

Commonwealth Games 2026

Glasgow

23rd July – 2nd August

Club Resources



Commonwealth Games – Glasgow 2026 – 23 Jul - 2nd Aug



The Commonwealth Games is an international multi-sport event held every four years involving athletes from the Commonwealth of Nations. Often referred to as the "Friendly Games," it originated as the British Empire Games in 1930 in Hamilton, Canada, growing from 11 participating countries to over 70 teams today.

Unlike other global multi-sport events, the Commonwealth Games allows territories and constituent nations that do not compete separately at the Olympic Games to send their own teams. This is why the United Kingdom is represented by four separate teams: England, Scotland, Wales, and Northern Ireland.

One of our Patrons, Yvonne Murray, recalled that competing at the Commonwealth Games was possibly the most anticipated event of all as it was a chance to represent your own country.

We've compiled some resources to help your club get in the spirit of a Summer of Sporting fun. With quizzes and gentle games there's sure to be something for everyone.

Don't forget to send any videos or images to contact@sportingmemories.uk and we'll share them across our every growing network.



The Commonwealth Mile



The "Commonwealth Mile" is a track event returning to the Glasgow 2026 Commonwealth Games in place of the standard 1,500 meters. Champions of the mile, which is four laps of the track, are celebrated in a race that is making its return for the first time since 1966.

Its rich background and history include several key milestones:

- ❑ **The Blue Riband Event (1930–1966):** From the inaugural British Empire Games in 1930 through 1966, the mile was the premier, flagship running distance of the championship.
- ❑ **The "Miracle Mile" (1954):** The event's most famous moment occurred at the 1954 Games in Vancouver, Canada. Billed as the "Mile of the Century," it was a legendary duel between England's Roger Bannister and Australia's John Landy, who were the only two men in the world at the time to have run a sub-four-minute mile.
- ❑ **Revival for 2026:** Championed by World Athletics President Sebastian Coe, the distance replaces the 1,500m to evoke memories of the 1954 duel. It will also feature a women's mile race at the Commonwealths for the first time.

Your club too can join in with your Commonwealth Mile. Here are a few ideas on the next page to help



The Commonwealth Mile

Ideas include:-

- To really get into the spirit of the Mile perhaps club members walk or together in turn doing say 4 minutes (they can say they are doing a 4 minute mile) The 20 minute to walk 1 mile metric means that only 5 members have to walk to make a mile.
- Do some walking at a club meeting and total up the time taken by teams or individuals and we can record that using the metric of 20 minutes walking equates to a mile.
- Use your venue outdoor space to do a walk round or perhaps in relays.
For example the distance round a professional football would need approximately 15 laps to make a mile. An average lawn bowls green would need about 40 laps to make a mile.
- Do some step exercises at the club – this may well suit seated and less mobile members – and tally the 'steps' taken. 2000 steps can equate to a mile.
- Or something completely different!

The Commonwealth A-Z



1. How many countries or territories begin with the letter A - Point for each correct one
2. How many countries or territories begin with the letter C - Point for each correct one
3. How many countries or territories begin with the letter J - Point for each correct one
4. How many countries or territories begin with the letter T - Point for each correct one
5. How many countries or territories begin with the letter Z - Point for each correct one
6. How many countries or territories are eligible to take part in the games this year

Answers on next page



The Commonwealth A-Z answers

1. How many countries or territories begin with the letter A - Point for each correct one
3 – Anguilla, Antigua and Barbuda, Australia
2. How many countries or territories begin with the letter C - Point for each correct one
5 – Cameroon, Canada, Cayman Islands, Cook Islands, Cyprus
3. How many countries or territories begin with the letter J - Point for each correct one
2 – Jamaica, Jersey
4. How many countries or territories begin with the letter T - Point for each correct one
5 – Tanzania, Tonga, Trinidad and Tobago, Turks and Caicos islands, Tuvalu
5. How many countries or territories begin with the letter Z - Point for each correct one
1 - Zambia
6. How many countries or territories are eligible to take part in the games this year
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Commonwealth Games Quiz



1. Where were the 2014 games held?
2. Which Scottish long distance runner won the 10km gold at the 1994 games in Canada?
3. Many will remember Lynn Davies epic long jump in 1966 but in which country did he get his Commonwealth Gold?
4. What did Roger Bannister and John Landy (Australia) do in 1954 Vancouver Games?
5. What height was Precious McKenzie, the weightlifter who won gold in Christchurch 1974?– a) 4ft 11in, b) 4ft 10 in, c) 5ft 1in
6. Nicola Adams won gold in 2014 – for what sport?
7. In 2010 Australia won 177 medals overall in India. Which nation was second?
8. What year were the first games held?
9. What were the games called before Commonwealth ?
10. Which NI bantamweight boxer won gold in Canada in 1978 ?
11. How old was he when he won this gold? – a) 16, b) 17, c) 18



