scrums. Photo credit: **Mick Massey**



↑ Oshawa Vikings saluted by Banbridge Barbarians. Photo credit: **JMP UK**

“

I supported my local team for years. They would not let me play because they thought I could get hurt. Of course you can get hurt, it's part of the game, and it's my right to decide if I want to do so”

— Anthony Brooke,
Bumble Bees' founder

→ Anthony Brooke, the founder of Mixed Ability rugby in England, has been leading the way in challenging perceptions about what disabled people can or cannot do, on and off the pitch. Photo credit: **Mick Massey**





➤ The uniqueness of Mixed Ability is that it enables the reengagement and retention of participants who wouldn't probably be active in community sport, allowing them to share their knowledge, expertise and love for the game with less experienced players. In this picture Daniel Fernandez, driving force behind the Pumpas XV (Argentina) sidesteps an opponent. Photo credit: **Gareth Lyons**



↑ Photo credit: **Tom Maher**

→ Through equal participation, Mixed Ability increases health, wellbeing, personal development and a real sense of membership to a team and community club such as El Salvador in Valladolid, Spain. Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**

→ Mixed Ability encourages equal membership and participation for players of all abilities. This increases the sense of pride and belonging, as well shown by this Sundays Well Rebels player. Photo credit: **Tom Maher**



↓ Players from Unión Rugby Almería after a try. Photo credit: **Gareth Lyons**



↑ Tom Wilson from Derby Bucks was the driving force towards establishing a Mixed Ability team in his area. People with lived experience are Mixed Ability's best champions and continue to be real role models for growing the movement. Photo credit: **Mick Massey**

“

To me, Mixed Ability rugby is not just an idea with the most inspired approach to tackling limited assumptions of both rugby and people with differing levels of ability I have ever known. Mixed Ability rugby has also changed my life. It brought me out of my shell and made me a better person than before. I am much more confident socially and my perspective on health and physical fitness has changed radically. I strive to look after both to the best of my ability. The tournament means a great deal to me as well, in that it will showcase to a wider Irish audience what Mixed Ability is all about, and that the sport in Ireland and the world will flourish in its wake.”

— Richard Philpott, Sundays Well Rebels

→ What happens on the pitch stays on the pitch, and players are ready to celebrate the game they love together in the 'third half'. Here Oliver Reviriego Sierra (Gaztedi RT) and Cameron Smith (Bumble Bees). Photo credit: JMP UK





The teams

The Mixed Ability Model embraces and celebrates human diversity, and gives real opportunities for people of all abilities, or facing a wide range of barriers to participation, to work together and empower themselves. Training in a mainstream club, being equal members and teammates, striving to improve personal goals, challenging stereotypes and the orthodoxy of sport (and disability sport along the way) and, yes, also taking risks.

For some it is a chance to demonstrate their sport know-how and commitment to inclusion, for others it's just about learning new skills or being part of a new family. It doesn't matter, in Mixed Ability we are all part of the same club!

→ El Salvador from Valladolid presenting their shirt before attending IMART 2022. Photo credit: **El Salvador**



→ Mixed Ability allows players who retired, players who are new to the game or have less experience to play alongside people of all abilities as equal teammates, as well shown by the Bumble Bees. Photo credit: **Mick Massey**





← El Salvador walking off the pitch after a match at IMART 2022 Photo credit: El Salvador

“

Mixed Ability rugby changed my life! IMART 2015 was my first experience of MA sport and actually led to me specialising in inclusive sport, I literally changed my career path off the back of that event! Since then, I have started my own team in Derby allowing me to improve my coaching and more importantly, make new friends. IMART 2022 was a brilliant opportunity for the Derby Bucks to meet teams from around the world, for many it was the first time they had left their country and interacted with players from other nations. I genuinely can't wait to see the impact it has. Mixed Ability is the future of inclusive sport.”

