

WWW.VANTAA2016.fi



European Transplant Sport Week 2016
Vantaa, Finland 10.–17.7.

*Antti
Pollari*

kidney transplant
1989

*Marjo
Remes*

heart transplant
2009

OFFICIAL HANDBOOK



Ministry of Education
and Culture



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European Transplant Sport Week 2016 Vantaa, Finland 10. - 17.7.



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Pictures:

Anna Tervahartiala, Lauri Jaakkola, Anssi Walta, Hannes Penttilä,
Teemu Lakkasuo

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DEAR ETSW 2016 PARTICIPANTS



Transplant games have been organised at European level since 1989. We currently have two sporting events, and for the first time, they are now held in the same place and at the same time. Both the European Heart and Lung Transplant Championships and the European Transplant and Dialysis Sport Championships take place in Vantaa, Finland on

10.–17.7.2016. As organisers we seek synergy effects but even more importantly we encourage closer cooperation between these patient groups. In Finland we have very good experiences!

During the week we have an International Transplant Sport Symposium and Researcher Workshops which explore the links between physical exercise and organ transplantation, with internationally renowned experts present in both events. The programme of the week also includes an International Youth Camp and Sport for All events. A key role of all transplant sport activities is to increase general awareness about the importance of organ donation and transplantation and, of course, to demonstrate through sports and exercise that transplants are an efficient form of health care.

What makes this week special for the participants is the sense of community it builds – inside and outside the lecture hall and on and off the track and field. Peer support knows no borders, friendships are built across Europe! I wish to extend a heartfelt welcome to participants from all European countries to Vantaa!

Ilkka Vass

*Chairman of the Local Organising
Committee*

COMMUNITY OF FRIENDS



I am happy and proud on the part of the City of Vantaa that you have decided to hold your European Championships in our city. Exercise and sport in their many forms are important to us all. Exercise increases our citizens' activity levels and makes them healthier. In addition to this, sporting events also add belonging to community.

Your event locations serve the citizens of Vantaa every day. More and more citizens and international organizations have found them. One reason for this is that we are easily reached; we are in the middle of Helsinki Metropolitan area at the crossroads of different modes of transportation.

In Vantaa we are investing in physical activities for young people and for families. There are places for exercise in every neighbourhood. Vantaa is an urban city where built up areas and nature areas are intertwined. We have plenty of open nature free for general use, and for Finnish people it is part of our nature to avail ourselves of it.

You who have received organ transplants and you who are in dialysis have gathered in Vantaa as a community. You have brought with you your families, your friends and your supporters. I wish you all a successful sporting event and unforgettable moments. I also hope that you find new friends in your community, so that when you meet again at future Games, they will bring to mind your success here in Vantaa.

Kari Nenonen
Mayor of Vantaa



VANTAA 2016 IN A NUTSHELL



The European Transplant Sport Championships, held in Vantaa, Finland on **10.–17.7.2016** consists of two international transplant sport events – the 9th European Transplant and Dialysis Sport Championships and the 16th European Heart and Lung Transplant Championships. For the first time in the history of transplant sport, these two European Championships are arranged at the same time in the same place.

The European Transplant Sport Championships is a multi-sport event with total of 14 different sports included. The venues are mainly located in the Myyrmäki Sport Park and Tikkurila Sport Park in Vantaa.

The European Transplant Sport Week, a mixture of events co-funded by the Erasmus+ Programme of the European Union, is arranged simultaneously with the European Transplant Sport Championships.

The European Transplant Sport Week consists of Researcher Workshops and Transplant Sport Symposium, International Youth Camp for children with organ transplant and public Sport for All events arranged all over the Metropolitan area.

These events form the Vantaa 2016, a whole week of transplant sport bringing together over 1 000 participants, supporters, staff members and volunteers from all over Europe.

Further details of all these events can be found from this handbook and from the event website www.vantaa2016.fi

ORGANIZING COMMITTEE



Ilkka Vass
Chairman
tel. +358 40 502 2905
vassip@dlc.fi



Teemu Lakkasuo
Secretary General
tel. +358 40 565 1001
teemu.lakkasuo@vammaisurheilu.fi



Asko Räsänen
Vice Chairman



Ari Harjula
Head of Medical Team



Timo Pelkonen
Sports Director



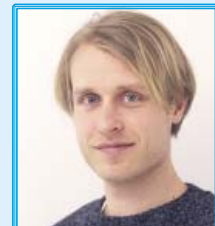
Petri Rabinä
Accommodation and
Transportation Manager



Lauri Jaakkola
Media Manager



Tiina Siivonen
Volunteer Manager



Tomi Lounio
Project Manager



Marjo Remes
Project Assistant

IMPORTANT NUMBERS

Main Help Desk, tel +358 50 342 8883
Medical officer, tel +358 50 523 0610

WEBSITE / SOCIAL MEDIA



This handbook can't provide you all up-to-date information about the Vantaa 2016. The most important place to seek information is the event website www.vantaa2016.fi

You can also follow the Vantaa 2016 in many social media platforms: Facebook, Twitter and Instagram.

INSTAGRAM

Username: Vantaa2016

Hashtag: #Vantaa2016

TWITTER

Username: @Vantaa2016

Hashtag: #Vantaa2016

FACEBOOK

European Transplant Sport Week

- www.facebook.com/ETSW16

European Transplant and Dialysis Sport Championships

- www.facebook.com/Vantaa2016

European Heart and Lung Transplant Championships

- www.facebook.com/EHLTC

Also there is all Finnish Facebook page to follow the event

- www.facebook.com/vammaisurheilu

There will be numerous stories, both written and in video, about the participants of the Vantaa 2016. And of course, all the results of both European Championships will be updated to the event website as soon as possible.

Further information about communications:

Media Manager Lauri Jaakkola, tel +358 45 136 8695,

lauri.jaakkola@vammaisurheilu.fi

Communications Assistant Hannes Penttilä, tel +358 50 576 5501,

hannes.penttila@vammaisurheilu.fi

ACCOMMODATION



All the participants are accommodated in two airport hotels located right next to each other:

Rantasipi Airport Hotel

Robert Huberin tie 4

01510 Vantaa

Cumulus Airport Hotel

Robert Huberin tie 6

01510 Vantaa

There is going to be access control in both of the hotels, so it is important that all participants have their Accreditation Card with them at all times. Participants who have a Day Pass can enter the hotels any time, for example to join the team meetings, but meals are included only on days marked in the Pass.

All breakfasts and dinners will be in the Rantasipi Airport Hotel. The Main Help Desk of the event is also located in Rantasipi. The Gala Dinners for both competitions, Researcher Workshops and Symposium are all located in the Rantasipi Airport Congress Center within the Rantasipi Airport Hotel.

MEALS

All breakfasts and dinners are served in the Rantasipi Airport Hotel. Lunch is served in lunch bags either in the competition venue or in the hotel. Only exception is the lunch on Monday 11th of July, which is served in the Rantasipi Airport Hotel restaurant.

Breakfasts

- Every day in Rantasipi Airport Hotel 6.00–10.00

Lunches

- On Monday 11th of July in Rantasipi Airport Hotel 11.00–14.00
- All the other days: lunch boxes are served at 12.00.

Dinners

- Every day in Rantasipi Airport Hotel 17.00–21.00
- Gala Dinner for the EHLTC and Symposium in Rantasipi Airport Congress Center on Friday 15th of July at 18.00.
- Gala Dinner for the ETDSC in Rantasipi Airport Congress Center on Saturday 16th of July at 18.00.

For the participants with Day Passes, the meals are included only on days marked.



TRANSPORTATION

AIRPORT TRANSPORTS

For the participants arriving to Finland on 10th or 11th of July, there is going to be a bus transport from the Helsinki Airport to the hotels. There is going to be a Vantaa 2016 information desk in both terminals, so search for that after you have arrived.

For the participants departing Finland on 16th or 17th of July, there is going to be bus transport from the hotel to the Helsinki Airport. If your departure date is later, you need to travel to the airport by yourself.

VENUE TRANSPORTS

There are going to be scheduled bus transports from the hotels to the venues and back on each competition day. Also there is going to be a non-stop bus travelling the route Hotels–Myyrmäki–Jumbo–Tikkurila–Hotels on each competition day.

DIALYSIS TRANSPORTS

There are car transports between the hotels and B. Braun Pitäjänmäki Dialysis Center for the participants who are in dialysis.

ACCREDITATION CARD



Basically every participant of the Vantaa 2016 need to have their own Accreditation Card. The cards are given to participants (or team leaders) within registration at the Main

Help Desk (in the Rantasipi Airport Hotel). You need your Accreditation Card to enter the accommodation hotels and competition transports and to get meals. For the participants of the Researcher Workshops, Symposium and Youth Camp, the Accreditation Card is valid only on those days that the event is on. Day Passes are valid only on those days marked in the card. Day Pass holders can't enter the competition transports or get meals any other day besides those marked in the card.

VANTAA INFO AND TRAVEL CARD

Vantaa is the fourth biggest city in Finland with population of 215.000. Vantaa is located in Southern Finland in the Capital region right next to the capital city Helsinki. Helsinki Airport, located in Vantaa, is the main international airport in Finland and Vantaa is often mentioned as “the Airport City”.