Commonwealth Games Quiz

12. England sprinter Mike McFarlane had a dead-heat finish with which Scottish sprinter in Brisbane in 1982?
13. Which Aussie swimmer swept the swimming board with 6 golds in 1998?
14. Before he rose to Hollywood fame which English actor represented his country in diving?
15. Which Scottish long distance runner took over from her Mum with a 10km gold in 2022?
16. Colin Jackson has won gold for Wales in what event?
17. Which country has hosted the most Commonwealth Games?
18. What was Manchester 2002 Commonwealth Games famous for ?
19. How many medals in total have the Home Nations won?

England - 1950, 2027, 2322 -

Scotland – 499, 502, 512 -

Wales – 334, 368, 388 –

N Ireland – 132, 142, 152 –

20. Which Home Nations star has won most Commonwealth Gold medals?

Commonweath Games Quiz Answers



1. **Glasgow**
2. **Yvonne Murray**
3. **Jamaica**
4. **Both broke the 4 minute mile barrier**
5. **4ft 11in**
6. **Boxing**
7. **India**
8. **1930**
9. **Empire**
10. **Barry McGuigan**
11. **17**
12. **Allan Wells**
13. **Ian Thorpe**
14. **Jason Statham**
15. **Eilish McGolgan**
16. **110m hurdles**
17. **Australia, 1983, 1962, 1982, 2006, 2018**
18. **First major inclusion of fully integrate para-sports**
19. **England - 2322**
Scotland – 502
Wales – 334
N Ireland – 142
20. **Duncan Scott with 6**



Bowls and Boccia

Bowls will be played at the Commonwealth Games and fiercely competed by teams from across the world. Some Sporting Memories clubs may meet at a Bowling Club, so may be able hold their own matches. But if not, here are the rules of Boccia and this will suit all participants including the less mobile.

- All players must be seated during a game
- A game consists of a series of ends
 - Singles & Pairs = 4 ends
 - Teams = 6 ends
- An end consists of all 13 balls being propelled onto court (the jack, 6 red and 6 blue)
- Decided using a coin toss, the winning player/captain chooses to be red or blue
- Both sides must occupy a designated spot on the court from where balls are propelled
- The red side always begins the first end by propelling the jack into court
- The player who propels the jack ball also propels their first coloured ball
- A player from the opposite side then propels their first coloured ball
- The side not closest to the jack plays until they get closer, or run out of balls
- The end is complete when all balls from both sides have been propelled
- One point is awarded for every ball of the same colour, which is closest to the jack
- Points scored each end are accumulated to give a final score.

Seated Netball

Seated netball is a brilliant way to keep active. It adapts traditional netball by having participants play entirely from chairs. The game is focused on gentle stretching, upper-body mobility, and hand-eye coordination, allowing everyone to enjoy the sport safely and at their own pace.

How to Set Up the Game

- ❑ **The Court:** You can use any regular sports hall, community centre, or even a care home lounge. Arrange chairs two facing teams for a simple setup.
- ❑ **The Equipment:** Use a lightweight, soft foam or balloon-style ball that is easy to catch and throw. For the net, you can use a standard netball post, a pop-up hamper, or a wide bucket.
- ❑ **The Teams:** Divide the group into two teams. Each team should have some Defenders and some Attackers.

Rules & Adjustments

- ❑ **Always Seated:** Players must remain seated in their chairs at all times to prevent falls and maintain a level playing field.
- ❑ The 3-second rule should apply, but this can be extended based on the group's abilities.
- ❑ **Defending:** Defenders must wave their arms or reach to intercept passes without making contact with the thrower.

Warm-Up Exercises

Before playing, take 5 to 10 minutes to safely warm up the seated players

- ❑ **Shoulder rolls:** Roll shoulders backward and forward to loosen the chest and upper back.
- ❑ **Ball squeezes:** Place a soft ball between the knees and squeeze gently to engage the legs and core.
- ❑ **Hand-eye coordination:** Have players gently pass the ball to the person next to them or toss it to each other to get used to the weight and size of the ball.

