

PREVIEW

**INVICTUS
GAMES**

SYDNEY 2018

OFFICIAL BROADCASTER  **ABC+iview**

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INVICTUS GAMES 2018 OVERVIEW

Introduction

Most of us will never know the full horrors of combat. Many Servicemen and women suffer life-changing injuries, visible or otherwise, whilst serving their country. How do these men and women find the motivation to move on and not be defined by their injuries?

On a trip to the Warrior Games in the USA in 2013, HRH The Duke of Sussex saw first-hand how the power of sport can help physically, psychologically and socially those suffering from injuries and illness. He was inspired by his visit and the Invictus Games was born; an international adaptive multi-sport competition for serving and former serving military personnel who've been wounded, injured or become ill during their military service.

Adaptive sports closely resemble their standard counterparts with some modifications to the rules and equipment to better meet the needs of competitors. Competitors are generally classified according to how much their impairment affects their ability to carry out the fundamental activities of a specific sport, allowing competition between those with the same skill level and ensuring success is determined by their skill, fitness and tactical ability, not their impairment.

The word 'invictus' means 'unconquered'. It embodies the fighting spirit of wounded, injured and sick Service personnel and personifies what these tenacious men and women can achieve post injury. The Games harness the power of sport to inspire recovery, support rehabilitation and generate a wider understanding and respect for those who serve their country.

The Invictus Games is about much more than just sport – it captures hearts, challenges minds and changes lives.

"I'll admit when I first got injured and I was encouraged to participate in the adaptive sports, I thought it was just a chance to recover and it wasn't going to be competitive. As soon as you step on the court, you realise what amazing athletes they are. It is absolutely the epitome of competitiveness."

Team USA 2018 co-captain Brant Ireland

The 2018 Games at a glance

Invictus Games 2018: By the numbers

1000	No. of volunteers
491	No. of competitors
157	No. of events (including golf and wheelchair tennis)
154	No. of gold medals
135	No. of hours of competition
72	No. of competitors on the Australian and United Kingdom teams, the largest of the competing nations
67	Age of Canadian competitor Cavell Simmonds, the oldest competitor at the Games
21	Age of Iraqi competitor Adil Jaafar, the youngest competitor at the Games. Michael Sousadocarma (USA) and Kira Lavine (USA) are also 21.
18	No. of competing nations
16	No. of assistance dogs accompanying competitors
13	No. of sports
11	No. of medal sports
10	No. of venues
8	No. of days of competition
7	No. of days of the Games that Mickael Ranchin (France) will compete. Ben Peckham of New Zealand will also compete on seven days if New Zealand reach the finals of the wheelchair basketball
6	No. of competitors on the smallest team (Iraq)
6	No. of sports entered by Ben Peckham (New Zealand), Cyrille Chahboune and Mikael Ranchin (France) and Scott McNeice and Paul Guest (United Kingdom), the most of any competitor
1	No. of new sports on the program (Sailing)
1	No. of nations making their Invictus Games debut (Poland)

Sports and venues

SPORT	VENUE
Archery	Sydney Olympic Park Hockey Centre
Athletics	Sydney Olympic Park Athletic Centre
Cycling	Royal Botanic Garden
Golf*	NSW Golf Club
Indoor rowing	Quaycentre
Jaguar Land Rover Challenge	Cockatoo Island
Powerlifting	Genea Netball Centre
Sailing	Farm Cove
Sitting volleyball	Genea Netball Centre (pool matches), Quaycentre (pool matches, semi-finals and medal matches)
Swimming	Sydney Olympic Park Aquatic Centre
Wheelchair basketball	Quaycentre
Wheelchair rugby	Quaycentre
Wheelchair tennis*	Sydney Olympic Park Tennis Centre

* Golf is a social event. Wheelchair tennis is an unofficial medal event

Competing nations

NATION	MEN	WOMEN	TOTAL	TEAM CAPTAIN
Afghanistan	8	0	8	Abdul Hanan Fehrdus
Australia	54	18	72	Matthew Brumby, Nicole Bradley
Canada	26	13	39	Major (ret.) Rob Hicks, Lieutenant-Colonel Rhonda Crew
Denmark	22	3	25	Kim Wilsborg
Estonia	14	1	15	Margus Hoop
France	21	3	24	Major David Travadon
Georgia	15	0	15	Besarion Gudushauri
Germany	18	1	19	Corporal Stefan Huss
Iraq	6	0	6	<i>No captain</i>
Italy	15	2	17	Fabio Tomasulo
Jordan	15	2	17	Odai Shatnawi
Netherlands	18	5	23	Marc van de Kuilen
New Zealand	18	6	24	Staff Sgt Gareth Pratt, Sgt Kelly Whittle
Poland	15	0	15	Janusz Raczycy
Romania	15	0	15	Nicolae Grigore
Ukraine	14	1	15	Serhii Inytskyi
United Kingdom	56	16	72	Corporal Mark 'Dot' Perkins
United States of America	54	16	70	Master Sgt. Benjamin Seekell, Sgt 1 st Class Brant Ireland
TOTAL	404	87	491	

Summary of events by sport

SPORT	MEN'S	WOMEN'S	OPEN/MIXED	TOTAL
Archery	3	3	3	9
Athletics	40	20	1	61
Cycling	12	8	0	20
Indoor rowing	12	10	0	22
Golf	1	1	0	2
Jaguar Land Rover Driving Challenge	0	0	1	1
Powerlifting	3	3	0	6
Sailing	0	0	2	2
Sitting volleyball	0	0	1	1
Swimming	16	13	1	30
Wheelchair basketball	0	0	1	1
Wheelchair rugby	0	0	1	1
Wheelchair tennis*	0	0	1	1
TOTAL	87	58	12	157

* Golf is a social event. Wheelchair tennis is an unofficial medal event

Summary of events by day

DAY	EVENTS	GOLD MEDALS	SPORTS
Day 0: Friday, October 19	2	0	Golf*
Day 1: Saturday, October 20	1	1	Jaguar Land Rover Driving Challenge
Day 2: Sunday, October 21	22	22	Road cycling, sailing
Day 3: Monday, October 22	22	22	Indoor rowing, <i>Sitting volleyball (pool matches)</i> , <i>wheelchair tennis (pool matches)</i>
Day 4: Tuesday, October 23	4	3	Powerlifting (midweight), Sitting volleyball (finals), <i>Swimming (heats)</i> , Wheelchair tennis*
Day 5: Wednesday, October 24	34	34	Powerlifting (lightweight, heavyweight), Swimming (finals), <i>Wheelchair rugby (pool matches)</i>
Day 6: Thursday, October 25	29	29	<i>Archery (qualification and eliminations)</i> , Athletics (session 1), Wheelchair rugby
Day 7: Friday, October 26	42	42	Archery (finals), Athletics (session 2, session 3), <i>Wheelchair basketball (pool matches)</i>
Day 8: Saturday, October 27	1	1	Wheelchair basketball
TOTAL	157	154	

Summary of participants

SPORT	MEN	WOMEN	TOTAL
Archery	91	14	105
Athletics	159	45	204
Cycling	117	26	143
Indoor Rowing	149	35	184
JLR Driving Challenge	23	1	24
Powerlifting	68	29	97
Sailing	41	12	53
Sitting Volleyball	137	15	152
Swimming	116	34	150
Wheelchair basketball	58	12	70
Wheelchair rugby	56	10	67
Wheelchair tennis*	14	10	4
TOTAL	405	87	492

Youngest competitors

AGE	COMPETITOR	DATE OF BIRTH	SPORTS
21	Adil Jaaafar, Iraq	16 May 1997	Swimming
21	Kira Lavine, USA	3 Mar 1997	Indoor rowing, Sailing, Swimming
21	Michael Sousadocarma, USA	25 Nov 1996	Athletics

Oldest competitors

AGE	COMPETITOR	SPORTS
67	Cavell Simmonds, Canada	Archery, Golf, Powerlifting, Sitting volleyball, Wheelchair rugby
62	Paul Langley, Australia	Indoor rowing, Sailing, Wheelchair rugby
62	Nick Martin, United Kingdom	Cycling
61	Anker Sewohl, United Kingdom	Archery, Indoor rowing
60	Jo Gilliland-Power, Canada	Archery, Sitting volleyball
60	Michael Bartscher, Germany	Archery, Cycling, Swimming

Competitors who celebrate their birthday during the Games

COMPETITOR	NATION	DAY	DATE OF BIRTH	TURNS
Darren Young	United Kingdom	1	20/10/1969	49
Chris Parks	USA	2	21/10/1972	46
Marek Piirimägi	Estonia	3	22/10/1979	39
Deborah Godfrey	United Kingdom	5	24/10/1968	50
Marek Stosio	Poland	5	24/10/1972	46
Scott McNeice	United Kingdom	7	26/10/1984	34
Casey Balden	Canada	8	27/10/1982	36
Tengiz Diasamidze	Georgia	8	27/10/1976	42

Competitors who compete on their birthday during the Games

COMPETITOR	NATION	DAY	TURNS	EVENTS ON BIRTHDAY
Chris Parks	USA	2	46	Cycling: IHB2 time trial, IHB2 criterium
Marek Piirimägi	Estonia	3	39	Sitting volleyball pool matches
Scott McNeice	United Kingdom	7	34	Athletics: IT4 100m, Archery (finals)

Busiest competitors at the Games

The timetable of the five competitors who have entered six sports

COMPETITOR	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Ben Peckham, NZ		Sailing	Indoor rowing	Powerlifting	Wheelchair rugby	Athletics Wheelchair rugby	Athletics Wheelchair basketball	Wheelchair basketball
Paul Guest, UK		Cycling		Wheelchair tennis	Powerlifting	Archery Athletics	Archery Wheelchair basketball	Wheelchair basketball
Mikael Ranchin, France	JLR Driving Challenge	Sailing	Indoor rowing	Swimming	Swimming Wheelchair rugby	Athletics Wheelchair rugby	Athletics	
Cyrille Chahboune, France		Sailing	Sitting volleyball	Swimming Sitting volleyball	Powerlifting Wheelchair rugby Swimming	Wheelchair rugby	Athletics	
Scott McNeice, UK		Cycling	Sitting volleyball	Swimming Sitting volleyball	Swimming Wheelchair rugby	Archery Wheelchair rugby	Athletics Archery	

The nations

A record 18 nations will take part in the 2018 Games, up from 17 (2017), 14 (2016) and 13 (2014) at previous Games.

Afghanistan (AFG)

Previous Games: 2014, 2016, 2017

Team captain: Abdul Hanan Fehrdus

Opening ceremony flagbearer: Saifulrahman Rahmani

Afghanistan will send a team of eight competitors who will take part in three sports; indoor rowing, sitting volleyball and powerlifting. Afghanistan has competed at all three previous Games and won their first medals in Toronto with a silver and a bronze in powerlifting.

Australia (AUS)

Previous Games: 2014, 2016, 2017

Team captains: Nicole Bradley and Matthew Brumby

Opening ceremony flagbearer: Jeff Wright

Australia's team of 72 competitors is a record contingent, up from the 43 who participated at the last Games in Toronto in 2017.

Canada (CAN)

Previous Games: 2014, 2016, 2017

Team captain: Major (ret.) Rob Hicks, Lieutenant Colonel Rhonda Crew

Opening ceremony flagbearer: Naomi Fong

Canada selected a team of 39 competitors on July 25. Toronto hosted the last Games in 2017 and Victoria, the capital of British Columbia, has expressed its intention to bid for 2022.

Denmark (DEN)

Previous Games: 2014, 2016, 2017

Team captain: Kim Wilsborg

Opening ceremony flagbearer: Kim Wilsborg

Denmark has a team of 25 competitors captained by Kim Wilsborg, a former UN soldier who has also worked as a bodyguard for Crown Prince Frederik. Denmark are the defending champions in wheelchair rugby but won't defend their title in 2018.

Estonia (EST)

Previous Games: 2014, 2016, 2017

Team captain: Margus Hoop

Opening ceremony flagbearer: Egerd Erreline

In terms of population, Estonia (1.25 million) is the smallest country that participates in the Invictus Games. They have a team of 15 competitors across archery, athletics, cycling, indoor rowing and sailing, plus the Jaguar Land Rover Challenge.

France (FRA)

Previous Games: 2014, 2016, 2017

Team captain: Major David Travadon

Opening ceremony flagbearer: Stéphane Rouffet

France has a team of 24 competitors.

Georgia (GEO)

Previous Games: 2014, 2016, 2017

Team captain: Besarion Gudushauri

Opening ceremony flagbearer: Enver Gigmiani

Georgia was crowned Invictus Games sitting volleyball champions at Toronto 2017 and are back to defend their title in Sydney. They will have a team of 15 competitors who will also compete in archery, athletics, powerlifting and the Jaguar Land Rover Driving Challenge.

Germany (GER)

Previous Games: 2014, 2016, 2017

Team captain: Corporal Stefan Huss

Opening ceremony flagbearer: Stefan Huss

Germany has a team of 19 competitors.

Iraq (IRQ)

Previous Games: 2016, 2017

Team captain: *No captain*

Opening ceremony flagbearer: FaliAbdulridha Hasan

Iraq made their Invictus Games debut in Orlando in 2016. Their team of six competitors in Sydney is the smallest among the 18 nations competing.

Italy (ITA)

Previous Games: 2016, 2017

Team captain: Fabio Tomasulo

Opening ceremony flagbearer: Fabio Tomasulo

Italy has a team of 17 competitors across archery, athletics, cycling and indoor rowing.

Jordan (JOR)

Previous Games: 2016, 2017

Team captain: Odai Shatnawi

Opening ceremony flagbearer: Odai Alshatnawi

Jordan's team of 16 competitors will participate in athletics, powerlifting and sitting volleyball. The King of Jordan, King Abdullah II, is widely rumoured to be in Sydney to support the Jordanian team.

Netherlands (NED)

Previous Games: 2014, 2016, 2017

Team captain: Marc van de Kuilen

Opening ceremony flagbearer: Marc van de Kuilen

The Dutch will send a team of 24 competitors. The Hague will host the next Invictus Games in 2020.

New Zealand (NZL)

Previous Games: 2014, 2016, 2017

Team captains: Staff Sgt Gareth Pratt, Sgt Kelly Whittle

Opening ceremony flagbearer: Robert 'Tiny' Graham

New Zealand has participated at all three previous Games and enjoyed their most successful in Toronto in 2017, winning 11 medals, including three gold; two in indoor rowing and one in powerlifting. They have a team of 24 competitors in Sydney.

Poland (POL)

Previous Games: None

Team captain: Janusz Raczy

Opening ceremony flagbearer: Krzysztof Polusik

Poland will make its Invictus Games debut in Sydney, sending a team of 15 competitors in archery, athletics and the Jaguar Land Rover Driving Challenge. They will also compete in the team sport of sitting volleyball.

Romania (ROM)

Previous Games: 2017

Team captain: Nicolae Grigore

Opening ceremony flagbearer: Vasile Zbâncă

Romania made their debut at the 2017 Games in Toronto where they sent a team of 15 competitors (all men) who competed in six sports; archery, athletics, indoor rowing, powerlifting, cycling and swimming. The team won four medals, including gold in archery in the team compound event.

Romania will compete in archery, athletics, cycling and sitting volleyball.

Ukraine (UKR)

Previous Games: 2017

Team captain: Serhii Inytskyi

Opening ceremony flagbearer: Serhii Inytskyi

Ukraine was one of two nations (alongside Romania) that made their Invictus Games debut in Toronto last year where they won 14 medals, including eight gold. This time, they bring a team of 15 competitors in archery, athletics, cycling, powerlifting and swimming.

United Kingdom (UK)

Previous Games: 2014, 2016, 2017

Team captain: Corporal Mark 'Dot' Perkins

Opening ceremony flagbearer: Richard Gamble

The UK will compete in all 11 sports after selecting a team of 72 from 451 hopefuls who tried out in April. The UK is the most successful nation at the Invictus Games, winning 353 medals including 143 gold. London hosted the first Invictus Games in 2014.

United States of America (USA)

Previous Games: 2014, 2016, 2017

Team co-captains: Master Sgt. Ben Seekell, Sgt. 1st Class Brant Ireland

Opening ceremony flagbearer: Master Sgt. Ben Seekell

The USA has a team of 70 competitors. The US hosted the second Invictus Games in Orlando in 2016.

The venues

Sydney Olympic Park Aquatic Centre

Swimming

Opened in 1994, the Sydney Olympic Park Aquatic Centre (SOPAC) was the venue for swimming, diving, water polo and synchronised swimming at the Sydney 2000 Olympic and Paralympic Games. The stadium currently holds 10,000 spectators and each bay of the grandstand has a different colour of the Olympic rings (blue, yellow, black, green and red) to honour the Olympic history of the venue.

It features two Olympic 50m pools – a competition pool and a warm-up pool.

Today, it is one of the most popular aquatic facilities in Australia attracting over 1 million visitors a year.

The Path of Champions at the entrance to the centre honours Australians who have achieved the status of Olympic champion, world champion or world record holder in swimming, diving and water polo.

Sydney Olympic Park Athletics Centre

Athletics

Built in 1994 as the warm-up track for the Sydney 2000 Olympics, the Sydney Olympic Park Athletics Centre has a seating capacity of 5000 in the Betty Cuthbert Grandstand and a further 8000 on grassed banks.

It features a 400m nine-lane track (with a 100m 12-lane front straight) and an IAAF-approved all-weather Rekortan M99 synthetic track made by Polytan to facilitate sprint, throws, jumps, hurdles and steeple chase.

It also hosted the 1996 World Junior Athletics Championships.

Sydney Olympic Park Tennis Centre

Wheelchair tennis

The centre was built in 1999 and hosted the tennis competition at the Sydney 2000 Olympic Games.

The 10,500-seat centre court is called the Ken Rosewall Arena, named after the Sydney-born eight-time grand slam singles champion whose career spanned the amateur and open eras. All court surfaces in the complex are made of PlexiCushion.

It has held the Sydney International since 2000, one of the major lead-up tournaments to the Australian Open.

Sydney Olympic Park Hockey Centre

Archery

Opened in March 1998 as part of Sydney Olympic Park sporting complex, the Sydney Olympic Park Hockey Centre hosted hockey at the Sydney 2000 Olympics. Its current capacity is 8000 people, with seating for 4000. For the Sydney 2000 Games, capacity was boosted to 15,000 through the use of temporary stands. It also hosted the five-a-side and seven-a-side football during the Sydney 2000 Paralympic Games.

Hockey NSW, the governing body for the sport in the state, is also based at the complex.

Genea Netball Centre

Powerlifting, Sitting volleyball

Built at a cost of \$35m, the Genea Netball Centre (formerly known as Netball Central) is Australia's leading netball facility. The centre opened in February 2015 and was one of the venues for the Netball World Cup held later the same year.

It was renamed Genea Netball Centre in a two-year sponsorship deal with Genea, one of Australia's leading providers for fertility, IVF and other assisted conception treatment.

It is also the home of Netball NSW.

Quaycentre

Indoor rowing, Sitting volleyball, Wheelchair basketball, Wheelchair rugby

Opened in November 1984, the Sydney Olympic Park Sports Centre – now known as the Quaycentre – was one of the first sporting facilities to be built at Homebush Bay, well before the 2000 Olympic bid for Sydney was conceived. The centre hosted table tennis and taekwondo during the 2000 Sydney Games.

The indoor facility has a seating capacity of 3854 and an additional 1152 retractable seats enabling a capacity of around 5000 for sports such as basketball and netball. It is situated 400m south of ANZ Stadium and is adjacent to the Sydney Olympic Park Hockey Centre.

The centre also includes a Hall of Champions exhibition containing some rare sporting memorabilia dating back to the late 1800s.

During its 24-year history, it has been a regular home to Sydney teams in the National Basketball League (Sydney SuperSonics, Sydney Kings, Sydney Spirit) and National Netball League (Sydney/NSW Swifts, Giants Netball)

Last month (September 2018), it played host to the taekwondo's ITF World Cup.

Cockatoo Island

Jaguar Land Rover Driving Challenge

Only a short ferry ride from Sydney's Circular Quay, Cockatoo Island is a UNESCO world heritage-listed island located at the junction of the Parramatta and Lane Cover rivers. It is the largest of Sydney's seven harbour islands.

Before the arrival of Europeans, Cockatoo Island was used by the indigenous Australian people of Sydney's coastal region. Following the closure of Norfolk Island as convict prison, the island was used as a convict prison between 1839 and 1869.

Convict labour was used to build Australia's first dry dock – the Fitzroy Graving Dock – between 1847 and 1857 and following the closure of the prison in 1869, shipbuilding began on the island the following year. At its peak during World War I, it employed over 4000 workers.

The island is managed by the Sydney Harbour Federation Trust which is also responsible for seven other lands around Sydney Harbour.

Cockatoo Island was inscribed on the UNESCO World Heritage List in July 2010.

Farm Cove

Sailing

A shallow bay on the southern shore of Sydney Harbour between Bennelong Point (site of the Sydney Opera House) and Mrs Macquarie's Point, Farm Cove is so named because it was the site of the first farm in the colony after the land had been set aside soon after European settlement.

It was also the site where Her Majesty Queen Elizabeth II disembarked at the beginning of her first visit to Australia on February 3, 1954. It was the first occasion on which a reigning monarch had set foot on Australian soil and attracted a crowd of over 1 million onlookers.

The flat land nearby was known to the indigenous inhabitants of Sydney as 'Woccanmagully' and was used by them as an initiation ground.

The Royal Botanic Garden

Road cycling

The Royal Botanic Garden Sydney is a major botanical garden located in the heart of Sydney. Governor Lachlan Macquarie created the garden in 1816 on the site of the first farm in the colony which had failed. It is the oldest scientific institution in Australia and one of the most important historic botanical institutions in the world

The 2.4km loop used for both the road cycling time trial and criterium events is an out-and-back course starting and finishing outside the Art Gallery of NSW and runs along Mrs Macquarie's Road out to Mrs Macquarie's Point and back.

New South Wales Golf Club

Golf

The New South Wales Golf Club is an 18-hole links-style course on the northern headland of Botany Bay set amongst the hills and valleys that lead down to the rugged Pacific Ocean coastline.

The course was designed by British golf course architect Dr Alister MacKenzie (1870-1934) who designed over 50 courses around the world including Augusta National (home of the US Masters), Royal Melbourne and Royal Adelaide.

The course was officially opened in June 1928, although it was incomplete at the time. It was radically altered in 1936-37 by Eric Apperly, however a succession of post-war architects – most recently Greg Norman – gradually re-established the integrity of the original design.

The respected US industry bible *Golf Digest* regularly rates the course among the top five in Australia and the top 50 in the world.

Medals

The Sydney 2018 Invictus Games medals feature an Australian twist with sprigs of Golden Wattle – Australia’s national floral emblem – bordering the design.

The design was chosen by the Royal Australian Mint, which says the Australian native flower symbolises our national colours and will be in bloom while the wounded defence veterans compete at the week-long event.



In keeping with past Games medals, they have a bright yellow ribbon and are inscribed with the words of the Invictus Games motto from William Ernest Henley’s poem Invictus: 'I am the master of my fate' and 'I am the captain of my soul'.

The medals were unveiled on September 4.

Coins



The Royal Australian Mint released two commemorative coins for the Games; a \$2 coin (centre, right) featuring an image of a competitor in a wheelchair with 2.3 million expected to go into circulation and a \$1 coin (left) with Braille text featuring an amputee competitor on the start blocks limited to 30,000.

The mascot

The official mascot of the Sydney 2018 Invictus Games is Cobber, a five-year-old Australian Blue Heeler with tan patches, a blue mottled coat and a black eye patch and a distinctive white nose stripe.

Cobber was rescued from bushfires in the Blue Mountains as a tiny puppy and brought up the local dogs’ rescue centre. On his second birthday, Cobber was selected to become an assistance dog and brought to the big city where he soon mastered crossing roads, getting on and off trains and patiently waiting outside shops. He was matched with his new owner, a former member of the military, who is competing at the 2018 Games.

Cobber’s hero is Sarbi, an Australian special forces explosives detection dog that spent 14 months missing in action in Afghanistan after disappearing during an ambush on September 2, 2008. Sarbi was later found by an US soldier in November 2009 and was reunited with Australian forces before being repatriated to Australia. Sarbi received the RSPCA Purple Cross Award and War Dog Operational Medal for her good work, the highest military honour an animal can receive. She died in 2015 and her preserved remains were given to the Australian War Memorial.



The official song

I Am Invictus was written by Lee, Garth Porter and Colin Buchanan is the official song of the 2018 Games.

The song is based on William Ernest Henley's 19th century poem 'Invictus'.

I Am Invictus will also be available on CD in October with the release of the album, 'After the War'. This album commemorates and honours the men and women who are serving, and have served Australia, and coincides with the 100-year anniversary of the signing of the Armistice on November 11, 1918, the end of The Great War. The project was initiated by Australian War Memorial director and 2018 Invictus Games ambassador Dr Brendan Nelson and recorded at Rancom St Studios in Sydney produced by Garth Porter.

Ambassadors

His Excellency General the Honourable Sir Peter Cosgrove AK MC (Ret'd) Australia's Governor General and former Chief of Army, Sir Peter Cosgrove is the Lead Ambassador for the Invictus Games Sydney 2018.

Early in his military career, he fought in Vietnam, commanding a rifle platoon and was awarded the Military Cross in 1971 for his performance and leadership during an assault on enemy positions. Sir Peter came to national attention in 1999 when, as Commander of the International Task Force East Timor (INTERFET), he was responsible for overseeing the country's transition to independence. For his leadership in this role he was promoted to Companion in the Military Division of the Order of Australia (AC). Promoted to Lieutenant General, he was appointed Chief of Army in 2000. After further promotion to General, he served as Chief of the Defence Force from 2002-2005.

He retired from the Australian Defence Force in 2005.

As a career soldier and Vietnam veteran, Sir Peter is passionate about the welfare and care afforded to returned servicemen and women. He says *Invictus* was one response following the World War decades that had put the onus for recovery in private and on the individual.

"It took a long while culturally to have a broadcast through navy, army and air force that a person exposed to high stress and shocking experiences would almost automatically have to be assessed," he says. "It was part of the culture of, 'Well, you joined up, mate, you volunteered' ... the more we publicise this and show it has government and community support, the more other people will come forward and say, 'I'm not feeling so well'.

"It's [the Games] great for the participants, but its further impact cannot be underestimated in the wider community."

Hamish Blake

Hamish Blake has been among Australia's most popular entertainers for well over a decade. He's best known for his top-rating radio show, podcast and TV series *Hamish & Andy's Gap Year* and *True Story* with close friend and collaborator Andy Lee. He was awarded the Gold Logie in 2012 as the most popular talent on Australian television for *Hamish & Andy's Gap Year*.

Outside of his radio, television and film commitments and inspired by a trip to Afghanistan in 2008, Hamish is a passionate advocate for veterans' health and wellbeing. He understands the power of sport to help recovery and rehabilitation. In 2015, as an Ambassador for ex-service organisation Soldier On, Hamish and Australian cyclist Cadel Evans joined a group of veterans in Italy for an intense three-day cycling challenge in the Trois Etapes Giro.

Hamish, 36, is married to author and cosmetics entrepreneur Zoe Foster and the couple has two children, Sonny (aged 4) and one daughter Rudy (aged 15 months).

Leesa Kwok

Leesa Kwok is the executive manager of veterans' services for RSL LifeCare Ltd which looks after veterans and war widows in aged care. She also works with RSL LifeCare's Homes for Heroes, a program which offers housing and rehabilitation to homeless young veterans and their families.

The family has received support from Legacy and in 2015, she was appointed an Ambassador for Legacy Australia.

Leesa's husband, Jamie Tanner, will be participating in his third Invictus Games in Sydney (wheelchair tennis, wheelchair rugby). Jamie, 35, served in the Australian Army for 11 years and suffers numerous musculoskeletal injuries, PTS, depression and adjustment disorder. They are a 'Brady Bunch' family with five children between them; Leesa is mother to Isabelle aged 15 and Daniel aged 13, and stepmother to three. Tinkerbelle the boxer, Jamie's assistance dog, is also part of the family. In 2015, Leesa, Jamie and their children took part in a *4Corners* story titled 'Bringing the War Home' where they shared their story of life after defence and life with PTS.

Leesa is regularly called on to speak about the impact on partners and children of a veteran living with PTS.

Curtis McGrath OAM

Curtis McGrath's story from being wounded on the battlefield to Invictus Team captain and gold medal Paralympian exemplifies the healing power of sport.

McGrath has served for more than a decade in the Australian Army as a combat engineer. He has served all over the world, with deployments to East Timor, Malaysia, Indonesia, Central Australia and Afghanistan. While deployed to Afghanistan, McGrath's life was changed forever when he stepped on an Improvised Explosive Device, and as a result had both legs amputated below the knee.

McGrath's amazing attitude to the event could not have been more optimistic. He said to the medics helping him that he would make it to the next Paralympic Games. Four years later, he not only made it to the 2016 Paralympic Games in Rio de Janeiro, but he claimed a gold medal in the K1-200m KL2 paracanoe event.

Curtis participated at the first three Invictus Games where he won eight medals (2 gold, 5 silver and 1 bronze) in two sports; indoor rowing and swimming. He was also the Australian team captain at the inaugural Games in London in 2014.

Anna Meares OAM

Anna Meares' sportsmanship, passion, focus and determination has been recognised by Australians and the cycling world alike. The Olympic champion's 'never-say-quit' attitude has seen her voted the Australian Institute of Sport Athlete of the Year in 2007 and 2001, inducted into the Australian Institute of Sport's 'Best of the Best,' named Australian Elite Female Track cyclist of the year seven times and Australian Cyclist of the year twice.

In a career that spanned more than 15 years, Anna also overcame remarkable adversity, recovering from a horrific crash at a World Cup meet in Los Angeles in January 2008 which she suffered a broken neck, to claim an Olympic silver medal seven months later at the Beijing Olympic Games.

During her career, she went to four Olympic Games (Athens 2004, Beijing 2008, London 2012, Rio 2016) and won six Olympic medals including two gold; in the 500m time trial in 2004 and the sprint in 2012. She also won seven Commonwealth Games medals (five gold) and 26 world championship medals (11 gold).

In 2005 Meares was recognised with an Order of Australia (OAM) for her service to cycling and the community. Brisbane's new velodrome, opened for the Commonwealth Games earlier this year, is also named in her honour.

The Hon. Brendan Nelson AO

Dr Brendan Nelson has been the Director of the Australian War Memorial since December 2012.

