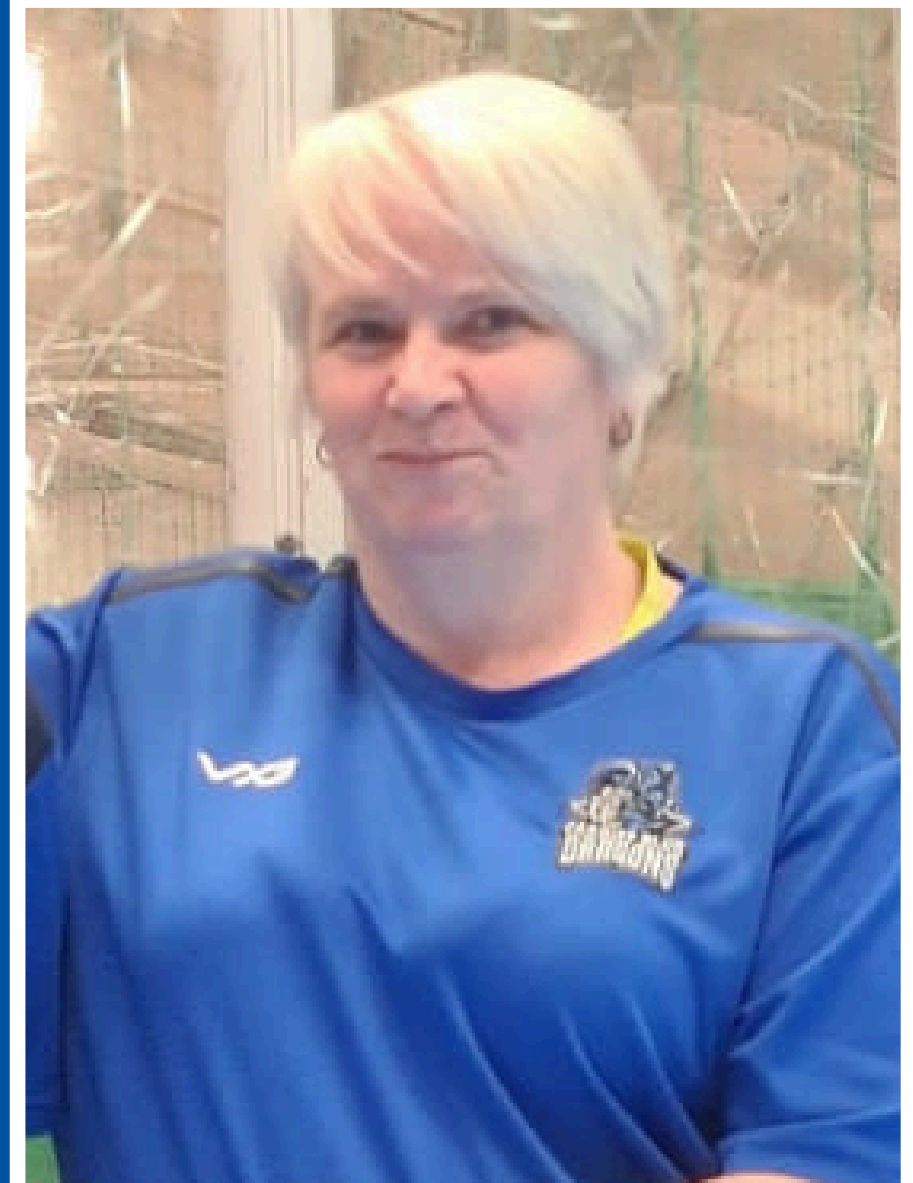


KAREN MARTIN

CARDIFF BLUE DRAGONS

WHEELCHAIR RUGBY LEAGUE

Karen goes above and beyond in her role as Team Manager. She organises training and fixtures, and ensures that the team has everything they need. She champions the player's mental health and wellbeing, and organises regular fundraising events, supporting the club and various charities.



Chwaraeon RhCT
Sport RCT

VOLUNTEER
OF THE MONTH
MARCH 2025

Karen volunteers a lot of her free time, whilst working full time supporting ALN students in a school. She always has a smile on her face, and is a real inspiration with her organisational skills, and can do attitude. She finds a way to get things done with strength, courage and resilience, and has vast knowledge of working with and to support people with a disability. Without Karen the team simply wouldn't exist.