All participants of the Vantaa 2016 will receive a travel card. The card allows you to use all public transport – busses, trains, subway and trams – for free within Vantaa and greater Helsinki region (Helsinki, Vantaa, Espoo, Kauniainen). The card is valid on 10.–17.7. The nearest bus stop from the hotels is in the Jumbo Shopping Centre about 300 metres away.

Most of the shops in Finland are open from Monday to Sunday from early morning to late afternoon. The biggest markets can be open to late night. Paying is possible with all the most common payment cards (VISA, American Express, Mastercard...) and in cash.

Helsinki City Region Journey Planner: www.hsl.fi/en

SOME ATTRACTIONS IN VANTAA

The Finnish Aviation Museum: Located right next to the Helsinki Airport. Collections include dozens of aircraft related to the history of Finnish aviation.
Address: Karhumäentie 12, 01530 Vantaa
Website: www.ilmailumuseo.fi/en

The Finnish Science Center Heureka: Located in the Tikkurila area. Introduces the public to science and technology in an engaging and interactive way. Heureka is one of Finland’s most popular recreational centres, attracting an average of nearly 300.000 visitors each year.
Address: Kuninkaalantie 7, 01300 Vantaa
Website: www.heureka.fi/en

Shopping Centres – Jumbo & Flamingo and Myyrmäki: Jumbo Shopping Centre, with about 100 stores, is located right next to the accommodation hotels. Alongside Jumbo there is also the Flamingo Entertainment Centre with e.g. Spa and Movie theatres. Myyrmäki Shopping Centre, with over 80 stores, is located in the Myyrmäki area in Western Vantaa.
Addresses: Jumbo: Vantaanportinkatu 3, 01510 Vantaa
Flamingo: Tasetie 8, 01510 Vantaa
Myyrmäki: Iskoskuja 3 A 1, 01600 Vantaa
Websites: www.jumbo.fi/en, www.flamingo.fi/en, www.myyrmäki.fi

Further information about Vantaa: www.vantaa.fi/en

DAY TRIPS

Registration to the day trips were supposed to be made beforehand, but you can ask for available places from The Main Help Desk located in the Rantasipi Airport Hotel. All transportation to the day trips will depart from the hotels.

HELSINKI CITY TOUR

Experience the best of Helsinki during a guided two hour walk, including inside visit to the unique Church in the Rock and the famous Helsinki Market Hall. You will also see major sights like the National Museum, the Cathedral, the Parliament, Finlandia Hall, one of ten most beautiful Railway Stations of the World, Havis Amanda statue – the symbol of Helsinki, daughter of the Baltic Sea and many more. **Overall duration:** 3,5–4 hours. **Price:** 40 €/person (incl. transportation from hotel to Helsinki and back and guided services)

SUOMENLINNA FORTRESS

The construction works of one of the biggest Nordic fortresses, Suomenlinna, begun in 1748. The best way to get to know the fascinating story behind the World Heritage Site of UNESCO, Suomenlinna fortress, is to join a guided tour. During the guided walking tour an authorised guide tells about the 260 years of eventful history of Suomenlinna under the rule of three different states as well as the life on the island today. The guide will take you to the most important sights of the fortress, such as the Great Castle Courtyard, Piper's Park and the Dry Dock, which in its days was among the largest in the World. **Overall duration:** 4–5 hours. **Price:** 40 €/person (incl. transportation from hotel to Helsinki and back, ferry ticket to Suomenlinna and guide services)



THE OFFICIAL MASCOT OF VANTAA 2016

Sisu Sorsa (Sisu the Duck) is the official mascot of Vantaa 2016. Sisu was originally designed by a 10-year-old **Ellen Pekkala**, who won the Vantaa 2016 drawing contest. Sisu Sorsa will be spreading joy and sportsmanship all over the City of Vantaa and Metropolitan area during the European Transplant Sport Week on 10.–17.7.2016.

MEDICAL INFORMATION

The Vantaa 2016 Medical Team, led by Prof. **Ari Harjula**, is the main body taking care of the medical issues concerning the European Championships. The on-duty Medical officer can be contacted at any time from the number **+358 50 523 0610**. Basic medical services are available in the Vantaa 2016 medical points in the Rantasipi Airport Hotel and in all competition venues when the event is on.

The emergency number in Finland is **112**. You can call the emergency number free of charge from any phone with no need for an area code, even from a foreign mobile phone connection. Dial the emergency number in genuine emergencies when someone's life, health, property or the environment is threatened or in danger or if you are witnessing a crime being committed.

For injuries and regular illnesses the main place to go is the Peijas Hospital (address: Sairaalakatu 1, 01400 Vantaa). Whenever the situation is somehow transplant-related, the patient goes to the Meilahti Hospital in Helsinki (address: Haartmaninkatu 4, 00290 Helsinki).

DIALYSIS TREATMENTS

The main dialysis unit used for the participants is B. Braun Pitäjänmäki Dialysis Center, located in Helsinki, about 15 min drive from the hotels (address: Hiomotie 8, 4th floor, 00380 Helsinki). The LOC provides transports from the hotel to the Dialysis Center and back.

All EU countries (+ Switzerland, Norway, Liechtenstein and Iceland) have a direct cost-reimbursement contract with Finland and participants from those countries only need to have the European Health Insurance Card (EHIC) with them. Participants from countries that do not have direct cost-reimbursement contract with Finland will have to pay 330 euros per dialysis treatment. All treatments are to be paid in advance to the B. Braun Pitäjänmäki Dialysis Center.

All CAPD/APD participants need to make their personal order for Peritoneal Dialysis Solutions for their stay in Finland according to their own national system. The shipping address for the Peritoneal Dialysis Solutions is the Competition office in the accommodation hotel (Rantasipi Airport Hotel / Vantaa 2016 kilpailutoimisto, Robert Huberin tie 4, 01510 Vantaa, Finland).

HELP DESKS

The Main Help Desk for the participants of the European Transplant Sport Championships and the European Transplant Sport Week is located at the Rantasipi Airport Congress Center (address: Robert Huberin tie 4, 01510 Vantaa).

All team leaders are instructed to first visit the Main Help Desk for registration and to get their accreditation cards and athlete numbers. Also the participants of the Workshops, Symposium and Youth Camp need to check in at the Main Help Desk.

The Main Help Desk is the place to go if you have anything to ask about the sports, transportation, meals etc.

Every sport venue has its own registration and information desk for athletes to check in.

MEDAL ENGRAVING

Athletes can have their medals engraved (name, event etc.) by leaving their medals to the Main Help Desk's engraving point. Please note that engraving takes some time so it is not possible to leave your medal engraved if you are departing early next morning.



THE OFFICIAL PARTNERS



Ministry of
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and Culture



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POLAR
SPRING



NOVARTIS



Rantasipi

AIRPORT

ThermoFisher
SCIENTIFIC



astellas



Finnish Sports
Association of
Persons with Disabilities

1

RANTASIPI AIRPORT HOTEL

ROBERT HUBERIN TIE 4

01510 VANTAA

- Accommodation
- Help Desk
- Breakfast & dinner
- Gala dinner
- Workshops & Symposium
- Darts

