In 2008, on an RAF transport plane returning from Afghanistan, a young army officer watched as the coffin of a Danish soldier was loaded aboard for repatriation. As well as the body of Morten Krogh, just 21, there were three injured British soldiers, all in induced comas, wrapped in plastic with missing limbs.

Prince Harry, The Duke of Sussex, had just completed his first deployment. That moment had a profound impact on him and he resolved to do something...

In 2013, his visit to the Warrior Games in the USA highlighted first-hand the power of sport in helping those suffering from injury and illness physically, psychologically and socially. He had always believed that the wounded deserved recognition and was inspired to celebrate, embrace and encourage the unconquered human spirit he saw in those men and women...

The Invictus Games were born. In London 2014, 411 competitors from 13 nations took part in the first Games.

The power of sport
The Invictus Games Foundation is the charity which governs the delivery of the Invictus Games. Founded in November 2014, the principal function was to award the licence to each host city and then to advise, support and oversee each iteration of the Games.

The Games have now been delivered in four cities – London, Orlando, Toronto and Sydney. These experiences have given us a unique understanding of the international wounded, injured and sick (WIS) community and the different approaches to recovery and rehabilitation.

Sports recovery is a proven method to accelerate and reinforce rehabilitation and participation in an Invictus Games is transformative for competitors and their friends and family. It supports long-term improvements in physical and mental health, provides opportunities to inspire and motivate others and helps servicemen and women re-engage with their families and their community. Life would be substantially different had they not had the opportunity to participate.

We have a responsibility to use this knowledge to support the armed forces community across the world.

In 2019 and with the Games now taking place every two years, we expanded our team to support this community with activities beyond the Games to help them regain their purpose, identity and future.

The importance of partnership
Partnership has always been at the heart of the Invictus Games Foundation. Without the collaboration, contribution and dedication of so many people and organisations, the Games and other initiatives would not happen. We are particularly indebted to the early and committed support of our participating nations, host cities and Ministries of Defence.

Presenting Partner, Jaguar Land Rover and Partners including Fisher House Foundation and ISPS Handa have helped us evolve and grow since the very beginning.

Our relevance today and tomorrow
Our activities at the Games and beyond continue against the uncertainty of the effect of Covid-19 on sport, events and on our community. Invictus Games The Hague 2020 have had to be rescheduled to 2021 and Düsseldorf to 2023. We are grateful to our participating nations, partners and the Invictus family for understanding the challenges we face in delivering the recovery and rehabilitation opportunities we set out as we closed the 2018 Games.

“This has always been about the competitors and their families. What they represent, the strength and determination, the grit, every part of it. In the last five years, these guys have completely changed how we view disability, how we view mental health.”

The Duke of Sussex

"They are ordinary people doing extraordinary things. That is something we can all aspire to. You do not have to be a veteran who has fought back from injury to be inspired by the Invictus Spirit.”

The Duke of Sussex
“You could see with the public that not only the people who won the race were cheered. The ones who did not medal but did not quit were cheered. This is the Invictus spirit.”

Laurentiu Serban, Team Romania
INSPIRE
We use the Invictus Games to inspire recovery and demonstrate the resilience of the Invictus community.

HOW WE DO IT
Host city selection, support and direction
Participating Nations support

VISION
Inspire international communities through the power of the unconquered human spirit.

MISSION
Through sport and adventurous challenge we inspire, improve and influence the recovery and rehabilitation of Wounded, Injured and Sick servicemen and women.

IMPROVE
We improve lives through sports recovery and adventurous challenge to build an international active support network that continues to serve.

HOW WE DO IT
Invictus Endeavours grants and support
We Are Invictus community app

VISION
We share best practice and collaborate to influence research and knowledge around trauma recovery, rehabilitation and the power of sport.

MISSION

HOW WE DO IT
Partner engagement
The Conversation

VISION

MISSION

HOW WE DO IT
The Invictus Spirit

The Invictus Games are the epitome of sports recovery. They shine a light on issues affecting the international armed forces community and act as a beacon attracting those who have experienced injury or illness during service. In the company of comrades from around the world, they demonstrate the power of the human spirit in overcoming adversity and achieving extraordinary feats beyond injury.