Born in Melbourne in 1958, Dr Nelson graduated with a Bachelor of Medicine and Surgery from Flinders University in Adelaide. He worked as a medical practitioner in Hobart between 1985 and 1995 and was National President of the Australian Medical Association (AMA) between 1993 and 1995.

He was elected to Federal Parliament in 1996 as the Liberal member for Bradfield in north Sydney. He served in a number of ministerial roles in the Howard Government including Education, Science and Training (2001-2006) and Defence (2006-2007).

Dr Nelson succeeded John Howard as leader of the Liberal Party in November 2007, serving as Leader of the Opposition until September the following year. In 2009, he retired from federal politics to take up an appointment as the Australian Ambassador to Belgium, Luxembourg, the European Union and NATO (2010–12).

Dr Nelson was appointed an Officer of the Order of Australia (AO) in January 2016 for his services to the community, the parliament of Australia, diplomacy and cultural leadership.

Stephen Moore

Stephen Moore is a former Australian Rugby Union footballer and captain of the Wallabies.

The man affectionately known as 'Squeak' because his voice broke during a high school speech was capped 129 times for Australia between 2005 and 2017 – the second-most on the Australian list behind George Gregan and no.7 on the all-time international list. He played in three World Cups and led Australia to the final in 2015.

Steve, 35, knows about the anguish of injury. Two minutes into captaining his country for the first time he suffered a season-ending injury. To keep his mind active and to pursue his interest in cultural change he took up a position in Deloitte's Human Capital practice. Whilst working for Deloitte he played a game of wheelchair rugby at the soldier recovery centre in Darwin.

James Spithill

Sydney will see the sport of sailing introduced to the Invictus Games on Sydney's iconic harbour and James Spithill will lead the way to promote the sport as open to all, regardless age and disability.

Spithill, who grew up sailing on Sydney's Pittwater where the only way home was by boat, is a six-time America's Cup skipper and dual winner of the world's most prestigious sailing event.

His Cup debut came in 2000 with *Young Australia* in Auckland aged 20, the youngest skipper in America's Cup history. In 2003, he led reached the semi-finals of the Louis Vuitton challenger series on *Oneworld*. For 2007 in Valencia, he was the helmsman aboard Italian challenger *Luna Rossa* which lost the challenger series final to eventual winner Emirates Team New Zealand.

He won the next two; in 2010, as skipper and helmsman for BMW Oracle Racing aboard *USA-17*, defeating defending champion *Alinghi* and in 2013 in San Francisco, leading his team to what is arguably the greatest comeback in international sport. They were down 8-1 in the best of 17 races, before rallying for eight consecutive wins to defeat Team New Zealand 9-8.

In 2017 in Bermuda, Team New Zealand avenged their loss with an 8-1 victory over Spithill's Oracle team.

When not training or competing, Spithill takes a keen interest in flying and holds his private pilots' licence. He is also an accomplished amateur boxer and has done two Molokai to Oahu stand-up paddleboard crossings.

Spithill, 39, is married to Jenny and the couple has two sons.

Ian Thorpe OAM

Ian Thorpe has a passion and history in supporting the Invictus Games. The five-time Olympic champion was an Ambassador for the 2016 Invictus Games in Orlando and will continue this role in 2018.

Thorpe was the most successful athlete at the Sydney 2000 Olympic Games where he won three gold (400m freestyle, 4x100m freestyle, 4x200m freestyle) and two silver medals (200m freestyle, 4x100m medley). At the next Games in Athens four years later, he retained his 400m freestyle title and also won the 200m freestyle. During his career, he also collected 11 world championship titles and 10 Commonwealth Games gold medals.

In 2001, Ian was a Medal of the Order of Australia (OAM).

Thorpe grew up in the Sydney suburb of Milperra and turns 36 a week before the 2018 Games.

Gus Worland

Australian media personality Gus Worland is best known for his series of television programs *An Aussie Goes* and his role as co-host of Triple M's breakfast show 'The Grill Team' since 2009.

Outside of his radio commitments, Gus is a passionate advocate for men's mental health and wellbeing. His 2016 ABC TV series *Man Up* is an exploration of modern masculinity and men's mental health issues – challenging masculine stereotypes, getting men better connected and breaking the silence around suicide. More recently, Gus founded 'Gotcha4Life', an organisation that is working to make a significant impact in raising the mental state of boys, men and their families.

Gus, 49, is married to Vicky and the couple has one son (Jack, aged 18) two daughters; Ella (17) and Abi (15).

He met lifelong friend Hugh Jackman while attending Knox Grammar in Sydney.

David Beckham OBE

David Beckham One of the world's most respected sporting champions became an ambassador for the Invictus Games in August.

The former England football star played for iconic clubs including Manchester United, Real Madrid and AC Milan. He was capped 115 times for England team from 1996 to 2009, including 58 as captain. He retired in May 2013 after a stint with Paris Saint-Germain.

Beckham married former pop star Victoria Adams in 1999 and the couple has been friends with Princes Harry and William for years, attending both of their weddings.

Beckham has played a number of exhibition matches in Australia, while his pop star turned fashion designer wife Vicky made a fleeting visit with the Spice Girls. They are also bringing their four children Brooklyn 19, Romeo 16, Cruz 13 and Harper 7 to Australia for the Games.

Timeline

2013

May 11-16: Prince Harry visits the Warrior Games in Colorado Springs, USA where he sees the power of sport in helping wounded, injured and sick servicemen and women both physically and psychologically. He is driven to bring the event to an international audience.

2014

March 6: The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry, in partnership with the Ministry of Defence, announce that the inaugural Invictus Games will be held at the Queen Elizabeth Olympic Park in London in September.

September 10-14: The first Invictus Games take place in London featuring over 400 competitors from 13 nations in nine sports.

2015

July 14: Prince Harry announces that the second Invictus Games will be held in Orlando, USA in May 2016.

2016

March 16, 2016: Prince Harry, patron of the Invictus Games Foundation, announces the third Invictus Games will be held in Toronto, Canada in September 2017. Sixteen nations are expected to compete in 12 sports.

April 6: Prince Harry welcomes the US team captain Will Reynolds to Buckingham Palace for the ceremonial handover of the Invictus Games flag.

April: Prince Harry enlists the Queen to star in a brilliantly funny Twitter video exchange with President Barack Obama to promote the Invictus Games. It is shared all over the world.

May 8-12: More than 500 competitors representing 15 nations in 10 sports take part in the second Invictus Games in Orlando, USA.

November 13: In a video message featuring pop star Kylie Minogue, Wallabies captain Stephen Moore and several members of the Australian Defence Force, Prince Harry announces that Sydney will host the 2018 Invictus Games.

2017

June 7: With 500 days to go, Prince Harry launches the 2018 Games in Sydney.

September 23-30: The third Invictus Games are held in Toronto, Canada.

2018

June 4: HRH Prince Harry announces the fifth Invictus Games will be held in The Hague, Netherlands in May 2020.

July 12: 100 days to go

June 15: Defence Minister Marise Payne announces the 72-strong 2018 Australian team at the Sydney Opera House

July 23: The Royal Mint issues a Sydney 2018 Invictus Games \$2 coin. 2.3 million are expected to be released into circulation

August 9: Cobber, a five-year-old Australian Blue heeler and assistance dog is named mascot for the 2018 Games. He also becomes a temporary member of the Wiggles.

August 17. Members of the Australian team carry the flag to the top of Sydney Harbour Bridge for 'Fly the [Invictus] Flag Day', a designated day for participating countries to fly over-sized Invictus Games flags near well-known national sites to raise awareness for the Games.

August 17: *I Am Invictus*, the official song of the 2018 Games, is released. The song is written by Lee Kernaghan, Garth Porter and Colin Buchanan.

September 5: The 2018 Games medals are unveiled

September 14: The Duke of Sussex (Prince Harry) turns 34

October 15: The Duke and Duchess of Sussex arrive in Sydney ahead of the Games

October 20-27: Sydney hosts the 2018 Invictus Games

Daily highlights

Day 0: Friday, October 19

Golf at the NSW Golf Club at Malabar is a social sport at the 2018 Games with a team event and an individual event involving competitors, family, friends and sponsors.

Day 1: Saturday October 20

Jaguar Land Rover Driving Challenge: The traditional curtain-raiser to the Invictus Games will be held on Cockatoo Island on Sydney Harbour. Twelve teams of two – a driver and a navigator – are put to the test on two separate courses; an off-road terrain-style course in a Land Rover Discovery and a tarmac racing course in a Jaguar with precision gates. The event is free to spectators.

Competitors to watch: Mark 'Dot' Perkins & Daniel Bingley (United Kingdom), Ergo Mets & Rasmus Penno (Estonia), Scott Reynolds & Craig McGrath (Australia)

The **Opening Ceremony** on the forecourt of the Sydney Opera House at Bennelong Point in the evening will be an opportunity to welcome the Invictus Games Family to Sydney. Prince Harry will open the Games and is expected to give a speech in front of competitors and their families.

Day 2: Sunday, October 21

Road cycling: Time trial (morning) and criterium (afternoon) at the Royal Botanic Garden.

Competitors to watch: Franck Robin, David Travadon (France), Peter Rudland, Garry Robinson, Andrew Wilkinson (Australia), Brant Ireland, Chris Parks, Megan Palko (USA), Stephanie Verhoef (Netherlands)

Sailing: A new sport in 2018, sailing will take place in a spectacular setting at Farm Cove adjacent to the Sydney Opera House. Two gold medals will be on offer; an individual event sailed in a Hansa 303 and a team event in the Elliott 7 class. The Hansa 303 class is decided first with qualification heats in the morning and medal race in the early afternoon, followed by the Elliott 7 class qualification races and medal race later in the afternoon.

Competitors to watch: Rob Saunders (Australia), Daryl Burton (New Zealand), Poppy Pawsey (United Kingdom)

Day 3: Monday, October 22

Indoor rowing at the Quaycentre features 12 events for men and nine for women throughout the morning (endurance events) and early afternoon (sprint events).

Competitors to watch: Mark Ormrod, Martin Tye (United Kingdom), Gabby Graves-Wake, Tiana Lopez, Ross Alewine (USA), Ergo Mets (Estonia)

Wheelchair tennis gets underway at the Sydney Olympic Park Tennis Centre with two sessions of pool play (morning, afternoon).

Sitting volleyball: There are three sessions of pool play with each nation playing two pool matches at either the Genea Netball Centre (morning, afternoon) or Quaycentre (evening).

Teams to watch: Georgia, United Kingdom, Afghanistan

Day 4: Tuesday, October 23

Swimming: All heats are in the morning at the Sydney Olympic Park Aquatic Centre

Sitting volleyball: Semi-finals (morning) and bronze and gold-medal matches (afternoon) at the Quaycentre. There is also an exhibition match between Canada and Denmark as a curtain-raiser to the gold-medal match.

Teams to watch: Georgia, United Kingdom, USA

Powerlifting gets underway in the afternoon with the men's and women's midweight at the Genea Netball Centre.

Competitors to watch: Tiana Lopez (USA), Altermese Kendrick (USA), Megan Marshall (New Zealand), Tyrone Gawthorne (Australia), Saifulrahman Rahmani (Afghanistan), David Atkin (United Kingdom)

Wheelchair tennis: The final round of pool play will be held at Sydney Olympic Park Tennis Centre in the morning, with the top four teams advancing to the semi-finals in the early afternoon and those winners meeting in the final in the late afternoon.

Competitors to watch: Ronald von Dort & Jelle van der Steen (Netherlands), Chance Field & Brian Williams (USA), Paul Guest & Edwin Vermetten (IAM)

Day 5: Wednesday, October 24

Swimming: All finals are in the evening at the Sydney Olympic Park Aquatic Centre.

Competitors to watch: Andrew Wilkinson, Sonya Newman (Australia), Stacey Trottier-Mousseau (Canada), Mark Ormrod (United Kingdom), Ronald van Dort (Netherlands)

Powerlifting: The remaining four events will be decided at the Genea Netball Centre with the men's and women's lightweight (morning) and heavyweight in the afternoon.

Competitors to watch: Martin Tye (United Kingdom), Omar Alshaboul (Jordan), Eddie McMahon (UK), Francesca Rocca (France)

Wheelchair rugby: Pool play is across three sessions (morning, afternoon, evening) at the Quaycentre with each team playing all the other five teams. Five national teams – USA, United Kingdom, France, New Zealand and Australia – will be joined by an Unconquered team comprising Canadian and Polish players who all will play each other once in a single pool. 2014 champions United Kingdom and the USA (2016 champions) will be favourites to contest the spoils as Denmark who won in Toronto will not defend their title.

Day 6: Thursday, October 25

Archery: Qualification (morning) and elimination rounds (afternoon) at the Sydney Olympic Park Hockey Centre

Competitors to watch: Grant Philip, George and Damien Nepata (New Zealand), Fabio Tomasulo (Italy)

Athletics. The first session at the Sydney Olympic Park Athletics Centre sees 27 gold medals decided.

Competitors to watch: Kristen Morris (USA), Gabby Graves-Wake (USA)

Wheelchair rugby: Semi-finals in the afternoon sees the top four teams meet for a place in the gold-medal match in the evening, while the two losers play off for bronze.

The JLR Celebrity match will be the traditional curtain-raiser to the gold-medal match.

Teams to watch: Australia, USA, United Kingdom

Day 7: Friday, October 26

It's the busiest day of the 2018 Games with 42 gold medals up for grabs.

Archery: All nine finals at the Sydney Olympic Park Hockey Centre throughout the day.

Competitors to watch: Fabio Tomasulo (Italy), Maiia Moskyvch (Ukraine)

Athletics: Morning and evening sessions at the Sydney Olympic Park Athletics Centre see the remaining 34 gold medals decided.

Competitors to watch: Monica Contrafatto (Italy), Gabby Graves-Wake (USA), Kristen Thomas (USA)

Wheelchair basketball: There are three sessions of pool play (morning, afternoon, evening) at the Quaycentre with each team playing two pool matches. Six nations will take part in the tournament; USA, New Zealand and Canada in pool A and Netherlands, Australia and the United Kingdom (pool B). The USA are defending champions, but the Dutch gave them a big scare in the gold-medal match last year.

Day 8: Saturday, October 27

Wheelchair basketball: Semi-finals in the morning and the bronze and gold-medal matches in the afternoon at the Quaycentre.

Teams to watch: USA, United Kingdom, Netherlands

The Closing ceremony at the Qudos Bank Arena will acknowledge the tremendous achievements of the competitors who will be joined by their families, friends and thousands of supporters. Prince Harry will return to give a speech to competitors. The Australian team captains will present the Invictus Games flag to their Dutch counterparts who will carry the flag to The Hague where the next Invictus Games will be staged in 2020.

Facts and figures about the 2018 Australian team

Summary of team by service

SERVICE	MEN	WOMEN	TOTAL
Army	38	12	50
Navy (RAN)	9	4	13
Air Force (RAAF)	6	2	8
Army/Navy (RAN/ARMY)	1	0	1
TOTAL	54	18	72

Summary of team by status

SERVICE	MEN	WOMEN	TOTAL
Serving	13	7	20
Former serving	41	11	52
TOTAL	54	18	72

Summary of team by sport participation*

SPORT	MEN	WOMEN	TOTAL
Archery	9	1	10
Athletics	16	10	26
Cycling	12	1	13
Golf*	1	0	1
Indoor Rowing	11	6	17
JLR Driving Challenge	2	0	2
Powerlifting	8	7	15
Sailing	6	0	6
Sitting Volleyball	11	3	14
Swimming	11	5	16
Wheelchair basketball	10	1	11
Wheelchair rugby	11	1	12
Wheelchair tennis*	2	2	4

Note: Most Australian team members are entered in multiple sports. Golf is a social sport in 2018, while wheelchair tennis is an unofficial medal sport.

Summary of team by no. of sports entered

NO. OF SPORTS	MEN	WOMEN	TOTAL
1 sport	15	3	18
2 sports	24	11	35
3 sports	13	4	17
4 sports	2	0	2
TOTAL	54	18	72

Competing in the most sports

NO.	COMPETITOR	SPORT 1	SPORT 2	SPORT 3	SPORT 4
4	Peter Arbuckle	Wheelchair Rugby	Wheelchair Basketball	Sitting Volleyball	Sailing
4	Mark Daniels	Sitting Volleyball	Wheelchair Rugby	Swimming	Indoor Rowing

Competing in the most events

NO.	COMPETITOR	SPORT	EVENTS
11	Michael Lyddiard	Athletics	Men's IT3 100m, 200m, 400m, 1500m, IJ3 long jump
		Cycling	Men's road bike IRB2 time trial, criterium
		Swimming	Men's ISC 50m free, 100m free, 50m back, 50m breaststroke
9	Vanessa Broughill	Athletics	Women's IT7 100m, IF4 discus, IF4 shot put, IJ5 long jump, Mixed 4x100m relay
		Indoor rowing	Women's IR6 endurance, IR6 sprint
		Swimming	Women's ISD 50m freestyle, 100m freestyle
8	Garry Robinson	Archery	Men's open compound, team open compound
		Cycling	Men's recumbent bike IRecB1 time trial, criterium
		Swimming	Men's ISA 50m free, 100m free, 50m back, 50m breaststroke

Youngest team members

AGE	COMPETITOR	SPORT 1	SPORT 2	SPORT 3
22	Braedon Griffiths	Wheelchair Basketball	Wheelchair Rugby	Sitting Volleyball
22	Rye Shawcroft	Wheelchair Basketball	Sitting Volleyball	
22	Nathan Parker	Athletics	Indoor rowing	
23	Jesse Costelloe	Athletics	Indoor rowing	Swimming
24	Alexia Vlahos	Athletics	Powerlifting	

Oldest team members

AGE	COMPETITOR	SPORT 1	SPORT 2	SPORT 3
62	Paul Langley	Indoor rowing	Sailing	Wheelchair Rugby
58	Graham Bell	Archery	Sitting volleyball	
55	David Connolly	Wheelchair Basketball	Wheelchair Rugby	
53	Stephen Hayes	Archery		
53	Robert Saunders	Sailing		

Previous medallists

COMPETITOR	GOLD	SILVER	BRONZE	TOTAL
Nathan Parker	0	3	2	5
Michael Lyddiard	3	1	0	4
Sonya Newman	1	3	0	4
Daniel Parker	1	2	0	3
Heidi Joosten	0	0	3	3
Emma Kadziolka	0	1	1	2
Peter Rudland	2	0	0	2
Sarah Sliwka	0	2	0	2
Garry Robinson	0	1	0	1
Tyrone Gawthorne	0	1	0	1
Sam Maraldo	0	1	0	1
Samantha Gould	0	0	1	1

Summary of team by previous Games appearances

NO. OF PREVIOUS GAMES	MEN	WOMEN	TOTAL
Three Games	1	0	1
Two Games	4	0	4
One Games	13	5	18
None (debut)	36	13	49
TOTAL	54	18	72

Previous Games appearances

NO.	COMPETITOR	TORONTO 2017	ORLANDO 2016	LONDON 2014
3	Garry Robinson			
2	David Connolly			
2	Peter Rudland			
2	Jamie Tanner			
2	Stewart Sherman			
1	Peter Arbuckle			
1	Davin Bretherton			
1	Tyrone Gawthorne			
1	Samantha Gould			
1	Tim Grover			
1	Heidi Joosten			
1	Emma Kadziolka			
1	Michael Lyddiard			
1	Samual Maraldo			
1	Craig McGrath			
1	Jason McNulty			
1	Sonya Newman			
1	Nathan Parker			
1	Daniel 'Stix' Parker			
1	Stephen Sandman			
1	Sarah Sliwka			
1	Tony Sten			
1	Jeffrey Wright			

Summary of Australian team by hometown state/territory

STATE/TERRITORY	MEN	WOMEN	TOTAL
Australian Capital Territory	0	3	3
New South Wales	22	3	25
Northern Territory	1	0	1
Queensland	12	4	16
South Australia	3	1	4
Tasmania	5	3	8
Victoria	7	2	9
Western Australia	4	2	6
TOTAL	54	18	72

Summary of Australian team by current residence state/territory

STATE/TERRITORY	MEN	WOMEN	TOTAL
Australian Capital Territory	2	2	4
New South Wales	16	1	17
Northern Territory	1	2	3
Queensland	21	11	32
South Australia	7	2	9
Tasmania	2	0	2
Victoria	4	0	4
Western Australia	0	0	0
<i>New Zealand</i>	1	0	1
TOTAL	54	18	72

THE SPORTS

Archery

Venue

Sydney Olympic Park Hockey Centre

Days

Day 6: Thursday, October 25: Qualification and elimination rounds

Day 7: Friday, October 26: Medal matches

No. of events

9

Events

MEN'S (3)	WOMEN'S (3)	MIXED EVENTS (3)
Men's novice recurve IA2	Women's novice recurve IA1	Team novice recurve IA1/A2
Men's open recurve IA4	Women's open recurve IA3	Team open recurve IA3/IA4
Men's open compound IA6	Women's open compound IA5	Team open compound IA5/IA6

This historic sport with a military background is a test of accuracy, strength and concentration.

The sport is fully integrated, meaning it is played among able-bodied competitors as well as competitors with varying physical disabilities, such as a spinal cord injury or amputation.

Competitors shoot from a standing or sitting position and some of those with arm/upper body impairments use their mouths to shoot the arrow. Archery involves using a bow to propel arrows at a target from a set distance. The objective is to hit the centre of the target, making archery a test of accuracy, concentration and strength. The shooting distance at the Invictus Games is 18 metres and competitors are permitted to shoot from a sitting or standing position depending on their ability. Recurve events use a traditional recurve bow while compound archers use a modern compound bow featuring a pulley system to bend the limbs of the bow to provide better accuracy. Note: Gender categories may be combined if an event has fewer than three entries and only one set of medals will be awarded.

Rules at a glance

Individual events

- **Novice recurve** and **open recurve** events are scored with 'set' play where in each set an archer has three arrows and the archer scoring the most points scores two set points for the end or 1 point each if the end is tied. The first to six points wins. If, after five sets, neither has scored six points then tie-break rules are followed.
- **Compound events** feature 'match play' which totals the cumulative score after five ends, i.e. all 15 arrows. If after five ends, both competitors have the same score, the tie-break rules will be followed

Team events

- In **novice recurve** and **open recurve team** events, each team shoots five sets of six arrows, with each archer shooting two arrows per set. The team has 240 seconds to shoot all six arrows.
- **Novice recurve** and **open recurve** team matches are scored using set play scoring where 2 points are awarded to the team that wins the set and 1 point for each team if it is a tied set. The first team to 5 points wins the match. If after four sets, neither team has reached 5 points, tie-break rules will be followed.
- In the **compound team** events, each match consists of four ends of six arrows per team (2 arrows per competitor). The result of the match is based on the total score after four ends (cumulative score of all 24 arrows). If after four ends, both teams have the same score, tie-break rules will be followed

Competition format

- All individual events have a qualification round (regardless of the number of entries) where each competitor fires three ends of 20 arrows and the overall score is used to rank competitors. The top 16 advance to the elimination round
- In the elimination phase, archers compete head-to-head drawn in the following manner: 1 v 16, 2 v 15, 3 v 14, 4 v 13, 5 v 12, 6 v 11, 7 v 10 and 8 v 9 (unless byes are required), with each archer shooting five ends of three arrows, alternating shots, with 30 seconds per arrow. The winners advance through quarter-finals and semi-finals, while losers are eliminated. The winners of the semi-finals advance to the gold-medal final while the losers play off for the bronze.
- Team events go straight to an elimination round, with winners advancing to the semi-final and medal matches

Did you know?

- Australia's only medal in the sport came at the first Invictus Games in London in 2014 when Matthew Taxis, Sam Maraldo and Clancy Roberts won silver in the mixed team novice event

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	9	3	7	19
USA	3	5	3	11
Canada	3	5	1	9
Denmark	2	0	1	3
Ukraine	1	2	0	3
Romania	1	1	0	2
Italy	1	0	4	5
France	0	2	1	3
Australia	0	1	0	1
Netherlands	0	1	0	1
Georgia	0	0	1	1
New Zealand	0	0	1	1
TOTAL	20	20	19	59

Past Games highlights

London 2014

129 competitors from 12 countries entered the competition with six gold medals at stake in individual and team events in both recurve and compound.

The qualification rounds taking place at the Mayesbrook Training facility in Dagenham and the finals at the Here East at Queen Elizabeth Park.

United Kingdom led the way with three gold; two in team events (recurve open, compound open) and the individual recurve open title to David Hubber. The other team event – the novice recurve – was fought out between Australia and Denmark and there was nothing to split the teams in normal play, with the win going to the Danes in a shoot-off.

USA's Richard Burkett claimed gold in the compound open by a single point, while Fabio Tomasulo won gold for Italy in the novice recurve.

Orlando 2016

The United Kingdom won four of the six finals, headlined by Gareth Paterson's success in the individual novice recurve with a near perfect shoot. Angelito Barbierato won gold in the individual open recurve while the UK also won the novice recurve and open recurve team events.

Canada's Luc Rolland Joseph Martin was victorious in the individual open compound while the open compound team podium was topped by the US.

Toronto 2017

The program was expanded to eight events (24 medals), with the inclusion of separate men's and women's open recurve events.

Athletics

Venue

Sydney Olympic Park Athletic Centre

Days

Day 6: Thursday, October 25: Heats, finals

Day 7: Friday, October 26: Heats, finals

No. of events

61

Events

DISCIPLINE	MEN'S EVENTS (39)	WOMEN'S EVENTS (21)	MIXED EVENTS (1)
Track (36)	Men's 100m IT1	Women's 100m IT1	Mixed 4x100m relay
	Men's 100m IT3	Women's 100m IT3	
	Men's 100m IT4	Women's 100m IT4	
	Men's 100m IT5	Women's 100m IT5	
	Men's 100m IT7	Women's 100m IT7	
	Men's 200m IT1	Women's 200m IT1	
	Men's 200m IT3	Women's 200m IT3	
	Men's 200m IT4	Women's 200m IT4	
	Men's 200m IT5		
	Men's 200m IT6		
	Men's 200m IT7	Women's 200m IT7	
	Men's 400m IT1		
	Men's 400m IT3	Women's 400m IT3	
	Men's 400m IT4	Women's 400m IT4	
	Men's 400m IT5		
	Men's 400m IT7		
	Men's 1500m IT1		
	Men's 1500m IT3		
	Men's 1500m IT4	Women's 1500m IT4	
	Men's 1500m IT5		
	Men's 1500m IT7	Women's 1500m IT7	
		Women's 4x100m relay	

DISCIPLINE	MEN'S EVENTS (39)	WOMEN'S EVENTS (21)	MIXED EVENTS (1)
Field (25)	Men's long jump IJ1		
	Men's long jump IJ3		
	Men's long jump IJ4		
	Men's long jump IJ5	Women's long jump IJ5	
	Men's discus IF1	Women's discus IF1	
	Men's discus IF2		
	Men's discus IF3		
	Men's discus IF4	Women's discus IF4	
	Men's discus IF5	Women's discus IF5	
	Men's discus IF6		
	Men's discus IF7		
	Men's shot put IF1	Women's shot put IF1	
	Men's shot put IF2		
	Men's shot put IF3		
	Men's shot put IF4	Women's shot put IF4	
	Men's shot put IF5	Women's shot put IF5	
	Men's shot put IF6		
	Men's shot put IF7		

Athletics consists of running, jumping and throwing events.

Competitors of all abilities may participate, including those competing in wheelchairs, with prostheses, or under the guidance of a sighted person known as a 'guide'. Athletes compete in each event against others with similar levels of ability, according to their functional classification.

The events which have transitioned to the Invictus Games are the track events of 100m, 200m, 400m, 1500m and 4x100m relay and the field events of long jump, shot put, discus.

Rules at a glance

- In the **100m, 200m, 400m** track events runners are drawn into lanes, while the 1500m has its own 'waterfall' start line. The first to cross the finish line wins
- For ambulant events, the time is taken at the moment the torso crosses the finish line (i.e. head, neck, arms or legs do not count). For wheelchair events, the time taken is the moment at which the hub of the leading wheel of the competitor's chair reaches the finish line.
- If two or more competitors record the same time, the photo is scrutinised
- In field events (**throwing** and **jumping**), competitors receive a given number of attempts (depending on the event or phase of competition), and their best attempt is counted as their result
- Medals will also be awarded to guides of visually-impaired competitors

Competition format

- **Track events** (100m, 200m and 400m) are likely to have heats, while the 1500m will be straight final
- **Standing throws** (Shot put/discus IF1, IF2, IF3, IF4): If an event has 15 or more entries they will be divided into preliminary rounds. In the preliminary round, each competitor is allowed three throws, with the best throw counting as the result. The top eight advance to the final where they receive a further three throws. Where there are 15 or fewer entries, a straight final is held.
- **Seated throws** (Shot put/discus IF5, IF6, IF7) are conducted as a straight final where throwers receive six consecutive throws with their best throw counting as the result.
- **Long jump** (IJ1, IJ2, IJ3, IJ4, IJ5): Where there are more than 15 competitors in a single category, a preliminary round will be held where each competitor has three attempts. The eight competitors with the best performances advance to the final. The final consists of six jumps. Each competitor has three jumps. The top eight after three rounds receive a further three jumps. Where there are 15 or fewer entries, a straight final is held.

Did you know?

- Athletics is the biggest sport at the Games, with more competitors (204) and more events (61) than any other sport. It is also the only sport in which all 18 countries are taking part
- The USA has been the dominant nation, winning almost half the gold medals (75 out of 160) on offer at past Games
- Long jump events make their Invictus Games debut in 2018

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
USA	75	60	59	194
United Kingdom	31	28	27	86
France	16	21	15	52
Australia	12	14	13	39
Canada	7	5	2	14
Netherlands	5	5	4	14
Italy	5	2	1	8
Iraq	4	0	0	4
Germany	2	2	2	6
Denmark	1	6	2	9
Jordan	1	3	1	5
Ukraine	1	1	1	3
Estonia	0	3	2	5
New Zealand	0	1	5	6
Georgia	0	1	1	2
Romania	0	0	1	1
TOTAL	160	152	136	448

Past Games highlights

London 2014

It was a close battle between host nation UK (17 gold) and the USA (15 gold) at the Lee Valley Athletics Centre at Queen Elizabeth Olympic Park, with the star of the show - Joe Townsend - making all the difference. The UK wheelchair racer made a clean sweep of the IT4 track events, winning gold medals in the 100m, 200m, 400m and 1500m.

Australia's only gold medallist was Kirsty-Leigh Brown who won the women's IF2 javelin, while Denmark, France and Italy also topped podiums.