2

CUMULUS AIRPORT HOTEL

ROBERT HUBERIN TIE 6

01510 VANTAA

- Accommodation

3

BOWL CIRCUS FLAMINGO

TASETIE 8

01510 VANTAA

- Ten-pin Bowling

4

TIKKURILA SPORT PARK

VALKOISENLÄHTEENTIE 52-54

01300 VANTAA

- Swimming
- Petanque
- Table tennis

5

HIEKKAHARJU TENNIS CENTER

TENNISTIE 5

01370 VANTAA

- Tennis

6

GOLF TALMA

NYGÅRDINTIE 115-116

04240 TALMA

- Golf

7

MYYRMÄKI SPORT PARK

RAJATORPANTIE 23

01600 VANTAA

- Minimarathon
- Athletics
- Volleyball
- Badminton
- Floorball

8

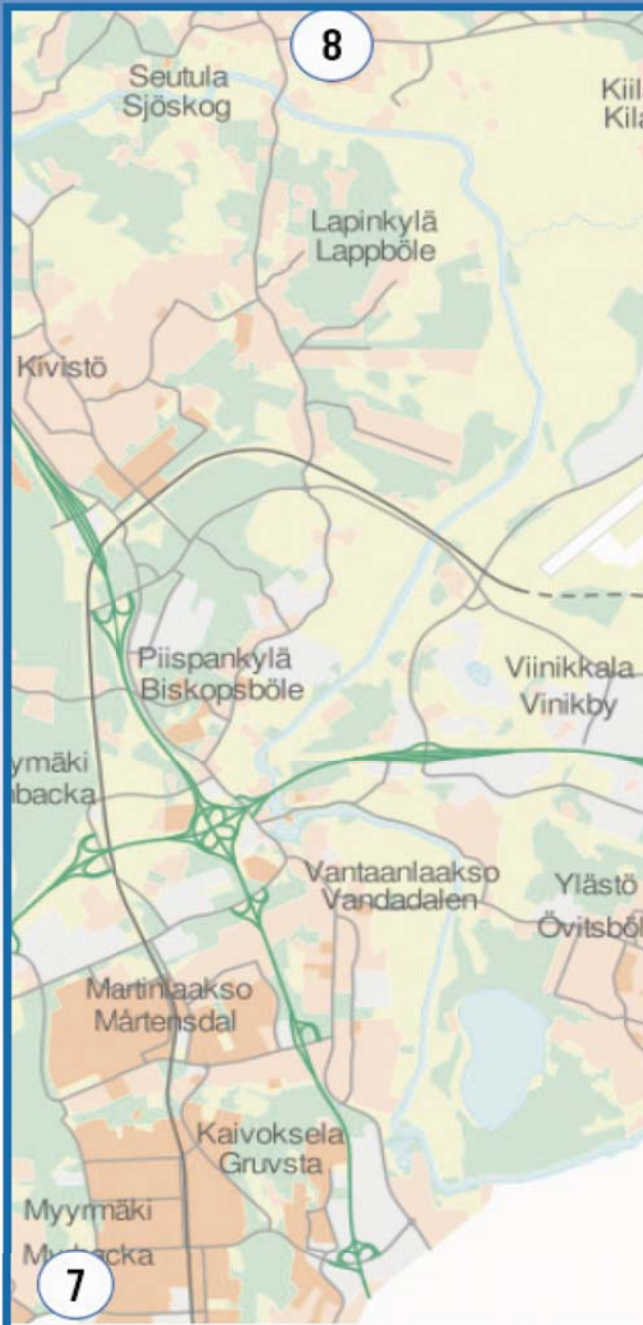
SEUTULA AREA

KATRIINANTIE 60

01760 VANTAA

- Cycling

VENUE MAP



FOR THE VANTAA 2016



SPORTS



MINI-MARATHON AND CROSS COUNTRY

Dates: Monday 11th of July Mini-Marathon for the participants of the European Transplant and Dialysis Sport Championships. Tuesday 12th of July Cross Country run for the participants of the European Heart and Lung Transplant Championships.

Venue: Myyrmäki Track & Field and area nearby in the Myyrmäki Sport Park.
Address: Raappavuorentie 8–10, 01600 Vantaa.

Disciplines:

The European Transplant and Dialysis Sport Championships

- Mini-Marathon (5 km).

The European Heart and Lung Transplant Championships

- Cross Country run (4 km).

DARTS

Date: Monday 11th of July for the participants of the European Transplant and Dialysis Sport Championships.

Venue: Rantasipi Airport Hotel. **Address:** Robert Huberin tie 4, 01510 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

Singles

- starting total 301
- the first to reduce score to exactly zero is the winner
- competitors do not need to finish on a double
- single elimination tournament with matches being the best of three legs

TABLE TENNIS

Date: Tuesday 12th of July for both competitions.

Venue: Trio Sport Center in the Tikkurila Sport Park. Address: Läntinen Valkoisenlähteentie 52, 01300 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

Singles, Doubles, Mixed Doubles (sets to 11 points, matches best of five sets)

The European Heart and Lung Transplant Championships:

Singles, Doubles (mixed gender doubles allowed, sets to 11 points, matches best of three or best of five sets)

VOLLEYBALL

Date: Tuesday 12th of July for both competitions.

Venue: Energia-Areena in the Myyrmäki Sport Park. Address: Rajatorpantie 23, 01600 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

There were not enough participating teams, so the ETDSC Volleyball tournament was cancelled.

The European Heart and Lung Transplant Championships:

Mixed gender tournament

PETANQUE

Date: Tuesday 12th of July for the participants of the European Transplant and Dialysis Sport Championships.

Wednesday 13th of July for the participants of the European Heart and Lung Transplant Championships.

Venue: Hard sand surface field in the Tikkurila Sport Park. Address: Läntinen Valkoisenlähteentie 52–54, 01300 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

Singles and Doubles

The European Heart and Lung Transplant Championships:

Triples (social sport, also supporters can participate)





SWIMMING

Date: Wednesday 13th of July for both competitions.

Venue: Tikkurila Swimming Hall in the Tikkurila Sport Park. Address: Läntinen Valkoisenlähteentie 50, 01300 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

50 m freestyle, 100 m freestyle, 200 m freestyle (juniors), 400 m freestyle, 50 m breast stroke, 100 m breast stroke, 50 m back stroke, 100 m back stroke, 50 m butterfly, 100 m butterfly, 200 m medley, 4x50 freestyle relay, 4x50 medley relay.

The European Heart and Lung Transplant Championships:

50 m freestyle, 100 m freestyle, 50 m breast stroke, 100 m breast stroke, 50 m back stroke, 100 m back stroke, 4x50 m freestyle relay.

FLOORBALL

Date: Wednesday 13th of July for both competitions.

Venue: Energia-Areena in the Myyrmäki Sport Park. Address: Rajatorpantie 23, 01600 Vantaa

Disciplines:

Social sport. Participants from both competitions can enter. Mixed gender teams (at least one female on the court). Every country can announce their team to the organizers in the first team leader meeting in Vantaa.



BADMINTON

Date: Wednesday 13th of July for both competitions.

Venue: Energia-Areena in the Myyrmäki Sport Park. Address: Rajatorpantie 23, 01600 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

Singles, Doubles, Mixed Doubles (best of 3 sets to 15 points)

The European Heart and Lung Transplant Championships:

Singles and Doubles (mixed gender teams allowed, matches best to 21 points)

GOLF

Date: Thursday 14th of July for both competitions.

Venue: Golf Talma in Sipoo (about 30 minute drive from the hotel). Address: Nygårdintie 115–116, 04240 Talma

Disciplines:

The European Transplant and Dialysis Sport Championships:

Stroke play (Stableford). Both gross and net scores.

The European Heart and Lung Transplant Championships:

Stroke play (Stableford). Two classes: Class 1: maximum handicap of 18 and Class 2: handicap 19 or higher.

TENNIS

Date: Thursday 14th of July for both competitions.

Venue: Hiekkaharju Tennis Center. Address: Tennistie 5, 01370 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

Singles, Doubles, Mixed Doubles

The European Heart and Lung Transplant Championships:

Singles, Doubles

CYCLING

Date: Thursday 14th of July for both competitions

Venue: Seutula area. Competition office in Seutula School. Address: Katariinantie 60, 01760 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

5 km Time Trial and 20 km Road Race

The European Heart and Lung Transplant Championships:

20 km Road Race

TEN-PIN BOWLING

Dates: Thursday 14th of July for both competitions (singles). Friday 15th of July for the participants of the European Transplant and Dialysis Sport Championships only (doubles).

Venue: BowlCircus Flamingo in the Flamingo Entertainment Centre. Address: Tasetie 8, 01510 Vantaa

Disciplines:

The European Transplant and Dialysis Sport Championships:

14.7.: Singles

15.7.: Doubles, Mixed Doubles

The European Heart and Lung Transplant Championships:

14.7.: Singles

VIRTUAL TRIATHLON

Dates: Monday 11th of July (Mini-Marathon), Wednesday 13th of July (400 m freestyle swim) and Thursday 14th of July (Cycling 20 km Road Race) for the participants of the European Transplant and Dialysis Sport Championships.

Venues: Myyrmäki Track & Field (Mini-Marathon), Tikkurila Swimming Hall

(400 m freestyle swim) and Seutula area (Cycling 20 km Road Race)

Disciplines:

The European Transplant and Dialysis Sport Championships:

Event consists of Mini-Marathon (5km), 400 m freestyle swim and 20 km Road Race cycling. A participant who is registered to all these three events is automatically entering the Virtual Triathlon.

ATHLETICS

Dates: Friday 15th of July for both competitions and Saturday 16th of July for the participants of the European Transplant and Dialysis Sport Championships only.

Venue: Myyrmäki Track & Field in the Myyrmäki Sport Park. Address: Raappavuorentie 8–10, 01600 Vantaa.

Disciplines:

The European Transplant and Dialysis Sport Championships

15.7.: 50 m (children), 100 m, 400 m, 1500 m, 3 km walk (female), long jump (male), shot put (male), discus (female), javelin (female), ball throw (male)

16.7.: 200 m, 800 m, 5 km walk (male), 4x100 m relay, long jump (female), high jump, shot put (female), discus (male), javelin (male), ball throw (female)

The European Heart and Lung Transplant Championships

15.7.: 100 m, 400 m, 800 m (female), 1500 m (male), 4x100 m relay, long jump, high jump, shot put, ball throw.

Note! All schedules are subject to change.



The 9th European Transplant and Dialysis Sport Championships are held in Vantaa, Finland on 10.–17.7.2016. The ETDSC is open for all persons with kidney, liver, heart, lung, pancreas or bone marrow transplant and for persons in dialysis.

PROGRAM



DAY 1 – SUNDAY 10.7.

- Arrival

DAY 2 – MONDAY 11.7.

- Mini-Marathon, Myyrmäki Track & Field
- Darts, Rantasipi Airport Hotel
- Opening Ceremony, Tikkurila

DAY 3 – TUESDAY 12.7.

- Table tennis, Tikkurila Trio Sport Center
- Petanque, Hard sand surface field in Tikkurila Sport Park

DAY 4 – WEDNESDAY 13.7.

