

# Berkshire Royals – members of the UK and World Transplant Games

## Case studies:

- Mark Powell
- Mike Grundy
- Mike Marshall

### Mark Powell – 46 years

In 2011 and aged only 38 years, Mark a water contracts manager, for Reading Borough Council discovered after several bouts of flu and not feeling well that his kidneys had packed up. In May 2011 and after 18 months of dialysis Mark was gifted a new lease of life with a liver donor.

During his recovery period, Mark was encouraged by the transplant coordinator to re-take up his love of darts and consider joining the Berkshire Royals transplant team. Six months of training saw Mark joining the team and taking part in his first UK Transplant Games in August 2012 in Darts where he won the Gold and medal.

With five UK Games under his belt and a total of five medals, Mark was selected to represent Great Britain at the World Games in 2019 in Darts and for the first time Pétanque (French Bowls), where he has received additional training in readiness.

Mark said: “I wouldn’t be here without the generosity of my donor for who I’m incredibly grateful. Organ donation is an amazing gift to give. The transplant nurses have been incredibly encouraging and I’m excited and proud to be representing the team and hospital at the World games. By taking part in the games, it has really shown me how someone can turn themselves around after a transplant. It’s been fantastic opportunity.”



## **Mike Grundy**

Having been a very fit, healthy and competitive tennis player for many years, swollen and painful ankles forced Mike to stop playing in 2004. This was diagnosed as the first indication of renal failure, which was tracked and slowly worsened over the following years. Mike had to begin dialysis in May 2007 and then received his kidney transplant in the October, at the age of 59.

With the amazing support he received from family, friends and the hospital, his general health and competitive spirit quickly returned following the transplant. Mike had continued to work as a government IT project manager throughout his illness and dialysis, and soon was back playing competitive tennis! Later, Mike retired from his career role and decided to use his new lease of life to retrain as a tutor and lecturer for the Worker's Educational Association. For the last 5 years has spent much of his time researching and lecturing in the fields of the art, architecture and history of major European capitals, and is fully booked with courses for the next 2 years. He continues to target improvement in his tennis skills and results!

Mike took part in his first UK transplant games in 2009 and has been part of the Berkshire Royals team ever since, winning five gold medals in tennis singles and one gold in table-tennis.

In 2011, Mike was first selected to represent Britain at the Gothenburg World Transplant Games and has now successfully qualified for the British team five times in Tennis and Table Tennis where he has won one silver and bronze medal each in both the singles and doubles tennis and a silver in table-tennis. Now entering a new age group at 72, Mike is aiming to win his first World tennis gold this year, having secured gold in the British Games earlier in August!

Mike reports that "achieving all this would not have been possible without the care and expertise of the NHS, with both the Churchill at Oxford and the Royal Berkshire Hospital at Reading excelling in transforming my condition and bringing me back to full health. The Transplant Games have given me the drive to further develop my own fitness, the opportunity to appreciate the challenges faced by so many others, and the platform to shout about the need for organ donation and the life-saving results it consistently delivers."



Photo from World Transplant Games, Durban, 2013:



**(Mike Grundy – on right hand side of photo)**

## **Mike Marshall**

Mike's father worked for the British Overseas Government as a Railway Engineer and while on leave in the UK, Mike was born at Battle Hospital, Reading in January 1953. Returning to the UK in '72 for his education, Mike went onto work both in the UK and overseas.

After discovering his kidneys had failed Mike received dialysis for three years and after a failed transplant, received his second gift of life in 1985. Mike took the opportunity while on dialysis to retrain as an accountant before moving into the field of IT, a rapidly growing field in the 80s.

With the incredible support of his wife and daughter, Mike began to get involved with Transplant Sport and his first UK games took place in Wales in 1988. At this stage few hospitals had a team, so you just had to make your own there were only two of us from the Churchill Hospital. Mike joined the Berkshire Royals and competed in the 2010 UK games in Bath led by Alison Galer and an incredible inspiration to us all. Mike continued to compete in many British Games including Racquet sports and Volleyball for the GB & NI team in the subsequent years and also became a founder member of Wallingford Petanque (French bowls) Club in 2012.

Mike re-took up Pentanque soon after his most recent transplant in May 2018 and Wallingford Petanque Club remains his training base. Mike has competed at many UK and World games and captains the Petanque team.

### **World Transplant Games as Petanque Captain**

First World Transplant Games in Durban 2013 – only 8 players

Second World Games in Mar del Plata, Argentina 2015 - 14 players in the team

Third World Games, Newcastle 18<sup>th</sup> & 19<sup>th</sup> August

GB&NI Team has 24 Players in the team. 20 Singles and 7 Doubles Pairs

Petanque Singles on 18<sup>th</sup> August has 245 entries from all countries.

Petanque Doubles on Monday 18<sup>th</sup> August has 65 pairs entered in total.





Mike and JP win the Wallingford Petanque Club Select Pairs yesterday - Mixed triples June 2019



Wallingford Petanque Select Winners 13 Aug 19 Mike Marsall (left)



Mike Marshall, GBNI Team Photo 2015,