

## DAYMON'S PAGE!!

Hi my name is Daymon Johnstone, I am 17 and I volunteer at my local squash club.

My roll is to help with the squash equipment and scoring. If the coach that does the register is absent I collect the money, collect the bag from reception and I also tidy up after each session.

I have approached my second or 3rd year of volunteering and have enjoyed every minute of it. When I have done my 200 hours I hope I can go on to helping with disability sport.

Last year I competed in Bath at The British Transplant Games where I brought home 2 silver for 100 and 200m sprint and also 2 gold for 5k road race and squash. This achievement has enabled me to compete in The World Transplant Games in Bangkok, Thailand. Whilst I am over there I will be competing in the following events:

**Squash**  
**100m sprint**  
**200m sprint**  
**Backstroke**  
**French bowl aka Boccia**

I am looking forward to this experience because it involves meeting and competing against other transplanted patients, from different countries.

I had to raise 6000 pounds to get myself and parents over. We managed to raise all the money we need and I am really excited about the trip.

At the end of July I competed in Edinburgh. At the start of the weekend I was told that although my injury was better, it was safe for me to not do my squash competitive yet so I was just practicing. I was gutted because I really wanted to play and I would have got the gold.

The weekend got better; I had Friday off so I went to watch the badminton and obstacle race and supported my team. Saturday was a good day I had my backstroke and 5k road race. In the backstroke I got the bronze by 0.5 seconds and for my 5k road race I got the gold and did it in 37 minutes which is 2 minutes slower than last years.

Sunday was a pleasant day we had the sun for most of the day I was lucky to do my events before god call of nature. Anyways I did my 100m and 200m sprint. In the 100m I came second in my heat and 4th in the final, which I was proud of because I had no chance of beating 1st, 2nd and 3rd. But in my 200m, it was a straight final and I got the gold knocking 4 seconds off

It was my 200 I was worried about because I was scared in case I did not finish. Well anyways I did and funny thing it was close, I went to celebrate over the finish line till I herd lane 1 catching me up so I just went for it.

This was my last year in the Newcastle children's and they gave me so much support and I am going to miss them so much.



**Report by Peter Smith on Daymon Johnstone – Young Volunteer in Sport under the Cumbria Young Volunteers in Sport Programme managed by Cumbria Sport, part of Cumbria County Council's Children's Services.**

I am a leader of Workington Junior Squash Club, and in July 2006 was appointed a Volunteer Mentor to oversee the activities of Daymon Johnstone, who is a member of the squash club. Daymon aged 16, who is currently studying for a diploma in sports at The Lakes College, Workington, had a kidney transplant in 1996.

Since then he has participated in the British Transplant Games 6 times and has now been selected to represent GB in Squash and Athletics at the World Transplant Games in Thailand in August this year.

Daymon has been a member of the Junior Squash Club for around 3 years, and in that time has developed in to an excellent squash player and coach. Now that he is a young volunteer in sport, Daymon helps substantially with the running of the club by coaching young players, marking (refereeing) games both at club sessions and in inter-club matches and by assisting with general administration (attendance register, equipment etc). He has made himself a valuable member of the team and notched up over 100 hours of service in this process.

**For more information, or to register onto the Young Volunteer's in Sport Programme, contact Kate Hansbury on 01228 601248, email [kate.hansbury@cumbriacc.gov.uk](mailto:kate.hansbury@cumbriacc.gov.uk) or visit the volunteers pages at [www.cumbriasport.com](http://www.cumbriasport.com).**

**Thank you Daymon!**