- Badminton, Myyrmäki Energia-Areena
- Swimming, Tikkurila Swimming Hall
- Floorball (social sport), Myyrmäki Energia-Areena

DAY 5 – THURSDAY 14.7.

- Cycling, Seutula area
- Golf, Golf Talma
- Tennis, Hiekkaharju Tennis Center
- Ten-pin Bowling (singles), BowlCircus Flamingo

DAY 6 – FRIDAY 15.7.

- Athletics (1st day), Myyrmäki Track & Field
- Circle of Life, Myyrmäki Track & Field
- Ten-pin Bowling (pairs), BowlCircus Flamingo

DAY 7 – SATURDAY 16.7.

- Athletics (2nd day), Myyrmäki Track & Field
- Closing Ceremony & Gala Dinner, Rantasipi Airport Hotel

DAY 8 – SUNDAY 17.7.

- Departure

PRACTICE SCHEDULE

MONDAY 11.7.

- 13.00–15.00 Table tennis, Tikkurila Trio Sport Center

TUESDAY 12.7.

- 8.00–17.00 Golf, Golf Talma
- 10.00–12.00 Badminton, Myyrmäki Energia-Areena
- 12.00–14.00 Swimming, Tikkurila Swimming Hall

WEDNESDAY 13.7.

- 8.00–12.00 Cycling, Seutula area
- 10.00–14.00 Ten-pin Bowling, BowlCircus Flamingo
- 14.00–17.00 Tennis, Hiekkaharju Tennis Center

THURSDAY 14.7.

- 8.00–17.00 Athletics, Myyrmäki Track & Field

OPENING CEREMONY

The Opening Ceremony takes place in the Tikkurila City Square on Monday 11th of July at 17.00. Transportation to the Opening Ceremony starts from the accommodation hotels at 16.00. Duration of the Opening Ceremony is about one hour. Transportation back to the hotels starts immediately after the Ceremony.

PROGRAM

- March of Nations
- Speech from the Chairman of LOC Ilkka Vass
- Speech from the representative of Finnish government.
- Speech from the President of the ETDSF Judit Berente
- Speech from the President of the EHLTF Brendan Gilligan
- Athlete's Oath
- Speech from the Mayor of Vantaa Kari Nenonen

GALA DINNER

The Gala Dinner of the European Transplant and Dialysis Sport Championships takes place in the Rantasipi Airport Congress Center on Saturday 16th of July at 18.00.

AGE GROUPS IN ETDSC

In most sports athletes are divided in to age groups. Also athletes in dialysis compete in their own class in most sports. Age groups can be grouped together if there is not enough competitors in the elder group. Also athletes in dialysis can be grouped together with transplant athletes if there's not enough competitors.

Junior categories

- 6–8 years
- 9–11 years
- 12–14 years
- 15–17 years

Adult categories

- 18–29 years
- 30–39 years
- 40–49 years
- 50–59 years
- 60–69 years
- 70+ years

ETDSC ATHLETES

AUSTRIA



Men

Gerhard Bakun, 50–59
Franz Emeder, 50–59
Siegfried Meschnig, 18–29

Women

Renata Hönisch, 50–59
Erika Langbauer, 60–69

BELGIUM



Men

Alex Geldof, 40–49
Lucien van Staen, 60–69

Women

Laetitia Culot, 18–29
Maria de Witte, 50–59
Keltouma Zamok, 40–49

CYPRUS



Men

Antonis Antoniou, 60–69
Nicos Kazinos, 30–39
Yiannos Nearchou, 30–39
Nikolas Petrou, 12–14
Andreas Sevastides, 50–59
C. Soteriou, 60–69

Women

Christina Demetriou, 40–49

CZECH REPUBLIC



Men

Tomas Burda, 40–49
Roman Dunda, 40–49
Vojtech Koudelka, 30–39
Libor Malínský, 50–59
Tomaš Smažák, 12–14
Petr Žitný, 50–59

DENMARK



Men

Søren Hermansen, 40–49
Martin Svendsen, 50–59

Women

Marrijanne Lauridsen, 50–59
Camille Søgaard, 40–49

FINLAND



Men

Risto Aholainen, 30–39
Tapio Aikio, 60–69

Kalevi Ajalin, 60–69
Jarkko Heikkilä, 30–39
Teijo Hietanen, 50–59
Onni Huttunen, 70+
Joni Jatkonen, 30–39
Raimo Juuti, 60–69
Arto Järvinen, 50–59
Kassu Kallio, 30–39
Marko Karhunen, 40–49
Timo Karkia, 50–59
Jerry Kettunen, 40–49
Jani Kinnunen, 40–49
Paavo Koskenkorva, 30–39
Mauri Kuotola, 60–69
Juha Laakkonen, 50–59
Erik Lintula, 40–49
Martti Mela, 50–59
Petri Monto, 50–59
Markku Mustonen, 30–39
Janne Mäkinen, 40–49
Markus Niemelä, 18–29
Rainer Nissinen, 50–59
Ville Ojanen, 30–39
Juha Ojastenmäki, 40–49
Hannu Ouvinen, 60–69
Tomi Palovaara, 30–39
Antti Pollari, 30–39
Mika Rajamäki, 30–39
Olavi Rautiainen, 60–69
Seppo Reimavuo, 60–69
Asko Räsänen, 70+
Mikko Saarela, 50–59
Joni Saarinen, 30–39
Marko Sariola, 40–49
Jorma Savolainen, 60–69
Jyrki Seitamaa, 40–49
Martti Siekkinen, 60–69
Esko Sohlo, 60–69

Tero Suominen, 40–49
Pasi Supperi, 40–49
Tomi Syväjärvi, 18–29
Janne Tirronen, 30–39
Veijo Uotinen, 70+
Jari Veromaa, 50–59
Jari Vihanne, 50–59
Yrjö Viitikko, 60–69
Jorma Wilen, 60–69
Markku Yrjänheikki, 60–69

Women

S. Bergström, 40–49
Anne Helander, 50–59
Tuija Helander, 50–59
Tarja Jaakkonen, 60–69
Mervi Kurula, 50–59
Tuisku-T. Leinonen, 30–39
Salme Muurikka, 30–39
Nina Nordlund, 18–29
Malin Nyberg, 30–39
Ilona Ojala, 40–49
Anneli Rand, 60–69
Marjo Remes, 30–39
Ulla Saarinen, 60–69
Helpi Sarkkinen, 70+
Tarja Savolainen, 50–59
Pinja Söyrlä, 30–39
Anne Tirronen, 40–49

FRANCE



Men

Jean-Michel Borne, 50–59
Pierre Charretier, 60–69
Guillaume Coni, 18–29
Stéphane Devoret, 40–49
Alain Fossard, 60–69

Thierry Galand, 50–59
Christophe Merre, 40–49
Thomas Motsch, 18–29
Rémy Segade, 30–39
F. Toutlemonde, 40–49
Women
Ambre Dusautier, 12–14
Uarda Klinaku, 12–14
Sandrine Lagree, 40–49
Nadège Le Men, 18–29

GERMANY



Men

Ulrich Ahammer, 50–59
Rudi Becker, 70+
Christian Carl, 18–29
Rainer Eule, 50–59
Peter Hellriegel, 50–59
Michael Klitsch, 18–29
Thorsten Krasselt, 50–59
Peter Kreilkamp, 50–59
N. Krütt-Hüning, 50–59
W. Lorenzen, 60–69
Markus Malter, 18–29
Frank Martinetz, 40–49
Dirk Naumann, 40–49
Nehar Nurlu, 50–59
Thomas Rack, 50–59
Peter Rode, 60–69
E. Schollmeyer, 40–49
Dietmar Steude, 60–69
Peter Stoetzer, 70+
Rainer Weckeck, 50–59
Bernd Weiß, 50–59
M. Wesendonk, 50–59
Thomas Weyand, 30–39
Women
Simone Bauer, 18–29

Beate Bea, 50–59
Claudia Hombach, 40–49
Sarah Kornau, 30–39
Annemarie Kumpe, 70+
Gudrun Manuwald-Seemuel-
ler, 60–69
Monika Pilger, 50–59
Monika Weidt, 50–59

GREAT BRITAIN



Men

Ikhlaq Ahmed, 18–29
William Barnett, 18–29
Declan Bennett, 15–17
Robert Casey, 18–29
Matthew Cave, 30–39
Samuel John Clarke, 18–29
Simon Elmore, 40–49
Gavin Giles, 40–49
M. Grisenthwaite, 50–59
Kieran Heycock, 18–29
Matthew Hirst, 18–29
Robert Jackson, 18–29
Philip Kelly, 30–39
William Kempster, 18–29
Andrew Lewis, 60–69
Declan Logue, 50–59
John Moore, 40–49
Joshua Norris, 18–29
Stuart Robbins, 15–17
Richard Smith, 40–49
Vincent Taylor, 50–59
Stephen Venis, 18–29

Women

Pamela Lane, 50–59
Nicole Mackenzie, 18–29
Emily Potter, 18–29
Otilie Quince, 30–39