Orlando 2016

Toronto 2017

Ivan Sears (USA) set a blistering pace on the track capturing three gold medals in the IT4 100m, 200m and 400m.

Starring for the home side were retired corporal Michael Clarke who won four medals in the IT5 wheelchair races, while co-captain of the Canadian team Natacha Dupuis won three gold (IT6/IT7 100m, 200m, IT7 400m) in front of a roaring home crowd at York Lions Stadium.

Other multiple gold medallists included Australia's Michael Lyddiard (IT6 100m, 200m, 400m), Luke Sinnott (IT2 200m, 400m) of the United Kingdom and Kelly Elmlinger of the USA (IT4 100m, IT4/5 200m, IT4/5 400m).

Cycling

Venue

The Royal Botanic Garden

Days

Day 2: Sunday, October 21

No. of events

20

Events

MEN'S EVENTS (12)	WOMEN'S EVENTS (8)
Men's time trial: recumbent bike IRecB1	Women's time trial: recumbent bike IRecB1
Men's time trial: road bike IRB1	
Men's time trial: road bike IRB2	Women's time trial: road bike IRB2
Men's time trial: road bike IRB3	Women's time trial: road bike IRB3
Men's time trial: hand bike IHB1	
Men's time trial: hand bike IHB2	Women's time trial: hand bike IHB2
Men's criterium: recumbent bike IRecB1	Women's criterium: recumbent bike IRecB1
Men's criterium: road bike: IRB1	
Men's criterium: road bike: IRB2	Women's criterium: road bike: IRB2
Men's criterium: road bike: IRB3	Women's criterium: road bike: IRB3
Men's criterium: hand bike: IHB1	
Men's criterium: hand bike: IHB2	Women's criterium: hand bike: IHB2

There are two road cycling events for men and women at the Invictus Games; the time trial and the criterium. In the time trial, competitors start singly at set intervals and the fastest rider over a set distance wins.

In the criterium, competitors start together and complete several laps of a designated circuit. The first over the finish line wins.

There are three different types of bikes used in 2018 – road bikes, hand bikes and recumbent bikes – to ensure maximum participation; competitors may participate in one or both events, but they must be in the same category.

Competition format

- **Time trial:** Competitors race individually against the clock over a single lap of a 2.4km loop. Riders set off singly at 1-minute intervals and the winner is the rider with the fastest time in their category. There is no seeding; start times are determined by draw.
- **Criterion:** After a mass start, competitors within their category complete several laps of the 2.4km course over a 30-minute duration. The next lap after 30 minutes has expired is the final lap and the first rider to cross the finish line is the winner. Other riders are not required to complete the same number of laps as the winning rider.
- Results are timed to within 1/100th of a second. If there is a tie to this degree of accuracy competitors receive equal rank.

Did you know?

- Cycling is one of three sports at the 2018 Games which is free to the public
- 10 nations have won medals in the sport

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	22	22	18	62
United States of America	21	18	26	65
France	8	7	7	22
Netherlands	5	1	2	8
Australia	4	2	1	7
Canada	2	6	1	9
Italy	2	1	1	4
New Zealand	0	2	0	2
Germany	0	2	0	2
Denmark	0	1	1	2
TOTAL	64	62	57	183

Past Games highlights

London 2014

Cycling events took place on day 3 of the 2014 Games on a newly-designed road circuit at Lee Valley VeloPark.

The USA and the UK dominated the 20-event program with eight gold medals apiece, while France (2), the Netherlands and Australia picked up the remaining four.

Australia's only success came courtesy of Sarah Archibald, who produced a stunning final lap to streak clear of the field and claim gold in the Women's IRB3 road bike criterium ahead of Marianne Reilly of the USA.

Orlando 2016

Toronto 2017

Road cycling took place at High Park.

Golf

Venue

NSW Golf Club

Days

Day zero: Friday, October 19

Prizes

Best individual male
Best individual female
Best team
Closest to the pin
Longest drive - male
Longest drive - female

Golf features at the Sydney 2018 Invictus Games as a social event for competitors and their families and friends.

Winners in each category receive an official Invictus Games prize from sponsors ISPS Handa. There will also be trophies for closest to the pin as well as the longest drive.

Technology allows all competitors to participate in golf; the equipment used is modified for competitors with physical or cognitive disabilities.

Scoring

Players are scored according to the modified Stableford scoring format which involves scoring points at each hole, rather than counting the number of strokes in an entire round. The number of points awarded on each hole is as follows;

- Par: 2 points
- Birdie (one under par): 3 points
- Eagle (two under par): 4 points
- Albatross (three under par): 5 points
- Bogey (one over par): 1 point
- Double Bogey: 0 points

This fixed score is then adjusted according to the players' handicap.

Unlike traditional scoring where the aim is to have the lowest score, the winner of a Stableford event is the player with the highest score.

Competition format

Individual event

The men's and women's events consist of one round of 18 holes. There is no seeding; the tee-off order is determined by draw.

Team event

There will be 14 teams of four players who are a mix of Invictus Games competitors, family, friends and sponsors. A shot gun start is used where groups tee off simultaneously from different holes and a team's score is the aggregate of the best Stableford score on each hole from the four players.

Did you know?

- 29 competitors from eight nations, and 16 of their family and friends, will join a host of special guests for 18 holes. The newest nation Poland is leading the way with nine competitors followed by last year's hosts Canada with seven
- A number of Invictus Games players are re-learning to play the sport with one arm so they strike the ball one handed without any assistance.
- Golf made its Invictus Games debut in Toronto in 2017 with men's and women's individual events.
- Kristjan Roivas of Estonia scored a hole-in-one on the 16th hole in Toronto in 2017, though he wound up tied for 27th

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	2	0	0	2
Canada	0	2	3	5
United States of America	0	0	1	1
TOTAL	2	2	4	8

Past Games highlights

London 2014

Not held

Orlando 2016

Not held

Toronto 2017

Twenty-nine men and five women teed off at St. George's Golf and Country Club for the inaugural Invictus Games golf tournament played in the single stableford format, with double success to the United Kingdom.

On the men's side, David Scott earned gold with a 38-point total, Etienne Aube of Canada earned silver with 37. There was a three-way tie for bronze between Jay Nickol and Dan Graham of Canada and Josh Lindstrom of the USA who all had 35 points. Scott also competed in wheelchair tennis and wheelchair basketball.

The UK's Cornelia Oosthuizen – who had already won wheelchair tennis bronze – won the women's event on 32 points, while Canadians Karyne Gelinis (27 points) and Sandy Bate (24 points) earned silver and bronze respectively.

Flying the flag for Australia was the duo of Shaun Lawler (NSW) and Paul McGinty (ACT) who finished 11th and 22nd respectively.

Indoor rowing

Venue

Quaycentre

Days

Day 3: Monday, October 22

No. of events

22

Events

MEN'S EVENTS (12)	WOMEN'S EVENTS (10)
Men's endurance IR1	
Men's endurance IR2	
Men's endurance IR3	Women's endurance IR3
Men's endurance IR4	Women's endurance IR4
Men's endurance IR5	Women's endurance IR5
Men's endurance IR6	Women's endurance IR6
Men's sprint 1R1	Women's sprint IR1
Men's sprint 1R2	Women's sprint IR2
Men's sprint 1R3	Women's sprint IR3
Men's sprint 1R4	Women's sprint IR4
Men's sprint 1R5	Women's sprint IR5
Men's sprint 1R6	Women's sprint IR6

Indoor rowing takes place on an indoor machine simulator mimicking the actions of its water counterpart and has become established as a sport in its own right. The sport focuses on speed, power, endurance and synchronisation.

There are two events. Sprint events last one minute, while endurance events last four minutes and the winner is whoever rows the furthest distance.

Rules at a glance

- Sprint events last one minute, while endurance events last four minutes. Medals are awarded based on the distance rowed.
- If there is a false start the race is restarted. A second false start results in disqualification.
- Competitors are assigned to a competition erg by random draw.

Competition format

- The competition is conducted as a straight final, although an event can be run in divisions if the number of competitors exceeds the number of ergometers (machines) available. Different categories may compete at the same time however, the results are not combined for different classes.

Did you know?

- The United Kingdom has dominated indoor rowing, winning 25 gold medals, more than double their nearest rivals USA (10 gold) and Australia (7 gold)

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	25	17	10	52
USA	10	15	8	33
Australia	7	5	7	19
Canada	7	5	4	16
Denmark	5	5	5	15
France	5	3	7	15
Estonia	4	0	2	6
New Zealand	3	3	2	8
Italy	2	3	4	9
Netherlands	1	3	3	7
Germany	1	2	1	4
Ukraine	1	0	1	2
Romania	0	0	1	1
TOTAL	71	61	55	187

Jaguar Land Rover Driving Challenge

Venue

Cockatoo Island

Day

Day 1: Saturday, October 20

No. of events

1

The Jaguar Land Rover Driving Challenge is the traditional curtain-raiser to the Invictus Games, usually taking place the day before or the day of the opening ceremony.

Teams of two – a driver and a navigator – are put to the test on two separate courses; an off-road terrain-style course in a Land Rover Discovery and a tarmac racing course with precision gates in a Jaguar I-Pace. The teams are timed but accurate driving will produce better results than speed alone.

Rules at a glance

- Drivers are put to the test on three separate courses; the first is a 'canoe slalom' held in a water tank full of colour-coded gates
- The second is a Land Rover off-road-style course, with four distinctly different elevated features, which must be successfully navigated in under eight minutes.
- The third is the Jaguar racing course which is a test of speed. Teams zip through a system of sophisticated gates called Jaguar Smart Cones which feature flashing green lights indicating the immediate path while blue lights indicate the next turn. The hairpin course differs each round, so communication between teammates is key.
- Each driver has a teammate and cameras to help navigate the course, while some vehicles are equipped with hand controls to enable competitors with physical disabilities to take part.

Competition format

- **Preliminary:** After completing each course, teams are ranked by points based on accumulated times and penalties. The top two teams advance to the final.
- **Final:** The two-highest scoring teams compete for the gold and silver medals. The third highest scoring team from the preliminary is awarded the bronze.

Did you know?

- Australian pair Matthew Taxis and Sarah Archibald have the distinction of winning the first gold medal of the first Invictus Games when they won the Jaguar Land Rover Driving Challenge in London in 2014
- Cockatoo Island, one of seven islands in Sydney Harbour, acted as a convict penal establishment from 1839 to 1869. It then became one of Australia's biggest dockyards, eventually closing in 1991.
- The event is free to the public
- Although the United Kingdom has won gold in every sport at the Invictus Games, they have never won the Jaguar Land Rover Challenge
- The USA have won a medal in every sport at the Invictus Games, however they are yet to win a medal in the Jaguar Land Rover Challenge

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
Netherlands	1	0	1	2
Australia	1	0	0	1
France	1	0	0	1
Estonia	0	1	0	1
Germany	0	1	0	1
United Kingdom	0	1	0	1
Denmark	0	0	2	2
TOTAL	3	3	3	9

Past Games highlights

London 2014

Retired corporal Sarah Archibald and former combat engineer Matthew Taxis of Australia won a thrilling four-way final against Germany, the United Kingdom and the Netherlands after the other nations were eliminated in a series of heats. With Taxis as driver and Archibald as navigator, the duo was the class of the field in a test of speed and precision that them to negotiate a complex off-road course in a Land Rover Discovery four-wheel-drive then drive flat out in a V8-powered Jaguar F-Type convertible.

Germany (Engin Imprampassi & Jorn Peper) and the Netherlands (John de Ruiter and Wesley van den Wildenberg) took the minor placings.

Teams from 11 nations competed in the event which was held at the Jaguar Land Rover Design and Engineering Centre in Gaydon, Warwickshire.

Orlando 2016

Two team members from each of the 11 competing nations took part in the two time-trials using the Jaguar XE and Land Rover Discovery Sport vehicles. The event took place the day before the opening ceremony.

Prince Harry awarded the first gold medals of the 2016 Games to Frenchmen Rober Philippe and Rebuient Henri. With Prince Harry riding in the back seat, Estonia's Kristjan Roivas and Ergo Mets won the silver while Danish pair Rasmus Moeller and Flemming J.R. Nielsen earned the bronze.

Toronto 2017

Erik Schuijjer and Rick Torenstra of Team Netherlands earned gold, Army Sergeant Gareth Paterson and former RAF Sergeant Olaf Jones their silver medals for the United Kingdom, while Denmark's Glen Mac Jobson and Pierre Skovgaard drove to bronze.

The event was held in the historic Distillery District of downtown Toronto.

Powerlifting

Venue

Genea Netball Centre

Days

Day 4: Tuesday, October 23: Women's midweight, Men's midweight

Day 5: Wednesday, October 24: Women's lightweight, Men's lightweight, Women's heavyweight, Men's heavyweight

No. of events

6

Events

MEN'S EVENTS (3)	WOMEN'S EVENTS (3)
Men's lightweight IP4	Women's lightweight IP1
Men's midweight IP5	Women's midweight IP2
Men's heavyweight IP6	Women's heavyweight IP3

Keeping in peak physical condition is vital for any member of the armed forces which makes powerlifting the perfect sport for the Invictus Games as it's the ultimate test of upper body strength.

In the sport, the competitors get three attempts to bench press a bar until their arms are straight. Competitors lay flat on their back on a specially-designed bench and lift using the bench-press technique where they take control of the weighted bar at arms' length before being given the start signal by the referee, then lower the bar to their chest, hold it motionless, then press it upwards to arms' length with elbows locked.

There are separate events for men and women classed according to weight group and the competitor to successfully lift the heaviest wins.

Rules at a glance

- Competitors are given three attempts and their best single lift counts as their result.
- An audible command 'rack' is given when the chief referee considers the lifter has completed the lift. A white light indicates a good lift while a red light indicates a no lift.
- Lifters and their coaches decide what weight will be attempted in each round and must fill in an attempt card that goes to the marshals' table.
- Competitors have 2 minutes to complete a lift once the bar is loaded. After completing a lift, they have 1 minute to indicate the weight required for their next attempt.
- Competitors weigh in two hours before the start of the event.
- Competitors lift one at a time by order of the lifting weight chosen (or by lot number if the weight is the same). If unsuccessful, the lifter can attempt the same weight again in the next round or make a new attempt at a heavier weight. The bar is progressively loaded after each attempt, i.e. it is never lowered within a round.

Competition format

- Powerlifting is contested as a straight final. Where there are up to 10 lifters in a single bodyweight category, there is one group of lifters. If there are 11 or more, then sub groups are formed in as equal numbers as possible with a maximum of 10 in each group.

Did you know?

- Powerlifting was introduced as a Paralympic sport at the second Paralympic Games in Tokyo in 1964. Known as weightlifting at the time, the name was later changed to powerlifting.

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	6	4	5	15
USA	3	2	1	6
Canada	2	1	1	4
Jordan	1	0	0	1
New Zealand	1	0	0	1
Ukraine	1	0	0	1
Australia	0	3	2	5
Estonia	0	2	0	2
Afghanistan	0	1	1	2
Netherlands	0	1	1	2
France	0	0	2	2
TOTAL	14	14	13	41

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Past Games highlights

London 2014

Here East underwent an overnight makeover with 12 indoor rowing machines replaced by a weights bench for the powerlifting competition featuring lightweight and heavyweight divisions for men and women from nine nations.

Women were first up with Carlyne Dufley (Great Britain) following up her wheelchair rugby gold with another in the heavyweight powerlifting, while USA's Lakin Booker took out the lightweight division.

In the men's competition, Micky Yule of Great Britain racked up an incredible 180kg - more than 100kg over his bodyweight - to take gold in the lightweight division, while compatriot James Wilson won the heavyweight.

Orlando 2016

Toronto 2017

With other competitors looking to press 187kg in the heavyweight division, Martin Tye of the United Kingdom went a little further, loading the bar with 188kg and pushed past his personal best of 185kg to win gold. He was joined by his family on the podium. Ukraine's Vasyl Pashkevych took gold in the midweight (175kg) while Omar Alshaboul's lightweight victory (110kg) was Jordan's first gold medal in the sport.

Two Canadians both lifted 85kg to tie for first in the women's heavyweight division but gold went to Krista Seguin because she had the lighter bodyweight. Tiana Lopez of the USA (lightweight, 72kg) and Vanessa Bawden-Pere of New Zealand (midweight 64kg) took out the other two women's divisions.

Sailing

Venue

Farm Cove

Day

Day 2: Sunday, October 21: Qualifying races, Medal races

No. of events

2

Events

OPEN (2)

Individual (Hansa 303)

Team (Elliott 7)

Sydney Harbour will provide a spectacular backdrop for the Invictus Games debut of sailing.

An individual (Hansa Dinghy) and a team (Elliott 7) event will be offered and each nation can enter up to two teams per event. The duration of races is designed to be 30 minutes including pre-start and post-race. Both classes will compete on the same course.

Each team is allocated an accredited instructor by the organisers who is onboard at all times. They act as a fifth member of the crew in the Elliott 7 and second member in Hansa 303 and are there to observe and provide advice on safety issues if required.

Competition format

- Boats contest three races in the qualifying stage. Races are designed to last approximately 20 minutes and after a mass start, each race includes a minimum of two and a maximum of three laps of the course, depending on the wind conditions. There is an additional 5-minute starting sequence and 5 minutes allowed to re-constitute at the end of each race (i.e. a total race duration of 30 minutes). In the qualifying stage, points are awarded in each race based on finishing position; first place = 1 point, second place = 2 points and so on.
- The top six Elliott 7 boats and top five Hansa 303 boats (with a maximum of one per nation) with the lowest cumulative total at the end of the qualifying stage advance to the Medal race which is conducted on the same course. Scores from qualification carry over and double points are awarded in the Medal race, i.e. first = 2 points, second = 4 points etc. The gold medal is awarded to the boat with the least number of points.

Boat specifications

Hansa 303

Ideal for novices with or without an onboard coach, Hansa boats are extremely easy to sail and wide seating for two adults as well as two sails gives a positive role for both helm and crew. The boat was designed in 1998 by Chris Mitchell.

Specifications

- Type: Keelboat
- Optimum crew weight: maximum 160kg
- Hull Length 3.03m
- Beam Length 1.35m
- Draught Length 1 m
- Mainsail Area 4.4 m²
- Headsail Area 1.4 m²
- Boat Weight 85kg
- Hull Weight 55kg
- Ballast Weight 30kg

Elliott 7

The Elliott 7 is a state-of-the-art 7 metre yacht with four crew members and is ideal for fleet racing, match racing, corporate events, youth development, adult sailing and learn-to-sail programs. The boat was designed by New Zealander world renowned designer Greg Elliott in 1991.

Specifications

- Hull length 7m
- Beam length 2.3m
- Draught length 1.65m
- Displacement 850kg
- Mainsail area 20.1 m²
- Jib 10.2 m²
- Gennaker 45 m²

Did you know?

- Sailing makes its Invictus Games debut in Sydney in 2018, however it will not be on the program for the next Games in The Hague, Netherlands in 2020
- The Australian team has had coaching and support through the Royal Prince Alfred Yacht Club and Tom Spithill, the brother of dual America's Cup-winning skipper and 2018 Invictus Games ambassador James Spithill
- The sport is free to the public

Sitting volleyball

Venues

Genea Netball Centre (pool matches)

Quaycentre (pool matches, semi-finals, finals)

Days

Day 3: Monday, October 22; pool matches

Day 4: Tuesday, October 23; semi-finals, bronze and gold-medal matches

No. of events

1

Sitting volleyball is a team sport where competitors hit the ball over the net with an objective of landing it in the opposing team's half of the court.

The game is played by mixed gender teams of six players on a smaller court than traditional volleyball with a lower net. Points are awarded to the team that wins the rally and a receiving team that wins the point gains the serve. Players must have at least one buttock in contact with the floor whenever they make contact with the ball.

Players can use any part of their body to return the ball over the net and unlike indoor volleyball, the opposing side is allowed to block the serve.

Rules at a glance

- Teams have a maximum of three touches to form an attacking play, before the ball must go over the net
- Matches are the best of three sets. The first two sets are played to 21 points. The third set, if required, is played to 15 points.
- **Player points:** Squads comprise up to 16 players with 12 named per match. There must always be six players per team in play and the maximum number of player points that can be on the court at once is 15. Points are determined by the physical or functional impairments of the six players on the court. They are categorised as maximum (1 point), moderate A (1.5 points) moderate B (2 points) and open (3 points).

Competition format

- The 12 teams are divided into four pools (A, B, C, D) of three teams and each team plays every other team in their pool in a round-robin format in the preliminary phase.
- The top team from each pool advances to the semi-finals. The two semi-final winners play for gold and the two losers for bronze.

Pools

POOL A	POOL B	POOL C	POOL D
Australia (AUS)	Georgia (GEO)	United Kingdom (UK)	United States (USA)
Poland (POL)	Germany (GER)	Afghanistan (AFG)	Netherlands (NED)
France (FRA)	Romania (ROM)	Jordan (JOR)	Estonia (EST)

Did you know?

- An exhibition match between Canada and Denmark will be held as a curtain-raiser for the gold-medal match
- Australia's best finish was 7th in 2014
- Gulad Todua, one of the Georgian players who won gold in 2017, was in a body bag in a hospital because medics thought he was dead. When a mother of another soldier came along to identify her son, they accidentally unzipped the wrong body bag and discovered Gulad — who was still breathing
- Sitting volleyball has deep roots in parasport as it was shown as a demonstration sport for athletes with amputations at the 1976 Paralympics Games in Toronto.

Past results

YEAR	GOLD	SILVER	BRONZE	4TH
London 2014	United Kingdom	USA	Netherlands	Georgia
Orlando 2016	USA	United Kingdom	Georgia	Netherlands
Toronto 2017	Georgia	United Kingdom	USA	Denmark

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	1	2	0	3
USA	1	1	1	3
Georgia	1	0	1	2
Netherlands	0	0	1	1
TOTAL	3	3	3	9

Past Games highlights

London 2014

Following wins in wheelchair basketball and wheelchair rugby, the United Kingdom completed a hat-trick of gold medals at the Copper Box Arena, taking out the sitting volleyball by defeating the USA. A best-of five sets affair (as opposed to best of three in previous matches), the home side prevailed in straight sets 25-11, 25-22, 25-12.

Netherlands def Georgia 25-19, 25-19 to win bronze, while Denmark came from one set down to defeat Germany in the 5th-6th playoff.

After finishing third in pool A - going down in straight sets to both the United Kingdom (25-6, 25-7) and Netherlands (25-15, 25-20) and a win over New Zealand 25-18, 25-10 -Australia lost to Germany in the 5th-8th classification match then beat New Zealand in the play-off for 7th-8th.

Orlando 2016

The main event was a repeat of the 2014 gold-medal match between the USA and the United Kingdom. The host nation won the first set 25-21, the defending champions fought back to win the second 27-25 and force a tiebreaker, the US winning the final game 15-8.

Meanwhile, Georgia recovered from a semi-final loss to the United Kingdom, squaring off with the Netherlands in the bronze-medal match, with the Georgians coming out on top in straight sets 25-19, 25-16.

Toronto 2017

It was a fairy tale ending for Georgia and their British coach, Richard Osborne who was asked to help the inexperienced side in 2014 following a chance meeting at a competition. The team won every set in their four matches on the road to the gold medal, finishing with a 2-0 (25-15, 25-17) win against the United Kingdom in the final. Osborne had only visited Georgia on a few occasions, with most of his coaching done using videos of his local sitting volleyball club which he posted online.

USA def Denmark in straight sets (25-21, 25-18) to capture the bronze medal.

Eleven teams entered the tournament, with a late entry – Team Unconquered comprising of players from the USA, Romania, Ukraine and Denmark – replacing Romania who pulled out.

Australia did not enter a team.

Swimming

Venue

Sydney Olympic Park Aquatic Centre

Days

Day 4: Tuesday, October 23: Heats

Day 5: Wednesday, October 24: Finals

No. of events

30

Events

MEN'S EVENTS (16)	WOMEN'S EVENTS (13)	MIXED EVENTS (1)
Men's 50m freestyle ISA		Mixed 4x50m freestyle relay
Men's 50m freestyle ISB	Women's 50m freestyle ISB	
Men's 50m freestyle ISC	Women's 50m freestyle ISC	
Men's 50m freestyle ISD	Women's 50m freestyle ISD	
Men's 50m back ISA		
Men's 50m back ISB	Women's 50m back ISB	
Men's 50m back ISC	Women's 50m back ISC	
Men's 50m back ISD	Women's 50m back ISD	
Men's 50m breaststroke ISA		
Men's 50m breaststroke ISB	Women's 50m breaststroke ISB	
Men's 50m breaststroke ISC	Women's 50m breaststroke ISC	
Men's 50m breaststroke ISD	Women's 50m breaststroke ISD	
Men's 100m freestyle ISA		
Men's 100m freestyle ISB	Women's 100m freestyle ISB	
Men's 100m freestyle ISC	Women's 100m freestyle ISC	
Men's 100m freestyle ISD	Women's 100m freestyle ISD	
	Women's 4x50m freestyle relay	

Swimming is one of the longest-standing sports for competitors with disabilities.

Both an individual and team sport, competitors compete in freestyle, backstroke, breaststroke and butterfly events at the Invictus Games. The first competitor (or team in relay) to touch the timing pad at the end of the final lap wins.

At the Invictus Games, there are four categories of swimmers depending on their disability.

Rules at a glance

Competition format

- Heats are swum where there are nine or more entries. If there are eight or fewer entries, the event will be swum as a straight final.
- The eight fastest swimmers (or relay teams) from the heats advance to final. The 9th and 10th placed swimmers are 1st and 2nd reserve for the final.

Lane draw

- Lanes are assigned by random draw in heats or if the event is swum as a straight final.
- In a final that follows heats, lanes are assigned based on times established in the heats where the fastest swimmer is given lane 4, the second fastest lane 5, the third (3), the fourth (6), the fifth (2), the sixth (7), the seventh (1) and the eighth (8). Where no heats are necessary, the final is assigned by random draw.

Did you know?

- Australia produced a clean sweep of the medals in the women's ISD 50m freestyle in Toronto in 2017 with Sarah Watson (gold), Sarah Sliwka (silver) and Melissa Roberts (bronze)
- The best team performance at a single Games was by the United Kingdom in 2016 in Orlando when they won 44 medals, including 18 gold. They won 20 gold medals in 2014 with a total of 38 medals

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	43	35	26	104
United States of America	10	19	24	53
Netherlands	8	3	8	19
Australia	7	15	6	28
Canada	7	4	5	16
Ukraine	4	0	0	4
Estonia	1	3	4	8
Italy	1	2	1	4
Denmark	0	0	2	2
New Zealand	0	0	2	2
TOTAL	81	81	78	240

Past Games highlights

London 2014

United Kingdom won 20 out of the 23 gold medals on offer, with Australia winning the remaining three. The UK's Kimberley Stirling took out three gold in the ISC 50m freestyle, breaststroke and backstroke events.

Events took place at the London Aquatic Centre, which hosted the London 2012 Olympic and Paralympic swimming events.

Orlando 2016

Events took place in a temporary pool at the ESPN Wide World of Sports Complex.

Toronto 2017

Multiple competitors won medals across several events at the Toronto Pan Am Sports Centre including Canada's Mireille Poulin who won gold in the women's ISC 50m freestyle, 100m freestyle and 50m breaststroke (plus silver in the 50m backstroke) and Australia's Sonya Newman who took gold in the ISC 50m backstroke plus three silver (ISC 50m freestyle, 100m freestyle, 50m breaststroke).

Sarah Watson, Sarah Sliwka and Melissa Roberts also completed a medal sweep of the women's ISD 50m freestyle for Australia.

Two men made a clean sweep of all four men's events in their category; Netherlands Gert van't Oever (ISC) and Ukraine's Pavlo Budaievskyi (ISD). Ronald van Dort added gold for the Netherlands in the ISA 50m and 100m freestyle, and 50m breaststroke, while USA's Michael Nicholson also won multiple medals in the ISA events.

Wheelchair basketball

Venue

Quaycentre

Days

Day 7: Friday, October 26: Pool matches

Day 8: Saturday, October 27: Semi-finals, bronze and gold-medal matches

No. of events

1

The most-played adaptive sport in the world, wheelchair basketball retains most major rules of conventional basketball with the same size teams, court, 10ft high baskets and points scoring.

The sport is played by teams of five players in wheelchairs who move the ball around the court by passing or dribbling the ball. The objective is to throw the ball into the opponent's hoop.

However, the key difference is that competitors must throw or bounce the ball after every two pushes of the wheels on the chair, otherwise they are penalised for travelling. Each team has 24 seconds to complete its attempt to score a basket, otherwise they lose possession.

Rules at a glance

- **Player points:** Squads comprise up to 16 players with 12 per match. Players are assigned a points value based on the categories that designate their level of impairment; 1 point – Maximum players who have the most significant physical limitations (upper limb, triple amputation or trunk impairment), 2 points – Moderate players (lower limb impairment or moderate upper limb/trunk impairment), 3 points – Open players with the least physical limitation. The maximum number of points allowed on the court at any one time is 14 and there must always be five players per team in play.
- **Scoring:** Two points are awarded for each regular basket, three points are awarded for baskets shot outside the three-point arc and one point is added for successful free throws or foul shots.
- **Durations:** Preliminary matches are played over two 12-minute halves. Semi-finals and finals consist of two halves of 15 minutes each
- **Shot clock:** A 24-second shot clock is used throughout the tournament

Competition format

- The six teams will be divided into two pools of three teams and play every other team in their pool once in a round robin format, with the top two teams in each pool (1A v 2B, 2A v 1B) advancing to the semi-finals. The two semi-final winners play off for the gold medal, while the two losers play for bronze.

Pools

POOL A	POOL B
United States of America (USA)	Netherlands (NED)
New Zealand (NZL)	Australia (AUS)
Canada (CAN)	United Kingdom (UK)

Did you know?