"Who wins which medal is almost irrelevant. It’s not the finish line which counts, it’s the start line. Even to get to that start line after what these people have been through is a triumph itself... We have learned that watching servicemen and women with injuries and illnesses achieve greatness was more than inspiring. It was life-changing."

Unconquerable: The Invictus Spirit, Boris Starling

We are the guardians of the Invictus Spirit, ensuring its promotion and evolution from Games to Games. We aspire to the Games being an inspiration for all – whether our people participate or engage in the wider community activities. This evolution is critical if we are to continue to support the enduring and changing needs of the WIS community.

Triumph over adversity

In 2018, Mike Kacer (Team USA) presented his medal to an Australian child with disabilities. She had a similar arm amputation and Mike wanted to show her that anything is possible in sport. After the Games, the girl’s family shared some footage of her competing and overcoming her fears of taking part in sport against other children without disabilities.

Wheelchair racer, Ulfat Al-Zwiri (Team Jordan), had never used a racing wheelchair prior to the Games in 2016. Her fellow competitors had finished by quite a considerable distance, yet the whole stadium stood and roared her over the finish line.

Iraq joined the Invictus family in 2016, winning their first Gold medals in 2018.

“...it is important that we show ourselves to the world, that we show that we are not bowing to terrorism and are still there. That’s what we want to radiate with our athletes. We have a saying in Iraq: you are not disabled if you have a physical disability, you are disabled if you are short-sighted.”

Ammar Jabbar, head of Team Iraq at the 2018 Games

Host city support

We have a key role in advising and supporting host cities to deliver the Games. This includes the transfer of knowledge between local organising committees and advice on operations, sports programming, commercial and broadcast. We created and administer the adaptive sports and competition rules in tandem with categorisation regulations.

Categorisation is unique to the Invictus Games. It allows each competitor to participate within a bespoke framework to create fairness across a wide range of injuries, including psychological injuries. It also gives participants the ability to compete in mixed nations as ‘Unconquered’ teams for team sports.

In 2017, an Unconquered team made up of competitors from USA, Denmark, Romania and Ukraine, won a sitting volleyball match without speaking the same language.

Family and friends

With thanks to our founding partners, Fisher House Foundation, the role of family and friends is increasingly acknowledged as a key factor in the successful recovery and rehabilitation of WIS personnel.

Unique to the Invictus Games, each competitor can be accompanied and supported by up to two family members and friends. Their involvement is central to the ability of competitors being able to regain their sense of purpose, identity and future.

Participating Nations in 2021

Afghanistan | Australia | Belgium | Canada | Denmark | Estonia
France | Georgia | Germany | Iraq | Italy | Jordan | The Netherlands | New Zealand
Poland | Republic of Korea | Romania | Ukraine | United Kingdom | United States of America

“The Games helped us heal physically and mentally, but more crucially it gave us a sense of service, of duty, a purpose, a mission. It was not the end of the journey, it was just the beginning.”

JJ Chalmers, former Invictus Games competitor and media presenter

In 2014, JJ Chalmers, Paul Vice MC and Rob Cromey-Hawke of Team UK embody the first time we saw the Invictus Spirit as competitors cross the line together. This symbol of camaraderie became a custom for many future events, as competitors sacrificed personal medal potential to celebrate their achievement together.
WE IMPROVE LIVES THROUGH SPORTS RECOVERY AND ADVENTUROUS CHALLENGE TO BUILD AN INTERNATIONAL ACTIVE SUPPORT NETWORK THAT CONTINUES TO SERVE

When the Closing Ceremony of the Games is over… we keep going!

Incredible things happen when this community comes together. We offer more opportunities to more members of the WIS community to experience the power of sport in catalysing recovery and rehabilitation outside of the Games.

We Are Invictus
Enduring friendships are forged during competition and we actively encourage these bonds. We create avenues for knowledge sharing through our international social network, We Are Invictus. This platform is only available to eligible servicemen and women who have been injured or fallen ill during or as a result of service. It is a close, secure and tight-knit online community where mutual support is offered and events and opportunities can be communicated directly.