GREECE



Men

Dimitrios Andreadis, 40–49
Ioannis Arkas, 60–69
Savvas Avetidis, 50–59
Apostolos Charitonidis, 30–39
Antonion Chatzisavvas, 50–59
Stylianios Dermitzakis, 40–49
Alexandros Diakoumakos, 18–29
Michail El Latif, 60–69
Dimitrios Galatianos, 18–29
Stylianios Galatianos, 30–39
Dimitrios Kallidis, 40–49
Konstantinos Kalos, 40–49
Nikolaos Kamaratos, 50–59
K.Kamoutsis, 40–49
Ioannis Manikas, 40–49
E.Manoulakis, 50–59
Marios Markopoulos, 30–39
Isidoros Matskidis, 40–49
Konstantinos Mokkas, 40–49
Ioannis Papapetrou, 50–59
Iosif Tzougankis, 40–49
Christos Xenos, 50–59

Women

Konstantina Gouliou, 50–59
Spiridoula Ktena, 50–59

HUNGARY



Men

János László Csuti, 40–49
Ádám Domonkos, 12–14
Károly Ferencz, 40–49

Gyula Földesi, 50–59
Róbert L.Gelencsér, 40–49
László Hegyesi, 50–59
Péter Jakubovics, 60–69
Sándor Jánka, 18–29
László Katona, 50–59
Zoltán János Kóka, 18–29
Zsolt Krucsó, 50–59
Dávid Laczkó, 18–29
István Luib, 50–59
M. Molnár-Farkas, 15–17
József Nádasdy, 60–69
József Petkes, 40–49
Péter Quittner, 18–29
Árpád Radó, 50–59
Sándor Lajos Soós, 60–69
Donát Szabó, 18–29
János Szendi, 50–59
Attila Tóth, 18–29
István Urbán, 60–69
Á. B. Velkey-Guth, 18–29
M.I. Velkey-Guth, 18–29
László Venyercsán, 40–49
Csaba Zilaj, 40–49

Women

Carmen Almagro, 50–59
Szabina Almási, 18–29
Judit Berente, 50–59
T. Zsuzsa Bogyor, 18–29
Judit Dobos, 50–59
Alexandra Gyurkó, 18–29
Zsuzsanna Hanyu, 40–49
Szabina Hasznos, 18–29
Ivett Jakab, 18–29
Kinga Jakab, 40–49
Virág Jenes, 12–14
Judit Jeszenkovits, 60–69
A. Lászlóné Jung, 50–59
Fanni Kisbakonyi, 18–29
A. Kissné Diner, 40–49
L. Petra Kőműves, 18–29
H. Mária Kövér, 40–49

Timea Luka, 12–14
Alajosné Lukács, 50–59
Georgina Németh, 18–29
Timea Sipos, 9–11
Flóra Anett Süli, 12–14
Gabriella Szabó, 50–59
T. C. S. Persa, 40–49

IRELAND



Men

Zimele Brown, 30–39
Stephen Byrne, 40–49
John Connell, 50–59
Edward Crowe, 60–69
Michael T Dwyer, 60–69
Finian Farrell, 40–49
Alan Gleeson, 30–39
Ronald Grainger, 60–69
Peter Heffernan, 60–69
Philip Kavanagh, 60–69
Michael Keohane, 40–49
Noel Marsden, 30–39
Edward McAuliffe, 40–49
Richard McEvoy, 30–39
John McAleer, 70+
Matthew McNeive, 18–29
Kieran Murray, 30–39
James Nolan, 40–49
Patrick O'Connor, 30–39
Paul Prendergast, 60–69
Charlie Ryan, 70+
Leonard Ryan, 30–39
Henry Ward, 60–69

Women

Deirdre Faul, 40–49
Orla Hogan, 30–39
Bridie Nicholson, 50–59
Marie O'Connor, 50–59

Linda Waters, 50–59
Chikoyo White, 40–49

ITALY



Men

Matteo Beltrame, 18–29
Roberto Cantoni, 60–69
Marco Corgnale, 30–39
Enrico Dell'Acqua, 70+
Daniele Dorizzi, 40–49
Pietro Giannetti, 50–59
Michele Giarola, 30–39
Arduino Giorgi, 50–59
Giuseppe Iacovelli, 50–59
Alessandro Meola, 30–39
Angelo Panio, 50–59
Marco Panizza, 40–49
Michael Prenner, 60–69
Ioris Puleo, 30–39
Zefferino Ragonesi, 60–69
E. Ranciaffi, 40–49
Carlo Silvi, 60–69
Francesco Spirito, 18–29
Walter Uccheddu, 40–49
Patrick Wagner, 40–49

Women

Theresia Braun, 50–59
Monia Cardin, 40–49
Liliana Castellani, 50–59
Jennifer Granzotto, 18–29
M. Mazzantini, 40–49
Carolina Panico, 60–69

LUXEMBOURG



Men

Frank Glodt, 50–59

NETHERLANDS



Men

Peter Barendse, 40–49
Jakob Bos, 60–69
Tim Hartman, 30–39
Erik Pul, 50–59
G. van Leussen, 50–59
Rick Westerdaal, 50–59

NORWAY



Men

Erlend Gjerde, 30–39
G. D. Heggland, 50–59

Women

Prusha Glli, 18–29

POLAND



Men

G. Blecharczyk, 50–59
Zbigniew Błoński, 50–59
Łukasz Bojanowski, 50–59
Piotr Chojnacki, 50–59
Krzysztof Górski, 60–69
Andrzej Haj, 50–59
Jakub Janczewski, 30–39
Damian Królewicz, 18–29
A. Lewandowski, 40–49
Andrzej Marciniak, 60–69
J. Mazurowski, 30–39

Robert Serejko, 40–49
Jan Stępnik, 18–29
Dawid Zimkowski, 30–39
Artur Zychowicz, 18–29
Women
Monika Bielik, 30–39
Krystyna Murdzek, 60–69

PORTUGAL



Men

Filipe C. Pinto, 30–39
Jose Costa, 50–59
Luis Guedes, 40–49
Cláudio Mendes, 30–39
Miguel Monteiro, 60–69
Paulo Ribeiro, 40–49

Women

Maria Taborda, 40–49

ROMANIA



Women

Nicoleta R. Dragan, 18–29
Amali Teodorescu, 40–49

SLOVAKIA



Men

Jozef Franer, 40–49
Robert Kopecky, 60–69
Dusan Krizko, 50–59
Peter Štibraný, 60–69
Miroslav Tichý, 40–49

SLOVENIA



Men

Marjan Knez, 50–59
Branko Krajnc, 50–59
Jožef Ocvirk, 50–59
Miran Ohnjec, 60–69
Alojz Oman, 50–59
Boris Pušnik, 40–49
Zvezdan Rihter, 60–69
Joško Šimic, 40–49
Branko Tome, 60–69
Vleo Vatovec, 50–59
Alojz Zinner, 40–49

Women

Sonja Rihter, 60–69

SPAIN



Men

Javier Aguirre Erdoiza, 40–49
Martín Carrasco, 50–59
Mario Ezquerro Frías, 50–59
Antonio G.Fernández, 60–69
Juanma Lorenzo, 40–49
Javier Mainer, 60–69
Antonio Martín, 50–59
José Luis Maury Fernández,
40–49
Juan José Pérez, 50–59
Borja Revilla Sanz, 30–39
Alejandro Rivera Mira, 30–39
Luis Francisco Sanz Díaz, 18–29
Carlos Villora Fernández, 40–49

Women

Lourdes Martín García, 30–39
Ingrid Palos Iglesias, 30–39

SWEDEN



Men

Hans Karlsson, 60–69
Johan Lindström, 30–39
Lars Santesson, 40–49

Women

Emilia Segolsson, 15–17

SWITZERLAND



Men

Nicolas Buchwalder, 50–59

Women

Lara Beekman, 40–49
Sandra Strebel, 30–39

The 16th European Heart and Lung Transplant Championships are held in Vantaa, Finland on 11.–16.7.2016. The EHLTC is open to all persons with heart, lung or heart and lung transplant.

PROGRAM

DAY 1 – MONDAY 11.7.

- Arrival
- Opening Ceremony, Tikkurila



DAY 2 – TUESDAY 12.7.

- Cross Country run, Myyrmäki Track & Field
- Table tennis, Tikkurila Trio Sport Center
- Volleyball, Myyrmäki Energia-Areena

DAY 3 – WEDNESDAY 13.7.

- Petanque, Hard sand surface field in Tikkurila Sport Park
- Badminton, Myyrmäki Energia-Areena
- Swimming, Tikkurila Swimming Hall

DAY 4 – THURSDAY 14.7.

- Cycling, Seutula area
- Golf, Golf Talma
- Tennis, Hiekkaharju Tennis Center
- Ten-pin Bowling, BowlCircus Flamingo

DAY 5 – FRIDAY 15.7.

- Athletics, Myyrmäki Track & Field
- Circle of Life, Myyrmäki Track & Field
- Closing Ceremony & Gala Dinner, Rantasipi Airport Hotel

DAY 6 – SATURDAY 16.7.

- Departure



PRACTICE SCHEDULE

MONDAY 11.7.

- 10.00–13.00 Volleyball, Myyrmäki Energia-Areena
- 13.00–15.00 Table tennis, Tikkurila Trio Sport Center

TUESDAY 12.7.