- Australia's best finish 6th in 2014
- Wheelchair basketball was first played in the US, when American soldiers injured during World War II met on a court at a rehabilitation hospital and adapted the running game to continue their enjoyment in sport.
- Wheelchair basketball is one of eight sports to have been present at all editions of the Paralympic Games since 1960

Past results

YEAR	GOLD	SILVER	BRONZE	4TH
London 2014	United Kingdom	USA	Denmark	France
Orlando 2016	USA	United Kingdom	Denmark	Netherlands
Toronto 2017	USA	Netherlands	United Kingdom	Denmark

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
USA	2	1	0	3
United Kingdom	1	1	1	3
Denmark	0	0	2	2
Netherlands	0	1	0	1
TOTAL	3	3	3	9

Summary of matches by nation

NATION	PLAYED	WON	LOST	FOR	AGAINST
Australia	10	1	9	69	165
Canada	3	1	2	29	55
Denmark	14	7	7	219	225
France	11	3	8	74	184
Netherlands	9	4	5	179	200
New Zealand	10	2	8	85	167
United Kingdom	13	11	2	261	158
USA	14	13	1	422	184
TOTAL	42 matches			1338 points	1338 points

Records

Highest team scores

- 55 points: USA def Netherlands 55-51 (2017 final)
- 51 points: USA def Netherlands 55-51 (2017 final)
- 48 points: USA def United Kingdom 48-16 (2016 final)

Biggest winning margins:

- 33 points: USA def Netherlands 42-9 (2016 semi-final)
- 32 points: USA def United Kingdom 48-16 (2016 final)
- 28 points: USA def Canada 33-5 (2017)

Lowest team scores

- 1 point: United Kingdom def France 17-1 (2014)
- 1 point: New Zealand def Australia 14-1 (2016 playoff for 5th-6th-7th place)
- 2 points: United Kingdom def New Zealand 17-2 (2016)
- 2 points: United Kingdom def Netherlands 14-2 (2016)
- 2 points: Netherlands def France 24-2 (2017)

Narrowest winning margins:

- 1 point: New Zealand def Australia 10-9 (2014, playoff for 5th-6th place)
- 2 points: France def Australia 6-4 (2016)
- 3 points: Denmark def France 13-10 (2016)

Past Games highlights

London 2014

The United Kingdom powered to a 19-9 surprise victory over the United States in the gold-medal match inside the Copper Box arena at Queen Elizabeth Park, site of the London 2012 Olympic and Paralympic Games.

Denmark showed their class in the bronze-medal match, defeating France 16-7 as the French fans chanted "Allez Les Bleus".

Australia and New Zealand battled it out with Trans-Tasman rivals New Zealand in the fifth-place playoff. After Australia led for almost the entire match, New Zealand's David Sherriff took a trip to the free-throw line with 15 seconds to go, levelling the scores with his first and sealing a 9-8 victory for the Kiwis with his second.

Orlando 2016

The USA had some unfinished business to settle against the United Kingdom after a surprise loss in the inaugural final two years earlier and after a nervous and intense opening, the scoreline blew out to 30-9 at one stage. In the end, the US won handsomely 48-16.

Earlier, Denmark defeated the Netherlands to win the bronze. The Danes took control in the first half with accurate shooting from Jakob Larsen and stunning attacking performance from captain Maurice Manuel en route to a 20-9 victory.

Events were held at Disney World's HP Fields House.

Toronto 2017

Powerhouse team USA secured the final gold medal of the 2017 Games, edging out the Netherlands 55-51 after a narrow first-half lead 19-18. The United Kingdom triumphed in the bronze-medal match, overcoming Denmark 25-14.

Wheelchair rugby

Venue

Quaycentre

Days

Day 5: Wednesday, October 24: Pool matches

Day 6: Thursday, October 25: Semi-finals, bronze and gold-medal matches

No. of events

1

Wheelchair rugby is a sport of speed, tactics and power played by teams of four players in wheelchairs on a standard-size 28m x 15m indoor basketball court. The objective is to score the most goals by carrying, dribbling or passing the ball (a standard volleyball) toward the opponent's goal line which must be crossed by both wheels to count. Each goal is awarded 1 point.

Contact between wheelchairs is allowed and happens often as players attempt to stop their opponents and take control of the ball

Teams have 12 seconds to advance the ball from their back court into the front court and a total of 40 seconds to score a point or concede possession. A player in possession of the ball must bounce or pass the ball within 10 seconds.

Rules at a glance

- Squads at the Invictus Games are comprised of up to 14 players, with 12 named per match, but only four on the court at one time. Players are assigned a points value based on the categories that designate their level of impairment; 1 point – Maximum players who have the most significant physical limitations. 2 points – Moderate players. 3 points – Open players with the least physical limitation. The maximum number of points allowed on the court at any one time is 10 points.
- Preliminary games consist of two 10-minute halves while the semi-finals and finals are played in two halves of 15 minutes.
- There must always be four players per team on the court
- The maximum number of player points allowed on the court at any one time is 10 points. Players are assigned a points value based on the categories that designate their level of impairment; 1 point – maximum players who have the most significant physical limitations, 2 points – moderate players, 3 points – open players with the least physical limitation.

Competition format

- The six teams are drawn into a single pool with each team playing every other team in a round-robin format. The top four teams advance to the semi-finals which are drawn as follows: 1 v 4 and 2 v 3. The two semi-finals winners play in the gold-medal match and the two losers play for bronze. There are no classification matches to determine 5th and 6th places.

Pool

POOL A
Australia (AUS)
Unconquered (IAM)
France (FRA)
United Kingdom (UK)
New Zealand (NZL)
United States of America (USA)

Did you know?

- Wheelchair rugby is evenly matched at the Invictus Games, with USA, United Kingdom and Denmark sharing the podium on each occasion and each having won a gold, a silver and a bronze from the first three tournaments
- Denmark are the defending champions in wheelchair rugby from Toronto, but won't defend their title in 2018
- Australia has finished 4th at all three previous Games, losing the bronze-medal match to Denmark (2014), United Kingdom (2016) and the USA (2017)
- Known as the 'Wheeling Diggers' the Australian Invictus Games team warmed up for the Games by participating in the Australian Wheelchair Rugby Championships in Penrith on October 6-7 where they knocked off Queensland, NSW and Victoria in the pool stages. However, they were beaten by Queensland in the semi-final
- Jaguar Land Rover Celebrity match will take place as a curtain raiser to the gold-medal match
- The US Wheelchair basketball Paralympic team were the subject of the 2005 Academy Award nominated documentary movie *Murderball*

Past results

YEAR	GOLD	SILVER	BRONZE	4TH
London 2014	United Kingdom	USA	Denmark	Australia
Orlando 2016	USA	Denmark	United Kingdom	Australia
Toronto 2017	Denmark	United Kingdom	USA	Australia

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
Denmark	1	1	1	3
United Kingdom	1	1	1	3
United States of America	1	1	1	3
TOTAL	3	3	3	9

Past Games highlights

London 2014

Played in the Copper Box Arena which hosted handball and basketball at the London 2012 Olympic Games, the inaugural wheelchair rugby gold-medal match was an absolute nail-biter between the United Kingdom and the USA. There was nothing between the two teams at the break (7 all) and the scores were still level with one minute to go (12 all) when UK captain Charlie Walker sealed the win with 15 seconds left on the clock.

Australia registered a loss to the USA 14-4 and a win against Italy 11-6 in the pool stage, then went down in the semi-final to the UK 16-6. In the bronze-medal match against Denmark, Australia started the stronger of the two sides through most of the first half but were unable to keep up the tempo and went down 13-8.

Orlando 2016

Denmark were underdogs against an all-star US team in the final but brought the scores level midway through the first half. However, the US sprung into attack in the second half with precision passing and a foolproof defence and were crowned champions over the courageous Danes 28-19.

The bronze-medal match revived the long-standing battle between Australia and the United Kingdom, with the UK dominant winners 47-4.

US vice president Joe Biden and Prince Harry presented the medals at HP Fields House.

Toronto 2017

Denmark dominated the gold-medal match at the Mattamy Athletics Centre, overcoming Great Britain 23-18, but the UK still improved on their bronze from the previous year.

In the bronze-medal match, defending champions USA – who lost to Denmark in the semi-finals – came out the victor over Australia 23-18, the identical score to the gold-medal match.

As has become tradition, Prince Harry was on hand to present the medals.

Wheelchair tennis

Venue

Sydney Olympic Park Tennis Centre

Days

Day 3: Monday, October 22: Pool matches

Day 4: Tuesday, October 23: Pool matches, semi-finals, bronze and gold-medal matches

No. of events

1

The court, net, scoring and equipment in wheelchair tennis are the same as in the traditional game, however, the key difference is that players may allow the ball to bounce twice on their side of the net before returning it to their opponents' side.

Wheelchair tennis is played in doubles format at the Invictus Games and is open to all competitors (male and female) from all injury and impairment groups. There are no minimum gender requirements i.e. teams can comprise two males, two females or one male and one female.

Rules at a glance

- Matches are played to the best of three sets. For the first two sets, the first team to win 6 games (by a margin of two games) wins the set. At 6 games all, a tiebreak is played to determine the winner of the set. A third set, if required, will be a match tiebreak set where the first team to 10 points with a two-point margin wins.
- There is no advantage scoring in games; the team winning the point after deuce wins the game.

Competition format

- Two pools of teams compete in a round-robin phase. The first and second teams from each pool advance to the semi-finals drawn as follows; 1A v 2B and 1B v 2A. The winners of the semi-finals progress to the gold-medal match while the losers play for the bronze.

Pools

POOL A	POOL B
New Zealand 1 (NZL)	Australia 1 (AUS)
Australia 2 (AUS)	New Zealand 2 (NZL)
Netherlands (NED)	United States of America (USA)
	Unconquered (IAM)

Did you know?

- Wheelchair tennis was not on the program at the inaugural Invictus Games in London in 2014. It made its debut as a full-medal sport in Orlando two years later and was also on the program in Toronto in 2017
- The sport is not a medal sport in Sydney in 2018, however, medallions will be presented to the winners
- Australia's best finish was 4th in 2017 when Shaun Lawler and Stewart Sherman lost the bronze-medal match to Spike) Hughes and Cornelia Oustheizen of the United Kingdom
- The sport will not be on the program at the next Games in The Hague in 2020

Past Games highlights

London 2014

Not held

Orlando 2016

Held at the ESPN Wide World of Sports Tennis Complex, the inaugural wheelchair tennis tournament began with eight teams drawn into four knockout quarter-finals.

The final was played between United Kingdom and New Zealand pairs. After a strong start and an early three-game advantage, the UK's Alex Krol and Andy McErlean briefly lost momentum to Glen Barnes and David Sherriff before locking up the gold medal with a 6-1 win over the Kiwis.

Earlier, the Dutch combination of Rodney DeVries and Edwin Vermetten defeated USA's RJ Anderson and Javier Rodriguez for the bronze.

Both Australian combinations bowed out in their opening quarter-final matches; Stewart Sherman and Mark Urquhart were no match for the Netherlands pair of Rodney DeVries and Edwin Vermetten, going down 6-0, while Sean Lawler and Chris McLeod lost to USA's RJ Anderson and Javier Rodriguez.

Toronto 2017

The United Kingdom dominated wheelchair tennis with both pairs winning medals in Nathan Phillips Square in downtown Toronto.

Pre-tournament favourites Alexander Krol and Kevin Drake took the top spot, beating New Zealand's Glenn Barnes and Aaron Gibbs 6-4. Kirk ('Spike') Hughes and Cornelia Oustheizen lost to their compatriots in the semi-final but went on to defeat Australia's Sean Lawler and Stewart Sherman 6-2 for the bronze.

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
United Kingdom	2	0	1	3
New Zealand	0	2	0	2
Netherlands	0	0	1	1
TOTAL	2	2	2	6

COMPETITORS TO WATCH

Afghanistan

Men

Abdul Wahid Qadimi

Sitting volleyball

Previous Games: 2017

Abdul Wahid was a student before joining the Army in 2014. He received preliminary training in Kabul Military Training Centre and was subsequently deployed to Helmand, Nangarhar, Kunar and Laghman provinces. His right arm was injured during a raid by the enemy on the squad's positions in Deh Saboon village of Musa Qala district and he was captured and held prisoner for eight months.

Abdul, 30, finished 11th in both IR3 indoor rowing events in Toronto 2017 and was a member of the sitting volleyball team.

Saifulrahman Rahmani

Powerlifting, Sitting volleyball

Previous Games: None

Saifulrahman Rahmani was a mechanic before he joined the Afghan army in December 2006 and successfully completed commando and special forces training in 2008 and 2011. He was then appointed as a sergeant with the special operations team. While on duty, he passed a house where 17 enemy soldiers were hiding when they threw a grenade at the squad causing everyone to scatter; Saif ran over a landmine and lost his leg. He was bleeding badly but was able to make his way back to base and survived.

The 31-year-old, who is now an instructor at the Special Forces school, will carry Afghanistan's flag at the opening ceremony in Sydney.

Australia

Men

Peter Arbuckle

Wheelchair basketball, Wheelchair rugby, Sailing, Sitting volleyball

Previous Games: 2017

One of three Australian competitors entered in four sports, Peter Arbuckle joined the Army in 1989 as an infantryman, served in Cambodia in 1992 and discharged in 1997.

In July 2015, Peter lost his left leg below the knee in a motorbike accident and almost died in surgery. He later developed an infection which saw him in and out of hospital for four months with another 12 operations to save what was left of his lower leg and avoid becoming an above-the-knee amputee. He was introduced to wheelchair basketball while he was still in hospital and is now a regular with the Townsville Cyclones.

At the last Games in Toronto, Arbuckle competed in wheelchair basketball and wheelchair rugby. He was also a member of the Australian wheelchair rugby league team at the 2017 World Cup in France.

The Townsville resident, who turned 47 on October 14, has a tattoo of a skull on his right arm and shoulder which reminds him how close he came to death. Arbuckle is married and has two children Lochlan, 19, and Kiah, 21.

Steven Avery

Wheelchair basketball

Previous Games: None

RAAF corporal. Due to be medically discharged in January 2019. Nickname is Budgie. Daughter Savannah aged 8.

Graham Bell

Archery, Sitting volleyball

Previous Games: None

Warrant Officer Graham Bell joined the Army Reserve in 1977 and had a 40-year, part-time career including working as an armoured vehicle crewman. He sustained leg and arm injuries when he was hit by a car and has also had major heart surgery. He also suffers from spinal disc protrusion due to operational service and has a major depressive disorder.

Bell purchased his first bow when he was a teenager, but only took it out a few times when his daughters practised the sport at school. He only started serious training in February and his secret weapon is his wife Carmen who takes videos and photos so he can see what he needs to work on to improve his technique.

Bell, who hails from Rutherford 40km north-west of Newcastle, is Australia's second oldest competitor at the Games aged 58.

Matthew Blunt

Archery, Wheelchair rugby

Previous Games: None

Matt was deployed to East Timor in 1999 and Malaysia in 2005. He was medically discharged in 2017 following a vehicle rollover accident on a training exercise. His back was severely injured suffering ruptured and bulged discs and nerve damage to his spine along with curvature of the spine. Along with PTS and his four joint reconstructions, sport has helped him get out of the comfort place that is "home" and meet new people who are in the same situation as him.

Competing at the Games allows the 42-year-old from Wallan in Victoria to relive his days playing rugby union in the Army and Defence Force teams in 2005.

Matt will be accompanied by his service dog Bella.

Davin Bretherton

Wheelchair basketball, Wheelchair rugby, Sailing (Hansa 303)

Previous Games: 2017

In 1998, Davin 'Bear' Bretherton – a former infantryman who saw service in Somalia as part of Operation Restore Hope – was involved in an armoured personnel carrier accident. His right leg was severely injured and 26 operations over 11 years could not repair the damage. On the 27th operation, doctors amputated his right leg below the knee and the decision was made to "put Bear in a chair," he says. His weight also ballooned to over 180kg.

He and Invictus Games teammate Peter Arbuckle travelled to France last year to represent Australia at the wheelchair rugby league World Cup. The Townsville local also captained the Maroons in the annual wheelchair rugby league interstate challenge last June – the equivalent of the State of Origin. He has also won national titles in wheelchair boxing and has competed in wheelchair bobsled.

At his first Games in Toronto, Bear finished 11th in road cycling time trial (IHB2). He also competed in wheelchair rugby and wheelchair basketball.

Growing up in Adelaide's tough northern suburbs, he earned the nickname 'Bear' after his mum packed his Humphrey B Bear teddy bear in his kit when he first joined the army.

The 48-year-old has been married to Elle for 28 years. They have three children.

Peter Brown

Athletics, Indoor rowing

Previous Games: None

Brown played rugby league, cricket, swimming and gymnastics as a youngster – and was also a personal trainer – before joining the Australian Army in 2011. He did all the basic training to be a parachute rigger and then, on his first jump, crash-landed and caused a serious injury to his left knee.

"After my injury, I went real dark, went back into a shell because I couldn't do sport anymore," says Brown. "But coming here just brings you out."

The 36-year-old father of three remains committed to his work with the ADF as an administration clerk in Townsville.

Brown will compete in men's IF5 seated discus and shot put, as well as both IR4 indoor rowing events.

Matthew Brumby

Athletics, Cycling, Wheelchair rugby

Previous Games: None

Co-captain of the Australian team, former Able Seaman Matt Brumby has lived with a spinal cord injury for the past 18 years; he became a T6 complete paraplegic (from the chest down) when he was just 22 from fluid forming inside his spinal cord (syrinx) during a clearance diver selection test.

He has built an impressive CV of sporting achievement; in 2016, the Devonport resident narrowly missed selection for the Rio 2016 Paralympics but won his category at the Ironman 70.3 World Championship Triathlon on the Sunshine Coast.

"As far as disability goes, I'm one of the higher levels and I've been doing it a lot longer than others, the 40-year-old says. "Some of the team members are dealing with mental and physical disabilities, and I've got my stuff sorted. If they have a problem, they can come to me."

Matt will compete in the men's IT4 100m, 200m, 400m and 1500m, the IHB1 cycling events and wheelchair rugby. Alongside him during the Games will be his new companion dog named Dido. Mum and dad (Dale and Heather), brother Darren and sister Teena and his niece and nephews will also be here.

David Connolly

Wheelchair basketball, Wheelchair rugby

Previous Games: 2014, 2016

David Connolly joined the army in 1982 and was a member of the 3rd Battalion Royal Australian Regiment and Parachute Training School. He was deployed to the Middle East in a peacekeeping role in 1995 and was awarded the Conspicuous Service Cross, but around 2000 parachute descents took their toll on his body and he eventually required a knee replacement. This replacement failed and after three further attempts, infection set in and amputation was necessary in 2013.

Connolly, 55, got his first taste of wheelchair sports the following year when he arrived at London's Copper Box Arena for the first Invictus Games and was shown his rugby chair. He also competed in sitting volleyball and wheelchair basketball.

Connolly grew up in Liverpool in southwest Sydney and now lives on a 4ha property at Mena Creek, near Innisfail in Queensland where he runs a few head of cattle. He met his wife Sylvia as an army parachute instructor and their son Russell was born in 2006.

Jesse Costelloe

Athletics, Indoor rowing, Swimming

Previous Games: None

Jesse Costelloe (pr: COSTA-LOW) suffered serious facial lacerations when the bus he 50 other ADF personnel were travelling in rolled near Goulburn in southern NSW in November 2015. Following the crash, the 23-year-old from north-eastern Victoria was diagnosed with a traumatic brain injury, post-traumatic amnesia, anxiety, depression and PTS. However, he still graduated from the Australian Defence Force Academy in 2016 as an RAAF pilot officer in 2016.

Jesse will compete in the men's IT7 400m and 1500m, the ISD 50m and 100m freestyle and the IR6 indoor rowing events. He also competed at the 2017 US Warrior Games where he won 1500m gold, 800m silver.

Mark Daniels

Indoor rowing, Sitting volleyball, Swimming, Wheelchair Rugby

Previous Games: None

Mark Daniels has one of the most diverse programs on the Australian team with four sports on his schedule in Sydney.

The 25-year-old, who joined the Royal Australian Navy in 2012, had his right leg partially amputated after a distracted driver knocked him off his motorbike in 2015. The accident left him with a split femoral artery, a broken neck, 11 broken ribs, a punctured lung, ruptured kidney, a damaged heart and a broken hand. Against some medical advice, he later decided to have a high-level amputation. He says he was physically and mentally "broken" as he battled with depression and suicidal thoughts. A friend then encouraged him to take up weightlifting, which gradually helped him regain self-esteem.

Since his accident, he kept his job as a Royal Australian Navy marine technician, working at various bases including HMAS Stirling. Last month, he started work as a physical training instructor.

Mark will compete in the men's IR5 indoor rowing events, ISC 50m and 100m freestyle, and mixed 4x50m freestyle in swimming as well as sitting volleyball and wheelchair rugby.

Mark, who hails from Wandi just outside Perth, has a twin brother Owen and a dog Diesel.

Aaron Elkin

Cycling

Previous Games: None

Aaron, 41, will compete in the men's IRB3 cycling events.

Ben Farinazzo

Powerlifting, Indoor rowing

Previous Games: None

A graduate of the Australian Defence Force Academy and Royal Military College, Duntroon where he was Dux of his graduating classes, Ben Farinazzo (pr: FARIN-AR-ZOH) initially served as a Parachute Infantry Officer and then trained to become a Bahasa Indonesia interpreter and translator. He was among the first troops deployed on the ground in East Timor when violence erupted following the independence vote 19 years ago and was confronted by horrific scenes. Those horrors have tormented Ben ever since and were left untreated for 15 years.

He came home and discharged in 2002, but mental illness and depression took over and he was hospitalised for almost a year. He also encountered another setback; he broke his neck and back in five places after a mountain biking accident.

An imposing figure at 6'2" and 120kg, Ben is married to Jodie and they have three children; Max aged 17, Keely (16) and Tom (12). He will compete in the men's heavyweight powerlifting and IR6 indoor rowing events.

Trent Forbes

Cycling

Previous Games: None

Trent, who will be accompanied by his service dog Zeta, will compete in the IRB3 cycling events.

Tom Foster

Indoor rowing, Swimming

Previous Games: None

Sometimes even a small, everyday injury can be life-changing. For Australian Army combat engineer and captain of the swim team Tom Foster it was stumbling into a rabbit hole just 30cm deep. The fall shattered his ankle, tore his major ligaments and left him unable to be deployed. He had been serving in the 1st Combat Engineer Regiment in Darwin when the accident occurred in July 2016.

Since then, the Perth-born Darwin-based married 31-year-old has had two ankle reconstructions, but still deals with chronic pain and has a severe lack of movement. Two years on, he's unable to return to work and the change in his life has left him suffering from adjustment disorder, depression and anxiety.

Foster's sister is dual Australian Olympian Sally Hunter (nee Foster) who competed in breaststroke at the Beijing 2008 and London 2012 Olympic Games.

Tom will contest five swimming events (ISD 50m and 100m freestyle, 50m backstroke, 50m breaststroke and 4x50m freestyle relay) as well as both IR6 indoor rowing events.

Tyrone Gawthorne

Athletics, Powerlifting

Previous Games: 2017; Medals: 1 silver

Former soldier Tyrone (pr: TYE-ROAN) Gawthorne's work in the fitness and hospitality industries is a world away from his time as a rifleman in the ADF where he made three tours to East Timor and two to Afghanistan. Gawthorne, who joined the army straight after high school and served from 1999 until he was medically discharged in 2011, has opened a gym franchise in Cairns, Body Beyond Belief, which is managed by 2018 teammate and former housemate Gareth Desmond. He's also owns two supplement shops and a hotel in Townsville.

At his first Games in Toronto in 2017, Tyrone won silver in powerlifting (men's midweight). He also competed in athletics (21st in IF4 discus, 10th IF4 shot put) and swimming (10th in ISD 50m freestyle, 10th in mixed 4x50m freestyle relay).

The 36-year-old, who was born on Anzac Day, hails from Wonga Beach, a small town north of Cairns. He will compete in the men's IF4 discus and shot put, and midweight powerlifting.

Braedon Griffiths

Sitting volleyball, Wheelchair basketball, Wheelchair rugby

Previous Games: None

Aged 22, Braedon is the youngest member of the Australian team in 2018. He served in the Royal Australian Navy in 2015 and trained as a marine technician, but two months into his posting on the *HMAS Kuttabul*, he had a car accident. He has spent the last two years in rehab after his above-knee right leg amputation which has also affected his hips and lower back.

Braedon narrowly missed selection for the Toronto 2017 team, which provided him with a goal to train for and cut down on his smoking and alcohol consumption.

Tim Grover

Cycling

Previous Games: 2017

Tim Grover joined the Army in 1996 as an infantryman, serving in East Timor in 1999, 2001 and 2004, in Sinai-Egypt in 2007 and Afghanistan in 2015 before discharging the following year. He sustained a number of injuries during his 20-year service and says his greatest sporting achievement so far has been winning the Arafura Games road race and receiving his black belt in Goju karate.

Tim, 39, competed in athletics (13th in 1500m IT7) and cycling (4th in IRB3 criterium, 6th in IRB3 time trial) at his first Games in Toronto in 2017. In Sydney, he will compete in both IRB3 cycling events.

He is married to Susan and they have a son Nicholas aged 9.

Brendan Hardman

Sitting volleyball, Wheelchair basketball

Previous Games: None

Brendan Hardman will captain the Australian Invictus Games wheelchair basketball team who are known as the 'Wheeling Diggers'.

Brendan joined the Australian Army in 2009 and graduated from Duntroon as an Artillery Lieutenant in 2010. He served for seven years — mostly working with 16 Air Land Regiment (16ALR) in South Australia as well deployment to Afghanistan — before medically discharging in April 2016 with a severe back injury. He also suffered from severe depression and anxiety.

Then with the help of the Road Home Foundation — an organisation supporting veterans —he started playing wheelchair basketball which he says has dramatically improved his mental health. "Being involved in a team environment, it really allows you to heal your mental wounds and I'm healing on a daily basis," he says. "Wheelchair basketball is very rough. I'm from a football background, so I love it."

Earlier this year, 30-year-old Brendan made his debut this year for the Red Dust Healers in the National Wheelchair Basketball League.

He is married to Monique and lives in Adelaide.

Stephen Hayes

Archery

Previous Games: None

28 years in the RAAF serving in Afghanistan, Malaysia, Hawaii.

Range of physical and mental injuries.

Stephen, 53, will be accompanied by his full-time carer and partner Cheryl.

Luke Hill

Swimming

Previous Games

Luke will compete in five events; men's ISD 50m and 100m freestyle, 50m backstroke, 50m breaststroke and 4x50m freestyle relay.

Wayne Hopkins

Archery, Cycling

Previous Games: None

Former RAAF engineer Wayne Hopkins joined the service in 1990 and had a 21-year career with the Royal Australian Air Force (RAAF), including active service in Iraq. He was medically discharged in 2011, but the injuries he sustained while serving his country were both physical – he was seriously injured in a vehicle accident 12 years ago – and emotional.

Last December, after four and a half years of rehabilitation with an exercise physiologist, he mounted his bicycle for the first time in more than a decade in the hope of gaining selection.

About 25 years ago, Hopkins participated in the Hartley Challenge charity ride from Canberra to Mt Kosciuszko and back. That three-day, 430km round trip was his "intro to cycling". It became an annual event for him, but after sustaining numerous musculoskeletal and nerve-crush injuries while serving in the ADF, he couldn't ride without pain.

Hopkins will also compete in archery and he attributes both sports to his recovery.

"I've found two new sports that have changed my life," he says. "The endorphin release and the adrenalin I get out of cycling releases some positive thoughts and enhances that recovery process. With archery it's exactly the opposite. All the adrenalin and all the focus has to go the other way. You need to relax and block out everything else that's annoying you inside – and reach a state of calmness to be able to shoot accurately."

Wayne has been married to Cindy for 26 years and they have three children Tyrone 25, Dylan 24 and Ashlee 21.

Damien Irish

Athletics, Powerlifting, Indoor rowing

Previous Games: None

The 43-year-old veteran was medically discharged from the Australian Defence Force for being overweight in 2009 and has suffered from anxiety and depression. He also had post-traumatic stress (PTS) from serving in East Timor and became addicted to a weight loss drug.

Damien says he suffered a lot of anger issues which he took out on his and family and had a mate not turned up to go fishing one day, he might have taken his own life.

Damien will compete in the men's IF4 discus and shot put, heavyweight powerlifting and IR6 indoor rowing one-minute sprint.

Kevin Jacoby

Indoor rowing, Sitting volleyball

Previous Games: None

For more years than he cares to remember, Kevin Jacoby (pr: JAKE-OH-BEE) barely left his room let alone his house. The veteran Army signaller was bombed and shot at during frontline deployments including tours of East Timor and Afghanistan that left him mentally and physically broken to the point he could barely go out in public.

Jacoby, 49, had wanted to join the army since the age of 14 and would have done so when he left school, but his father was opposed. He got a trade, married

Charmaine, but finally joined up when he was 27 and trained as an army computer operator. After displaying symptoms of PTS for a long time and a long period of treatment, he was medically discharged in 2016 and joined the Queensland support group Mates 4 Mates.

He and wife Charmaine have three boys and one grandson.

Luke Jones

Athletics, Powerlifting, Sitting volleyball

Previous Games: None

Luke will compete in the men's IF6 discus, heavyweight powerlifting and sitting volleyball.

Jarrold Kent

Athletics, Powerlifting, Swimming

Previous Games: None

After seven years in the Infantry, 6th Battalion Royal Australian Regiment, Corporal Jarrod Kent's world came crashing down in late 2015 when he was badly injured on a special-forces training exercise near Enoggera Barracks in southeast Queensland. He had to endure 10 surgeries over 14 months and was discharged in 2017 on medical grounds, citing a lower back injury, shoulder injuries, knee injuries and post-traumatic stress.

During those tough days and months of rehab, the 34-year-old father of two from Latrobe in north west Tasmania says he was at "the very bottom of a dark valley". But in the past 12 months, he has rebuilt his life through the support of family and a focus on achieving sporting excellence.

He will compete in men's IF4 discus and shot put, IJ5 long jump, lightweight powerlifting and the ISD 50m and 100m freestyle.

Beau King

Athletics, Powerlifting

Previous Games: None

Beau King, a 2nd Battalion, Royal Australian Regiment veteran of two tours of Iraq (2003, 2006) and one of Afghanistan (2007-08), suffered from post-traumatic stress and hearing loss after his vehicle was hit by an IED in southern Iraq. Since being discharged in 2008, the 36-year-old from Townsville has stayed involved in sport and works with groups like Mates4Mates to help with his recovery.

He and partner Stacey have three children; Kayden, Lathan and Haidynn.

Beau will compete in the men's IT7 100m, 200m, 400m and 4x100m relay as well as the lightweight powerlifting.

Dean Knobel

Golf, Powerlifting, Swimming

Previous Games: None

In a pool, Dean Knobel (pr: NOBLE) can outswim almost anyone. Out of a pool, however, he suffers the effects of physical and psychological injuries that have made it almost impossible for him to work full time.