Invictus: Endeavours
Capitalising on the knowledge and diverse experience of the Endeavour Fund transferred to IGF in 2020, with our participating nations, we identify and support WIS teams planning to engage in feats of sporting and adventurous challenge. We offer advice, networks and grant funding to maximise the success of these endeavours.

Our newest programme, Invictus: Endeavours will encompass multi-nation expeditions, domestic teams and mass participation activities. We will establish grassroots initiatives in countries where the concept of sports recovery is developing, or where resources do not exist to support it.

powered by Invictus
During the Covid-19 pandemic, technology has enabled us to establish teams, challenges and leagues, and facilitate access into national level competition through various active esports platforms. This virtual international community has been brought together through a shared history of recovery and strengthened by a shared passion for sport.

The At Home Superhero challenge was one example, with 24 teams from Australia, Canada, France, the UK and USA who competed in an inclusive and family-oriented triathlon from their homes. Our international active esports activities have proven to be so popular and effective that they will live on long after the pandemic and become an enduring offer, beyond the Games.

Cyclists from Orlando 2016, Andy Perrin (Team UK) and Zed Pitts (Team USA) bonded over their love for the sport and transitioned this to virtual cycling on Zwift. Andy and Zed approached us in March 2020 with the idea to create an international Invictus cycling community online. With our support, they launched a number of rides during what would have been the week of the Games in The Hague, involving many of the participating nations. There is now a social ride every Sunday.

“We all have a shared experience, and we can help one another without any judgement. We know veterans are struggling with the circumstances of the pandemic and are less connected with their peers. With the support of IGF we can help others to enjoy training inside. Reinigorating the social interaction that you would normally get from sport means we can get through these challenging times together.”

Andy Perrin, former Team UK competitor

The best therapy is family
Our partnership with Major League Baseball in 2019 offered WIS families from the UK and USA the opportunity to play and watch sport together. For one family, we learnt how the 2019 Games had facilitated Team USA competitors, Sadie Strong and Robbie Guapp to start a new life together. Following Orlando they became engaged and now have a son, Ezra. They will be getting married in Coronado Springs where they first met. Sadie says: “I guess Invictus really created a family for us.”

We are Unbroken
Recorded at Abbey Road Studios in February 2020 in support of the Invictus Games Foundation, Bon Jovi and the Invictus Games Choir released a poignant version of Unbroken, recorded in the same studio where the Beatles created many of their albums. The Choir, made up of WIS personnel, has performed at many of the Games ceremonies and through this charity single were able to tell their stories of resilience.

“I have facial scarring from a gunshot wound. Two years ago, I hated having my photo taken. I was walking around with my head down ashamed of my battle scars. Although it was a challenge, I was in Studio 2, with two documentaries being made, the world’s press and hundreds of photos and cameras around me – I felt so proud of myself and the choir.”

Michelle Turner, former Invictus Games competitor

Supporting the project, was former Games competitor and Team UK Vice-Captain, Michelle Turner. She was able to continue to serve as an IGF volunteer and helped to organise the event to continue her own recovery journey.

“I never thought I’d ever be in a position to help others because I was the one needing the help... the Games have aided my recovery in a way I could only ever dream of. Helping to see my fellow WIS smile again knowing exactly how they feel is just beyond words.”

Michelle Turner, former Invictus Games competitor
WE SHARE BEST PRACTICE AND COLLABORATE TO INFLUENCE RESEARCH AND KNOWLEDGE AROUND TRAUMA RECOVERY, REHABILITATION AND THE POWER OF SPORT

Underpinning what we do is our plan to share and build a tangible global Invictus community through international collaboration and engagement. This allows us to influence the wider work of the scientific and medical community in the field of trauma recovery to help WIS overcome the physical, psychological and social effects of any serious injury or trauma. Our unique experiences provide an unrivalled platform to facilitate contemporary research and offer a timely input into wider issues where we can add real value.

From the outset, this has focused on drawing from the specific experiences of personnel who suffered serious injuries during campaigns in Iraq and Afghanistan. These campaigns are not exclusive and going forward we will seek to widen our reach.

The Royal Society - Trauma Recovery

In March 2020, the Royal Society in collaboration with IGF held a scientific meeting, attended by 300 delegates, on trauma recovery exploring new science and technology for mental and physical health.