- 8.00–17.00 Golf, Golf Talma
- 10.00–12.00 Badminton, Myyrmäki Energia-Areena
- 12.00–14.00 Swimming, Tikkurila Swimming Hall

WEDNESDAY 13.7.

- 8.00–12.00 Cycling, Seutula area
- 10.00–14.00 Ten-pin Bowling, BowlCircus Flamingo
- 14.00–17.00 Tennis, Hiekkaharju Tennis Center

THURSDAY 14.7.

- 8.00–17.00 Athletics, Myyrmäki Track & Field

OPENING CEREMONY

The Opening Ceremony takes place in the Tikkurila City Square on Monday 11th of July at 17.00. Transportation to the Opening Ceremony starts from the accommodation hotels at 16.00. Duration of the Opening Ceremony is about one hour. Transportation back to the hotels starts immediately after the Ceremony.

PROGRAM

- March of Nations
- Speech from the Chairman of LOC Ilkka Vass
- Speech from the representative of Finnish government.
- Speech from the President of the ETDSF Judit Berente
- Speech from the President of the EHLTF Brendan Gilligan
- Athlete's Oath
- Speech from the Mayor of Vantaa Kari Nenonen

GALA DINNER

The Gala Dinner of the European Heart and Lung Transplant Championships takes place in the Rantasipi Airport Congress Center on Friday 15th of July at 18.00.

If Athletics on Friday don't stay on schedule, start of the Gala Dinner might get postponed.



AGE GROUPS IN EHLTC

In most sports athletes are divided in to age groups as following:

- Juniors 5–17 years
- Adults 18–34 years
- Seniors 35–44 years
- Veterans 45–54 years
- Super Veterans 55–59 years
- Old Boys and Girls 60–64 years
- Super Old Boys and Girls 65–69 years
- Very Special Old Persons 70+ years

EHLTC ATHLETES

AUSTRIA



Men

Ulf G. Ederer, 70+
Uwe Glueck, 45–54
Franz Kurt Grall, 60–64
Samuel Grum, 70+
Rudolf Hauer, 60–64
Maximilian Lang, 35–44
Alois Rossmann, 60–64
Ludwig Szeberenyi, 65–69

Women

Monika Bluml, 60–64
Marianne Christandl, 55–59
Jutta Ludwig, 60–64
Waltraud DR. Moro, 55–59

BELGIUM



Men

Patrick Brocka, 60–64

Women

Stephanie Keustermans, 18–34

BULGARIA



Men

Ognyan Ganchev, 55–59
Evgeni Georgiev, 45–54
Martin Nastev, 5–17
Georgi Peev, 35–44

DENMARK



Men

Helmer Baadsgraad, 60–64
Pelle Christiansen, 60–64
Holger Erichsen, 60–64
Per Garsdal, 60–64
Finn Hansen, 65–69
Johnny Madsen, 60–64
Michael Olesen, 18–34
Casper Niclas Pedersen, 18–34
Jorn Weber Pedersen, 65–69
Chris Young, 60–64

Women

Josefi ne Godtfredsen, 18–34
Hanne Knudsen, 55–59
Annelise Buhl Staunstrup, 60–64

FINLAND



Men

Risto Aholainen, 18–34
Teijo Hietanen, 45–54
Reijo Hilli, 60–64
Reijo Hyytiainen, 65–69
Paavo Keskinen, 70+
Harri Lammi, 55–59
Jari Lauren, 60–64
Jussi Lehtovaara, 35–44
Seppo Lepistö, 45–54
Jarmo Leväinen, 45–54
Reino Luokkanen, 55–59
Seppo Lösönen, 60–64
Pasi Nurminen, 35–44
Juha Ojastemäki, 45–54
Jukka Saarinen, 45–54
Pertti Salminen, 70+

Esko Sohlo, 65–69
Markku Suominen, 45–54
Isto Törrönen, 45–54
Tapio Vesala, 70+

Women

Mila Gustavsson-Lilius, 35–44
Mirjami Hakala, 65–69
Tuija Helander, 55–59
Helena Kummala, 35–44
Anni Metsola, 35–44
Sari Männikkö, 35–44
Lotta Pukkila, 18–34
Marjo Remes, 18–34
Jonna Riihonen, 35–44
Åsa Semska, 35–44
Jaana Soppi, 45–54
Armi Sundström, 60–64
Tuija Suvilehto, 35–44

GREAT BRITAIN



Men

Derek Airey, 70+
Mark Allen, 35–44
Clive Andrews, 45–54
John Barnes, 65–69
Nicholas Condon, 35–44
James Doherty, 18–34
Stephen Donaldson, 45–54
Robert Hodgkiss, 45–54
Sid Lamb, 60–64
Wayne Lang, 55–59
Alan Lees, 65–69
William Noble, 65–69
Simon Ripley, 18–34
Alan Schofield, 55–59
John Sheehan, 60–64
Liam Waterworth, 18–34
Paul Woodward, 45–54

Women

Christine Brunton, 60–64

Debbie Burdon, 35–44
 Doreen Colligwoud, 35–44
 Maggie Cowman, 60–64
 Jill Edwards, 70+
 Margaret Gambrell, 60–64
 Jane Graham, 60–64
 Elizabeth Johnston, 60–64
 Julie Kirby, 45–54
 Louise McLellan, 45–54
 Janka Penther, 18–34
 Victoria Pettersen, 45–54
 Lorraine Seager, 60–64
 Joan Whitney, 70+
 Susan Wrightson, 45–54

FRANCE



Men

Maurice Brelet, 70+
 Philippe Chauveau, 45–54
 Claude Debree, 55–59
 Jacques Deslandes, 65–69
 Jacques Gatey, 65–69
 Jean-Claude Le Bourhis, 70+
 Michel Mougin, 60–64
 Bernard Vinot, 65–69

Women

Sylvette Elin, 55–59
 Genevieve Leray, 70+
 Claire Macabiau, 65–69
 Mathilde Weckerle, 18–34

GERMANY



Men

Thomas Bergmann, 55–59
 Dieter Pörschmann, 55–59
 Thomas Schladitz, 45–54

Sven Taubmann, 45–54
 Karsten Zeh, 45–54
Women
 Chantal Bausch, 18–34
 Christiane Welzel, 35–44

GREECE



Men

Dimitrios Afentoylis, 35–44
 Ioannis Apostolakis, 35–44
 Soteris Charalambous, 55–59
 Petros Kakolyris, 55–59
 Nikos Karafolas, 45–54
 Anestis Koutoukalis, 18–34
 Kyriakos Zachhariadia, 18–34

Women

Aggeliki Deli, 18–34
 Anna Ntina, 18–34

IRELAND



Men

Ernesto Antonio, 45–54
 Patrick Barry, 18–34
 Ron Cummins, 55–59
 Seamus Eagar, 65–69
 Kevin Hickey, 18–34
 Eugene Kearney, 70+
 Terry Mangan, 70+
 Robert McCutcheon, 55–59
 Matthew Moffatt, 18–34
 Brendan Moloney, 60–64
 Patrick O'Mahony, 60–64
 Liam Ryan, 55–59
 Stephen Smith, 35–44
 Tony Whelan, 65–69

Women

Caroline Dempsey, 45–54
 Sarah Jordan, 18–34
 Karen McDermott, 35–44
 Barbara Murphy, 45–54

ITALY



Men

Beppino Cadel, 60–64
 Mario Cappoa, 65–69
 Vincenzo Serratore, 60–64
 Cristian Sugar, 35–44
 Nevio Toneatto, 55–59

NETHERLANDS



Men

Henk Bakker, 60–64
 Arno Hoeckx, 55–59
 Andre Lassooij, 55–59
 Joke Limmen, 45–54
 Pieter Osnabrugge, 70+
 Marinus Oudeman, 35–44
 Henny Tolboom, 55–59
 Joannes van Vliet, 60–64
 Guus van der Laan, 70+
 Henk van der Veen, 60–63
 Arno van Heeringen, 45–54
 Albert van Leijen, 55–59
 Theo Werkman, 45–54

Women

Marianne Basie-de Fijter, 55–59
 Margeet Blommert, 55–59
 Lia Cost, 65–69
 Carolien Krouwel, 45–54
 Marcia Navest, 18–34
 Renske van der Pijl, 5–17

NORWAY



Men

Knut Jul Andersen, 60–64
Tore-André Bjørge, 35–44
John Bringsli, 70+
Tore Hagen, 70+
Sverre Kjeldsli, 65–69
Per Marius Solberg, 18–34

Women

Torun Bjørge, 18–34
Monica Amelie Fuglesang, 35–44
Elisabeth Kristensen, 35–44
Ingunn Ripegututu, 35–44
Kirsten Rosness, 55–59
Ellisiv Stifoss-Hanssen, 35–44
Nina Volden, 45–54

SWEDEN



Men

David Braxell, 18–34
Lennart Ekdahl, 60–64
Lars Holm, 45–54
David Lindström, 35–44
Göran Lund, 60–64
Claes Mobäck, 60–64
Rinaldo Moreillon, 55–59
Tomas Nilsson, 60–64
Patrick Norrå, 45–54
Jerry Selmqvist, 45–54
Per Wallner, 60–64
Jan Weinheimer, 65–69

Women

Jenny Björk, 35–44

Jenny Karsberg, 35–44
Alexandra Lindqvist-Barracough, 35–44
Eva Mårtensson, 65–69
Inga-Britt Nilsson Good, 55–59
Marie Rismalm, 18–34
Lisbeth Roos, 60–64

SWITZERLAND



Men

Martin Born, 65–69
Rudolf Riebli, 60–64

Women

Michelle Hug, 18–34



TRANSPLANT SPORT WORKSHOPS AND SYMPOSIUM

The Transplant Sport Workshops and Symposium is taking place on July 12–15, 2016 at the Rantasipi Airport Congress Center in Vantaa, Finland (address: Robert Huberin tie 4, 01510 Vantaa). These events will be organised by Finnish Sports Association of Persons with Disabilities (VAU), in cooperation with The Finnish Heart and Lung Transplant Association and The Finnish Kidney and Liver Association. The Symposium Organizing Committee is chaired by Professor Emeritus **Krister Höckerstedt**.