The former Royal Australian Navy mechanic worked in the engine rooms of *HMAS Kanimbla* and *HMAS Manoora*, but in his late 20s he suffered serious spinal injuries trying to lift a 200kg engine oil strainer. After six months of rehab and surgery in 2010, he got back to full sea-going health. Then, not long after, he fell while playing sport. After emergency surgery — he had drop foot in his left leg, which made walking difficult — and a series of events that damaged his mental health, Knobel was discharged in 2013.

Before joining the navy, Knobel used to train at Miami pool on the Gold Coast under famed coach Denis Cotterell and although he would like to become a swim coach one day, the 35-year-old is now completing an accounting and finance degree at Bond University.

In Sydney, he will compete in four swimming events (ISD 50m and 100m freestyle, 50m backstroke and 50m breaststroke). He will also compete in midweight powerlifting and be Australia's only competitor in golf.

Dean's partner Rachael and her son Talon will travel to Sydney to cheer him on.

Paul Langley

Indoor rowing, Sailing, Wheelchair rugby

Previous Games: None

The oldest member of the 2018 Australian team and the second oldest competitor at the Games aged 62, Paul Langley joined the Australian Army in 1980 and discharged in 1987. During his service he was an assault swimmer diver and section commander with 1 Commando Company

As a result of a parachute accident – along with ongoing training with heavy equipment – he sustained a bilateral hip replacement, torn trapeze muscle, torn ligaments in ankle, damaged rotator cuff in shoulder, arthritic joints knees and back.

As a mature veteran, he wants to inspire other older veterans to step out of their comfort zone and put their best foot forward with people who will not judge them.

Paul will compete in the IR6 indoor rowing events, Elliott 7 sailing and wheelchair rugby.

Michael Lyddiard

Athletics, Cycling, Swimming

Previous Games: 2017; Medals: 3 gold, 1 silver

Michael Lyddiard (aka "Lydds") will be Australia's busiest competitor in Sydney having entered 11 events across three sports; athletics, cycling and swimming. He was also one of Australia's busiest and most successful competitors at his first Games in Toronto in 2017 where he entered four sports and won four medals; three gold in athletics (IT6 100m, 200m and 400m) and a silver in cycling (IRB2 criterium). He was also 4th in the men's IF2 shot put, 8th in cycling's IRB2 time trial, 6th in the ISC 50m freestyle, 7th in the ISC 100m freestyle and 6th in the mixed 4x50m freestyle relay.

Michael joined the Army in 1995 as a combat engineer and served in East Timor in 2006 and 2009, and Afghanistan in 2007. He lost his lower right arm and right eye when an IED device exploded in Afghanistan and was medically discharged in 2014.

He now has a degree in occupational therapy from James Cook University and works helping veterans.

The Townsville resident says he has been in a "shitload of pain" recovering from a back injury to be fit for these Games but is inspired by his three children Kyron, 14, Mason, 9 and Ella, 2.

Sam Maraldo

Sitting volleyball

Previous Games: 2014; Medals; 1 silver

A former able seaman and electronics technician with *HMAS Kuttabul*, Sam Maraldo joined the Royal Australian Navy in 2008 but was medically discharged in 2015 after sustaining serious knee injuries as a result of a training accident.

This is the second Games for the 40-year-old, who originally hails from Warrnambool in Victoria. In London in 2014, he teamed up with Matthew Taxis and Clancy Roberts to win archery silver in the mixed team novice recurve, which remains Australia's only medal in archery. He also plays for Hawthorn in the Victorian Wheelchair Football League.

Daniel Marsh

Cycling, Sitting volleyball

Previous Games:

Daniel will enter the men's IRB3 cycling events and will also be part of the sitting volleyball team.

Craig McGrath

Sailing, Jaguar Land Rover Driving Challenge

Previous Games: 2016

Former commando Craig McGrath's life changed when he walked into an abandoned building in Afghanistan in 2012. The wall next to him exploded and riddled his body with shrapnel and the force of the debris that burst from the hidden IED device tore through one of his knuckles, broke his right leg and tore a femoral vein. He endured a month of gruelling physiotherapy at St Vincent's Hospital in Sydney before he could even climb the stairs at his home in Springwood in the Blue Mountains.

Craig has been sailing since he could physically manage it in 2014, diving in at the deep end by completing a Sydney to Hobart last year alongside 2018 teammate Chris Pitman aboard *Invictus Games Sydney 2018 DOWN UNDER*.

McGrath is married to Jodie and they have two sons Lachlan, 15, and Thomas, 12.

Craig will team up with Scott Reynolds in the Jaguar Land Rover Driving Challenge as well as being part of the four-man Elliott 7 sailing crew.

Jason McNulty

Cycling

Previous Games: 2017; Medals: 1 bronze

Jason joined the Army in 1995 as a cargo specialist, serving in Bougainville in 1998 and East Timor in 1999, 2000 and 2001 before being discharged in 2002. Jason has PTS and says sport has given him focus, positivity and allowed him to integrate back into everyday life.

At the last Games in Toronto, the Brisbane 43-year-old won cycling bronze in the IRB3 time trial and was 9th in the criterium. He was also 9th in the IR6 four-minute endurance indoor rowing event.

Jason, who captains the cycling team, will enter the IRB3 road bike time trial and criterium events.

Matthew Model

Athletics, Indoor rowing

Previous Games: None

Matthew Model (pr: MOW-DELL) joined the army as a rifleman in 2004 and was deployed on peace keeping operations in East Timor in 2006 and 2007. The infantryman sustained a spinal injury while part of a crack team of eight soldiers hunting down fugitive rebel leader Alfredo Reinado's in his central mountains' hideout under the cover of darkness in March 2007. He was medically discharged the following year and now works as a firefighter with the Forestry Corporation of NSW back home in Port Macquarie.

The 33-year-old's competitive spirit was reignited by an inspiring silver medal-winning performance in powerlifting in Toronto last year by former battalion comrade and best mate Tyrone Gawthorne.

Matthew's wife Rosie and their 11-year-old twin boys Noah and Cohen will be in the crowd to cheer him on in the men's IT7 200m and 400m, as well as the IR6 indoor rowing events where he is captain of the team.

Stephen Osborne

Archery

Previous Games: None

Joined the Army in 1986 and served for 14 years. He was involved in an armoured vehicle accident, suffering head trauma and shoulder injuries. He was later diagnosed with PTS and experienced significant social isolation from family and friends.

Stephen, 50, took up archery as a form of rehabilitation and will compete in the men's individual and open team recurve events in Sydney where he will be accompanied by his wife and carer Wendy-Leigh Osborne.

Daniel 'Stix' Parker

Athletics

Previous Games: 2017; Medals: 1 gold, 2 silver

Daniel 'Stix' Parker was scarred physically and mentally after being injured in Afghanistan in 2012 as a combat engineer. He suffered post-traumatic stress and physical injuries caused by carrying heavy loads on operations.

Last year in Toronto, he won athletics gold (100m IT2) and silver (200m IT2, mixed 4x100m). He also competed in the Jaguar Land Rover Driving Challenge and was a member of the wheelchair rugby team. The 29-year-old says winning isn't his priority this time around, but to motivate others and beat his personal best.

The Hervey Bay local, who is in the process of changing his name to 'Stix' McGavin by deed poll (he competed under that name in Toronto), is married to Ellyn and they have two children Loki, 4, and Lily, 8 months.

Daniel will compete in the men's IT1 100m, 200m, 400m and 1500m as well as the IJ1 long jump.

Nathan Parker

Athletics, Indoor rowing

Previous Games: 2017; Medals: 3 silver, 2 bronze

Nathan Parker joined the RAAF in January 2014 as a pilot trainee, but his dreams of becoming a fighter pilot were dashed after a bus crash in November 2015 with 50 other academy personnel on board. Parker's left hand was amputated and he suffered tendon damage to his right hand, as well as

multiple facial lacerations. The 23-year-old, who graduated from the Defence Force Academy in 2017, now has a bionic hand and although that prevents him flying in the military, he has gained his civilian pilot licence.

He competed in athletics, indoor rowing and swimming at the 2017 Games in Toronto, winning a silver (mixed 4x100m relay) and two bronze (IT3 100m, 200m) in athletics and another two silver in indoor rowing (IR3 sprint and endurance). He also competed in four ISC swimming events.

At Sydney 2018, Nathan will compete in the men's IT3 100m, 200m and 400m, as well as the IR3 indoor rowing events.

Matthew Payne

Wheelchair basketball

Previous Games: None

Darren Peters

Archery, Wheelchair basketball

Previous Games: None

Darren Peters was a warrant officer in the Australian Army for 22 years before being forced to retire due to injury. Adaptive sports such as wheelchair basketball and archery have helped him overcome not only his physical injuries but also combat his PTS, anxiety and depression.

"I first tried archery last September and took up wheelchair basketball in November and have played continuously since then," he says.

Peters, 50, is from Adelaide and hopes his journey to the Invictus Games will give daughters Jordan, Hannah and Jasmine a valuable lesson in perseverance.

Chris Pitman

Cycling, Indoor rowing

Previous Games: None

Joined the RAN in 1987 in communications and electronic warfare, including 11 years in submarines. Aged 48. Partner Kylie.

Chris will compete in the IRB2 cycling and IR5 indoor rowing events.

Scott Reynolds

Jaguar Land Rover Driving Challenge, Swimming

Previous Games: None

Scott will compete in the men's ISD 50m and 100m freestyle, 50m breaststroke and team up with Craig McGrath in the Jaguar Land Rover Driving Challenge.

Garry Robinson

Archery, Cycling, Swimming

Previous Games: 2014, 2016, 2017; Medals: 1 silver

Sgt Garry Robinson and 14 others were aboard a Black Hawk helicopter which crashed in Afghanistan's Shah Wali Kot district on June 21, 2010. Four men were killed and Garry suffered horrific injuries; broken ribs, hip and lower spine, a traumatic brain injury and internal bleeding. He lost his left leg and spent two and a half years recovering in a military hospital.

The 45-year-old, who lives in Camden in south-west Sydney, is the only member of the Australian team who has attended all three previous Games. Robinson's family – wife Katrina and children

Rebekah, now 26, Carly (23), and Joshua (19) – all travelled with their father to lend their support at his first Games in London in 2014 where he won silver in the men’s 50m freestyle ISA. He also competed in archery and cycling.

Two years later in Orlando he competed in swimming, archery and cycling

In 2017, he competed in cycling (recumbent bike) and swimming (ISA) events, narrowly missing the podium – he was 4th or 5th – in six of his seven events.

Garry will be accompanied by his wife and carer Katrina while competing in his eight events. They both became grandparents just a few weeks ago and have another grandchild on the way.

Peter Rudland

Cycling, Wheelchair rugby

Previous Games: 2016, 2017; Medals: 2 gold

Peter joined the Army in 1989 and served in Cambodia in 1993, East Timor in 2001 and 2006, Iraq in 1997 and 2003, and Afghanistan where, in June 2010, he suffered serious spinal and leg injuries in a Black Hawk helicopter crash. Discharged last year, Peter is now a qualified counsellor specialising in post-traumatic stress.

At his first Games in Orlando in 2016, Rudland competed in archery, sitting volleyball, wheelchair rugby and cycling where he finished dead last on his recumbent bike. Last year in Toronto, he won double gold in the men’s recumbent bike cycling (IRecB1 time trial and criterium) and was a member of the wheelchair rugby team that finished 4th. As co-captain of the Australian team, he accepted the Invictus Games flag on behalf of Sydney at the closing ceremony.

Rudland, 47, was born in Northam in Western Australia’s wheatbelt region. Has a 20-year-old daughter. He and wife Tammy – a former West Australian police officer who grew up at nearby Evans Head – relocated from WA to Terranora (near Tweed Heads) last December after selling their farm near York.

Rudland has four children, including son Talon, 4 and daughter Elkie, 18 months. He also has a 20-year-old daughter.

Stephen Sandman

Archery

Previous Games: 2016

After being officially diagnosed with PTS, severe hearing loss, and osteoarthritis in both of his knees Corporal Steve “Sando” Sandman was medically discharged in September 2014, having given 13 years of his life to the Australian Defence Force.

A year later – after spiralling into severe depression as well as gaining an extra 30kg – Steve got up one morning dressed in his workout gear ready to hit the local mountain bike trails in training for his first multi-sport marathon. He told his wife Lydia Kellner: “I’m 31 years old, fat, a shell of my former self. I feel disgusted in who I have become and I really don’t want to spend the rest of my life in a brace. I also realise that doing nothing will not take away those hurtful, suicidal thoughts. But, most importantly, I know that I owe it to you to get better ...”

To this day, Lydia says he has stuck by those words, but it was only after watching her husband compete in archery and cycling at the 2016 Invictus Games in Orlando, that she says she fully understood the power of sport for rehabilitation.

At his second Games in Sydney in 2018, 35-year-old Sandman will captain the Australian archery team.

Rob Saunders

Sailing

Previous Games: None

RAAF Squadron Leader Rob Saunders was introduced to sailing by his father when he was 6, progressed to yachts and eventually did eight Sydney to Hobarts. At his first Invictus Games in Sydney, the Australian sailing captain will team up with Craig McGrath, Marcus Wilson and Paul Langley in the four-man Elliott 7 boat.

Saunders joined the RAAF in 1984 as a technology apprentice and eventually became an aeronautical engineer. He has seen service in Australia, USA, Japan, Israel and Afghanistan (2014, 2015, 2016). He is currently based in Canberra with the ADF.

Rob, 53, has been married to Nicole for 22 years and they have three children Isabel 17, Toby 12 and Lily 10.

Rye Shawcroft

Wheelchair basketball, Sitting volleyball

Previous Games: None

One of the youngest members of the Australian team, 22-year-old Rye Shawcroft joined the Army in March 2014 and went through basic training without a hitch, but a few weeks into his infantry training he developed pain in his knees and legs and was eventually diagnosed with five different injuries which means he now uses a wheelchair.

Sport now plays a massive part in the Melburnian's lifestyle and he's heavily involved with Tough Mudder, Soldier On and the St Kilda Football Club.

Stewart Sherman

Archery, Wheelchair tennis

Previous Games: 2016, 2017

Stewart Sherman took part in Navy cadets at school, and at age 17 enlisted in the Army as a medic. He was posted to the Solomon Islands in 2006 and Afghanistan in 2007, then returned to Australia to work with the special forces' division. But years in combat zones left psychological scars and he was diagnosed with PTSD, and just over a year later, in 2013, was medically discharged. He also has lower leg injuries.

At his first Invictus Games in Orlando in 2016 he competed in archery and wheelchair sports.

Last year, he and doubles partner Sean Lawler reached the bronze-medal match in wheelchair tennis in Toronto, going down to Kirk 'Spike' Hughes and Cornelia Oustheizen from the United Kingdom. He also competed in wheelchair rugby (also finishing 4th) and basketball.

The 34-year-old from Maitland is now the sport co-ordinator for the NSW RSL's Active program in the Hunter region of NSW, an initiative that encourages veterans into sport to help them assimilate into civilian life.

Stewart is married to Sarah and they have three children; Callum 6, Lachlan 3 and Poppy 1.

Tony Sten

Athletics, Powerlifting

Previous Games: 2017

Tony Sten joined the Army in 1996, served in East Timor in 2000 and 2002-03 as a patrol commander and discharged in 2006. Sport has given Tony a goal to work towards and keeps him fit and healthy.

His greatest achievement so far has been kayaking across Bass Strait with a group of veterans in 2015.

At last year's Games in Toronto, he competed in athletics (4th IF4 shot put, 7th IF4 discus), indoor rowing (7th IR6 sprint) and powerlifting (10th men's heavyweight) in Toronto in 2017. This time the men's IF4 discus and shot put, men's IJ5 long jump and midweight powerlifting are on the program.

Tony, 40, lives in Brisbane and has two children.

Jamie Tanner

Wheelchair rugby, Wheelchair tennis

Previous Games: 2016, 2017

A recovering veteran with both physical and mental health issues, Jamie is technically able-bodied, but he sits in a wheelchair to play tennis and rugby.

The 35-year-old from Ballina in northern NSW joined the army at 17, served in Iraq, East Timor and Afghanistan and knew nothing else until he took a voluntary discharge in 2011. His marriage fell apart and he went into free-fall.

Jamie's partner is Invictus Games ambassador Leesa Kwok, who is also the executive manager of veterans' services for RSL LifeCare Ltd which looks after veterans and war widows in aged care. Tinkerbelle the assistance dog has also helped enormously.

Also cheering him on will be their children Danyan, 13, and Isobelle, 15.

He competed in wheelchair basketball, wheelchair rugby and wheelchair tennis in 2017.

Nathan Whittington

Athletics, Sitting volleyball, Swimming

Previous Games: None

Nathan joined the Australian Army in 2010 aged 18 but lost his right foot in a freak water-skiing accident later the same year. "I was pretty angry for the first two years of being an amputee, especially when nothing would go right, I'd sort of flip out and lose my temper pretty quickly," he said.

Since then, he has completed the Kokoda track in 2015 and was aiming to compete at the 2016 Rio Paralympics, before another injury. The 26-year-old still hopes to become a Physical Training Instructor (PTI) in the ADF.

Nathan will compete in the men's IT1 100m, 200m, 400m, the ISC 50m and 100m freestyle, and the sitting volleyball.

Andrew Wilkinson

Athletics, Cycling, Swimming

Previous Games: None

Andrew Wilkinson joined the Royal Australian Navy in 2003 and served for 11 years as an aviation technician deploying to East Timor, Fiji and Ashmore Reef/Christmas Island. He was medically discharged in 2014 after suffering nerve damage in his lower back. Since then, he has had two back operations for bulged discs which left his sciatic nerve squashed on the right side of his lower back, causing left foot drop and muscle atrophy down the left side of his body.

Andrew started competitive swimming when he was six and did his first triathlon when he was 12, two years after the family moved to Australia. He finally reached his goal of becoming a professional triathlete when he was 30 but blew his back out and couldn't compete at that level anymore. Now 40,

Wilkinson says being part of the Invictus Games has helped him re-train his mind and body to say: 'I can do this training' and his body has been able to keep up.

He will compete in eight events across the ISC class in swimming, IRB2 category in cycling and IT1 in athletics.

Marcus Wilson

Sailing

Previous Games: None

A former Australian Army gunner and medic, Marcus Wilson was a recipient a bravery medal for his role in rescuing five NATO servicemen and women in August 2016 as well as a nursing service cross during his 14 years' service. However, he suffered numerous musculoskeletal injuries and was unable to walk for almost five years.

Wilson, 47, grew up in Brisbane and now works as the manager of the Royal Flying Doctor Service base in Broken Hill.

He was introduced to sailing by his father and will compete as part of the four-man Elliott 7 crew.

Jeff Wright

Wheelchair rugby, Wheelchair basketball

Previous Games: 2017

This is the second Invictus Games for the 49-year-old wheelchair rugby team captain Jeff Wright, who competed in wheelchair basketball, wheelchair rugby and swimming in Toronto last year.

Originally from Townsville, Wright joined the Army in 1986 as a driver, served in East Timor as an operations sergeant in 1999 and discharged in 2003. Jeff is a paraplegic and has vision loss, post-traumatic stress (PTS) and knee damage. Sport has enabled him to revisit camaraderie and competitiveness, allowing for aggression, skill, teamwork and enjoyment.

Wright will carry Australia's flag at the opening ceremony.

Ben Yeomans

Athletics

Previous Games: None

Ben Yeomans (pr: YOH-MENS) joined the Australian Army in 2011, but his dreams of fighting for his country were shattered in 2014 when he fell four metres head first on to rocks during training exercises near Rockhampton.

Although the 27-year-old's daily struggle is not visible – he suffered brain damage in the fall and now has eye-muscle dysfunction and poor memory retention and difficulties with speech and vision – it hasn't stopped him; he regularly plays Australian football and is several months into a mechanical engineering apprenticeship in his hometown of Adelaide.

Since the accident, he and wife Tegan have had two children; Rocky, 2, and River, eight months. The family lives in Adelaide.

Ben will compete in the men's IT7 100m, 200m and mixed 4x100m relay, as well as the IJ5 long jump.

Women

Brigid Baker

Athletics, Powerlifting

Previous Games: None

Former PE teacher and mother of two Brigid Baker joined the Army reserves in 2002 before enrolling at Duntroon then began full-time service in 2005 as a medic and intelligence officer. She was deployed to Afghanistan in 2009 and 2011 but was medically discharged in late 2017. It was only then that she was diagnosed with PTS, anxiety and depression.

Brigid, 36, is originally from Hobart, but now lives in Canberra with her husband Clint – a former sergeant – and their two daughters Madison 4 and Imogen 2.

She was also a torch bearer for the 2000 Olympics. She will compete in the women's IF4 shotput and discus, and powerlifting (women's heavyweight).

Taryn Barbara

Swimming

Previous Games: None

For corporal Taryn Barbara, being part of this year's Games has helped her deal with the mental and physical demons she faces on a daily basis because of hip and back injuries she suffered during an army physical training course.

The Brisbane-based army physical training instructor will compete in the women's ISD 50m and 100m freestyle, 50m back, 50m breast and women's 4x50m freestyle relay.

"Being in the military, you are always trying to push through and hope things will get better, but you end up making it worse," the 32-year-old mother of two says. "I was in denial about how bad it was. Invictus has been one of the best things I've done, just with helping my mental space."

Carrie-Anne Bishop

Athletics, Sitting volleyball

Previous Games: None

Former Army truck driver and captain of Australia's sitting volleyball team Carrie-Anne Bishop suffers from multiple hip and back injuries and while no longer able to take part in her able-bodied volleyball passion can now play seated. The 34-year-old Queenslander says sport gets her out of the house, socialising, training and challenging herself physically and mentally.

"This [Invictus] will give me a chance to participate in sport and life again," says Bishop, who was medically discharged as a corporal in 2015 following a series of injuries including one sustained while on Top End border protection duties and falling down a ship's stairs.

Carrie-Anne served in the Australian Army for 13 years. Highlights were a stint in East Timor, participating in border protection operations and working on the 2014 G20 summit in Brisbane. She was medically discharged in 2015.

In Sydney, she will compete in the women's IF5 discus and shot put, as well as sitting volleyball.

Nicole Bradley

Athletics, Powerlifting

Previous Games: None

Co-captain of the 2018 Australian team, Nicki Bradley served as a Logistics Officer in the Royal Australian Electrical and Mechanical Engineers before being discharged in 2015. The 45-year-old has

a foot condition that causes daily discomfort extending up her lower limbs. More recently, she has experienced deep vein thrombosis events that have resulted in blocked veins. She credits both her physical and mental recovery on her regular participation in sport and she is now studying counselling.

Nicki's father, Bob Bradley, is a Vietnam vet and an Australian Federal Police Officer who served with the UN Force in Cyprus. Nicole did two years of high school there and always wanted to work for the UN. She got her chance with UNTSO (UN Truce Supervision Organisation) in 2005, returning just before war broke out.

She and husband Dave Phillips, an aeronautical engineer with the Australian Army, met while they were both at an Army conference. They have two children; Lachlan (aged 7) and Darcie (11). Also supporting Nicki will be her mum and dad Bob and Judy – who are divorced – and her sister Leisa.

Nicki will compete in the women's IF4 discus and shot put, as well as powerlifting (midweight). She also recently competed at the US Warrior Games.

Vanessa Broughill

Athletics, Indoor rowing, Swimming

Previous Games: None

From the outside Leading Seaman Vanessa Broughill (pr: BROH-HILL) was a high achiever; mother of three, managing full-time work as an Electronic Warfare Specialist along with study for a paramedic qualification. Yet she was carrying injuries that no-one could see, and it was during one of the long commutes home from work at Joint Operations Command that she figured out she had a problem. She was due for major shoulder surgery and a long spell off work and found herself wishing that the hospital stay could be extended to give her relief from a life she was having trouble coping with.

At the next meeting with her doctor she told him that she thought she had a mental health problem and she was formally diagnosed with anxiety and depression in late 2015. "The shoulder condition meant I was set on a 12-month recovery program after surgery, and I had an opportunity to set both mind and body on a recovery program as well," she says. Invictus has also made a major change in her weekly routine. In the lead up to the Games she trains twice a day in the gym, the pool or the track.

Vanessa, 33, is married to Craig and they have three children; Zachary (aged 7), Avyanna (5) and Hamish (3). The family lives in Adelaide.

Vanessa will compete in nine events; the women's IT7 100m, mixed 4x100m relay, women's IF4 discus and shot put, women's IJ5 long jump, IR6 indoor rowing endurance and sprint, and the women's ISD 50m and 100 freestyle.

Samantha Gould

Powerlifting, Wheelchair tennis

Previous Games: 2017; Medals: 1 bronze

Samantha Gould spent part of her 10 years in defence as a cargo specialist based in the Afghan city of Kandahar, where rocket attacks were a common occurrence. Shortly after her being diagnosed with PTSD and major depressive disorder in 2016, she "did the tough soldier thing" and went on as if everything was fine. However, after the tour, her re-entry into regular life was difficult; she was reacting to everyday events with anger and self-medicating with alcohol.

The 29-year-old was recently medically discharged and credits her participation in the Toronto Games last year – where she won bronze in powerlifting – with a significant proportion of her recovery. She also competed in wheelchair rugby, athletics (10th in IF4 discus, 12th in IF4 shot put) and indoor rowing (19th in IR6 sprint, 18th in IR6 endurance).

Her mum and dad Vivienne and Ron will be supporting her in Sydney.

Ruth Hunt

Swimming

Previous Games: None

Captain Ruth Hunt may not have suffered bullet wounds, but she's fought and beaten aggressive breast cancer which was diagnosed in May 2016 and required 28 rounds of radiation and a double mastectomy. The 35-year-old enlisted lawyer from the Sydney suburb of Bronte, will take to the blocks just nine months after her final radiation treatment. Now clear of cancer, Hunt has ramped up her training at the Australian Institute of Sport to three boxing sessions, three weights sessions and four swims a week.

Hunt won five gold medals at the US Air Force Warrior Games trials in Las Vegas just two weeks after finishing chemotherapy. Her partner is Lieutenant Colonel (LtCol) Andrew Love.

Ruth will compete in five events; women's ISD 50m and 100m freestyle, 50m backstroke, 50m breaststroke and 4x50m freestyle relay. Her partner, Lt Col Andy Love, and her sister Penny Mulley will be in the crowd to cheer her on.

Heidi Joosten

Athletics, Indoor rowing

Previous Games: 2017; Medals: 3 silver

Heidi Joosten (pr: JOO-STEN) was a member of the Army from 2004 to 2017 and has been a combat fitness leader conducting physical training sessions for fellow soldiers. Heidi, who turned 33 two days before the start of the 2018 Games, has neck, shoulder and back injuries as a result of a vehicle accident during a military exercise.

Heidi won three silver medals at her first Games in Toronto in 2017; in the women's IT6/IT7 100m, IT6/IT7 200m and IT7 400m. She cites sport as an important part of her rehabilitation helping to reduce her perception of pain and allowing her to feel connected with others.

In Sydney, Heidi will compete in five athletics events (women's IT7 100m, 200m and 400m, IJ5 long jump and mixed 4x100m relay) as well as the IR6 indoor rowing endurance and sprint.

Emma Kadziolka

Athletics, Indoor rowing

Previous Games: 2017; Medals: 1 silver, 1 bronze

Emma Kadziolka (pr: KADGE-OLKA) was co-captain of Australia's team at the 2017 Games and couldn't resist returning in 2018. In Toronto, she won two medals; silver in the shot put IF4 and bronze in the indoor rowing IR6 one-minute sprint. She was also 9th in IF4 discus and 4th in the IR6 four-minute endurance event.

Originally from Tasmania, the 29-year-old joined the Army in 2013 as a nursing officer. After two years in Darwin, she was transferred to Brisbane then deployed to Iraq for eight months in 2015. In November 2016, she was diagnosed with a Stage II glioma (a brain tumour) and has not received treatment as the glioma has remained dormant for the time being. "It [brain tumour] came from left field and last year I used the Invictus journey as part of my rehab and didn't let it stop me," she says.

She is still serving with the Brisbane-based 11 Close Health Company of 1 Close Health Battalion.

Kadziolka, who developed her sporting drive on cold mornings churning through the Derwent River in Hobart as an elite rower for St Michael's Collegiate School, will compete in the women's IF4 discus and shot put, and the women's IR6 indoor rowing events. She will be supported by her fiancé Dave Mercer and well as her mum and dad Angela and Mark.

Rebecca Kuenstner

Athletics, sitting volleyball

Previous Games: None

Rebecca will compete in the women's IF4 discus and shot put, as well as sitting volleyball.

Born in the Philippines.

Trudi Lines

Wheelchair rugby, Wheelchair tennis

Previous Games: None

A former RAAF servicewoman and recipient of a 2010 Australia Day medallion, Shepparton-born Trudi Lines credits joining the Invictus Games wheelchair rugby team as fulfilling her life with purpose after she discharged in 2017 after nearly 14 years' service.

Lines, 40, worked on various peacekeeping and humanitarian missions in Papua New Guinea, Malaysia, Thailand and East Timor, and was deployed to Afghanistan in 2008. In 2011 she became the first woman to be trained as an electrician in the military after she transferred from operations management.

Lines says her grandfather - an RAAF bomber pilot during WWII pilot - is her inspiration. In 2014, he rode beside her in the Anzac Day march in a new Mustang car, both wearing their medals.

"It was a special day that I'll never forget. He had a great spirit, right to end [2015] and was as tough as nails, never complaining about anything", she says.

Jocelyn McKinley

Archery

Previous Games: None

In 2012, Jocelyn McKinley had only been recently medically discharged from the Royal Australian Air Force when, by chance, she visited a medieval festival and tried out an old-fashioned longbow. Six years later, the 41-year-old from the Gold Coast will represent her country in archery at her first Invictus Games.

McKinley joined the air force as a signals' operator and linguist in 2001. She spent several years working on P3-C aircraft in the Indian and Pacific Oceans, including visits to Guam, the Cocos & Keeling Islands, American Samoa and Samoa. Long-term problems with her knees – surgeries, prolonged rehabilitation and lingering pain – forced her to leave the air force far earlier than she would have liked.

Since her discharge, she has also completed a degree in occupational therapy.

Emilea Mysko

Cycling, Indoor rowing

Previous Games: None

Adelaide veteran Emilea Mysko's (pr: MISS-KO) mental health hit rock bottom as a result of multiple physical injuries she sustained while in the Royal Australian Navy — which included a stint in South East Asia on a peacekeeping mission — and led to three hospital admissions last year.