“While injury and trauma are facts of life, trauma need not be a life sentence. I’m convinced that the impossible is genuinely being transformed tangibly into the possible, and individuals who have suffered mental and physical injury can achieve the almost limitless potential of the human spirit.”

Professor Russell Foster CBE FRS, University of Oxford

Two former Invictus Games competitors spoke at the meeting, demonstrating how sport had shaped their recovery.

“I was lost before being offered the opportunity to join the Invictus Games. The training, routine and camaraderie was something I had been lacking for a couple of years. It brought me out of the dark place and gave me the fire back in my belly. I no longer want to take my life, I want to take it as far as it can go.”

Michelle Partington, Mentis Training and Consultancy and former Invictus Games competitor

“Everything is long-term: there is no recovery, it’s all recovery. We need to ensure that the resources available to those who need recovery are sustainable and long-term.”

Dr Dave Henson MBE, Invictus Games Foundation Trustee and Paralympian

The Conversation

Prior to what should have been the start of The Hague Games in May 2020, we hosted virtually the inaugural IGF Conversation, entitled Sharing the Invictus Spirit, which focused on themes of measuring impact and recognising the importance of resilience in WIS, their family and friends. This is a new and important venture for us. Future events will facilitate discussions about topics relevant to our international community, for example on the sustainability of sports recovery projects post Covid-19, resilience, friends and family and veteran employment.

The Conversation series is supported by Ascot Rehab, Fisher House Foundation and ISPS Handa.

Supporting healthcare workers

Following the onset of Covid-19, we considered ways we could offer a relevant and timely contribution to those working in healthcare. Focusing on support to the NHS and in particular its workforce, we have produced a series of podcasts outlining the experiences of our community in dealing with very difficult situations. This has included the importance of the family unit, the restorative powers of teams and peer-to-peer support. It also prepares for a second deployment or “wave” which is unlikely to look exactly like the first one.

INFLUENCE

Beyond the Finish Line

A four-year independent research project is underway to assess the long-term psychological and social impact of sport participation for service personnel who are wounded, injured and sick. Led by Dr Celina Shirazipour and supported by the Forces in Mind Trust, the study spans competitors and non-competitors from Sydney 2018 through to The Hague in 2021. The final report with all results will be released in 2022.

Early findings from the research, which have been presented at a range of international conferences and events in 2019, have highlighted a number of key insights into how sport can aid psychological and physical recovery:

• Games competitors demonstrated significantly better psychosocial and physical health in the short- and long-term compared to those who did not participate in the Invictus Games.

• Under certain circumstances, individuals can grow and experience positive change from traumatic or adverse events.

• Competitors experienced greater post-traumatic growth than those who do not compete, including a greater appreciation of life, a greater understanding of new possibilities that exist post-injury and illness, and a greater development of personal strength.
Team Belgium was joining the Invictus family for the first time in The Hague. Competitor, Peter Caubergh explains how this period has affected them.

"The preparation leading up to our very first Games was good. We had training moments with Team France and got a clinic from the Belgian national rowing team. As an emergency doctor, working at the First Aid during this pandemic was mentally hard but also a very special period. I am now slowly starting to train again. Although we keep in touch digitally, it will be good to see the whole group again and everyone is still excited to come over to The Hague in May 2021."

**Passing the Flag…**

It is important that each Games not only reflects the unique characteristics and aspirations of its host city but also an overall evolution of the recovery and rehabilitation journey.

**Game On Down Under – Sydney 2018**

Sydney aimed to deliver a Games beyond the bounds of a sporting event. This entailed a clear objective to bring greater cohesion to the wide range of Australian organisations offering support to veterans but often in a disparate manner. As part of its legacy, a new organisation, Veteran Sport Australia, was launched to oversee an integrated national sports programme, connecting veterans with the sporting community in their local areas. In addition, the Invictus Games Sydney 2018 Education Project developed and delivered a national education project for students to focus on inclusivity, physical and mental health, the unconquered human spirit and resilience.

**Grow Through What You Go Through – The Hague 2020**

The City of The Hague’s aim has been to deliver a compact, sustainable and digitally integrated Games all based on the single and central location of the Zuiderpark. In the heart of the city, family and friends alongside competitors, team staff and visitors from The Netherlands and across Europe can enjoy the inspirational experience together.

