



Cerebral Palsy Sport



Proudly supported by



CP Sport
AWARDS

2020

Saturday 12th December 2020

5pm – 7pm

Zoom event

Dress to impress



Proud to support the CP Sport Awards 2020

“We are delighted to have a long-standing relationship with CP Sport and I have seen first-hand the positive impact sport can have.

CP Sport makes a real difference in making sport accessible for everyone and in a year like no other, it's wonderful that this special event can still take place. It feels even more important that we can get together and celebrate all the positives that have been achieved.

Well done to everyone that has been nominated and recognised for their achievements and contributions during 2020 and I hope you enjoy the event.”



Jennifer Cawthorne

Partner

Welcome to the Cerebral Palsy Sport Annual Awards 2020. It gives me great pleasure to welcome you to our event this year.

Despite having to celebrate in a very different way, we hope that it will be an exciting evening full of inspiration and stories showing the resilience and determination of our community to keep active and keep moving. Tonight is an opportunity for us to recognise what has been achieved this year and come together as a community to celebrate and enjoy ourselves. I would like to thank Irwin Mitchell for their support this year and helping us to put this evening together. Their generosity and hard work has been incredible. We hope you have a great evening.

Adi Fawcett, CP Sport Chief Operating Officer

About CP Sport

CP Sport is the country's leading national disability sports organisation improving the health and emotional wellbeing of people with cerebral palsy through physical activity, and engaging the community in a number of programmes and interventions.

CP Sport recognises that despite the unprecedented challenges in 2020 there has been a fantastic effort from the cerebral palsy (cp) community to take part in sport and activity, often closer to home, as clubs and traditional events stopped during lockdowns. We've seen great work by parents and families supported by coaches and volunteers, with support from national governing bodies of sport, to stay in contact with participants and keep them motivated. There has also been an incredible amount of fundraising happening during this year too.

House Keeping Rules

1. All under 18's MUST be accompanied by a parent/guardian.
2. Please do not take photos or screenshots and share on any public platforms such as social media – not all participants have given photo consent.
3. Please keep your device microphone muted at all times unless specifically invited to unmute.
4. Please be respectful of your fellow participants.
5. Please feel free to use the written chat function to congratulate finalists if you would like to do so.
6. Try and keep your video switched on so we can feel connected with everyone.



The Award categories and finalists

Categories 1 to 5 were open for public nominations and the three finalists were selected by the awards panel. Finalists in categories 6-10 were selected by the awards panel. The panel then voted on the winner for each category.

1. Sporting Achievement of the Year - sponsored by Irwin Mitchell and presented by Jennifer Cawthorne, Partner and Medical Negligence expert
The Sporting Achievement of the Year Award recognises the outstanding commitment individuals make to participating in their sport. It honours their hard work in training, competition and their achievements over the last 12 months.

The finalists:

Kyran Bishop

Kyran has always struggled in life both mentally and physically. He is unable to walk and is partially sighted, but he is incredibly motivated to be the best he can be at wheelchair rugby and his progress has been amazing. He now plays for Ospreys and the GB Wheelchair Rugby junior talent team. Kyran never ever gives up and is a changed young man since finding sport, it has transformed his life, he now has dreams and aspirations.

Jordan Crookes

Jordan is committed to helping others and raising awareness of cp. This year, he took on the challenge of running the London Marathon to raise money for CP Sport. Alongside working full time, Jordan trained 5 days a week from February to October after the marathon was delayed from the original date in April and became a virtual event in October. Jordan achieved his target of completing the marathon in less than 5 hours.

Matthew Humphreys

Matt is a regular participant at CP Sport athletics events in RaceRunning. In recent years he has developed his long distance RaceRunning by taking part in half marathons and raising money for charities close to his heart. This year Matt decided to take on the London Marathon, training incredibly hard and becoming the first person in history to complete the London Marathon on a RaceRunner.

2. Volunteer of the Year

The Sports Volunteer Award is judged on the commitment a volunteer gives to their role, one that goes the extra mile and excels in their volunteering. Volunteering has looked very different in 2020 but the support given by volunteers has been as important as ever.

The finalists:

Ian Dick

Ian is the poolside co-ordinator and membership secretary for Bingham Penguins Swimming Club spending hours behind the scenes organising sessions and communicating with families and in particular this year keeping everyone fully informed of the changes due to COVID. He undertakes CPD to develop his coaching and Makaton skills and excels in his role supporting the swimmers, families and other volunteers. He is incredibly dedicated to the club.