During her third admission, the 30-year-old single mother's psychologist introduced her to a pathway program to the Invictus Games via 'The Road Home', a veterans' health and wellbeing research organisation. "Becoming part of the program literally saved my life," she says.

She took up cycling in January and indoor rowing in April, before travelling to the US to compete in the Warrior Games in June where she won medals in both sports plus gold in indoor rowing.

Her father Darren and sisters Ashlea and Jessica have all served with the RAAF. Emilea coaches under-8 netball for Lasers Netball Club in Elizabeth which includes her daughter Kelsea aged 6.

In Sydney, Emilea will compete in the women's IRB2 cycling and IR5 indoor rowing events.

Sonya Newman

Sitting volleyball, Swimming, Wheelchair basketball

Previous Games: 2017; Medals: 1 gold, 3 silver

One of only three members of the Australian team competing in four sports, Sonya Newman's right leg had to be amputated above the knee after complications from minor surgery.

The 38-year-old from Darwin won one gold (ISC 50m backstroke) and three silver (ISC 50m freestyle, ISC 100m freestyle, ISC 50m breaststroke) at her first Games in Toronto in 2017. She also competed in indoor rowing (6th in IR5 endurance, 8th in IR5 sprint) and wheelchair basketball.

Sonya will compete in five swimming events (women's ISC 50m and 100m freestyle, 50m backstroke, 50m breaststroke and 4x50m freestyle), plus sitting volleyball and wheelchair basketball.

Sarah Petchell

Athletics, Indoor rowing, Powerlifting

Previous Games: None

After 15 years in the Australian army, Corporal Sarah Petchell had chronic injuries to her spine, shoulders, feet and ankles, leaving her unable to continue full-time in the 6th Battalion Royal Australian Regiment. In 2014, Petchell faced a choice; go to a surgeon or attempt rehabilitation at a gym. She chose powerlifting and it has become a way to stare down the pain.

"Powerlifting gives me a chance to focus, just recalibrate," Petchell says, who excelled immediately in the sport. "In my first year, I ranked sixth in Australia. It just fit for me."

The 39-year-old single mother to teenage son Ben now serves as a Reservist clerk at the Army Personnel Administration Centre in South Queensland, continuing a tradition of military service in the family; her father served in Vietnam and her grandfather survived a bullet wound to the head in World War II. She also works as a chaplain at the Lady Cilento Children's Hospital and at the Enoggera local school in Brisbane and helped to establish the Soldier Recovery Centre in Brisbane.

She will compete in her pet event women's heavyweight powerlifting, as well as the IF4 discus and shot put as well as both IR6 indoor rowing events.

Sarah Sliwka

Powerlifting, Swimming

Previous Games: 2017; Medals: 2 silver

Sarah Sliwka (pr: SLIV-KA) joined the Army in 2002 as a signalman and discharged in 2006, with a lower back injury and snapped ankle ligaments because of pack marching. Sport has been the driving force behind the Brisbane 34-year-old's physical and mental rehabilitation and she uses it and natural remedies to treat her injury, instead of medication.

Sarah also competed in powerlifting and swimming at her first Games in Toronto last year, winning silver in both the women's lightweight division and 50m freestyle ISD. In Sydney, she will compete in the women's lightweight powerlifting and ISD 50m freestyle.

Alexia Vlahos

Athletics, Powerlifting

Previous Games: None

Alexia Vlahos's military career came to an end after injuring her back and her right knee which led to five surgeries on the knee, including two reconstructions and a bone graft from her hip. She is making her Invictus Games debut in Sydney.

A state-level basketball player in her teens, 24-year-old Alexia is the youngest female member of the 2018 Australian team where she will compete in the women's IT7 100m, 400m and 1500m, as well as midweight powerlifting.

Tiffany White

Athletics, Indoor rowing, Powerlifting

Previous Games: None

Joined the navy straight out of high school in 2006. Served on board HMAS Sydney, HMAS Adelaide and HMAS Newcastle.

Has a degenerative joint disease of her right knee. Severe depression and anxiety.

Canada

Men

Robert Hicks

Indoor rowing, Powerlifting

Previous Games:

Major (Retired) Rob Hicks is the captain of Team Canada. He is inspired by past Team Canada Invictus Games athletes because they are not defined by injuries or illnesses but instead by their own individual spirit and strength of character.

"Being a part of Team Canada has forced me to press my comfort zone blocks, and to press out beyond what's comfortable for me each and every day, and that's a really good thing. It's a really good thing for my physical injuries and it's an excellent thing for battling my mental health injuries," says Major Hicks.

The 54-year-old former Aerospace controller with the Royal Canadian Air Force lives in Kingston, Ontario.

Dave Innes

Indoor rowing, Powerlifting, Wheelchair basketball

Previous Games: None

Joining the military aged 18, Dave Innes was a young gunner with Canada's Airborne Regiment when an accident saw him break his spine in five places. While training for Bosnian deployment in 1990, the North Bay, Ontario-based paratrooper experienced a tragic mishap when the 2.5-ton truck on which he and other members of his battery were travelling hit black ice, veering off a steep cliff and rolling twice.

The 47-year-old veteran now uses a wheelchair and says that doctors told his family that he had a 50-50 chance of survival, which he says makes him lucky to be alive at all. He is aiming to compete in powerlifting at the Tokyo 2020 Paralympic Games.

Jason Pollett

Cycling, Indoor rowing, Wheelchair basketball

Previous Games: None

In the application to compete at the Invictus Games, Canadian Armed Forces veteran Jason Pollett wrote about his experience during his career including a 2007 tour in Afghanistan and as a member of the Disaster Assistance Response Team in Haiti after the 2010 earthquake. Pollett's career spanned 13 years, starting when he had just turned 20. He retired as a combat engineer in 2014. As a result of his service, Pollett was diagnosed with severe PTS.

Pollett, 36, was born and raised in London, Ontario and but moved to Union two years ago with girlfriend Shannon Weller and his two sons, JD and Blake.

Greg Tabone

Powerlifting, Indoor rowing, Wheelchair basketball

Previous Games: None

Known as 'T-Bone' to his friends, Sergeant Gregory Tabone (TA-BONN) will carry the memory of Major Yannick Pepin and Corporal Jean-Francois Drouin with him as he competes in Sydney. Both men were fellow members of the 5 Combat Engineer Regiment and died after being hit with an IED bomb in Afghanistan in 2009.

Tabone, 34, lives in Shannon in central Quebec.

John Tescione

Athletics, Jaguar Land Rover Driving Challenge, Sailing

Previous Games: None

Sergeant (Retired) John Tescione (pr: TESH-EE-OH-NEE cites Phil Badanai – the man who saved his life in Croatia and the flagbearer for Team Canada in 2017 – as his inspiration for competing at the 2018 Invictus Games. The UN peacekeepers were returning to base in 1994 when they came across a group of Serbian soldiers who opened fire on their vehicle. Later, 57 bullet holes were counted in the vehicle, seven of which hit Tescione. Some of these rounds are still trapped in his skull and he is missing part of his arm.

The 47-year-old Toronto resident, who served almost two decades with the army and was discharged in 2006, also suffers from PTS.

Women

MJ Batek

Archery, Swimming, Wheelchair basketball

Previous Games:

Monica Jirina Batek (pr: BAR-TEK) – better known as MJ – is a retired veteran of the Canadian Armed Forces. She was training to be one of the first female Artillery Officers in Canada when she was injured during a training exercise in the 1990s. Her physical injury was career-ending and is something she deals with on a daily basis. However, it was the sexual assaults she experienced during her military service and domestic violence that brought about the 43-year-old's complex PTS.

Rhonda Crew

Athletics, Cycling

Previous Games: None

Team Canada co-captain Lieutenant-Colonel Rhonda Crew was inspired to apply to Soldier On for a spot on Team Canada in Sydney 2018 by her husband Duane Bryson's performance in 2016 in Orlando.

Originally from Hillsborough, New Brunswick, Rhonda, 48, is a senior officer with the Chief of Staff Strategic Team of Military Personnel Command and lives in Ottawa, Ontario.

Naomi Fong

Cycling, Powerlifting, Sitting volleyball, Wheelchair basketball

Previous Games: None

Former artillery soldier Bombardier (Retired) Naomi Fong was left shattered after a sexual assault while on duty. As time passed, she accessed counselling and started participating in sport. The Pembroke, Ontario resident uses a range of activities to keep fit including yoga and powerlifting.

Naomi, 32, will carry Canada's flag at the opening ceremony in Sydney.

Cavell Simmonds

Archery, Golf, Powerlifting, Sitting volleyball, Wheelchair rugby

Previous Games:

Oldest competitor at the Games aged 67.

Stacey Trottier-Mousseau

Indoor rowing, Swimming, Wheelchair rugby

Previous Games: None

Stacey Trottier-Mousseau (pr: MOOSE-OH) was happy in her dream job with the Canadian Armed Forces, but while on deployment in Afghanistan in 2006 she was diagnosed with Multiple Sclerosis.

"I was pretty much in peak physical condition, and I started to notice there were some deficits. I was stumbling and falling. I was overly fatigued," she says. She was repatriated to Canada and the diagnosis ultimately ended her 17-year military career. She eventually found herself again in sports. This time, with the Invictus Games.

Stacey is also the founder of the Ability Movement – an online community devoted to educating, empowering and supporting people living with chronic disease.

In Sydney, the 43-year-old will compete in indoor rowing and swimming for her native Canada, and will be part of the Unconquered team in wheelchair rugby.

Stacey is married with a son Xander, aged 8 and a daughter.

Denmark

Men

Kristian Bech Poulsen

Athletics, Powerlifting, Swimming

Previous Games: None

Kristian served in the Danish Army in Afghanistan. He suffers from PTS and has joined the Invictus Games team to prove to both himself and others that he is not destroyed inside and that he can still contribute. His condition is aided by being with other veterans and learning how to handle stress and remain focused.

In his spare time 27-year-old Kristian does cross-fit, fishes, plays computer games and spends a lot of time with his service dog Wolfe.

Anker Sewohl

Archery, Indoor rowing

Previous Games: None

The oldest member of the 2018 Danish team aged 61, Anker Sewohl served in the Army as a medic and was deployed to Cyprus, Africa, Iraq, Arabian Gulf and Afghanistan. He now suffers from PTS.

Anker is competing in these Games to help get him back to his favourite sport of shooting which he is unable to do due to fear.

Kim Wilsborg

Indoor rowing, Sailing, Jaguar Driving Challenge

Previous Games:

Team Denmark captain Kim Wilsborg Sorensen has a long and versatile career behind him. The former UN soldier undertook two tours of Iraq (1993-94 and 1995-96) and in the former Yugoslavia in 1998-99. He has also been a bodyguard for Crown Prince Frederik. He published his autobiography *The Guard* in 2003. Suffers from PTS.

Wilsborg, 58, will carry the Danish flag at the opening ceremony in Sydney accompanied by two placard bearers; his sister Lene and daughter Luna, 13.

Estonia

Men

Egerd Erreline

Archery, Athletics, Sailing, Sitting volleyball

Previous Games:

Egerd Erreline (pr: E-GERD ERRA-LINYAY) will carry Estonia's flag at the opening ceremony in Sydney. Age 32.

France

Men

Benjamin Atgie

Athletics, Sitting volleyball, Swimming, Wheelchair rugby

Previous Games: 2014, 2016, 2017; Medals: 1 bronze

A dog handler with the French 132nd dog battalion, Benjamin Atgie (pr: BEN-YA-MIN ADGE-AY) was wounded in Afghanistan in February 2011 when his armoured vehicle was hit by a rocket, resulting in the amputation of his left leg. He returned to the Army in 2012 after a year in hospital.

Ben has competed at all three previous editions of the Games, the highlight being 400m bronze in Orlando in 2016. Last year in Toronto, the 30-year-old competed in athletics, sitting volleyball, indoor rowing, swimming and wheelchair basketball.

Stéphane Rouffet

Athletics, Cycling, Indoor rowing, Wheelchair rugby

Previous Games: None

Stéphane Rouffet (pr: STEFAN ROO-FAY) will carry France's flag at the opening ceremony. Age 41.

Franck Robin

Cycling, Indoor rowing, Powerlifting

Previous Games: 2014, 2016, 2017; Medals: 6 gold, 1 silver, 2 bronze

One of the most decorated competitors in Invictus Games history, Franck Robin (pr: ROW-BAIN) has won 10 medals at his three previous Games appearances, including a clean sweep of all six gold medals in the men's cycling IHB1 hand cycling. He has also collected three minor medals in indoor rowing; silver in Orlando and two bronze in Toronto.

He also won the gold medal at the Duathlon World Championships in 2014 and took part in para triathlon's debut at the Rio 2016 Paralympic Games.

Robin was on a mission in French Guiana uncovering illegal gold mining in the jungle in September 2011 when he was shot, severing his spinal cord.

Sydney will be the fourth Games for the Clermont-Ferrand 40-year-old who is married to Gaelle. They have three children.

David Travadon

Cycling, Indoor rowing,

Previous Games: 2014, 2016, 2017; Medals: 3 gold, 2 silver, 1 bronze

Chief Warrant Officer David Travadon (pr: DAR-VIDE) was an engineer bomb disposal expert for 13 years but an explosion during a demining mission on the Lebanon-Israel border in November 2009 resulted in multiple wounds to his face, the loss of his left eye and the amputation of his forearm. After six months in hospital and a dozen surgeries – which allowed him to recover from blindness – he returned home.

Sydney marks the fourth Invictus Games appearance for the 41-year-old captain of the French delegation where he hopes to add to his tally of six medals, including three gold; in the men's IT3 1500m in 2014, and both the IRecB1 recumbent bike time trial and criterium in 2017.

Travadon is also a high-level para-triathlete.

Georgia

Men

Tengiz Diasamidze

Archery

Previous Games: None

Enrolling in the Georgian Armed Forces in 1992, Tengiz Diasami (TENG-EEZ DIASA-MID-ZEH) was injured in a mine blast in 2008 during the war between Georgia and Russia but remains on active duty.

Tengiz, 41 (he turns 42 on day 8 of the 2018 Games) was a national champion in rowing in 2016, 2017 and 2018, so the Invictus Games allows him to try other sports including archery in Sydney 2018 where he will participate in the novice recurve event.

Enver Giglemiani

Sitting volleyball

Previous Games: 2016, 2017; Medals: 1 gold, 1 bronze

A member of the military for 26 years, Enver Giglemiani (pr: GIG-LE-MIAN-EE) was wounded by a mine explosion during clashes between Georgian Armed Forces and Abkhazian separatists in 1993. The explosion resulted in the amputation of his right leg below the knee.

At 53, Enver is the oldest member of the team (they call him "Babu", Georgian for grandfather). He was a member of Georgia's sitting volleyball team that won bronze in Orlando in 2016 and gold in Toronto last year. In Sydney, Enver will carry Georgia's flag at the opening ceremony accompanied by his daughter 21-year-old daughter Ana who will carry the nation's placard

Manuchar Nakishashvili

Sitting volleyball

Previous Games: 2014, 2016, 2017

During his patrol in Helmand Province of Afghanistan under the ISAF mission, Manuchar Nakishashvili was injured by a land mine, resulting in a loss of his left leg. Manuchar is 28.

Germany

Men

Michael Bartscher

Archery, Cycling, Swimming

Previous Games:

Brigadier General Michael Bartscher joined the Bundeswehr (the German Armed Forces) in 1976 and held various technical and management positions in the logistics unit of the German Army. In August 2014 an Afghan soldier fired into a group of NATO officers at the National Defence University in Kabul which killed a US General and wounded 15 others, including Michael who was hit in the leg. The following June, Bartscher had a car accident in Afghanistan which damaged his vestibular system affecting his sense of balance and spatial orientation. His personal decorations include the Gold Cross of Honour of the Bundeswehr.

Bartscher, 60, spends his time off the court and pool with his wife Sabine and their three sons Philipp, David and Jonas.

Jason Bourke

Archery, Sitting volleyball, Swimming

Previous Games: 2014

Jason Bourke is a former sergeant and paratrooper.

In March 2011, the road clearance patrol car he was travelling in was struck with an IED, injuring both feet, leading to a pulmonary embolism and a concussion. He was transported by helicopter to hospital where he underwent 15 surgeries, spent six months in a wheelchair and another year on crutches.

Jason, 31, participated in swimming, archery and cycling at the first Invictus Games in London in 2014 and will be hoping to gain new skills and colleagues with the sitting volleyball team in 2018.

Manfred Faget

Athletics, Cycling, Sitting volleyball

Previous Games: 2014, 2016

Warrant Officer Class 2 Manfred Faget is attempting to rebuild his life after a motorcycle accident in 2000 led to multiple open fractures, damaged plexus, a cracked melt and subsequent left arm amputation. He also suffered severe brain trauma and was in an artificial coma for six weeks and lost over 30kg.

Married with three children, Sydney 2018 will be the 46-year-old's third Invictus Games.

Stefan Huss

Athletics, Cycling, Sitting volleyball

Previous Games: 2017

Corporal Stefan Huss was diagnosed with PTS after his second deployment to Afghanistan in 2013. He restarted active duty in September 2015 and successfully completed his qualifications to become a military policeman earlier this year.

Huss, 37, competed in discus, archery and sitting volleyball at his first Games in Toronto in 2017.

Stefan will captain the German team in Sydney and carry his country's flag at the opening ceremony accompanied by his wife Evelyn and sister Daniela.

Iraq

Men

Abdul Jaafar

Swimming

Previous Games: None

Abdul Jaafar, the youngest competitor at the Games aged 21, had been serving in Iraq for two years when a rocket hit the car he was travelling in and injuries sustained led to a below-knee amputation. He enjoys swimming; sport has helped a lot with his injury because he doesn't feel different to the rest of the world. He's no longer serving.

Fadhil Razzaq Abdulameer

Athletics

Previous Games: 2017; Medals: 2 gold

The 31-year-old won gold in the IF2 shot put and discus in Toronto.

Waad Imran Faris

Athletics

Previous Games: Medals 2 gold

Won gold in the IT3 100m and 200m in Toronto. Age 31.

Italy

Men

Massimo Chiappetta

Cycling, Swimming

Previous Games: 2017

A member of Italy's Defence Forces Paralympic Sports Group, Massimo lost both legs in a motorcycle accident. The 45-year-old competed in cycling, swimming and wheelchair rugby in Toronto in 2017.

Luca Cornacchia

Athletics, Indoor rowing

Previous Games: 2017

Luca Cornacchia rose to the rank of Corporal Major Chief. In October 2010, the vehicle he was travelling in was thrown into the air due to a bomb explosion. Four soldiers died in this incident, but Luca survived but damaged two vertebrae.

Thanks to his family, including children Alessandro and Andrea, 39-year-old Luca has taken up sport which helps him overcome the pain and gives him something to compete for; the lives of the friends he lost that day.

Fabio Tomasulo

Archery, Swimming

Previous Games: 2014, 2016; Medals: 1 gold, 3 bronze

Fabio Tomasulo (pr: TORMA-ZULO) took out gold in the novice recurve event in London in 2014, scoring 545 out of 600 points for the 18m indoor round, 59 more than the second-placegetter. Two years later in Orlando he won bronze in Orlando in the open category and in 2017 he graduated to elite para archery athlete with his first world championship cap in Beijing. He also won bronze medals in both the mixed open and team open recurve events at his third Invictus Games in Toronto.

Fabio, 47 served as a Lieutenant Colonel in the Italian Air Force and works in the force's sports centre. He lost his left leg below the knee in a motorcycle accident in 2007.

Fabio will captain the Italian team in Sydney and carry the flag at the opening ceremony.

Women

Pellegrina Caputo

Athletics, Powerlifting

Previous Games: 2016, 2017; Medals: 1 gold, 1 silver

Pellegrina Caputo only started playing sport four years ago, aged 29. Now, the two-time medallist is participating in her third Invictus Games, having won gold (2016) and silver (2017) in the women's IF1/IF2 shot put. In Sydney, she will also be hoping to gain her first podium in the discus. She also participated in the 2015 World Military Games in South Korea, where she added another silver medal — in shot put.

Pellegrina began her army career in 2005. In August 2008, she was travelling through Albania as part of an Army convoy heading to Kosovo when she was involved in a car accident that resulted in the loss of her left leg. After a year of rehabilitation, she started learning to walk again and got her second prosthetic leg in November 2010.

She returned to service in Avellino where she signed up for the the Defence Forces Paralympic Sports Group (GPSD) which is a joint effort between the Italy's Ministry of Defence and Paralympic Committee, consisting of athletes from all four branches of the Italian military; army, navy, air force and police.

Monica Contrafatto

Athletics, Swimming

Previous Games: 2014

Monica had two dreams when she was younger; to be an athlete and be a soldier. Thanks to Invictus she has been able to achieve both.

While on deployment on her second tour of Afghanistan in March 2012, shrapnel from a bomb pierced her femoral artery causing her right leg to be amputated. As she sat in hospital and watched the London Paralympics she was inspired by how many happy people were competing without arms or legs. After some intense training, she was selected as the only female on Italy's 2014 Invictus Games team where she competed in swimming and wheelchair basketball.

The 37-year-old won bronze in the T42 100m at the Rio 2016 Paralympics and silver in the T42 100m at the London 2017 world championships. She will be hoping to continue that form into the 2018 Invictus Games.

Jordan

Men

Omar Alshaboul

Powerlifting

Previous Games: 2017; Medals 1 gold

Won gold in the men's lightweight powerlifting in 2017, Jordan's first gold medal in powerlifting and their only gold medal in Toronto. He also finished 10th in the men's IR4 indoor rowing sprint. Age 45.

Odai Alshatnawi

Athletics, Sitting volleyball

Previous Games: None

Odai will carry the Jordanian flag at the opening ceremony. Age 35.

Jehad Bani Omar

Athletics, Indoor rowing

Previous Games: 2016, 2017; Medals: 1 gold, 1 silver

Jehad Bani Omar is a retired soldier who served in the Jordanian Armed Forces in 1991-92. He lost vision in his left eye due to exposure to chemicals while on duty. Initially, he found it hard to cope with his injury, but eventually accepted it and the 41-year-old says sports have revived his self-confidence and renewed his energy levels.

Jehad, 42, won gold in men's IF3 shot put in Orlando 2016 and claimed silver in Toronto last year.

Women

Amany Abdel Rahman

Athletics, Indoor rowing

Previous Games: 2017; Medals: 1 silver

Carried the Jordanian flag into the stadium during the opening ceremony in Toronto and went on to win silver in the women's IT5 100m. Age 35.

Ulfat Al-Zwiri

Athletics, Indoor rowing

Previous Games: 2016, 2017; Medals: 1 bronze

After crossing the finish line in the IT5 women's 100m wheelchair race well behind the rest of the field in Orlando in 2016, Ulfat Al-Zwiri received a standing ovation from the crowd and fellow competitors, who waited for her to finish and warmly embraced her at the end. She was Jordan's only female competitor at their first Games and her parents, who travelled from home to watch their daughter, fought back tears in the crowd.

Last year in Toronto, she won bronze behind countrywoman and silver medallist Amany Abdel Rahman. This year, she adds indoor rowing to her program for the first time.

Al-Zwiri, 23, worked as a civilian chemist in a pathology lab for the Jordanian Army when she was involved in a car accident in 2009. She was left paralysed below the waist and with limited use of her hand.

Netherlands

Men

Jacco Dudink

Archery, Sitting volleyball, Wheelchair basketball

Previous Games: 2017

Jacco Dudink (pr: YAR-KO DOO-DINK) wanted to join the army from a young age and signed up when he was 17, receiving his first posting in the former Yugoslavia two years later as a section leader.

During a voluntary administrative posting to South Sudan in 2012, he went to the rescue of a fellow driver bailed up at an illegal checkpoint and was attacked and suffered severe bruising. To overcome PTS and anger-management issues, Jacob turned to sport through Invictus and says that through his participation in archery and sitting volleyball in the 2017 Games, he now feels that he is back to his old self.

This year, the 48-year-old from Lelystad near Amsterdam will be accompanied again by his wife and daughter.

Marc van de Kuilen

Sailing, Sitting volleyball, Wheelchair basketball

Previous Games: 2017; Medals: 1 silver

Dutch team captain Marc van de Kuilen (pr: KYE-LEN) participated in wheelchair basketball in Toronto last year where the team won silver; Marc scored a game-high 32 points in the final, but it wasn't enough to stop the defending champions USA from retaining their title 55-51.

He lost both of his legs due to friendly fire during a firefight in 2007 just two months into a deployment in Deh Rawod in Uruzgan province. Shots fired by Luuk Veltink led to the amputation of van de Kuilen's legs and Luuk is also on the Dutch team in Sydney where they will both compete in the Elliott 7 sailing event.

Van de Kuilen, 30, will also carry the Dutch flag at the opening ceremony in Sydney. He turns 31 on October 31, a few days after the closing ceremony.

Jelle van der Steen

Wheelchair basketball, Wheelchair tennis

Previous Games: 2017; 1 silver

Jelle van der Steen (pr: YELLA VANDER STAIN) joined the Marine Corps as a 17-year-old in 1999 and later served in Curaçao, Bosnia and Iraq. He retired in 2005, but a motor vehicle accident two years later resulted in a broken back and a broken neck. He has since undergone 35 operations.

Jelle paired up with Ronald van Doort in wheelchair tennis in Toronto in 2017 and was a member of the team that won silver in wheelchair basketball, Netherlands first medal in a team sport. He and Ronald will pair up again in Sydney, while he will be hoping to go one better in wheelchair basketball.

Van der Steen, 37, is also a crypto-currency enthusiast.

Edwin Vermetten

Sailing, Sitting volleyball, Wheelchair basketball

Previous Games: 2014, 2016; Medals: 2 silver, 4 bronze

Four-time indoor rowing medallist Edwin Vermetten (pr: FER-METTEN) has opted out of the sport in Sydney to give other competitors a go, but that doesn't mean he is done with finishing on the podium. Vermetten, who also won bronze in sitting volleyball (2014) and wheelchair tennis (2016) will take part in sailing – where he says the last time he was in a boat was in a school camp – sitting volleyball and wheelchair basketball in 2018. He would have liked to have participated in wheelchair tennis, however, that would have meant separating last year's duo Ronald van Dort and Jelle van der Steen.

Vermetten, 45, worked at the Royal Air Force base at Gilze Rijen air base in 1998. He was involved in a serious head-on truck accident in Croatia in 2001 that resulted in nine fractures in his face, a skull base fracture and multiple fractures in the skull. In addition, his left and lower right legs were shattered.

His wife Suzanne and two daughters (Iris aged 14, Sophie aged 11) will also be in Sydney to watch.

Edwin de Wolf

Cycling, Swimming

Previous Games: 2017; Medals: 1 bronze

De Wolf stepped on a landmine during a patrol in Bosnia and lost his left leg. But the former section leader with the airmobile brigade fought back and built a new life, both as a top athlete and as a manager at Aardenburg Military Rehabilitation Centre. He also gained a university degree in policy and management.

He was captain of the 2017 team in Toronto where he participated in cycling (winning bronze in the IRB1 criterium) and sitting volleyball.

De Wolf, 48, lives in Apeldoorn on the outskirts of Amsterdam.

Women

Stephanie Verhoef

Cycling, Swimming

Previous Games: 2014; 1 gold, 1 silver

Stephanie Verhoef (pr: VER-HOOF) was posted to Bosnia in 2005 and then Afghanistan in 2009 where she suffered her injuries after being hit by a rocket while showering after a run. Broken bones, missing flesh, damaged hearing and later, PTS. As a result, she was discharged from the armed forces.

Stephanie, 33, says that sport has allowed her to deal with depression and suicidal thoughts. She was the only woman on the Dutch team in London in 2014 where she won gold in cycling IRB3 and silver in ISD 50m breaststroke, the latter on her 30th birthday.

Working as a rehabilitation adviser with the ministry of defence since 2014, she can now pass on her knowledge and experience to others as well as being a mother to her eight-month-old son.

New Zealand

Men

Daryl Burton

Golf, Sailing, Wheelchair basketball, Wheelchair tennis

Previous Games: 2017

A member of the NZ Defence Force for over 36 years – 30 with the Army and the past six as a civilian and Reserve Force soldier – Daryl Burton suffered two events during his service that would have life-long consequences; a back injury when he landed badly after jumping off a truck in Bosnia in 1995 and a scorpion bite while on deployment in East Timor in 2001 set off a domino effect on his health. The bite effectively made his body turn on itself, affecting his nerves and leaving him numb in his legs, while the worst ongoing effect is the feeling that insects are crawling under the skin on his face. The 57-year-old has also recently been diagnosed with PTS.

Daryl, who now walks with a cane, is one of four generations to serve his country; his grandfather served in World War II, his father in Vietnam and a son was deployed to Afghanistan. Daryl's wife Janine also works with the families of deployed servicemen and women. The couple has two sons, Josh and Daniel.

He competed in tennis, wheelchair basketball and wheelchair rugby in Toronto last year.

Steve Fell

Swimming, Wheelchair basketball, Wheelchair tennis

Previous Games: 2017

A former mechanic in the Royal New Zealand Mechanical and Electrical Engineers (RNZEME), Steve Fell was involved in a motorbike accident in 1982 while returning to Trentham Camp from weekend leave. His worst injury was a smashed pelvis which wasn't repaired properly at the time. Four years later, he was medically discharged and he moved to Brisbane where he met wife Colleen.

After spending 15 years grappling with his injury – which now requires him to use a wheelchair as his pelvis cannot support him standing – Fell found the strength to direct positive energy on to the sporting arena.

"In the late '90s, I came across the Brisbane Wheelchair Basketball Social League. And it went from there," says Fell who owns a Snap-on franchise business selling automotive, aviation and mining tools.

Fell, 55, competed in wheelchair tennis, wheelchair basketball, indoor rowing and swimming in Toronto in 2017. Colleen went to Toronto with her husband and this time she'll be joined by their daughters Elizabeth, 24, Katherine, 22, and Jennifer, 20.

Robert Graham

Indoor rowing, Wheelchair basketball, Wheelchair rugby
Previous Games: 2017

Robert 'Tiny' Graham was in the Army for 27 years before becoming an NZDF civilian employee six years ago. Graham, 51, will compete in the same three sports as he did in his first Games in Toronto last year; indoor rowing, wheelchair rugby and wheelchair basketball,

He will also carry the Kiwi flag at the opening ceremony accompanied by his wife Rebecca and 16-year-old son Jayden.

Nu Filo

Athletics, Indoor rowing, Powerlifting
Previous Games: 2016, 2017

Kiwi, Samoan, amputee, soldier, son, brother, partner. Nu Filo (Faamanu Taulafo Filo Leaana) will be tapping into all these elements that make him who he is when he represents the New Zealand Defence Force in Sydney.