With the unforeseen arrival and impact of the coronavirus pandemic, the Games have been rescheduled from May 2020 to May 2021. In our supporting role we have closely engaged with the Local Organising Committee in the detailed delivery of the rescheduled Games to take account of any ongoing coronavirus measures. This support has included sharing learning from our active esports virtual programmes and helping to maintain the focus and motivation of competitors and our community between the Games.
Our Invictus family is as diverse as the 20 nations that participate in the Games. It is a community drawn from all services, ranks and experiences within the international armed forces. Invictus means ‘unconquered’, but to wounded, injured and sick personnel, their families and the support teams around them in their countries, it means much, much more.
The vital funds and awareness that you, our incredible Invictus family, help us to raise means we can be there for as long as we are needed. On behalf of the international wounded, injured and sick community, our team would like to thank our partners and supporters for their continued support.

“The Invictus Games plays an important role in the healing process throughout the international military community. It allows competitors to be with other wounded, injured and ill from many nations; to see how far they have come on their journey of recovery; gives them insight into how far they can go; and allows them to celebrate their victories among family and friends. Fisher House Foundation is proud to have been a part of Invictus from its inception. We know a family’s love is good medicine and that the injuries or illnesses sustained by our military members also extend to their families who have supported their loved one along the journey. It is a magical time to see this healing come full circle for the whole family. We are inspired by every competitor and extremely proud to sponsor the Friends and Family Programme.”

Ken Fisher, Chairman and CEO of Fisher House Foundation

“I am delighted to have partnered with the Invictus Games since its inception and throughout the partnership we have witnessed how sport is an invaluable tool for the healing and recovery journey of servicemen and women, their families and friends. We must once again applaud the Duke of Sussex for his incredible vision and for bringing to life a sporting event like no other.

Even in these difficult times, the Foundation have continued to support servicemen and women across the globe with a series of virtual events and we are honoured to play a part in maintaining this assistance. We look forward to the Invictus Games The Hague 2020 and the enduring Invictus spirit!”

Dr. Haruhisa Handa Founder and Chairman of ISPS Handa, Honorary Vice-President of the Invictus Games Foundation

“The BBC is proud to have been the official broadcaster of the Invictus Games since London in 2014. Together, Invictus and the BBC have developed innovative and emotionally powerful television coverage of the Games. The Invictus Games is now an important part of the BBC’s regular mainstream programming and hugely appreciated by our audiences. BBC Studios Events are proud to be the long-term broadcast partner for the Games and are already planning bigger and better coverage for UK and world audiences when Invictus returns to The Hague next year.”

Claire Popplewell, Creative Director, BBC

THANK YOU TO OUR SUPPORTERS

- Armed Forces Covenant Fund Trust
- Ascot Rehab
- BBC
- BBC Charity Day 2019
- The City of London Corporation
- Clifford Chance LLP
- Fisher House Foundation
- Forces in Mind Trust
- C. Heare & Co.
- Holder Racing Ltd
- In Remembrance Concert Association
- ISPS Handa
- Jaguar Land Rover
- Major League Baseball London Series 2019
- The Royal Society
- Superdry
- UK Challenge
- ‘The Veterans’ Foundation and Veterans’ Lottery
- And all our supporters who wish to remain anonymous
With your support, together in 2019 we raised £1,058,553 to support our mission to inspire, improve and influence the recovery and rehabilitation of wounded, injured and sick servicemen and women*.

**OUR FINANCES**

The Foundation’s key sources of income are licence fees from the host cities of the Invictus Games; sponsorship and partnerships; and fundraising through individual donations, grants and events.

**Impact of Covid-19**

In 2020 as a result of the global pandemic, our income has decreased through the delay of the Invictus Games and cancellation of many fundraising events and activities.

We are mitigating the impact in the short-term by carefully managing our expenditure and using our reserves to continue to deliver valuable support to our community, virtually, and prepare for future Games.

We are grateful to our partners, donors and grant funders who have been unwavering in their understanding and support during this challenging period.