— Mikey Hawkes,
Derby Bucks



↑ Photo credit: **Tom Maher**

→ In Mixed Ability everyone supports everyone, on and off the pitch. Facilitation is about experience, not about ability or disability, and this is acknowledged and celebrated as a strength by everyone. Shown here a corridor between the Bumble Bees v Hesselse Herten. Photo credit: **Mick Massey**



→ El Salvador entered both a men's and a women's side to IMART 2022, travelling with a contingent of more than 70 participants. Photo credit: **El Salvador**



↑ Photo credit: **Tom Maher**





➤ 2017 IMART champions Pumpas XV (Argentina) drove a spectacular development of Mixed Ability in South America, with teams now across the whole nation, Chile, Ecuador and initial inquiries from Peru and Uruguay. Photo credit: **Mick Massey**



↑ Photo credit: **Tom Maher**

→ The Hesselse Herten have been a driving force behind the expansion of Mixed Ability in Belgium. IMART was their first rugby tour and they have already inspired several clubs in their country and the Netherlands to embrace Mixed Ability. Without forgetting the fun! Photo credit: **JMP UK**



→ The Harlequeens Latina are ready to parade during the opening ceremony at Musgrave Park! Photo credit: **Gareth Lyons**



↑ Photo credit: **Tom Maher**





➤ The Harlequeens Latina are the illustration of how players from different countries who never played before can thrive in a positive environment. Coordinated by Chivasso Rugby and Padova Mixed Ability, they welcomed players from Argentina and Yaguare MA (Ecuador), reaching the tournament final. The players will now be Mixed Ability champions in their local clubs, driving the expansion forward. Photo credit: **Gareth Lyons**

Mixed Ability sports

There were a series of exhibition sports events taking place during MAW22. These included the first ever International Mixed Ability rowing regatta, boxing, kinball, football and floor curl. Many individuals got involved in other Mixed Ability sports, and the activities sparked the interest of many local clubs and National Governing Bodies.

→ MAW22 organised the first ever Mixed Ability rowing regatta, including 4 clubs from Italy, England, and Ireland. Photo credit: **Gareth Lyons**



→ A double from Bradford Amateur Rowing Club (England) shows that Mixed Ability rowing is for people of all ages, genders, abilities, experience, and backgrounds. Photo credit: **Gareth Lyons**





➤ Paralympic gold medallist Ellen Buttrick in a double with a member of Società Canottieri Armida (Italy). Photo credit: **Gareth Lyons**



↑ Photo credit: **Gareth Lyons**

→ Mixed Ability boxing was among the exhibition sports on offer during MAW22, with Cork-based gym Togher and Unorthobox (England) leading the sessions. Photo credit: **Gareth Lyons**





➤ A Mixed Ability session at Musgrave Park led by Togher Boxing Club. Photo credit: **Gareth Lyons**



People with disabilities wanted to take part in the club properly. They wanted to take part in the social life of the club.”

— Mixed Ability Rowing club

→ The Mixed Ability regatta in Cork already has a follow up scheduled in October 2022, when Società Canottieri Armida (Turin, Italy) will return the hospitality and welcome Bradford, Stratford, Marlow and Cork on their water. Photo credit: **Riana Parson**



→ Enrico Colzani and Gianmarco Lippolis from Armida rowing in the choppy water of river Lee. Photo credit: **Riana Parson**





➤ Ellen Buttrick, Paralympic gold medallist in Tokyo, presenting the participation award to Michael Randle from Bradford amateur rowing Club. Photo credit: **Gareth Lyons**



↑ Photo credit: **JMP UK**

→ Mixed Ability is always willing to support new sports and initiatives that can attract participants, such is the case of floor curl. Photo credit: **Gareth Lyons**



↑ Photo credit: **Gareth Lyons**

→ Mixed Ability boxing was very popular, with GB elite coach Jason Gledhill from Unorthobox teaching new skills to participants of all abilities. Photo credit: **JMP UK**



↓ Mixed Ability football was among the sports showcased in Cork. Photo credit: **JMP UK**



↑ A moment of the Mixed Ability football showcase during the Mixed Ability Week in Cork. Photo credit: **JMP UK**

Volunteers

16 referees, a dedicated team of officials, 45 medics and paramedics, 20 physiotherapists, occupational therapists, 28 team liaison officers, dozens of stewards, hundreds of staff from partner organisations and sponsors, and the list could go on forever. These are only some of the amazing 650 volunteers who supported MAW 22 in Cork! Without them, the week simply wouldn't have been possible.

But whether on the pitch, court, gym or water, the situation is different! Mixed Ability seeks to challenge societal perceptions of disabled people as requiring 'charity' by emphasising that everyone is a participant in sport, rather than labelling people either 'MA participants' or 'volunteers'.

The Mixed Ability vision is that we are all part of the same team or activities, with the same duties and the same rights, as we share the same passion for our sport.