RESEARCHER WORKSHOPS

Four researcher workshops will be organized prior to the Symposium on Tuesday, July 12 and Wednesday July 13. The aim of the researcher workshops is to promote multi-professional dialogue between athletes, academics and practitioners on deepening the understanding of transplant recipients' physical activity levels and exercise capacity. These four workshops will be chaired by Professor **Heikki Tikkanen** (University of Eastern Finland), Lecturer **David Howe** (Uni. of Loughborough, UK), PhD Researcher **Kwok Ng** (Uni. of Jyväskylä), Professor Emeritus **Esko Mäkiä** (Uni. of Jyväskylä) and Senior Lecturer **Mikko Julin** (Laurea Uni. of Applied Sciences). There will also be presentations by other experts at each workshop. The workshops are also open for all participants of the European Transplant Sport Championships, but everyone is encouraged to register beforehand at the Symposium Info Desk. There is an upper limit of 40 participants for each workshop.

PROGRAM

MONDAY 11TH OF JULY

- 15.00–19.00 Arrival and registration
- 19.00–21.00 Dinner and Welcome Meeting

TUESDAY 12TH OF JULY

- 09.00–12.00 Workshop I: **"Understanding the link between transplantation and exercise capacity"** – Chairperson: Professor of Exercise Physiology Heikki Tikkanen (University of Eastern Finland)
- 12.00–13.00 Lunch
- 13.00–16.00 Workshop II: **"Organ transplant recipients' physical trainability"** –

Chairperson: Professor of Exercise Physiology Heikki Tikkanen (University of Eastern Finland)

- 16.00–19.00 Guided Tour of Suomenlinna Fortress Island, UNESCO World Heritage Site
- 19.00–21.00 Dinner

WEDNESDAY 13TH OF JULY

- 09.00–12.00 Workshop III: **"From passive patient to active participant"** – Chairpersons: Dr. David Howe (University of Loughborough, UK) and MSc. Kwok Ng (University of Jyväskylä)
- 12.00–13.00 Lunch
- 13.00–16.00 Workshop IV: **"Physical activity and transplantation: Towards common guidelines"** – Chairpersons: Professor Emeritus of Physiotherapy Esko Mälikä (University of Jyväskylä) and Senior Lecturer Mikko Julin (Laurea University of Applied Sciences)
- 16.00–19.00 Visit to the European Transplant Sport Championships Floorball event, Myyrmäki Energia-Areena
- 19.00–21.00 Dinner

TRANSPLANT SPORT SYMPOSIUM

The Transplant Sport Symposium is organized on Thursday and Friday, July 14–15 at Rantasipi Airport Congress Center. There are in total 15 top-level presentations discussing transplant sport and physical exercise for persons with organ transplants from different perspectives. We strongly encourage also participants of the European Transplant Championships to participate. Make sure to register beforehand at the Symposium & Workshops Info Desk. There is an upper limit of 150 participants for each symposium session.

Our esteemed keynote speakers for Thursday, 14th of July include Professor Emeritus **Krister Höckerstedt** and Professor **Ari Harjula**. On Friday, 15th of July, the opening keynote speeches will be presented by the President of ETDSF, **Judit Berente** and Dr. **David Howe**.



Krister Höckerstedt



Ari Harjula



Judit Berente



David Howe

PROGRAM

THURSDAY 14TH OF JULY

- 09.00–12.00 Arrival and Registration
- 12.00–13.00 Lunch
- 13.00–13.10 Welcome and Symposium practicalities
- 13.10–13.40 **KEYNOTE: "Opening remarks – Experiences of health enhancing physical activities for transplant recipients"** – Professor Emeritus Krister Höckerstedt (University of Helsinki, Chairperson of Scandiatransplant, Finland)
- 13.40–14.15 **KEYNOTE: "Quality of life after heart and lung transplantation – Importance of physical activities"** – Professor Ari Harjula (Head of HUS Heart and Lung Research Center, Helsinki, Finland)
- 14.15–14.45 **"Practical tips and wild ideas: Compiled outcomes of the Transplant Sport Workshops, 2016"** – Senior Lecturer Mikko Julin (Department of Research & Development, Laurea University of Applied Sciences, Finland)
- 14.45–15.15 Coffee Break
- 15.15–15.45 **"Aerobic capacity during cardiopulmonary exercise testing and survival with and without liver transplantation for patients with chronic liver disease"** – Dr. William Bernal (Reader in Hepatology and Liver Intensive Care Medicine, King's College London, UK)
- 15.45–16.15 **"Physical activity and event-free survival in the 'Waiting for a New Heart Study'"** – Prof. Dr. Heike Spaderna (Professor of Health Psychology, Trier University, Germany)
- 16.15–16.45 **"Feasibility of individualized physical activity programs in organ transplant recipients"** – Prof Dr. med. Michal Nowicki (Department of Nephrology, Hypertension and Kidney Transplantation, Medical University of Lodz, Poland)
- 16.45–17.15 **"High-intensity interval training in de novo heart transplant recipients in Scandinavia"** – MSc. Katrine Rolid (Physiotherapist, Department of Cardiology, Oslo University Hospital Rikshospitalet, Norway)
- 17.15–17.30 Closing Remarks of Symposium Day 1
- 18.00–20.00 Dinner

FRIDAY 15TH OF JULY

- 07.00–09.00 Breakfast
- 09.00–09.10 Opening of Symposium Day II
- 09.10–09.50 **KEYNOTE: "From patient to athlete – along the winding road to inclusive sport: a socio cultural analysis"** – Dr. David Howe (Senior Lecturer of Anthropology, Loughborough University, UK)
- 09.50–10.30 **KEYNOTE: "The importance of promoting Transplant Sports in Eu-**

rope” – Ms. Judit Berente (President of European Transplant and Dialysis Sport Federation ETDSF, Hungary)

- 10.30–11.00 Coffee Break
- 11.00–11.30 **“Experienced barriers to and facilitators of physical activity in solid organ recipients”** – MSc. Edwin van Adrichem (PhD Candidate, Hanze University of Applied Sciences, The Netherlands)
- 11.30–12.00 **“Physical activity and renal transplantation”** – Dr. Vincenzo Bellizzi (MD – PhD, Dialysis Unit Director, Division of Nephrology, Dialysis & Transplantation, University Hospital “San Giovanni di Dio e Ruggi d’Aragona”, Italy)
- 12.00–13.00 Lunch
- 13.00–13.30 **“Priorities and relevance of physiotherapy and individual exercise training – pre- and post- heart and lung transplantation”** – Physiotherapist Linda Ulenius (Department of Cardiac Surgery, Heart and Lung Center, Helsinki University Hospital, Finland)
- 13.30–14.00 **“Aerobic or resistance training and pulse wave velocity in kidney transplant recipients”** – Dr. Sharlene Greenwood (PhD, Lead Renal Physiotherapist, King’s College London, King’s College London, UK)
- 14.00–14.30 **“Exercise prescription in transplant recipients: The Italian programming”** – MSc. Valentina Totti (PhD Researcher, Department of Biomedical and Neuromotor Science, University of Bologna, Italy – ANED Sport)
- 14.30–15.00 Coffee Break
- 15.00–15.30 **“How can an athlete with a heart transplant train for an Ironman Triathlon? A personal experience”** – Casper Palmvig (Physiotherapist and Ironman Triathlete with Heart Transplant, Denmark)
- 15.30–16.15 Panel Discussion and Q&A Session: **“The Way Forward: Transplantation & Physical Activity in 2026”**
- 16.15–16.30 Closing Remarks
- 18.00–23.00 Gala Dinner and Farewell Party

SATURDAY 16TH OF JULY

- 07.00–12.00 Breakfast and Departure

Further information about the Workshops and Symposium:

Tomi Lounio, tel +358 50 303 4712, tomi.lounio@vammaisurheilu.fi

Aija Saari, tel +358 40 506 4208, aija.saari@vammaisurheilu.fi

Piia Korpi, tel +358 44 767 1368, piia.korpi@vammaisurheilu.fi

INTERNATIONAL YOUTH CAMP

The European Transplant Sport Week's International Youth Camp is a place where kids can experience sport and games with new friends in a safe environment. The Youth Camp, held on 13.–16.7. in Vantaa, is open for children and youth with organ transplants and their family members. Our participants come from Finland, Poland, Great Britain, France and the Netherlands. The Youth Camp is co-funded by the Erasmus+ Programme of the European Union.