**YOUR SUPPORT**

Our goal is to raise £2 million each year to support the expansion of our three programmes and deliver an enduring legacy of recovery that our international armed forces community deserves.

Whether you are seeking to support our global mission or contribute to a specific programme, your gift will support servicemen and women regain their purpose, identity and future beyond illness and injury.

You can help us achieve our ambition.

**INSPIRE**

The Invictus Games is not like any sports event, it transforms lives. As we prepare for the Games in 2023 and 2024, a brand partnership at an event could support your organisation’s goals for sustainability, health and wellbeing, and inclusivity and diversity.

**IMPROVE**

Your support can provide diverse and bespoke sporting and adventurous opportunities to improve the lives of wounded, injured and sick servicemen and women across the globe.

**INFLUENCE**

Help us to undertake world-class research to raise awareness, influence and contribute to the advancement of civilian and military recovery pathways.

Equally, you may be able to offer valuable advice, time or expertise to our programmes, which would be gratefully received.

**WHAT YOU RAISED**

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<th>Fund Type</th>
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<td>Sponsorship of Foundation activities</td>
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**WHERE YOUR MONEY WAS SPENT**

- Charitable activities
- Costs of raising funds

*The summary financial information is extracted from the Trustees’ Report and Financial Statements for the year ended 31 December 2019. This summary financial information may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, which received an unqualified audit opinion, should be consulted. Copies of these are available on request from the Foundation.

“Everything is long-term: there is no recovered, it’s all recovery. We need to ensure that the resources available to those who need recovery are sustainable and long-term.”

Dr Dave Henson MBE, Paralympian and former Invictus Games competitor

**FINANCIAL OVERVIEW**

- Funds raised: £1,500,000
- Funds expended: £971,619
- Reserves: £928,381

**Management and governance**

Established in 2014, the Invictus Games Foundation Board is chaired by Sir Keith Mills GBE DL with six independent Trustees and The Duke of Sussex as Patron. Sub-committees of the Board include Finance, Governance, HR and Employment. There is also a dedicated Safeguarding lead. The Executive team is led by CEO, Dominic Reid OBE, who was responsible for the operational delivery of the inaugural Invictus Games in London 2014. Nine staff work for the Foundation, with a Director leading on each function: Operations, WIS Grants & Programmes, Fundraising & Brand, Communications & Marketing and Finance. Staff are Mental Health at Work First Aid trained.

We can only transform lives when we work together. Partnerships underpin all we do. As a partner of the Invictus Games Foundation you are joining an exclusive team of individuals and companies who understand the commitment our armed forces have made and are dedicated to enabling them to serve again. Our partners protect the future of the Foundation and the Invictus Games for the next generation.

We are part of the UK Fundraising Regulator’s scheme. When you make a donation to us you can be confident that our fundraising is legal, open, honest and respectful. You can also use one of our trusted, tax-efficient donor-advised funds through CAF America or CAF Canada to make a direct donation.

We’d be delighted to discuss your ideas for supporting the Invictus Games Foundation or answer any questions about our fundraising and income generation activities.

Please contact Jenni Anderson, Development Director at jenni.anderson@invictusgames.org

Thank you for considering joining the Invictus family.

**Partner with us**

**Talk to us**
“There was so much attention and love for the wounded soldiers here. We’d never seen that before.”
Ali Al-Hashemi, Manager, Team Iraq 2017

“PTSD can be really isolating. At the Invictus Games you are among like-minded people and they can identify with you.”
Cavell Simmonds, Team Canada 2018
NOW WE WILL BE ABLE TO GET THROUGH TO PEOPLE MORE, EXPLAINING THAT IT IS NOT LIKE THE PARALYMPIC GAMES THAT IT IS NOT REALLY ABOUT THE MEDALS, BUT ABOUT THE THERAPY, ABOUT THE RECOVERY

Marcin Staniszewski, Team Germany. The Invictus Games The Hague 2020 will be Marcin’s second Games. He previously participated in Toronto 2017 and will be Team Germany’s Captain in The Hague
The Duke of Sussex presents Elizabeth Marks (Team USA) with a Gold medal for the 100m Freestyle Swimming event in 2016. Elizabeth subsequently gifted this medal to staff at the Royal Papworth Hospital who saved her life in 2014.