→ Referees, medics and paramedics, physiotherapists, occupational therapists, team liaison officers, stewards, and the list could go on forever. These are only some of the amazing 650 volunteers who supported MAW 22 in Cork! Photo credit: **@soundofphotography**



“

The whole atmosphere - which really had to be experienced, as words didn't do it justice. Everyone was so happy to be there and mixed so well. I can honestly say it was a privilege to be there and I would happily volunteer again - for even more time.”

— Volunteer at MAW 22

→ Many international participants volunteered their time in Cork, and the best example is Vincent Hoog from Amsterdam, who supported the media team for the entire duration of the event!
Photo credit: @soundofphotography



“
Mixed Ability rugby takes that concept to a whole new level. It's rugby in its purest form and opens the sport up to many new and different members of our community that have not been involved before.”

— Maeve D'Arcy - former Sundays Well Rebels Head Coach

→ The IRFU fully supported IMART 2022, with a pool of dedicated volunteers. Amongst them, a Tournament Director, and 16 official referees from the four provinces, who were also in charge of awarding the Spirit of Mixed Ability Rugby Trophies. Photo credit: Gareth Lyons



→ The project management team was the beating heart of the event. Photo credit: Gareth Lyons





➤ The week received ample coverage in Ireland and abroad, with a conspicuous number of media professionals accredited. Photo credit: **Gareth Lyons**

“

If we were looking to do 5 campaigns in a year and each campaign would be run individually, with a team of people around them, IMART in one week knocked those 5 campaigns out of the park. I couldn't compliment the event and the team behind it highly enough!”

— Simon Slattery, Smurfit Kappa

→ The week saw the involvement of a staggering 650 volunteers, who made the event possible. Amongst them staff from sponsors organisations such as Smurfit Kappa and Heineken. Photo credit: JMP UK



Social

Mixed Ability believes that sport should be fun, an enjoyable experience which allows people to interact with each other, learn new skills and challenge themselves according to their ambitions in a safe, welcoming, and non-judgmental environment.

Tours, tournaments, matches and activities against regular teams and clubs in the community, social functions, should be a normal experience for all members. This interaction normalises differences and allows people to see diversity as a strength and a resource.

At an individual level, through Mixed Ability sports participants increase their health and wellbeing, and their social capital. This in turn benefits clubs and communities that are more cohesive, supportive and representatives of all groups. Mixed Ability sports are still competitive, but the emphasis is on the enjoyment and not on the performance, and victory should not be achieved at all costs.

“

I enjoyed absolutely everything, best thing I've ever experienced in my life!"

— Participant

→ Kev Pringle, from the Bumble Bees (England), takes centre stage during a social night. Photo credit: **Gareth Lyons**



→ Martino from ImplaccAbili (Unione Rugby Capitolina, Rome) showing off his drum skills during one of the social nights. Photo credit: **Gareth Lyons**





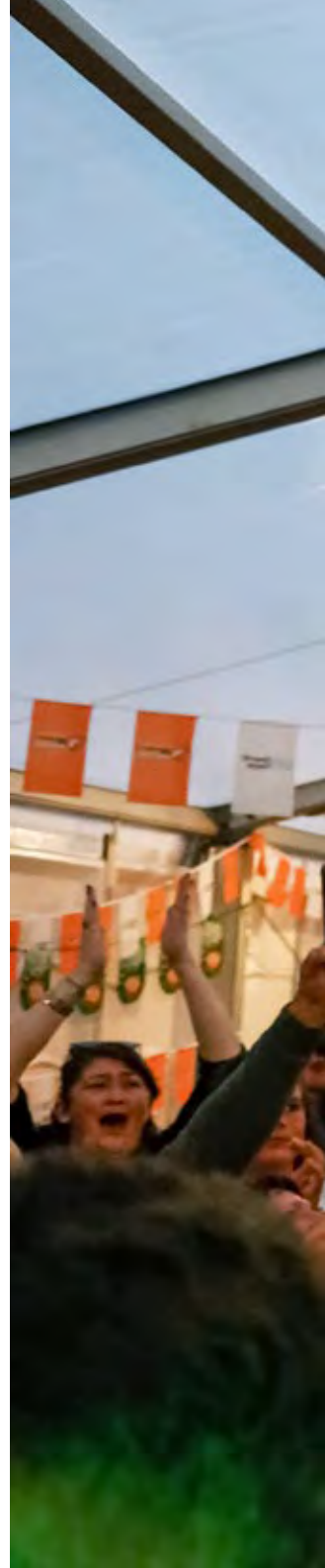
➤ The atmosphere in the 'third half' marquee was one of the signature aspects of the event, with thousands of people partying together after a full day of sport. Photo credit: **Gareth Lyons**

“

I am so happy that Fiadh (the wheelchair) led a full if short life. So many of her species live a life which eventually ends with them well preserved but no stories to tell, no wistful memories of times past, and no joys created.”