An amputee who has also suffered PTS and depression, Filo lost his lower right leg and the middle finger of his right hand in 2006 in a freak accident after a fellow soldier who had picked up live ammunition put it into a rubbish bin, and it exploded when the bin was emptied. The accident happened five years into his army career and forced a rethink. The 37-year-old is now an IT analyst for the Ministry of Foreign Affairs and Trade in Wellington.

Nu's family were unable to travel to Orlando or Toronto to watch him compete, but the proximity of Sydney means more of his family and friends can attend his third Games.

Ihaka Maitairangi

Archery, Athletics, Sailing
Previous Games: 2017; Medals: 1 bronze

Ihaka Maitairangi's (pr: EE-HACKA MY-TARANG-EE) life-changing event struck him 11 years ago in his mid-20s when he was diagnosed with lung and testicular cancer. Treatment saved the Naval Petty Officer's life but left him with significantly reduced lung capacity and it took several years to get back to the level of fitness required by the Navy to be effective and deployable at sea.

Maitairangi needs every bit of that fitness in his day-to-day life; he and wife Emma are parents to Tyler, aged 8, Nate, 5 and Mia, 2 and all will be in Sydney to watch him compete. His father Errol travelled to Toronto last year where Ihaka took a team bronze in archery.

Ihaka will compete in archery, athletics and sailing where despite being in the Royal New Zealand Navy for 16 years, he only sailed for the first time a year ago.

George Nepata

Archery, Wheelchair rugby

Previous Games:

One of two quadriplegics on the New Zealand team, George Nepata (pr: NEP-UH-TAH) was five years into an Army career when he broke his neck after being dropped from a stretcher carried at shoulder height during a training exercise in Singapore in 1989. For the past 20 years, he has been fighting for compensation from the NZ Defence Force, alongside his younger brother Damien who was seriously injured after the tank he was driving rolled and exploded in 1994. Damien will also compete alongside him in archery in Sydney (as well as powerlifting and indoor rowing).

The 51-year-old hasn't been back in the military environment since his accident and he says: "It feels like being back among long lost friends."

Ben Peckham

Athletics, Powerlifting, Indoor rowing, Sailing, Wheelchair basketball, Wheelchair rugby

Previous Games: None

Ben Peckham will bring the best of his Fijian and Kiwi worlds when he represents the New Zealand Defence Force in six sports, equalling the most of any competitor at the Games.

Peckham, who moved to New Zealand from Fiji as a 16-year-old, served in Bosnia while with the New Zealand Army. He left the NZDF 20 years ago and now lives in Auckland, but it was only in recent years that he was diagnosed with service-related PTS and, subsequently, bi-polar disorder.

Peckham, 46, has two boys; Sekonia, 14, and Oliver, 4. Last year, he introduced partner Tanya Knighton and Oliver to life in Fiji's Bua province and next year they plan to visit Taveuni and Levuka where he also has family.

Grant Philip

Archery

Previous Games: None

Grant Philip and Kiwi teammate George Nepata make history as the first two quadriplegics to travel to the Invictus Games, but they will have to compete against others who have full core or arm strength, because there's no specific category for them.

Philip was just 18 and in the New Zealand Army's Territorial Force when he fell awkwardly from a diving pontoon at a beach while swimming with mates one summer evening. He was left a tetraplegic and has been in a wheelchair ever since, but that hasn't stopped him giving everything a go; he has represented New Zealand in para-shooting and has also participated in snow skiing, rafting, kayaking, karting, gliding, abseiling, hand biking and wheelchair rugby. Three years ago, the 47-year-old set his sights on making the NZ Invictus team and his work paid off when he was selected in archery.

After his accident, he retrained as a Computer-Aided Designer (CAD) in London before working full-time designing playgrounds for McDonald's for eight years. He also won a scholarship with the Association of Mouth and Foot Painting Artists and his long-term goal is to make a living through painting.

His mother Jill will travel to Sydney as his supporter and carer

Gareth Pratt

Sailing, Swimming

Previous Games: 2016; 1 bronze

Staff Sergeant Gareth Pratt has been in the army for 16 years. He competed in Toronto and will this year concentrate on swimming events and helping the rest of the team as co-captain.

Gareth won bronze in the men's ISD 50m breaststroke at his previous Games appearance in Orlando in 2016. The 35-year-old lives in Christchurch.

Women

Vanessa Bawden-Pere

Athletics, Wheelchair basketball, Wheelchair rugby, Wheelchair tennis

Previous Games: 2016, 2017; Medals: 1 gold

Vanessa Bawden-Pere (pr: BORE-DON PERRY) competed in her first Games in Orlando two years ago, but Toronto was the turning point where she won midweight powerlifting gold, New Zealand's first gold medal of the Games. She also competed in wheelchair basketball, wheelchair rugby and women's IF4 shot put (10th).

Four years ago – shortly after quitting a 26-year career as an Army Reserve staff sergeant – she was diagnosed with complex PTSD. Both medication and psychotherapy aided her recovery, but nothing has had quite the same impact as the Invictus Games. "If I hadn't discovered the Invictus Games, I'd have gone into a dark place and probably never come back," says the 48-year-old who today trains young medics in the Defence Health School.

She has also found stability in family life with husband Al, son Sean, 19 and daughter Monica, 13.

Nicki Fairbairn

Archery, Indoor rowing, Sailing, Swimming

Previous Games: 2017; Medals: 1 bronze

Nicki was an 18-year-old in the Air Force when the motorbike she was riding pillion crashed in 1988. She was in a coma for seven days, ICU for two weeks, suffered a head injury and had to learn to use the right side of her body again. She also suffered a collapsed lung, broken ribs and smashed knees. Nicki has ongoing health challenges from the crash but has retrained as an early childhood teacher.

The 48-year-old Dunedin resident competed in Toronto last year and was part of the archery team that won bronze. She says swimming is the hardest of her four sports in Sydney because of a collapsed lung.

Kiely Pepper

Archery, Cycling, Indoor rowing, Wheelchair basketball

Previous Games: None

Major Kiely Pepper (pr: KYLIE), who has been in the New Zealand Army for 22 years, is eligible to compete because of ill health; she has suffered from chronic fatigue syndrome (CFS) since 1997 and in 2015 was diagnosed with breast cancer.

Pepper, 47, recently returned from a world breast cancer dragon boating regatta in Italy, where she was part of Wellington's CanSurvive team, which finished second.

She says having the sporting goals of dragon boating racing and the Invictus Games has helped in her recovery. "It distracts you from the illness...and helps you to consider what you can do instead of what you can't."

Kelly Whittle

Athletics, Cycling, Indoor rowing, Wheelchair basketball, Wheelchair rugby

Previous Games: 2014, 2016; Medals: 1 silver, 2 bronze

Army medic and New Zealand team co-captain Sergeant Kelly Whittle has post-traumatic stress (PTS) and hip and shoulder injuries as a result of deployment to Afghanistan and working in the aftermath of the Christchurch earthquakes.

Kelly was a bored school leaver working part-time in a rest home in Gore when she applied for the army. The next thing she knew she was in Waiouru, doing basic training followed by two and a half years of paramedic training. In 2012, Kelly jumped at the chance to serve with the New Zealand Provincial Reconstruction Team on a six-month deployment to Afghanistan's Bamyán province. During that time, five of her colleagues were killed. Kelly received serious injuries to her hip while assisting a wounded Afghan soldier and later dislocated her shoulder in a separate incident.

She returned to New Zealand at the end of her tour and began teaching at the Defence Health School. She now teaches those studying for graduate diplomas in paramedicine. While she says her body is "80 per cent fixed", the invisible scars PTS have been harder to heal.

This will be the third time the 34-year-old has represented New Zealand at the Invictus Games; she brought home silver in the women's IF2 discus and bronze in the IF2 shot put from the inaugural Games in London in 2014, and bronze in the IF4 discus in Orlando two years later.

Poland

Men

Tomasz Kloc

Athletics, Indoor rowing, Sitting volleyball

Previous Games: None

Tomasz Kloc (pr: TOE-MARSH KLOTZ) was a sapper on the first shift of the Polish military mission in Iraq. While on service, his convoy experienced a trap mine blast. As a result of the injuries, he retired from service in 2005. He later co-founded the Association of Injured and Victims in Missions Outside the National Borders to make self-help more effective. Age 46.

Krzysztof Polusik

Golf, Indoor rowing, Sitting volleyball, Swimming

Previous Games: None

Poland makes its Invictus Games debut at Sydney 2018 and Krzysztof Polusik (Pr: K-SHER-TOV POE-LOO-SHIK) will carry the Polish flag at the opening ceremony. Age 36

Mariusz Saczek

Archery, Golf

Previous Games: None

Mariusz Saczek (pr: MAREE-OOSH SAR-CHECK) is determined to walk unaided again.

He lost the initial ability to walk when he was injured by a roadside bomb in Afghanistan in July 2010. He was paralysed from the chest down and broke his spine in three places. The feeling in his body has gradually returned and he is able to walk short distances, but over longer distances uses a wheelchair.

The 41-year-old also takes part in shooting events for veterans in his spare time.

Romania

Men

Augustin Pegulescu

Archery, Sitting volleyball

Previous Games: 2017; Medals: 1 gold

Augustin Pegulescu (AU rhymes with HOW in Augustin, PEG-OO-LESS-KOO) enrolled in a military high school at the age of 14 and joined the 'Red Scorpions' Infantry battalion in 1994, serving in Albania, Iraq (2007) and Afghanistan. He was injured in Afghanistan in 2009 when the vehicle he was in with a group of American soldiers – three of whom died – drove over an IED. Following the incident, his left leg was amputated. The divorced 51-year-old father of two is now a commander at the military centre in Timiș and plans to retire in 2026.

Augustin was a member of the archery team that won compound gold in Toronto in 2017, the first time Romania participated at the Games. He was also part of the Romanian team that won archery gold at the 2017 World Military Championships in Fontainebleau, France.

Dorin Petrut

Archery

Previous Games: 2017; Medals: 1 gold

Dorin Petrut (PETRUT rhymes with 'foot') is a retired soldier who now spends time at home with his wife and child in Bucharest. While serving in Iraq in 2007, his camp came under a missile attack and while attempting to save a British comrade, his left leg was severely injured which resulted in the insertion of a titanium rod which runs the length of his lower leg, from his knee to his ankle.

Last year in Toronto, he picked up a gold medal in the archery compound team event and the 55-year-old will be hoping to retain that title when he competes in Sydney.

Dumitru Paraschiva

Athletics, Indoor rowing

Previous Games: 2017

Dumitru Paraschiva (DOO-MEET-ROO PARIS-KEEVA) was injured when his truck hit an IED in 2009. Following this attack, they were hit with light infantry weapons and a Rocket-Propelled Grenade. Following the blast, Dumitru had a cerebral trauma which forced him to spend two months in a coma.

This will be his second Games, having competed in Toronto last year where he was 5th in both IR6 indoor rowing events.

Dumitru-Nicolae, 35, works at the Infantry Training Centre in Fagaras.

Laurentiu Șerban

Athletics, Sitting volleyball, Swimming

Previous Games: 2017; Medals: 1 bronze

Laurentiu Șerban (LAU rhymes with HOW in Laurentiu, SHER-BAN) is an active duty member of the Romanian Army where he has served for 16 years. During a 2006 mission in Afghanistan, he lost his right leg while trying to evacuate injured colleagues from a military vehicle that had been attacked by an improvised explosive device. The 39-year-old now works at the Special Ops Headquarters in Bucharest.

At his first Games in Toronto last year, he won bronze in the men's IT1 1500m – Romania's first medal at the Invictus Games – and was 4th in 400m, 5th in 200m and 6th in 100m.

He is married with an eight-year-old daughter Laura.

Vasile Zbâncă

Cycling, Sitting volleyball

Previous Games:

Vasile Zbâncă (pr: VASS-EE-LAY ZE-BOON-KA) will carry Romania's flag at the opening ceremony. Age 36.

Ukraine

Men

Oleksandr Chalapchii

Athletics, Cycling, Indoor rowing

Previous Games:

In 2014, a 120kg anti-tank mine explosion left Oleksandr Chalapchii (pr: CHAL-UP-CHEE) without both legs. Both were amputated above the knee but with his wife's support he was able to get through the initial shock. Six months after his operation and with two prosthetic legs, volunteers helped Oleksandr and four other servicemen attend a rehabilitation centre in Austria where they were taught how to properly use the prostheses.

Oleksandr now runs an eco-fuel business, but the 32-year-old dreams of opening his own rehabilitation centre to teach disabled soldiers to walk with prostheses and give them psychological support.

Yurii Dmytrenko

Athletics, Indoor rowing, Swimming

Previous Games: None

Yurii Dmytrenko was 20 when he joined a volunteer expeditionary battalion after graduating from university in Poltava. He had been an active protester during the 'Euromaidan Revolution' which forced former Ukrainian President Viktor Yanukovich from power in February 2014 and he says protecting his country after Russia launched its war in the east was "a logical continuation."

During 18 months' service, he fought on the frontline but was injured in March 2016 in a landmine explosion which resulted in the amputation of part of his left leg. During rehabilitation, Dmytrenko started intensive fitness training and now uses three leg prostheses; one for running, one for swimming and one for all other physical activities.

Dmytrenko, 24, now works in the public relations department of Ukraine's Patrol Police. He qualified for Ukraine's reserve team and attended the Toronto Invictus Games last year, but did not participate.

Denys Fishchuk

Cycling, Swimming

Previous Games:

Cherkasy native Denys Fishchuk is the only representative of the Security Service of Ukraine on the team. Currently, he's a retired reservist, but until recently he was defending Ukraine's eastern border from Russian attacks. He suffered a closed head injury from a grenade blast during battle.

Denys used to do triathlon and after his injury he turned to familiar sports – swimming and cycling – for rehabilitation. Sport helped Denys to recover and compete successfully in the Invictus Games national selection trials in Kiev, where the 41-year-old took first place in cycling and bronze in swimming.

Serhii Ilnytskyi

Indoor rowing, Powerlifting

Previous Games:

Opening ceremony flagbearer and Ukraine team captain. Age 48

Oleksandr Zozuliak

Archery, Cycling, Swimming

Previous Games: None

A bio-engineer before he volunteered for the army, Oleksandr Zozuliak (pr: ZOH-ZOOL-YAK) trained as an artillery commander but was injured when a Russian tank deliberately rolled over him in January 2015. In hospital, he was diagnosed with numerous fractures of his limbs and pelvis, and torn muscles and his left arm had to be amputated at the shoulder. He took up sport as part of his months-long rehabilitation.

The 41-year-old just missed selection for the Toronto 2017 team.

Women

Maiia Moskvych

Archery

Previous Games: None

Determined to rid her country of the Russian insurgence, Maiia fought in Eastern Ukraine for three years, returning home mentally and physically broken – the result of concussion and spinal injury. She was discharged in 2017.

Maiia, 38, is the only woman on the Ukraine team.

United Kingdom

Men

Daniel Bingley

Sitting volleyball, Swimming, Wheelchair basketball, Wheelchair rugby

Previous Games: None

Former British Army corporal Daniel Bingley served for 16 years and was posted to Northern Ireland, Bosnia, Iraq and Afghanistan. The 34-year-old was medically discharged in 2017 with a knee injury and PTS. He found life incredibly difficult following his injury but has found sport a remarkable aid in his recovery.

"I have autism which means I have a very strong memory," he says. "This means that I can vividly see the bad memories if I don't have something else to think about. Sport gives me good memories to focus on."

He also competed in the US Warrior Games in 2017, winning gold in swimming.

Spencer Bull

Athletics, Jaguar Land Rover Driving Challenge, Sailing, Swimming

Previous Games: None

Team UK vice-captain Lieutenant-Colonel Spencer Bull joined the British Army as an infantry officer in 1988 and completed tours of Northern Ireland, Bosnia and Kuwait. The highest-ranked competitor to wear the Team UK shirt in Sydney in 2018, he had always enjoyed sport and lived a very active life, but this all changed when he was diagnosed with multiple sclerosis in 2005 aged 38.

The 51-year-old Wiltshire veteran was finally medically discharged last December.

Last year, he was selected for the US Warrior Games in Chicago where he won three silver and a bronze in swimming. He also competed in shooting, cycling and wheelchair basketball.

Richard Gamble

Swimming

Previous Games: None

Army veteran Richard Gamble once considered taking his own life but thanks to Help for Heroes and his wife Addriane, he has regained confidence ahead of his first Invictus Games.

The 27-year-old gas engineer from Hythe in Kent joined the Army at 16 and was a Lance Corporal before being medically discharged in 2015 with Compartment Syndrome. Suffering with constant pain in his legs, Gamble continued to work but was gradually isolating himself from his friends and family. However, not all his ailments have been cured and he is scheduled to have major surgery just three days after returning from Sydney.

Gamble will be the UK's flagbearer at the opening ceremony.

Murray Hambro

Athletics, Indoor rowing, Swimming

Previous Games: None

Former Lance Corporal Murray Hambro had wanted to compete at previous Invictus Games, but work commitments prevented him from realising his dream. He was also looking after his two-year-old son Louis who had a terminal illness and passed away last year.

Hambro, who served in the British Army until 2013, lost both legs below the knee in an explosion whilst serving with the 2nd Royal Tank Regiment in Afghanistan in 2010.

Hambro is also a keen motorbike racer and rides with True Heroes Racing. The 38-year-old has a dark sense of humour, with the word 'legless' embroidered on the back of his race leathers and a personalised number plate that spells out 'no feet' on his car.

Paul Guest

Archery, Athletics, Cycling, Powerlifting, Wheelchair basketball

Previous Games: 2017

Royal Navy veteran Paul 'Bulldog' Guest will be taking part in his second Invictus Games this year.

With his father in the Royal Artillery and his mother in the Women's Land Army, joining the Armed Forces was a natural step for Paul where he became a mine warfare specialist. However, his navy career came to an end in 1998 when he was injured on activity duty. Guest found life outside of the military extremely difficult and credits the Games with changing his life.

Paul, 54, is supported by his wife, Michelle, and their five children: Oliver (15), twins Jessica and Carmen (14), Kenneth (9) and Freddie (6). The couple also has four children from previous marriages and five grandchildren.

Eddie McMahon

Athletics, Powerlifting

Previous Games: None

The former soldier was in the navy when he suffered severe spinal injuries in an industrial accident while serving in the Royal Fleet Auxiliary in the Persian Gulf. He was medically retired in 2003.

The 49-year-old from the Isle of Man was aiming for a place in Toronto last year but injuries and inability to attend training saw him agonisingly miss out on a place.

Scott McNeice

Archery, Athletics, Cycling, Sitting volleyball, Swimming, Wheelchair rugby

Previous Games: None

As a British Army healthcare assistant who was formerly employed at the Defence Medical Rehabilitation Centre at Headley Court in Surrey, Scott McNeice went from treating the wounded and injured to being one of them, a shock to the system that took some time getting used to.

The Derbyshire native watched the 2017 Toronto Games a week before his left leg was amputated due to a service-related knee injury. He then spent six months in a wheelchair before getting his new prosthetic.

Scott will represent the UK in six sports, equalling the most of any competitor at the Sydney 2018 Games. Two of his sports – archery and athletics – fall on his 34th birthday on day 7.

Mark Ormrod

Athletics, Indoor rowing, Swimming

Previous Games: 2017; Medals: 2 silver, 2 bronze

Former Royal Marine commando Mark Ormrod lost both legs and his right arm when he stepped on an IED in Helmand Province in Afghanistan on Christmas Eve 2007. After surviving the blast, he was given artificial limbs, becoming the United Kingdom's first triple amputee to survive the Afghanistan conflict.

However, for medic Charlotte Thompson-Edgar who saved his life, it was the start of 10 years of agonising doubt over whether she had done the right thing after a doctor in the conflict zone suggested he may have preferred to die a hero's death instead of live with such a mutilated body. While writing his autobiography *Man Down*, Mark invited Charlie — now a squadron leader — to meet him to explain exactly what happened on the day he nearly died.

Last year was not only his first time participating at the Games, but it was his first time trying any adaptive sport since his injuries. "It had a huge impact on my recovery and my life," he says. "Because of this sport is now a regular part of my life and I really want to build on last year better my performance and push myself as far as I can."

Mark won four medals in Toronto; two silver in indoor rowing and two bronze in the 50m and 100m ISA freestyle. He was presented with the Exceptional Performance Award at the closing ceremony where he was dubbed 'Britain's answer to Superman' by Prince Harry. He became a friend of Harry's and attended his wedding to Meghan Markle in May.

Mark now works as an inspirational speaker, award-winning writer and an elite sports coach to other amputees. Last month (September 2018), he was presented with an honorary masters' degree in sports science by Plymouth Marjon University and he unveiled a sculpture of himself in London.

The 35-year-old from Plymouth is married to Becky and is dad to Kezia, 13, Mason, six, and Evie, three.

Mark 'Dot' Perkins

Cycling, Indoor rowing, Jaguar Land Rover Driving Challenge
Previous Games: 2017

Team UK captain and former corporal in the Royal Signals Mark 'Dot' Perkins underwent three hip replacements following a crash in Kenya in 2000 after the vehicle he was travelling in hit some oil and spun out of control, throwing him onto an embankment. Two of his colleagues died in the accident and Mark was in and out of hospital for four years.

Originally from Cornwall and now living in Cardiff, Mark acquired the nickname 'Dot' from his Army mates after the popular women's fashion retail store in the UK called Dorothy Perkins. 'Dot' is short for Dorothy.

After a medical discharge from the Army, Mark, now 43, went on to train as a physiotherapist at Cardiff University and now works rehabilitating injured soldiers at RAF St Athan.

Perkins participated in cycling and golf at last year's Games in Toronto. At this year's UK trials, he won a place on the indoor rowing team by rowing 1212m in four minutes and 360m in one minute. He hopes to better that in Sydney as well as ride the 2.4km time trial cycling course in under three minutes.

He has already been to Sydney once; he sat behind the posts when Jonny Wilkinson kicked the field goal to win the 2003 Rugby World Cup. This time, both parents, his wife Jo, 12-week-old Rory, three-year-old daughter Sienna and his mother-in-law are all coming out to Sydney to watch him compete.

Clive 'Smudge' Smith

Wheelchair rugby
Previous Games: 2014, 2017; Medals: 1 silver

For former Lance Corporal Clive Smith, who lost both of his legs whilst attempting to diffuse a bomb in Afghanistan in 2010, wheelchair rugby gave his life new direction. "It's a whole new thing [wheelchair rugby] for me," the 33-year-old says. "I was a football boy through and through that was my sport but it's a lot more difficult to find a wheelchair-adapted variant for football."

He took part in road cycling at his first Games in 2014 before opting to switch to wheelchair rugby where he captained the UK team to silver in Toronto in 2017. He will captain the side again in 2018.

Alex Tate

Athletics

Previous Games: 2014; Medals: 1 gold

Cousins and army veterans Alex and Matthew Tate were both badly injured in Afghanistan in 2012. Six years later, they will both be competing in the Invictus Games.

Alex will forever be in the history books as the Invictus Games first gold medallist in athletics as well as Team UK's first gold medallist in any sport. The 28-year-old from Bury St Edmunds prevailed in the men's IT1 100m in London in 2014, two years after losing his leg when struck by an improvised explosive device while on patrol with the Royal Anglian First Battalion in Afghanistan.

He is keen to use the Invictus Games to launch his bid for the Tokyo 2020 Paralympic Games.

Matthew Tate

Powerlifting

Previous Games: None

Army veteran Matthew was on his second tour of Afghanistan in 2012 when he was hit by a Taliban grenade launcher which caused permanent nerve damage and lower body injuries that left him unable to run.

Matthew, 26 will be competing in powerlifting after using exercise as a form of therapy. His cousin Alex will also compete in athletics.

Martin Tye

Athletics, Indoor rowing, Powerlifting, Wheelchair rugby

Previous Games: 2017; Medals: 2 gold, 2 silver, 2 bronze

A former Lance Corporal in the Royal Logistic Corps, Martin Tye's patrol vehicle was hit by a suicide bomber in Kabul in 2009, causing him life-changing injuries. After being discharged from the Army in 2013 suffering severe post-traumatic stress, he shut himself away from his family and loved ones. Through his rehabilitation, Martin has gone on to become one of the world's strongest disabled men and competes in competitions around the world.

Tye was one of the busiest and most successful competitors in Toronto last year, competing in six sports and powering his way to six medals; gold in indoor rowing and powerlifting, silver in sitting volleyball and wheelchair rugby, and bronze in IF5 shot put and wheelchair basketball.

The 35-year-old is also a disabled water-skiing instructor and will be heading to Norway for the world championships a month before he competes in Sydney.

Martin's partner is Becs and they have two young sons, Owen and Luke.

Dave Watson

Athletics, Indoor rowing

Previous Games: 2017; 1 gold, 1 bronze

Dave Watson joined the Army in 2008 and served in the Scots Guards. But during a tour of Afghanistan in 2010, he stepped on an improvised explosive device and suffered severe injury. He was discharged from the Army in 2014.

He missed selection for Orlando in 2016, before claiming gold in the IF6 discus and bronze in the IF6 shot put at the Toronto 2017 Games where he was accompanied by wife Becky and son Josh, aged 13. This year, the 32-year-old will add indoor rowing to his program.

Alan White

Athletics, Cycling, Sitting volleyball, Swimming

Previous Games: None

Alan White has achieved what he never thought would be possible after sustaining a life-changing injury during a military training exercise back in 2010. The 44-year-old spent 22 years in the Royal Marines before being discharged in 2014 with spine injuries that left him paralysed in his right leg. He also required bi-lateral total hip replacements, leaving the former corporal with permanent spinal compression and limited feeling in both his hands. Through a combination of intense rehabilitation physiotherapy and sheer determination, White learnt how to walk again.

White represented his country at the US Warrior Games in July 2012, where he picked up a gold medal in his shot-put category. However, he turned down the opportunity to compete at the first Invictus Games two years later and had been trying to get back on the team ever since.

Darren Young

Athletics, Sitting volleyball

Previous Games: None

Darren Young spent 16 years in the RAF before being medically discharged in 2006 with spinal and shoulder injuries which required multiple operations. He also struggled with depression for four years and he readily admits that his wife Mel is the main reason he is in a position to be competing at the Invictus Games.

Young, who turns 49 on the day of the opening ceremony, will compete in sitting volleyball, IF4 shot put and IF4 discus, and in the latter he is confident of taking the title after winning gold at the US Warrior Games in Chicago last year.

Women

Terrysa Bulman

Athletics, Sailing

Previous Games:

Struggling with mental health issues, a lack of self-confidence and the scars of a skiing accident that left her with severe ligament damage in her leg, the 47-year-old navy veteran Terrysa Bullman decided to apply for the Invictus Games after listening to Prince Harry's speech at the closing ceremony of Toronto 2017.

"Something gripped inside me to say he's right. When Prince Harry said, 'you can do this', I decided I wanted to do this."

The Accrington-born mother will compete in sailing, discus and shot put in Sydney as she looks to put in motion a plan to become more active, rediscover her confidence and make her family proud.

Debbie O'Connell

Athletics, Cycling

Previous Games: None

Debbie served as a gunner in the Royal Artillery, riding the horses that pull gun carriages on ceremonial occasions, but had a bad fall from a horse during a training session in 2014. At first, she had no idea how badly injured she was, but it was later confirmed by paramedics she had shattered

her collarbone in four places, leaving her with a paralysed left arm. It brought the active lifestyle of the fitness instructor to a sudden halt and was she was eventually discharged from the Army in 2017.

Debbie, who turned 31 a week before the 2018 Games, is now a funeral director in Lincoln in the East Midlands.

Poppy Pawsey

Archery, Powerlifting, Sailing, Swimming

Previous Games: 2017; Medals: 1 bronze

Poppy Pawsey's love of music saw her join the Royal Marines Band Service in 2005 as a saxophone and violin player. She also performed as a singer. As a musician she trained for active service with the medics and convoy drivers and to deal with the chemical decontamination of casualties.

Then in March 2017, she was medically discharged from the Marines after developing a musculoskeletal illness through marching and she struggled to return to civilian life. Her six-year relationship broke up and she fell into a cycle of anger, pain and depression.

Following a chance conversation with a Help for Heroes adviser, she tried out for and was selected for the UK team for Toronto in 2017 where she won bronze in the women's ISD 100m freestyle.

Poppy is now training for a career in the media with Forces Media Academy. In Sydney, the 32-year-old will compete in four sports including captaining the UK sailing squad.

Michelle Turner

Indoor rowing, Swimming

Previous Games: 2017

Developed during her 21 years of service, RAF veteran Michelle Turner suffers from postural tachycardia syndrome (PoTS), a serious heart condition which means that her heart rate fires up randomly and she suffers extreme dizziness and unannounced collapses. "The more I collapsed, the more I just stayed at home," she says. "It wasn't very nice waking up on supermarket floors."

One day she collapsed at home while cooking. Her daughter Maya, then 4, phoned 999 for an ambulance, letting the emergency services know about her mum's condition and where they lived.

Michelle, 39 competed in indoor rowing last year in Toronto, but health issues meant she was unable to compete in the pool, so she says she has "unfinished business" in Sydney.

Turner is co vice-captain of the UK team alongside Spencer Bull.

Rachel Williamson

Indoor rowing, Swimming

Previous Games: None

Rachel Williamson joined the Royal Air Force straight out of college as a physical training instructor before later training as a medic. However, three years ago, the Exton ex-servicewoman sprained her thumb playing RAF rugby which left her with no function in her right arm and a severe tremor. She was medically discharged in February 2018.

The 29-year-old, who narrowly missed selection for the Melbourne 2006 Commonwealth Games when she was a teenager, now works for the new Defence Medical Facility in Leicestershire. One day, she hopes to represent Team GB at the Paralympic Games.

Jenny Yarwood

Athletics, Cycling, Powerlifting, Swimming
Previous Games: 2017

Shortly after being medically discharged, former Army Corporal Jennifer Yarwood took part in powerlifting and swimming at her first Invictus Games but is looking forward to competing again with a more positive mindset.

"This year, it's all about believing I'm in the moment and believing that I'm good enough to get there." Yarwood, 33, was medically discharged in 2017.

USA

Men

Ross Alewine

Cycling, Indoor rowing, Powerlifting, Swimming, Wheelchair basketball
Previous Games:

Ross Alewine (pr: AL-WINE) earned the title of 'Ultimate Champion' at the 2018 US Warrior Games in June, a pentathlon-style event that pits warriors against each other in seven individual sports; archery, athletics (track, field), cycling, indoor rowing, shooting (air rifle and pistol), powerlifting and swimming. He also competed in two team sports at the Games by choice; sitting volleyball and wheelchair basketball.