Sarah Griffiths

Sarah set up Summertown Warriors, a football team for children with cp and other disabilities, in Oxford last year. Sarah and her husband have given up many weekends to seek sponsorship, reach out to families and provide access to training and coaching. The ethos behind the club is 'Come as you are', and it is a really inclusive, friendly community for children and their families.

Richard Hird

Richard volunteers as a coach for cp football in Milton Keynes. He is caring, patient, full of fun and treats everyone with respect. He is supporting MK Buzzards to start female cp football and has helped set up frame football days. He puts his heart and soul into everything he does.

3. Coach of the Year

The Coach of the Year Award recognises the outstanding commitment to developing and mentoring the young people in their care and demonstrates a passion for improving the lives of people with cerebral palsy through sport. Many coaches have continued successfully to support their athletes remotely in 2020.

The finalists:

Lorraine Campbell

Lorraine is a level one football coach in Northampton, working with players with cp as well as mainstream teams at FFA Escola Juniors. Her personal experience of having cp and following the coaching pathway is recognised by the young players she coaches giving them belief in achieving their goals. She is dedicated and committed to her role.

Rhiannon Owens

Rhiannon is a senior strength and conditioning coach at SDR Rehab UK. She provides strength and conditioning to hundreds of children with cp. What she does for each family cannot be underestimated. Children make huge improvements with mobility, strength and confidence. Rhiannon continues to develop her skills and the clinic and is now able to offer hydrotherapy and sports massage.

Jon Thaxton

Head coach and co-founder at Able2be, providing fitness opportunities to children and adults with a disability. He is a brilliant motivator and has helped improve the lives of many people with cp, developing self-confidence and day to day function. He has developed an inclusive event for Norfolk, pairing up disabled and non-disabled children to improve confidence and change perceptions.

4. Sports Club of the Year

The Sports Club of the Year Award recognises clubs that have a commitment to inclusion, opportunities for all and seeking to lead the way in coach, player and volunteer development. Clubs have also had to be ready to adapt and change very quickly this year whilst updating and supporting their members.

The finalists:

Bath RaceRunning Club

Around 20 families have been accessing indoor or outdoor RaceRunning sessions at this relatively new club. When lockdown started the club rented out nearly all their frames to families that wanted them to keep participants active, before resuming Covid safe sessions. Many see the club as a lifeline to engage their children with fun and active play.

Bingham Penguins Disability Swimming Club

Bingham Penguins supports swimmers from beginner to elite level, and anyone with a disability can attend. It is volunteer led with progressive teaching, personalised for each swimmer, who regularly go on to compete. Annual events include a fun gala and awards ceremony. The club is Swim Mark accredited and all teachers have Level 1 and 2 swimming teaching qualifications. Volunteer training is held regularly including teaching people with disabilities, para pathways and Makaton training.

North East & Yorkshire CP FC

The club have become very successful in national competitions, and the senior team won the National CP Cup this year, one of the few events possible. The club welcomes junior and senior players at various levels. It has fantastic management and coaching staff with tremendous teamwork and dedication demonstrated by all those involved to maintain its success despite a small budget. The setup is inspiring and friendly.

5. Christine Cruice Award for Overcoming Adversity - presented by Lynne Wardle, Chair of Trustees, Cerebral Palsy Sport

This award is for someone who has encountered and overcome personal challenges (outside of having cp) but has been involved in CP Sport and, despite their challenges, have continued to be involved in training and competitions, developed personally and improved their performance in their chosen sport at any level.

The finalists:

Nathan Mulhall

Nathan felt dismissed by his peers at school and in social sports and fell into bad habits. Finding sport initially through Halifax Wheelchair RL club, helped him turn this around and develop personally. Nathan plays and coaches wheelchair rugby league and is currently on the England World Cup 2021 training squad. He is an assistant coach at Halifax and is one of their two community coaches working in schools inspiring others. After receiving his university degree he is now seeking a teaching post. He also plays wheelchair basketball for his local club.

Zara Noreen

Zara is very determined, never gives up and always finds ways to stay active despite her cp. She has always loved sport, especially table tennis and running. In the last 12 months she has been re-learning to walk after major surgery on both legs. She can now jump on the trampoline for more than 10 minutes.

