



Special Olympics
East Midlands



Brief history of The Mid-Land Games

The next Midland Games will take place on 26th July 2017 at Ashfield School. It is an athletics event specifically organised for adults with an Intellectual disability. It encourages all abilities of athletes to participate and the emphasis is on participation rather than the elite performer. However, through such events elite athletes have been recognised and their talents have been taken further.

This event used to be called the Trent Regional Games and was organised through the Health Authorities within the Trent Region. The games were supported by a grant from the Midland Bank in 1993; therefore it was felt it was appropriate to change the name to the Mid-Land Games. Over the last few years we have received sponsorship from other organisations and held fund raising events on the day of the games which have help keep the games running.

The games are held every two years; the Games are usually attended by teams from all over the Midlands area covering Nottingham, Derby, Mansfield and Leicestershire. Each team that enters contributes towards the cost of putting on such an event; however a large part of the remaining balance has to be found through sponsorship. Events during the day involve wheelchair users as well as the more able athletes. These include track and field events using specially adapted equipment.

In 2013 for the first time running alongside the athletics was tournaments for mental health service users, such as tag rugby, football and quick cricket. However this year the event is back to its original athletics event.

The Midland Games are like a mini Olympics for all participants with an intellectual disability. These games help to increase their confidence, self-esteem and physical wellbeing, it is also a great opportunity for anyone involved to have regular opportunities in sport if they so choose. People with intellectual disabilities have fewer opportunities in sport; these games enable all participants to be recognised for their sporting achievements which has a positive impact on their daily life.

The event is supported by partners from the East Midlands; these partners are from Health Service, Sports Development, local athletics club and volunteers.

For the 2017 event it is hope to be support by Special Olympics GB as a sanctioned event.

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