Alewine is a veteran of two combat deployments to Afghanistan and Iraq but retired in July 2018 on his 30th birthday due to injuries including four Achilles tendon ruptures, a debilitating hip injury, a traumatic brain injury and the crushing effects of post-traumatic stress. All that pain and loss, and Alewine still says he would, if he could, return to Iraq and Afghanistan alongside his brothers and sisters.

"In a heartbeat, without a doubt," the 6' 5" 106kg South Carolina native says. "I love this country. I love America. And I do it, so my family doesn't have to."

Alewine, who plans to defend his Ultimate Champion title at the 2019 US Warrior Games, says he will also focus on his two daughters, Carson and Kennedy, and getting a degree in either business or recreational therapy at Clemson University.

Brant Ireland

Cycling, Indoor rowing, Wheelchair rugby
Previous Games: 2017; Medals: 1 silver, 1 bronze

US team co-captain Army Sergeant First Class Brant Ireland enlisted in the US army in July 1993 and served the majority of his time in the 3rd Special Forces Group (Airborne). He was injured in June 2003 during a night combat operation in the mountains of eastern Afghanistan, suffering severe damage to his lower left leg which he later elected to have amputated after attempts to use braces to support his leg ultimately failed. In January 2017, Ireland returned to his unit at Fort Bragg where he continued therapy as he transitioned to a new role as the 3rd Special Forces Group wounded warrior liaison.

At his first Games in Toronto in 2017, the 39-year-old won cycling silver in the IHB2 time trial and bronze in the IHB2 criterium. He also competed in athletics and swimming, and took part in the ice sledge hockey demonstration tournament.

His wife is Tanya.

Ryan Major

Athletics, Indoor rowing, Wheelchair rugby

Previous Games: 2016, 2017; Medals: 2 gold, 3 silver, 3 bronze

Amazing; that's how Ryan Major felt after his first Invictus Games swimming event in Toronto last year.

For a minute-and-a-half, fans stood, clapped, cheered and whistled to encourage Ryan to reach the end of the pool as he finished last in the men's ISA 50m backstroke in 3:07.13, well over a minute behind the next-to-last finisher. "It was incredible," he later said. "I heard them all. And it's just so amazing to have so many people have my back, other veterans like myself."

A bilateral amputee, the 34-year-old sustained a right-leg injury from an IED in November 2006 in Ramadi, Iraq. He later lost his left leg as well and had to amputate his left ring and pinkie fingers because of a fungus that doctors didn't catch in time.

Sydney will be Ryan's third Invictus Games. In Orlando, he captained the US team to wheelchair rugby gold and also won medals in athletics (gold in the men's IF7 shot put and silver in the IF7 discus) and indoor rowing (silver, IR1 sprint). Last year in Toronto, he earned silver in the IT5 100m and bronze in both the IF7 shot put and IR1 sprint in indoor rowing. He also played on Team USA's bronze-medal winning wheelchair rugby team and competed in cycling.

Ryan McIntosh

Archery

Previous Games: 2014

Staff Sgt Ryan McIntosh was a member of Team US at the inaugural Invictus Games in London in 2014 where he won the first US Invictus Games medal; a bronze in the men's IT1 100m. He also competed in three editions of the US Warrior Games – his last appearance was in 2013 – before being selected to be part of the US Army World Class Athlete program as a track and field athlete. He has since taken up para archery.

McIntosh stepped on a pressure-plate land mine on a foot patrol mission in Afghanistan in December 2010 which resulted in the amputation of his right leg below the knee. At the time, he was just 21 with a child on the way.

Ryan turned 30 on October 14, just a few days before the start of the Games.

Jason Pacheco

Athletics, Cycling, Sitting volleyball, Swimming

Previous Games:

US Marine Corps Staff Sergeant Jason Pacheco (pr: PATCH-ECHO) enlisted in the Marine Corps right after high school in July 2006 to both push himself and continue his grandfather's legacy of service as a marine.

He first deployed in January 2008 with the 31st Marine Expeditionary Unit as a pointman with a sniper platoon. The following year, he graduated from the 12-week Marine Corps Scout Sniper School and became a HOG (Hunter of Gunmen). He still wears the 7.62 calibre bullet that he received on graduation around his neck.

In August 2010 during his first deployment in Afghanistan, he was conducting a battle damage assessment after an intense firefight when he stepped on an IED which resulted in a below-the-knee amputation of his right leg, right femur fracture, left pinky amputation, two eardrum ruptures, and he took shrapnel to his hands, arms, neck, torso and lower extremities. However, he returned to his unit in April 2011 just eight months after his injury and after months of work successfully completed the Combat Fitness Test.

He also became the first amputee in Marine Corps history to complete the Marine Combat Instructor Course and he now trains 300 new privates each 10-week cycle in Pendleton, California. He earned a gold, silver and bronze at the US Warrior Games in June.

Jason, 30 is married to AnnaLeigh.

Chris Parks

Athletics, Cycling, Indoor rowing, Powerlifting, Wheelchair basketball
Previous Games: 2016

Retired U.S. Army 1st Lt. Chris Parks went to bed in his home on February 28, 2014 and woke up on April 15 without his right leg. He had been in a six-week coma and had no memory of a flesh-eating bacterial infection that he acquired while working in the attic of his home after scraping his foot on a metal hinge. Though he confronted depression and anger issues upon waking from his coma, Parks says his adjustment was relatively quick because there had been no build-up in losing his leg. "It was just gone," he says. "So you have to deal with it immediately."

Parks is now an Army physician assistant with the Fort Hood Warrior Transition Unit in Texas and says he couldn't be the athlete he is today without his wife Heather, his son Ryan (21) and daughter Rebecca (19).

Parks celebrates his 46th birthday on day 2 of the 2018 Games when he will compete in cycling.

Ben Seekell

Athletics, Cycling, Sitting volleyball
Previous Games: 2016, 2017; Medals: 3 gold, 4 silver, 1 bronze

US team captain and opening ceremony flagbearer Master Sergeant Ben Seekell joined the US Air Force in December 2004 as a security forces officer, later training as a military working dog handler. In 2011 during a deployment to Afghanistan, Seekell was conducting a routine foot patrol mission outside an airfield when he and his patrol dog, Charlie, stepped on a land mine. Charlie suffered multiple shrapnel wounds to his hindquarters and burst ear drums but made a full recovery. Ben, however, had his left leg amputated below the knee.

The 33-year-old Rhode Island native returned to active duty and has competed at the last two Invictus Games, earning eight medals, including three gold; in wheelchair basketball in 2016, and wheelchair basketball and the men's IT1 400m in 2017.

He has also participated at the US Warrior Games and was appointed Air Force team co-captain in 2017.

George Vera

Athletics, Wheelchair basketball
Previous Games:

George Vera joined the army in June 1995 from his hometown of Nashville, Tennessee. In August 2015, George's base came under attack from a vehicle-borne IED driven by suicide bombers. Sergeant Vera exposed himself to the blast as he pulled wounded soldiers away from enemy fire but was shot attempting to secure the perimeter.

He suffered a spinal cord injury that resulted in paralysis and means he now uses a wheelchair. He also suffered traumatic brain injury, along with the loss of his kidney, liver and some of his intestines.

Still on active duty, the 41-year-old has been decorated on multiple occasions for serving his country, including the Purple Heart.

Women

Gabby Graves-Wake

Athletics, Cycling, Indoor rowing

Previous Games: 2016, 2017; Medals: 2 silver, 8 bronze

Sergeant Gabby Graves-Wake joined the armed forces when she was 17 and spent five years in military intelligence in the US Marine Corps, but in February 2014 her motorcycle was rear-ended at traffic lights and she after suffered a traumatic brain injury and damage to her back.

The Phoenix, Arizona native is now a dedicated athlete and one of the most decorated Invictus Games competitors with 10 medals from Orlando 2016 and Toronto 2017 in athletics and cycling. She competed in five sports in Toronto in 2017, including the demonstration sport of ice sledge hockey which she plays goalie on the national team.

Prior to joining the Marine Corps, the 25-year-old was a martial arts competitor and instructor.

Sebastiana Lopez-Arellano

Athletics, Indoor rowing, Powerlifting, Wheelchair rugby

Previous Games: 2017; Medals: 3 gold, 2 silver, 2 bronze

Tiana Lopez was riding a motorcycle in Charleston, South Carolina in February 2015 when an animal scurried onto the road, causing her to swerve and hit a curb, catapulting her into a tree. The impact severed her right leg and she was left with several broken bones, ripped arteries and organs, nerve damage and hand injuries. She as in a coma for a month in hospital, but as she recovered, the former C-17 Globemaster III crew chief found comfort in sports and fitness.

Last year, she competed in six sports at the Toronto Games (athletics, cycling, indoor rowing, swimming, powerlifting, wheelchair rugby) and captured seven medals; gold in lightweight powerlifting, IR1 indoor rowing sprint and IHB1/2 hand cycling time trial, silvers in IR1/2/3/4 indoor rowing endurance and IHB1/2 hand cycling criterium, and bronze in the IF5/6/7 discus and wheelchair rugby.

The 28-year-old Mexican American joined the Air Force in 2009 as a C-17 crew chief where she has been responsible for preparing units for deployment, and tracking health and individual mobility requirements

She has also found success outside sport; she regularly does ballroom and Latin dancing.

Megan Palko

Athletics, Cycling, Indoor rowing, Swimming

Previous Games: None

Megan Palko joined the US Army aged 19 a month after the 9/11 attacks and served as a chemical specialist for 11 years, including during Hurricane Katrina in 2005. She was also deployed in Afghanistan from 2010 to 2011 where a physician at the trauma hospital where she volunteered introduced her to a running group.

After returning from Afghanistan, she realised she needed to confront her PTS. She also gained a running partner – Harley, a three-and-a-half-year-old Labrador mix – through Wags for Warriors, a local organisation that matches veterans with a service dogs.

Another part of getting help was her introduction to adaptive sports. At her first US Warrior Games in 2016 at West Point, she won gold in the 400m, 800m and 1500m – all in Games records. She retained her 800m and 1500m titles in Chicago in 2017, but she wasn't able to improve her records.

The 36-year-old retired staff sergeant recently graduated with a masters' degree in nursing from Case Western University Reserve University; Harley laid by her side at every class and accompanied her to the graduation ceremony. She hopes to work with geriatric and veteran patients.

MEDAL RECORDS 2014-2017

Summary of medals by nation

NATION	GOLD	SILVER	BRONZE	TOTAL
Afghanistan	0	1	1	2
Australia	31	40	29	100
Canada	28	28	17	73
Denmark	9	13	16	38
Estonia	5	9	8	22
France	30	33	32	95
Georgia	1	1	3	5
Germany	3	7	3	13
Iraq	4	0	0	4
Italy	11	8	11	30
Jordan	2	3	1	6
Netherlands	20	15	21	56
New Zealand	4	8	10	22
Romania	1	1	2	4
Ukraine	8	3	2	13
United Kingdom	143	114	96	353
USA	126	122	124	372
TOTAL	426	406	376	1208

Summary of medals by sport

NATION	GOLD	SILVER	BRONZE	TOTAL
Archery	20	20	19	59
Athletics	160	152	136	448
Cycling	64	62	57	183
Golf	2	2	4	8
Indoor rowing	71	61	55	187
JLR Challenge	3	3	3	9
Powerlifting	14	14	13	41
Sitting volleyball	3	3	3	9
Swimming	81	81	78	240
Wheelchair basketball	3	3	3	9
Wheelchair rugby	3	3	3	9
Wheelchair tennis	2	2	2	6
TOTAL	426	406	376	1208

Summary of medals at each Games

YEAR	GAMES	GOLD	SILVER	BRONZE	TOTAL
2014	London, United Kingdom	133	120	106	359
2016	Orlando, USA	141	135	125	401
2017	Toronto, Canada	152	151	145	448
	TOTAL	426	406	376	1208

APPENDICES

'Invictus' by William Ernest Henley (1849-1903)

Generations have drawn on the words of William Ernest Henley's 1875 poem for strength during times of adversity. Henley was an amputee and the poem reflects his long battle with illness. The title means "unconquered" and the 16 short lines of the poem encapsulate the indefatigable human spirit, which is at the heart of the Invictus Games.

*Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.
In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.
It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.*

A brief history of the Invictus Games

In 2013, Prince Harry visited the US Warrior Games in Colorado Springs, a competition for wounded servicemen organised by the US Department of Defence and was so inspired by the organisation that he “stole” [his words] the idea and brought it back to the UK.

He saw how the power of sport could help physically, psychologically and socially.

“His mind was made up,” claims the Invictus Games Foundation official website. “London would host the inaugural Invictus Games, an international sporting event for wounded, injured and sick service personnel.”

London 2014

The inaugural Invictus Games, held from September 10-14, 2014 in London’s Queen Elizabeth Olympic Park, brought together over 400 competitors from 13 nations. Across four days, they competed in nine sports in five venues. There was also a driving challenge organised by Jaguar Land Rover.

The Games started with a spectacular Opening Ceremony, with an audience of 5000 gathering on Queen Elizabeth Olympic Park for the special military-themed opening event. A fly past from The Red Arrows, displays by The King’s Troop Royal Horse Artillery and the Queen’s Colour Squadron and performances from bands in the Royal Marines, Army and RAF kicked off the Games in style.

The venues at Queen Elizabeth Olympic Park included:

- London Aquatics Centre: Swimming
- Copper Box Arena: Sitting volleyball, wheelchair rugby and wheelchair basketball
- Here East: Archery, Indoor Rowing and Powerlifting
- LeeValley VeloPark: Road cycling
- Lee Valley Athletics Centre: Athletics

13 countries took part: Afghanistan, Australia, Canada, Denmark, Estonia, France, Georgia, Germany, Italy, The Netherlands, New Zealand, UK and USA.

The Closing Concert was a star-studded event, featuring the likes of the Foo Fighters, Bryan Adams, Ellie Goulding and The Kaiser Chiefs.

No. of competitors	413
No. of nations	13
No. of sports	9*
No. of days of competition	5

Orlando 2016

The second Invictus Games took place at the ESPN Wide World of Sports Complex, a 220-acre complex located at the Walt Disney World Resort in Orlando, Florida.

From the 8-12 May, the iconic WWS complex welcomed over 485 competitors from 14 nations. During four days of intense sporting action they competed in 10 sports as well as a driving challenge, presented by Jaguar Land Rover.

The United Kingdom topped overall medal table with 131 medals; 49 gold, 46 silver and 36 bronze.

Venues used included Champion Stadium, HP Field House, Jostens Centre, the Tennis Complex and the Track and Field Complex. A temporary pool was constructed to hold the swimming events.

Fourteen nations took part, with Iraq and Jordan making their Games debut.

No. of competitors	485
No. of nations	14
No. of sports	10*
No. of events	141
No. of days of competition	5

Toronto 2017

The third Invictus Games took place in Toronto, Canada from September 23-30, 2017. These Games brought together 540 competitors from 17 nations for 8 days of fierce competition. As well as countries who participated in the 2014 and 2016 Invictus Games, Ukraine and Romania took part in their first Games.

Competitors took part in 11 adaptive sports: archery, athletics, indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair tennis and wheelchair rugby and new to the Games, golf. There was also the traditional driving challenge sponsored by Jaguar Land Rover.

The 2017 Games also introduced the first Invictus Games relay which ignited the Invictus Games spirit across Canada, reaching 32 military bases and neighbouring communities.

The official mascot for the Games was Vimy, a young Labrador retriever trained to be a detection dog.

No. of competitors	540
No. of nations	17
No. of sports	11*
No. of events	152
No. of days of competition	8

Australia at the Games 2014-2017: Medal records

Archery

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	0	0	0	0
Orlando 2016	0	1	0	1
Toronto 2017	0	0	0	0
TOTAL	0	1	0	1

Australia's medallists

Matthew Taxis, Sam Maraldo, Clancy Roberts Mixed team novice Silver 2014

Athletics

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	1	5	3	9
Orlando 2016	4	1	3	8
Toronto 2017	7	8	7	22
TOTAL	12	14	13	39

Australia's medallists

Kirsty-Leigh Brown	Women's javelin IF2	Gold	2014
Mark Urquhart	Men's IT5 100m	Gold	2016
Mark Urquhart	Men's IT5 200m	Gold	2016
Mark Urquhart	Men's IT5 400m	Gold	2016
Nicholas Cherry	Men's IF5 shot put	Gold	2016
Michael Lyddiard	Men's IT6 100m	Gold	2017
Michael Lyddiard	Men's IT6 200m	Gold	2017
Michael Lyddiard	Men's IT6 400m	Gold	2017
Kris Lane	Men's IT7 400m	Gold	2017
Stix McGavin	Men's IT2 100m	Gold	2017
Sarah Watson	Women's IT2/IT7 1500m	Gold	2017
Danielle Close	Women's IF4 discus	Gold	2017
Dennis Ramsay	Men's IF5 shot put	Silver	2014
Mark Urquhart	Men's IT4 1500m	Silver	2014
Dennis Ramsay	Men's discus IF4	Silver	2014
Dennis Ramsay	Men's IF5 discus	Silver	2014
Mark Urquhart	Men's IT4 400m	Silver	2014
Adrian Rolfe	Men's IT6 200m	Silver	2016
Emma Kadziolka	Women's IF4 shot put	Silver	2017
Chris Rapson	Men's IT7 100m	Silver	2017

Stix McGavin	Men's IT2 200m	Silver	2017
Heidi Joosten	Women's IT6/IT7 200m	Silver	2017
Heidi Joosten	Women's IT6/IT7 100m	Silver	2017
Melissa Roberts	Women's IT2/IT7 1500m	Silver	2017
Heidi Joosten	Women's IT7 400m	Silver	2017
Daniel Parker, Richard Wassall, Nathan Parker, Danielle Close	Mixed 4x100m relay	Silver	2017
Agnes Young	Women's IF2 discus	Bronze	2014
Mark Urquhart	Men's IT4 100m	Bronze	2014
Mark Urquhart	Men's IT4 200m	Bronze	2014
Adrian Rolfe	Men's IT6 100m	Bronze	2016
Nicholas Cherry	Men's IF5 discus	Bronze	2016
Taryn Moran	Women's IF4 shot put	Bronze	2016
Nathan Parker	Men's IT3 100m	Bronze	2017
Nathan Parker	Men's IT3 200m	Bronze	2017
Melissa Roberts	Women's IF4 discus	Bronze	2017
Danielle Close	Women's IF4 shot put	Bronze	2017
Danielle Close	Women's IT6/IT7 100m	Bronze	2017
Chris Rapson	Men's IT7 200m	Bronze	2017
Gary Wilson	Men's IF7 discus	Bronze	2017

Cycling

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	1	0	0	1
Orlando 2016	0	0	0	0
Toronto 2017	3	2	1	6
TOTAL	4	2	1	7

Australia's medallists

Sarah Archibald	Women's criterium: road bike IRB3	Gold	2014
Peter Rudland	Men's time trial: recumbent bike IRecB1	Gold	2017
Peter Rudland	Men's criterium: recumbent bike IRecB1	Gold	2017
Sarah Watson	Women's criterium: road bike IRB3	Gold	2017
Sarah Watson	Women's time trial: road bike IRB3	Silver	2017
Michael Lyddiard	Men's criterium: road bike IRB2	Silver	2017
Jason McNulty	Men's time trial: road bike IRB3	Bronze	2017

Golf

No medals

Indoor rowing

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	4	1	4	9
Orlando 2016	1	0	1	2
Toronto 2017	2	4	2	8
TOTAL	7	5	7	19

Australia's medallists

Craig Hancock	IR6 Men's endurance	Gold	2014
Craig Hancock	Sprint race 3	Gold	2014
Craig Hancock	Endurance race 6	Gold	2014
Ben Webb	Sprint race 2	Gold	2014
Curtis McGrath	IR4 Men's sprint	Gold	2016
Curtis McGrath	IR4 Men's endurance	Gold	2017
Danielle Close	IR6 Women's sprint	Gold	2017
Craig Hancock	IR6 Men's sprint	Silver	2014
Nathan Parker	IR3 Men's endurance	Silver	2017
Nathan Parker	IR3 Men's sprint	Silver	2017
Curtis McGrath	IR4 Men's sprint	Silver	2017
Melissa Roberts	IR6 Women's endurance	Silver	2017
Sarah Webster	IR6 Women's sprint	Bronze	2014
Kyle Burnett Brooks	Sprint race 2	Bronze	2014
Ben Webb	Endurance race 6	Bronze	2014
Sarah Webster	Sprint race 8	Bronze	2014
Mark Urquhart	IR2 Men's sprint	Bronze	2016
Danielle Close	IR6 Women's endurance	Bronze	2017
Emma Kadziolka	IR6 Women's sprint	Bronze	2017

Jaguar Land Rover Driving Challenge

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	1	0	0	1
Orlando 2016	0	0	0	0
Toronto 2017	0	0	0	0
TOTAL	1	0	0	1

Australia's medallists

Sarah Archibald and Matthew Taxis	Gold	2014
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Powerlifting

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	0	0	0	0
Orlando 2016	0	1	1	2
Toronto 2017	0	2	1	3
TOTAL	0	3	2	5

Australia's medallists

Darleen Brown	Women's lightweight	Silver	2016
Tyrone Gawthorne	Men's midweight	Silver	2017
Sarah Sliwka	Women's lightweight	Silver	2017
Christopher Collins	Men's lightweight	Bronze	2016
Samantha Gould	Women's midweight	Bronze	2017

Sitting volleyball

No medals

Swimming

Summary of Australia's medals by year

NATION	GOLD	SILVER	BRONZE	TOTAL
London 2014	3	5	3	11
Orlando 2016	0	3	1	4
Toronto 2017	4	7	2	13
TOTAL	7	15	6	28

Australia's medallists

Adrian Talbot	Men's 50m freestyle ISD	Gold	2014
Benjamin Webb	Men's 50m backstroke ISD	Gold	2014
Adrian Talbot	Men's 50m breaststroke ISD	Gold	2014
Sonya Newman	Women's 50m backstroke ISC	Gold	2017
Sarah Watson	Women's 100m freestyle ISD	Gold	2017
Sarah Watson	Women's 50m backstroke ISD	Gold	2017
Sarah Watson	Women's 50m freestyle ISD	Gold	2017
Garry Robinson	Men's 50m freestyle ISA	Silver	2014
Sarah Webster	Women's 50m freestyle ISC	Silver	2014
Curtis McGrath	Men's 50m backstroke ISB	Silver	2014
Geoffrey Evans	Men's 50m breaststroke ISB	Silver	2014
Benjamin Webb	Men's 100m freestyle ISD	Silver	2014
Curtis McGrath	Men's 50m backstroke ISB	Silver	2016
Curtis McGrath	Men's 50m breaststroke ISB	Silver	2016
Curtis McGrath	Men's 100m freestyle ISB	Silver	2016

Sonya Newman	Women's 100m freestyle ISC	Silver	2017
Sonya Newman	Women's 50m breaststroke ISC	Silver	2017
Sonya Newman	Women's 50m freestyle ISC	Silver	2017
Sarah Watson	Women's 50m breaststroke ISD	Silver	2017
Melissa Roberts	Women's 100m freestyle ISD	Silver	2017
Melissa Roberts	Women's 50m backstroke ISD	Silver	2017
Sarah Sliwka	Women's 50m freestyle ISD	Silver	2017
Benjamin Webb	Men's 50m freestyle ISD	Bronze	2014
Curtis McGrath	Men's 50m breaststroke ISB	Bronze	2014
Sarah Webster	Women's 100m freestyle ISC	Bronze	2014
Garry Robinson	Men's 100m freestyle ISA	Bronze	2016
Melissa Roberts	Women's 50m breaststroke ISD	Bronze	2017
Melissa Roberts	Women's 50m freestyle ISD	Bronze	2017

Wheelchair basketball

No medals

Wheelchair rugby

No medals

Wheelchair tennis

No medals

Some memorable moments of the Games

UK wins inaugural wheelchair basketball gold: London 2014

United Kingdom upset their more-fancied US opponents 13-12 to win the inaugural wheelchair basketball tournament in London in 2014 – captain Charlie Walker scoring with just 36 seconds remaining in front of a sell-out crowd at the Copper Box Arena in the Queen Elizabeth Olympic Park.

Elizabeth makes her mark: Orlando 2016

Shortly after Prince Harry presented US army sergeant Elizabeth Marks with her fourth gold medal in the ISB 100m freestyle, she called him back and instead pressed the medal into his hand, asking him to pass it on to the Papworth heart and lung hospital in England that saved her life. Two years earlier, Marks arrived in London for the first Invictus Games in 2014 but went into lung failure and respiratory distress before being able to compete. She was placed on a life-support machine, but was nursed back to health by a team from the hospital in Cambridgeshire

Her earlier golds came in the 50 freestyle, 50 backstroke and 50 breaststroke. Later in the year, she also won gold in the SB7 100m breaststroke at the Rio 2016 Paralympics.

Aussie slows down to help US rival win: Orlando 2016

In an act of sportsmanship praised by Prince Harry during his closing ceremony speech, Australian wheelchair competitor Mark Urquhart – having already won gold in the IT5 100m, 200m and 400m – slowed down in the finishing straight of the 1500m to help US veteran Stephen Simmons. Urquhart allowed Simmons to pass him and then helped push the American over the line to claim gold.

“What could explain the remarkable sportsmanship of Mark Urquhart in sacrificing gold on the track to push Stephen Simmons into first place?” asked Prince Harry during his closing ceremony speech. “Invictus.”

Triple amputee Mark Ormrod wins double silver: Toronto 2017

One of the many memorable moments in Toronto unfolded at the indoor rowing at Ryerson’s Mattamy Athletic Centre when UK’s Mark Ormrod won silver in the IR1 four-minute endurance. Mark, the first British triple amputee to survive the Afghanistan conflict, was joined on the podium by his children, Evie and Mason. He went on to win another silver in the one-minute sprint which was presented to him by Prince Harry.

Ormrod was presented with the Exceptional Performance Award at the closing ceremony.

Women’s 100m wheelchair race: Orlando 2016

Ulfat Al-Zwiri, the only woman on the Jordanian team, received a standing ovation from fellow competitors and the crowd after crossing the finishing line in last place in the women’s IT4/IT5 100m wheelchair race, well behind the rest of the field. She was warmly embraced by her fellow competitors. Her parents, who travelled from Jordan to watch their daughter, fought back tears in the crowd.

Al-Zwiri, 30, worked as a civilian chemist in a pathology lab for the Jordanian Army when she was involved in a car accident in 2009. She was left paralysed below the waist and with limited use of her hand.

Georgia wins sitting volleyball gold: Toronto 2017

Georgia’s comfortable 25-15, 25-17 win over Great Britain in the final of the sitting volleyball in 2017 was the culmination of a remarkable story.

Team Georgia’s coach, Richard Osborne, who is from the United Kingdom, met the team at pre-competition training for the first Invictus Games in London 2014 after being asked to give support to teams that didn’t have a coach. None of the seven men on the team had played competitive volleyball before and spoke little English, but they went on to finish 4th. Two years later in Orlando,

they won the bronze medal before going through the 2017 tournament undefeated, winning every set in their four matches on the road to gold.

All three competitors cross the line together: Toronto 2017

All three competitors in the men's IT6 1500m – Brad Snyder, Sean Johnson and Ivan Castro of the USA – and their guides locked hands in the final straight and crossed the line together while the crowd jumped to their feet and applauded.

Micky Yule wins powerlifting gold in Orlando 2016

Super Scot Micky Yule dominated the powerlifting competition in Orlando in 2016, lifting a personal best 190kg in front of a raucous crowd to repeat as men's lightweight champion and win the United Kingdom's first gold medal of the Orlando Games. He also outlifted the heavyweight champion by a remarkable 19kg. The 37-year-old former staff sergeant with the Royal Engineers had his legs blown off when he stepped on an IED in Afghanistan in 2010. He was presented with his gold medal by Prince Harry and the pair warmly embraced at the podium.

Future Invictus Games

The Hague 2020

The fifth edition of the Invictus Games will be held in The Hague, The Netherlands in May 2020.

Nine sports will be contested; archery, athletics, cycling, indoor rowing, powerlifting, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby. The traditional Jaguar Land Rover Challenge will also feature.

Eight of the nine sports will take place in and around the Zuiderpark – the city’s principal recreational venue – which will be known as Invictus Games Park during the Games. Swimming will be held at the Hofbad in Ypenburg, 6km from the Invictus Games Park.

2022 Games

Victoria, the capital of the Canadian province of British Columbia, has expressed interest in hosting the 2022 Games. The German government would also like Germany to host the event.

US Warrior Games

Prince Harry was inspired by the US Warrior Games in 2013, an adaptive sport competition for wounded, injured and ill serving and former serving defence personnel. Competitors at the Warrior Games had sustained a variety of physical and psychological injuries during their military service

The Games bring together about 300 personnel from the US Army, US Marine Corps, US Navy, US Air Force, and Special Operations Command. Competitors from the United Kingdom Armed Forces, Australian Defence Force and Canadian Armed Forces also compete.

The Games have taken place annually since 2010. The first five editions were hosted by the US Olympic Committee in Colorado Springs.

The 2018 edition was held in Colorado in June and featured around 300 athletes. They participated in nine adaptive sports; archery, athletics, cycling, indoor rowing, powerlifting, sitting volleyball, shooting, swimming and wheelchair basketball.

The next edition will be held in Tampa, Florida in June 2019.

Past Games

2010	Colorado Springs, Colorado
2011	Colorado Springs, Colorado
2012	Colorado Springs, Colorado
2013	Colorado Springs, Colorado
2014	Colorado Springs, Colorado
2015	Marine Corps Base, Quantico, Virginia
2016	US Military Academy, West Point, New York
2017	Chicago, Illinois
2018	Air Force Academy, Colorado

Sources and acknowledgements

Invictus Games official publications

Invictus Games Sydney 2018 Media Kit

Invictus Games 2018 Operations Scope Documents

Invictus Games Foundation Sport and Competition Management v2

Invictus Games Sydney 2018 Official Program

Invictus Games Sydney 2018 Media Guide

Sport entry lists

Websites

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Past results

<http://2014.invictusgames.org/results/>

<http://invictusgames2016.info/results-2/>

<http://results.invictusgames2017.com/index.cfm/en/grid/show.html>

Various team handbooks and official biographies