During the International Youth Camp, all the participants will be making new friends and learning new skills. The parents will also be guided by our experts on how to support their children's physical activity in daily life. And the program isn't only about sports as we will also make a fun trip to Linnanmäki Amusement Park. We are looking forward to a unique event with a warm atmosphere.

The responsible Camp Leaders for our event are Ms. **Nina Peltonen** and Mr. **Tuomas Törrönen**. Both of them have extensive knowledge and experience of adapted physical activity. The Camp Leaders ensure that the activities are safe and meaningful for all participants. They will be assisted by our other staff members and volunteers.

Participants of the International Youth Camp are accommodated in the Cumulus Airport Hotel (address: Robert Huberin tie 6, 01510 Vantaa). Registration to the Camp is right next door, in the Rantasipi Airport Hotel, where the Main Help Desk of the event is located.

Note that there is access control to the both hotels so after registration you need to have your Accreditation Card with you at all times.

PROGRAM

Wednesday 13th of July

- 13.00–16.00 Registration and accommodation at Rantasipi Airport Hotel (next to Cumulus)
- 16.30–18.00 Introductory meeting and getting to know all participants
- 18.00–20.00 Dinner

Thursday 14th of July

- 07.00–08.30 Breakfast
- 09.00–09.30 Travel by bus to Myyrmäki Sport Centre
- 09.30–11.30 Exciting non-stop Games & Sport

- 11.30–12.00 Lunch
- 12.00–12.30 Return by bus to Cumulus Airport Hotel
- 14.00–14.30 Travel by bus to Linnanmäki Theme Park
- 14.30–19.00 Linnanmäki Theme Park visit (www.linnanmaki.fi/en)
- 19.00–19.30 Return by bus to Cumulus Airport Hotel
- 19.30–21.00 Dinner

Friday 15th of July

- 07.00–08.30 Breakfast
- 09.00–09.30 Travel by bus to Myyrmäki Sport Centre
- 09.30–11.30 Fun Tri-Sport Competition (50m running, ball throw, long jump)
- 11.30–12.00 Lunch
- 12.00–14.00 Watching the European Transplant Sport Championships (ETSC) athletics events
- 14.00–14.30 Participation medals and diplomas
- 14.30–15.00 Circle of Life, social event with all ETSC participants
- 15.00–15.30 Return by bus to Cumulus Airport Hotel
- 15.30–18.00 Free time
- 18.00–20.00 Dinner

Saturday 16th of July

- 06.00–10.00 Breakfast available
- 07.00–14.00 Departure from Cumulus Airport Hotel to Helsinki Airport (according to your itinerary)

Further information about the Youth Camp:

Tuomas Törrönen, tel +358 50 408 6152, tuomas.torronen@vammaisurheilu.fi
 Nina Peltonen, tel +358 50 400 1532, nina.peltonen@vammaisurheilu.fi

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



SPORT FOR ALL EVENTS

One of the most important aims of the European Transplant Sport Week is to raise awareness of organ donation and transplantation among the wider public. We will achieve this by organising Sport for All events at shopping centers and marketplaces where people can learn about these highly important issues. As part of our “Sano KYLLÄ elinluovutukselle” (Yes to Organ Donation) campaign we also encourage adults to sign organ donation cards.

Everyone is welcome to try out sport and games

At every Sport for All event, visitors of all ages can try out fun games and sport activities. Our volunteers will be more than happy to present each health-enhancing physical exercise and sport. There will be a slightly different set of activities at every event. The participants can also test their fundamental movement skills and take part in the Tanita body composition analysis.



Särre

Main event at Kansalaistori with top performers

The main event of the week will be organised at Kansalaistori, in Helsinki on Tuesday, July 12. We have a great line-up of rap & hiphop artists including **Särre**, **Gracias** and **MC KOO**. Also Finland's U20 Basketball National Team will be present and giving their best tips for dunking and shooting some three pointers. Personal trainers **Salla Rinne**, **Veera Malmivaara** and **Lari Salama** are going to get everyone moving and learning about the best ways to stay fit and healthy. The event will be hosted by sport commentator **Tero Karhu**.

Exhibition match at Helsinki Cup youth football tournament

At 2 PM on Wed, July 13, we will be rocking Helsinki Cup which is one of the World's biggest junior football tournaments. We will set up a unique exhibition match with two teams composed of some of Finland's top football players and celebrities. The teams will be promoting both the Yes to Organ Donation and Show Racism the Red Card campaigns. The match is a great example of how athletes can take a stand for important social causes.

The events are co-funded by the Erasmus+ Programme of the European Union. All the events are completely free for all participants.

PROGRAM

- **Monday 11th of July 12.00–15.00 at Tikkurilantori, Vantaa**
Address: Vantaanaukio 1, 01300 Vantaa
- **Tuesday 12th of July 15.00–19.00 at Kansalaistori, Helsinki**
Address: Eero Erkon katu, 00100 Helsinki
- **Wednesday 13th of July 12.00–15.00 at Käpylän urheilupuisto, Helsinki (as part of Helsinki Cup)**
Address: Mäkelänkatu 72, 00610 Helsinki
- **Thursday 14th of July 12.00–15.00 at Jumbo Shopping Centre, Vantaa**
Address: Vantaanportinkatu 3, 01510 Vantaa
- **Friday 15th of July 12.00–15.00 at Sello Shopping Centre, Espoo**
Address: Viaporintori, 02600 Espoo
- **Saturday 16th of July 12.00–15.00 at Myyrmanni Shopping Centre, Vantaa**
Address: Paalutori, 01600 Vantaa

Further information about Sport for All events

Tomi Lounio, tomi.lounio@vammaisurheilu.fi, tel +358 50 303 4712

Petri Inomaa (Yes to Organ Donation), petri.inomaa@muma.fi, tel +358 40 5240 679

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



ELINSIIRRON SAANEIDEN EM-KILPAILUJEN OHJELMA

Vantaalla 10.–17.7.2016 järjestettävät Elinsiirron saaneiden EM-kilpailut koostuvat kahdesta eri eurooppalaisen järjestön alaisesta kisasta: Elinsiirron saaneiden ja dialyysissä olevien EM-kilpailuista sekä Sydän- ja keuhkosiirrokkaiden EM-kilpailuista.

OHJELMA

(ETDSC = Elinsiirron saaneiden ja dialyysissä olevien EM-kilpailut, EHLTC = Sydän- ja keuhkosiirrokkaiden EM-kilpailut)

Maanantai 11.7.

- Mini-Marathon (ETDSC), Myyrmäen urheilukenttä ja lähialue
- Darts (ETDSC), Rantasipi Airport Hotel
- Avajaiset (ETDSC & EHLTC), Tikkurilantori

Tiistai 12.7.

- Lentopallo (EHLTC), Myyrmäen Energia-Areena
- Pöytätennis (ETDSC & EHLTC), Tikkurilan Trio Sport Center
- Petanque (ETDSC), Tikkurilan urheilupuiston hiekkakenttä
- Katujuoksu (EHLTC), Myyrmäen urheilukenttä ja lähialue

Keskiviikko 13.7.

- Sulkapallo (ETDSC & EHLTC), Myyrmäen Energia-Areena
- Uinti (ETDSC & EHLTC), Tikkurilan uimahalli
- Petanque (sosiaalinen laji) (EHLTC), Tikkurilan urheilupuiston hiekkakenttä
- Salibandy (sosiaalinen laji) (ETDSC & EHLTC), Myyrmäen Energia-Areena

Torstai 14.7.

- Pyöräily (ETDSC & EHLTC), Seutulan alue (Seutulan koulu)
- Golf (ETDSC & EHLTC), Golf Talma
- Tennis (ETDSC & EHLTC), Hiekkaharjun tenniskeskus
- Keilailu (yksilökilpailut) (ETDSC & EHLTC), BowlCircus Flamingo

Perjantai 15.7.

- Keilailu (parikilpailut) (ETDSC), BowlCircusFlamingo
- Yleisurheilu (ETDSC & EHLTC), Myyrmäen urheilukenttä
- Circle of Life (ETDSC & EHLTC), Myyrmäen urheilukenttä
- Gaalailallinen (EHLTC), Rantasipi Airport Congress Center

Lauantai 16.7.

- Yleisurheilu (ETDSC), Myyrmäen urheilukenttä
- Gaalailallinen (ETDSC), Rantasipi Airport Congress Center

YHTEYSTIEDOT

Suomen joukkueen joukkueenjohtajat

- Anu Hämäläinen, puh. 040 525 4874, anu.hamalainen@vammaisurheilu.fi
- Jaana Heikinsuo, puh. 044 527 7968, jaana.heikinsuo@vammaisurheilu.fi

EM-kilpailujen pääsihteeri

- Teemu Lakkasuo, puh. 040 565 1001, teemu.lakkasuo@vammaisurheilu.fi

EM-kilpailujen kisatoimisto

puh. 050 342 8883

EM-kilpailujen nettisivut

www.vantaa2016.fi