Lucas Town

Lucas has continued virtual wheelchair tennis and wheelchair racing meetings during lockdown and shielding. He has used his home-made wheelchair rollers, weights and fitness equipment to stay fit. He has a tennis rebounder net on the drive and basketball net to keep up his skills. Lucas won the only junior tennis competition he could take part in this year and was runner up in the doubles event in Leeds, encouraging his partner in her first doubles match. Lucas always has a "can do" attitude.

6. The Andrew Stubbs Trophy presented by Mrs Gibson and Mrs Stubbs

The Andrew Stubbs trophy is awarded to a swimmer who has shown real commitment to developing themselves. Someone who not only tries hard when in the pool but also leads by example when on poolside and around other swimmers.

The finalists:

Jasmine Bamber

Jasmine has been taking part in our Virtual Challenge Series in 2020. She has been focused and determined to not let lockdown restrictions get in the way of achieving her goals. One of Jasmine's passions is swimming but due to lockdown, the swimming pools have been closed. Jasmine's determination has meant she tried Open Water Swimming for the first time to ensure she can keep fit and healthy. Jasmine has also been out on her trike doing amazing distances to achieve her target.

Tully Kearney

Tully is a member of the British Para Swimming Team. She is a multiple British record and European record holder and has won many medals, including 3 golds at the World Para Swimming Championships in 2019. Throughout lockdown she continued to train hard in an adapted setting and still has her sights set on Tokyo. Tully also took part in the 'For the Love of Scrubs' movement sewing scrubs and scrub bags for the NHS. She has put together a video for the 'return to pool' guidance and has helped other swimmers throughout. She has been raising money for various charities, including CP Sport as part of the CPISRA team during At Home Superheroes in the summer. Tully has been named a finalist in the Sunday Times Sportswoman of the Year Awards.

Samm Lewis

Samm has overcome a great deal this year which has had an impact on her mental health. To try and overcome this, Samm has thrown herself into the Virtual Challenge Series to ensure she is keeping fit and healthy. As part of the challenge, she has been doing amazing distances on her indoor bike and has smashed her targets. Whilst swimming pools have been open, she has been doing the virtual challenge whilst raising money for MIND and CP Sport.

7. The Colin Rains Trophy for Endeavour presented by Craig Carscadden CEO and Acting President of CPISRA

The Colin Rains Trophy is presented to an athlete who has continually strived to be their best, have shown endeavour, commitment and dedication throughout 2020.

The finalists:

Matthew Humphreys

Matt has achieved a World's first this year. He was the first RaceRunner to complete the London Marathon. Leading up to this event he was training 3 to 4 times per week and up to 3 hours at a time to make sure he was fully prepared. Matt completed the virtual London Marathon at the National Watersports Centre in Nottingham surrounded by his friends and family, some of whom ran with him part of the way and at the same time raising funds for Scope. Matt is already looking forward to running the Marathon again in 2021.

Rosie Porter

Rosie has been regularly taking part at our CP Sport events this year. She was involved in fundraising as one of the team members for CP Teens in the At Home Superheroes challenge in the summer, has been a regular guest at the CP Cafes and also taken part in the Virtual Challenge Series. Rosie has managed to also fit in regular training sessions for her athletics when she has been able to do so.

Tyrone Williams

Tyrone has been a regular athlete at our athletics series and nationals competing in the discus, javelin and shot. This year he was the first person to sign up for our Virtual Challenge Series and set himself, and successfully reached, an impressive target in the first challenge of completing 30 miles. For the second challenge he has been doing push ups, planks, sit ups and invisible chair. Keeping fit has enabled Tyrone to keep up with his personal development through challenging times.

8. Fundraiser of the Year

This award recognises the support, efforts and sheer determination to raise funds for CP Sport to enable us to continue to support people with cp to enjoy being physically active.

The finalists:

Kirsty Fairclough

Kirsty raised an incredible amount of money for us by running the virtual London Marathon this year. It was a particularly tricky year to take part in this event as initially it should have been held in April, then was postponed until October and eventually became a virtual race with everyone running at home. Despite the multiple changes of plans Kirsty kept on training and had a fantastic time running the event despite the rain and wet conditions on the day. Kirsty will be running again for us next year and is already looking forward to it.

