

[News story: UK team returns following major success at the Invictus Games](#)

The 90-strong team of wounded, injured and sick (WIS) Service personnel and veterans returned from Toronto yesterday with an impressive 87 medals and over 170 personal bests. The haul of medals included 26 golds, 34 silvers and 27 bronzes.

The eight-day sporting event ran from the 23 to 30 September and saw 550 individuals from 17 nations compete across 12 sports including archery, wheelchair rugby and sitting volleyball.

Highlights for the UK Team included: sitting volleyball team captain Sgt Netra Rana, Royal Gurkha Rifles, leading his team to a silver; former musician with the Royal Marine Band Service, Poppy Pawsey, winning an unexpected bronze in the Womens 100m swimming freestyle race; and two golds in golf.

For the majority of competitors, their success at the Games was achieving an individual goal specific to their recovery such as setting a new personal best, or performing in front of a large audience under pressure.

The Invictus Games, founded by HRH Prince, demonstrate the power of sport to inspire recovery. Getting involved in sport provides significant physical and mental health benefits including increasing self-confidence. At the closing ceremony on the 30 September, Prince Harry said:

To the thousands who filled the stands this week, and the millions who watched at home, let me issue you a challenge. Don't just move on from these games with happy memories. Instead, make an Invictus goal for yourselves. Let the examples of service and resilience that you have seen, inspire you to take action to improve something – big or small – in your life, for your family, or in your community.

The fourth Games will take place in [Sydney](#) next year with 500 competitors from 18 nations competing from the 20 to 27 October 2018. WIS members of the British Armed Forces and veterans who have been inspired to get involved in sport are invited to [register their interest](#) in the 2018 Games. Registration of interest will remain open until 1 December 2017.

The UK Team Captain, Bernie Broad, former Army Major in the Grenadier Guards, said:

Invictus lit a spark in my belly and at the end of the Games it has become a raging fire. It has kick-started a new phase in my recovery journey and one that will continue for a long time. I have

a renewed purpose and it's brought back my determination and confidence.

What it has done for me it will do for many others. So apply for Sydney and potentially watch your life change in ways you couldn't imagine.

The Ministry of Defence worked in partnership with Help for Heroes and The Royal British Legion to deliver the UK Delegation for Toronto 2017.

The Ministry of Defence is a partner in the [Defence Recovery Capability](#), a programme which helps wounded, injured and sick Service personnel either return to duty from injury or provides a mechanism to help them back into civilian life.