— Linda, Occupational therapist at Cork OT Services

→ Paul Whyatt crowd surfing in his wheelchair. Paul's walker broke during the travel to Cork, and Linda, an occupational therapist, managed to supply a wheelchair. Unfortunately, subject to intense experiences, the wheelchair also got damaged but extraordinary memories were created in the making. Photo credit: Gareth Lyons





“
**The pure feeling
of joy, happiness
and friendship you
got the minute you
arrived at Musgrave
Park. It honestly
was the best
sporting event I
have ever attended.”**

— Participant

→ Paul and 'Fiadh',
on the pitch with the
rest of the Bumble
Bees team! Photo
credit: **Tom Maher**



→ Hesselse Herten
celebrating Paddy's
night ... their own
way! Photo credit:
Gareth Lyons



↓ It was the 17th of March 2020 when IMART was first postponed. It was therefore decided to stage a Paddy Night on Monday 6th of June, to strengthen friendships, celebrate the Irish hospitality and remind participants that social interaction is the most important aspect of sport. Photo credit: **Tom Maher**



↑ Kangaroo courts are a 'must' in every rugby tour. And IMART wasn't any different! Photo credit: **JMP UK**



↑ Photo credit: **Tom Maher**

→ Gaztedi RT were at their third IMART, being the hosts of the 2017 edition. They have taught the other teams the 'tiburón dance', which was quickly adopted as a celebration on and off the pitch! Photo credit: **Gareth Lyons**



→ Players from Ballincollig Trailblazers (Ireland). Photo credit: **JMP UK**



↑ Photo credit: **Tom Maher**



“
**Thank you
for making
us dream and
clash the stars
with a rugby ball.”**

— Message left from a
participant on social media

→ The Hesselse Herten's tour theme was
inspired by the Flemish legendary tradition
in cycling. Photo credit: **Gareth Lyons**



The trophies

There were two awards for the International Mixed Ability Rugby Tournament Cork 2022, the Winners' Cup and the the Spirit of Mixed Ability Rugby Trophy. The Winners' Cup is the traditional 'first past the post' award for the team winning the final of IMART 2022, both in the men's and women's tournaments. Sundays Well Rebels (Ireland) rose again to the top after beating the Oshawa Vikings, whereas El Salvador (Spain) had the upper hand against the Harlequeens Latina. The winning teams will retain their cup as a permanent reminder of their victory at the 3rd IMART.

The Spirit of Mixed Ability Rugby Trophies are custom-designed pieces of art, from an Italian concept developed in California and handmade in Yorkshire. These unique awards are the iconic symbols of equality, and are presented at each IMART to the clubs recognised as the most representative of rugby's core values of integrity, passion, solidarity, discipline and respect. The men's trophy went to the Spanish team of Incluindus, which also won in the women's tournament joining forces with Union Rugby Almeria.

A special trophy was created for the inaugural International Mixed Ability Rowing Regatta, which was awarded to Società Canottieri Armida, from Turin, Italy.

→ Sundays Well Rebels (Cork – Ireland) lifting the Winners' Cup after their victory 10-5 against the Oshawa Vikings (Canada). Photo credit: @soundofphotography



↓ The feeling of being world champions for the first time in history. An incredible achievement for Valladolid's El Salvador! Photo credit: **JMP UK**



↑ Players from El Salvador (Valladolid – Spain) celebrating their victory at the inaugural IMART women's tournament. Photo credit: **JMP UK**

→ Celebrations from Sundays Well Rebels for their second Mixed Ability rugby world cup victory, following Bradford 2015. Photo credit: **JMP UK**



↑ Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**

→ The Spirit of Mixed Ability Rugby Trophy presented to Incluindus (Madrid – Spain), winners in the men's tournament. Photo credit: **JMP UK**



→ Juan Ignacio Pita, manager of Incluindus, lifting the Spirit of Mixed Ability Rugby Trophy.
Photo credit: **Gareth Lyons**