Graceful Runners

The Graceful Runners are led by UKA Athletics coach Phil Fleetwood and raised money for CP Sport by taking part in the Winter Wonderwheels event from November to December this year. The team was made up of 3 RaceRunners; Rafi who has run for Great Britain, won a Silver Medal in the World Championships last year and holds two World Records. Matt who has represented England and has become the first RaceRunner to complete the London Marathon. Josh who is quite new to RaceRunning but competed in CP Sport events last year. Roy, is not a RaceRunner, but is not new to raising money for charity. When he was younger he ran 15 Marathons including the London Marathon in '86 where he managed a time of 2Hrs 57! He has also completed a solo cycle ride from Lands' End to John O 'Groats and initiated an event he called 65 at 65 where he swam 2m, cycled 50m and then ran 13m. Having lived with Prostate Cancer for 15 years, during which time he has raised thousands for charity he is battling the disease and has joined us to walk with the aid of a walking frame. Incredibly this team raised a four figure sum before the event even started!

JMW

JMW are one of CP Sport's organisation members and put together a team for the At Home Superheroes event back in the summer. The team of Kelly Hindle, Adam Hindle, Kathryn Dyson, Steven Ferrari, Hannah Madkour, Ellen Driscoll and Dee Closs-Parry decided to set themselves a challenge of completing 100k, any way they could, dressed as superheroes. They raised an incredible amount of money, smashed their target on the way and put together some great photos throughout the entire month of the challenge.

9. Partner of the Year

The Partner of the Year award recognises organisations that work in partnership with Cerebral Palsy Sport to ultimately support people with cerebral palsy and associated impairments to enjoy being physically active.

The finalists:

CP Teens UK

CP Teens UK and CP Sport have a natural alliance. Many young people with cp are familiar with both charities and COVID provided some new opportunities to work together. Early into lockdown our organisations came together to develop a weekly social café online for young people with cp and effectively worked together to organise, promote and develop this brand new event.

Quest

During this new virtual era, CP Sport have started a new service renting out RaceRunners and football Gameframes so that people can still be physically active from home. Quest have made our new Rental Service possible delivering frames to people's homes across the country. Quest has been a fantastic partner, always there to answer questions and queries and support everyone to get started on their journey using the frames and getting active.

Scope

Scope have been a brilliant partner throughout the COVID pandemic and have helped us support both CP Sport's and Scope's communities in every aspect of their lives. The partnership has developed into a regular virtual café for adults, where we can combine ideas of physical activity alongside challenges and solutions surrounding everyday life.

10. Lifetime Achievement Award

This award recognises the commitment, hard work and dedication an individual has contributed to Cerebral Palsy Sport over a period of time that has made a significant difference to the charity.

Awarded to Ann Bell

Ann retired as a member of staff for CP Sport this spring and has given over 16 years' service to the charity. After joining the team in 2004 Ann soon became well known to many of our beneficiaries, volunteers and fundraisers. Ann was predominantly the administrator for CP Sport but also supported colleagues with sports and fundraising events and could often be found in the swimming results room or arranging 'Beat the Pro' at fundraising golf days.

Current and former colleagues and volunteers have many fond memories of working alongside Ann and she was a real character in the office. Ann thoroughly deserves to be recognised for all she has given to the charity and the positive impact she has had on people with cp and their families who she has come to know so well during her time with CP Sport.

Ann has offered her ongoing support as a volunteer for CP Sport which is a testament to her character. Thank you for all you have done for CP Sport Ann.

Supporting CP Sport

Fundraising is an important part of our work and your support will enable us to continue to provide opportunities for people with cp to be physically active. There are many opportunities to get involved with fundraising events or donate to CP Sport. Take a look on our website www.cpsport.org or contact us fundraising@cpsport.org

Online shopping? Why not shop and support CP Sport at no extra cost to you.



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www.easyfundraising.org.uk/causes/cpsport/



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smile.amazon.co.uk/

Thank you

Looking ahead to 2021

We will be celebrating the 20th birthday of CP Sport throughout 2021, reflecting on the incredible achievements accomplished by the charity since 2001 as well as looking forward with the launch of our new strategy. We have exciting plans for CP Awareness month in March and World CP day in October as well as developing new ideas, initiatives and partnerships to keep everybody moving, active and enjoying sport and, hopefully, some surprises along the way.

The CP Sport Team:

Adi Fawcett, Chief Operating Officer
Jen Basford, Senior Sports Development Officer
Rich Kerr, National Football Development Officer
Sandy Drummond, Engagement Officer
Helen Connelly, Administrator
Louise Bradshaw, Financial Controller

CP Sport Trustees:

Lynne Wardle, Chair
Peter Savage
Safia Iman
Kay Simnett
Professor Janusz Jankowski
John Harrison
Richard Broughton

Thank you to all of our volunteers.



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