Fun Variations

To keep the sessions light and enjoyable:

- ❑ **One-handed challenges:** Encourage passing with the non-dominant hand.
- ❑ **Pass limits:** Require the ball to be passed to at least 3 different players before the team can shoot.
- ❑ **Sit and shoot:** Place a lightweight, mobile hoop in the centre of the room so players can take turns shooting from where they are seated.

Relay Race

This is a very simple way to hold a Relay Race with any number of members and any size of venue. Thanks must go to the late Andy Currie for the inspiration for this.

Equipment

A baton of some description that is easy to pass, grasp and hold. Andy used a wooden spoon but other suggestions might include a spurtle, rolling pin (not too thick) or you may be lucky enough to have a real baton to hand.

How to play

Get all participants to stand in a circle all facing the same direction – i.e. everyone is facing forward and can't see the person behind. Have every one march on the spot to a steady beat and on each count of 5, pass the baton to the person in front. The person in front who is receiving the baton should have their arm ready to receive. And so on round the group.

Alternatively, you may wish to divide the group – if large enough – into two to offer a bit of competition.

Tip

Some music with a steady beat helps with the rhythm and counting.

Shot Put

Seated shot put for seniors is a fantastic, low-impact exercise that helps upper-body strength, core stability, and joint mobility. Using a light weight ball from a chair older adults can safely improve their functional movement without the pressure or risk of standing throws.

Key Benefits

- **Core Stability:** Sitting forces you to use your abdominal muscles and lower back to stabilize posture rather than relying on leg drive.
- **Upper Body Power:** It directly targets the chest, shoulders, and triceps, which helps with daily pushing movements like opening heavy doors or pushing up from chairs.

How to Perform the Throw

1. **Starting Position:** Sit upright in an armless chair with feet flat on the floor or on a footplate. Keep your back pressed against the backrest to isolate the upper body.
2. **Holding the Ball:** Rest the ball (or beanbag against your neck, right under your chin. Your elbow should be bent at roughly a 90° angle and tucked horizontally away from your body.

The Throw: Lean back slightly to load up power, then push explosively forward and upward, extending your arm at a 45° angle.

Follow-Through: Release the ball and let your arm extend fully towards the target.

Equipment needed

Lightweight ball or larger beanbag – both able to be comfortably held in one hand

Sturdy chair without arms

Target – a large bucket to catch ball or a marked target with some tape etc at a suitable distance. As the 'competition' progresses, the target can be moved further away.

Picture Round



Which country is this famous tourist destination in?

Picture Round



Which country is this famous tourist destination in?

(Ayres Rock , Uluru) Australia

Picture Round



Which naval captain and explorer gave his name to a group of South Sea Islands?

Picture Round



Which naval captain and explorer gave his name to a group of South Sea Islands?

(James Cook) Cook Islands

Picture Round



"The ***** Literary and Potato Peel Society " book and 2018 film names what Channel Island?

Picture Round



"The ***** Literary and Potato Peel Society " book and 2018 film names what Channel Island?

Guernsey

Picture Round



1.4 billion people live in this country

Picture Round



1.4 billion people live in this country

India

Picture Round



This Indian ocean paradise group of islands once used cowry shells as currency and was an international recognised currency

Picture Round



This Indian ocean paradise group of islands once used cowry shells as currency and was an international recognised currency

Maldives

Picture Round



Are giant steps required in this home nation?

Picture Round



Are giant steps required in this home nation?

Northern Ireland

Picture Round



Did you know that this country is known for manufacturing around 80% of the world's hand stitched footballs as well as being home to K2, the world's second highest mountain.

Picture Round



Did you know that this country is known for manufacturing around 80% of the world's hand stitched footballs as well as being home to K2, the world's second highest mountain.

Pakistan

Picture Round



This country is also known as the Rainbow Nation and home to Nelson Mandela

Picture Round



This country is also known as the Rainbow Nation and home to Nelson Mandela

South Africa

Picture Round



If you want to go big game hunting you can get the Big 5 here as well as climb the worlds' tallest free-standing mountain.

Picture Round



If you want to go big game hunting you can get the Big 5 here as well as climb the worlds' tallest free-standing mountain.

Tanzania

Picture Round



You will not find a single McDonald's, Starbucks, Burger King, or KFC in this entire Central American country but over the years many's a British squaddie has trained there.

Picture Round



You will not find a single McDonald's, Starbucks, Burger King, or KFC in this entire Central American country but over the years many's a British squaddie has trained there.

Belize