



Caragh McMurtry OLY

Founder & Director

Former Olympic Rower

Autism



My Story

Where It All Started...

VERY difficult baby & toddler
Very active child
Needed a boost at primary school
Up to speed by secondary school
Able to fit in at school - didn't truly connect

Curious, stubborn, hard working



My Story

Success In The Beginning



2009 Junior World Silver Medallist
2012 U23 World Silver Medallist
2012-2014 Multiple Senior World Cup &
European Medallist

Different in a one-size-fits-all system



In 2014 I was misdiagnosed as having bipolar disorder
(‘manic depression’)

I spent five years taking

Lithium

Lamotrigine

Quetiapine

to manage this ‘mental illness’
whilst training & racing on the national team

My Story

The Dark Days

2014-2019...

I put on 8kg!

My skin and nails were flaking

My hair was falling out

I felt suicidal and out of control

I felt ashamed and totally isolated



My Story

The Change

In 2019 someone looked at me **as a person**
I was sent for a professional assessment
& was re-diagnosed with autism

Understanding, therapy, & permission to be me
REVOLUTIONISED my life and performance



My Story

Neurodiverse Sport



2019-2021 I was able to 'turn it around'
But still faced stigma & discrimination

In 2022 I retired & founder Neurodiverse Sport
Because although I am unique
My story IS NOT



Neurodiverse Sport



Mission & Vision

Our current mission is to raise awareness of neurodivergence in sport

Our vision is for neuroinclusive practice to be the norm in all sports

Neurodiverse Sport

How we achieve this

1

Awareness Raising

2

Education

3

Research

Thank you for
listening & learning



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