↑ Photo credit: **Tom Maher**



↑ Photo credit: **Tom Maher**





↑ Photo credit: **Tom Maher**

→ Players, family members and delegates from Incluindus showing with pride the Spirit of Trophy. Spain, between El Salvador Femenino, Incluindus and Unión Rugby Almería won 3 out of 4 major trophies at IMART 2022. Photo credit: **@soundofphotography**



➤ The combined team Unión Rugby Almería and Incluindus (Spain) celebrating with the Spirit of Mixed Ability Rugby Trophy for the women's tournament. Photo credit: **Gareth Lyons**



“
**To dream the
impossible dream,
that is my quest.”**

— Miguel de Cervantes Saavedra,
Don Quixote

→ The statue of Miguel de Cervantes proudly
displaying the club's flag in Valladolid as part
of the world cup celebrations from El Salvador.
Photo credit: **El Salvador**



↓ The reception at City Hall in Valladolid for the El Salvador women's team, bringing back the winners' trophy at the inaugural IMART. Photo credit: **El Salvador**



↑ A special Spirit of Mixed Ability Rowing Trophy was presented for the inaugural international Mixed Ability Regatta. In the picture, GB Paralympic gold medallist Ellen Buttrick celebrates with Società Canottieri Armida (Torino, Italy). Photo credit: **Gareth Lyons**

Acknowledgments

Mixed Ability Week 22 and IMART 2022 have been truly global events which wouldn't have been possible without the vision, passion, patience, and commitment of hundreds of extraordinary individuals.

We want to extend our thanks to Sundays Well RFC, the Irish Rugby Football Union, Munster Rugby, University College Cork, Cork City Council, all the sponsors and volunteers, with a special mention to Alan Craughwell, Liam Maher, Ruth Fuller and Annette Cullen (and their very patient families!) for their exceptional work. You will always have our gratitude.

The exponential growth of the Mixed Ability movement would not have been possible without the backing and support of the exchange and educational programmes of the European Union, such as the Grundtvig and Erasmus+, which have continually given us the opportunity to connect, unite and amplify the message of Mixed Ability and its power to change the world.

→ 2022 International Mixed Ability Rugby Tournament World Cup, Musgrave Park, Cork. Ballincollig Trailblazers vs El Salvador. Ballincollig Trailblazers' Maeve Owens and Noreen Cronin after the game. Photo credit: **Tom Maher**



→ 2022 International Mixed Ability Rugby Tournament World Cup, Musgrave Park, Cork. Sundays Well Rebels vs Oshawa Vikings. Sundays Well Rebels' Richard Philpot is doused in water after winning the tournament. Photo credit: **Tom Maher**





Manifesto

IMAS' values are upheld in its Manifesto. To find out more about Mixed Ability sports, and sign the Manifesto, visit the website:

 mixedabilitiesports.org

MEMBERSHIP AND BELONGING



Mixed Ability recognises the right of everyone to participate in community sports without being separated, classified or labelled.

EQUAL PARTICIPATION



Mixed Ability is a social movement within sports, actively promoting inclusion and equality through a sense of belonging and membership to a group, team or club.

BREAKING DOWN BARRIERS



In breaking down these barriers Mixed Ability Sport creates opportunities for marginalised communities to challenge the established status quo and affirm their right to equal participation.

RULES AND REGULATIONS



Mixed Ability Sports follows the same rules and regulations of mainstream sports without adaptations, and only minor adjustments to take into account individual participant needs.

HEALTH AND HAPPINESS



Sport has the power to transform lives making us healthier and happier, and yet there are people excluded or segregated because of stigma, prejudice or personal perceptions of their capability.

INCLUSION AND EQUALITY



Too often sport is seen as the prerogative of elite athletes or established majorities. Grassroots sport can also be responsible for excluding minorities allowing access only to charitable or segregated activities.



With the support of the:



With the patronage of:



Supported by:



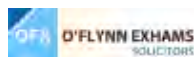
Main sponsor:



Gold



Silver



Bronze





Purchase
your keepsake
copy on our
online shop



🌐 mixedabilitysports.org

✉ contact@mixedabilitysports.org

🐦 @IMAS_Sport4All

📷 @imas_sport4all

📘 MixedAbilitySports

🌐 mixedabilitysports.org/Ireland

✉ a.craughwell@mixedabilitysports.org

🐦 @MASportsIreland

📷 @mixedabilitysportsireland

📘 Mixed Ability Sports Ireland



Co-funded by the
Erasmus+ Programme
of the European Union

With the patronage of:

