

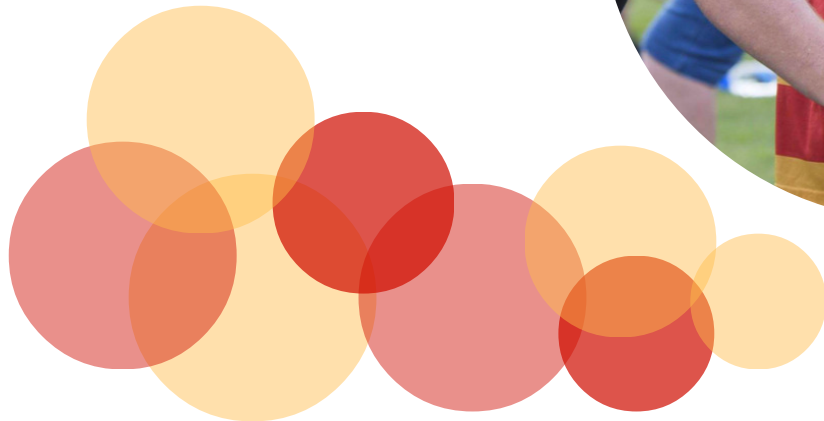


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parafed waikato

Newsletter

October-December 2016



welcome

Hello and welcome to the fourth edition of the Parafed newsletter for 2016. This newsletter celebrates the success of our athletes and shares their stories.

In this issue we have reports on Lawn Bowls and Wheelchair Rugby plus a wrap up from Tiffiney Perry of her experience cycling the New York Marathon. It has been a big year for Parafed Waikato with many of our athletes achieving well above expectations including our four Waikato Paralympians who competed in Rio. We hope you all have a good Christmas break and we look forward to helping people in the Waikato to be active in 2017.

Remember to RSVP for the Christmas Party, it is always a great event and hope to see you there!

Thanks to everyone who contributed to this newsletter especially our sports reporters. My email is davidk@sportwaikato.org.nz if you would like to share your sporting story in the next issue.

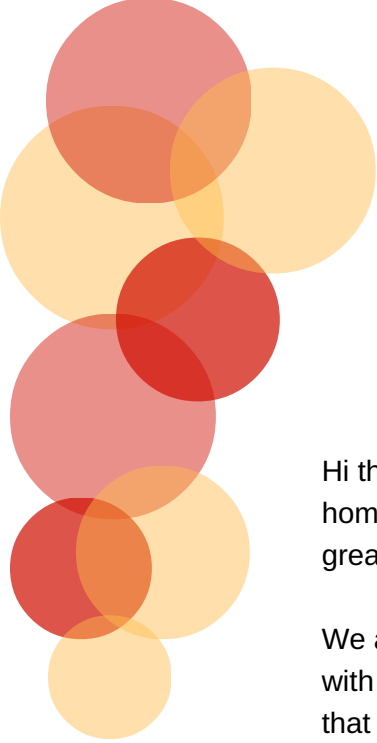
Do you know of anyone who would like to get this newsletter? If so please email their details to davidk@sportwaikato.org.nz

parafed waikato on the Web

If you haven't found our Facebook page yet go to www.facebook.com and search for Parafed Waikato or click the Facebook icon below. "Like us" and you will be kept informed of all of the latest Parafed events and information.

All of our other information and membership forms can be found at our website www.parafedwaikato.co.nz





message

from the Board

Hi there Parafed Waikato members and supporters. Since our last newsletter we welcomed home our Paralympians and their support staff at Sport Waikato. It was a nice evening with a great MC, Matthew Cooper interviewing our athletes.

We also acknowledged Peter Martin for his contribution to Parafed Waikato. Peter has been with Parafed Waikato since the early years and he has decided to have a break. We are sure that we will see him around!

Our own SportsForce Development Officer, Carol, has been celebrated as a local hero here in Waikato! Well done Carol!

Peter Martin and Julie Griffin have received Service to Sport 2016 Hamilton City Council Volunteer Awards. Also our board member Larry has won a gold medal at the NZ Cup shooting competition in Christchurch.

Congratulations to Tiffiney Perry for her amazing achievement at the New York Marathon! First female! Well done to our co-chair!

Another huge congratulations goes to Peter Martin as he received the PNZ Order of Merit! Peter has been an inspirational athlete and driver for Parafed Waikato.

Please go to our website www.parafedwaikato.co.nz and have a read of our strategic plan as we have a dream and we want to share it with you!

With all these exciting things happening the Board would like to say Merry Christmas to you and your families! May 2017 be a creative, healthy and happy year with lots of successes and activities.

Thank you to Carol and David for a great year!

Best wishes to everyone, we hope you are able to join us for the Parafed Christmas Party on Dec 17th at Tiff and Chris's house from 2pm.





upcoming events

Don't miss out

Blind Cricket Summer Series, 11th December, Tauranga

Hosted by NZ Blind Cricket Association

Mt Maunganui Water Sports Weekend, 10-11th December, Mt Maunganui

To register as a participant or volunteer, please contact Halberg Disability Sport Adviser Cheryl Thompson on cheryl@halberg.co.nz or 027 290 2030.

Saturday 10 December

Try: Surfing

Time: 11.00am - 2.00pm

Location: Mount Maunganui Beach (Mount Drury end)

Sunday 11 December

Try: Waka Ama and Paddle Boarding

Time: 11.00am - 2.00pm

Location: Pilot Bay

Parafed Waikato Christmas Party, 17th December


To celebrate the year and kick off the holiday season all members, families and volunteers are invited to our Christmas Party.

Saturday 17 December

Time: 2pm

Location: 23 Dromara Drive, Rotokauri

Please bring a salad or dessert and if you wish your togs for a swim. RSVP to Tiffney by December 9th on 07 849 1178 or 021 522 735 tperry@perry.co.nz



If you need more information about any of these events please contact Carol Armstrong parafedsf@sportsforce.org.nz or 07 858 5388



holiday hours

We are taking a break

For the Christmas holiday the Parafed Office will be closed from December 23rd until the 16th of January.

The Fitness Revolution programme will be taking a break from December 15th until February 2nd.

Have a nice holiday and we will see you in the new year. Carol and David.

fitness revolution

Get Fit

Fitness Revolution is for physically disabled people, including those with visual impairments, to improve their fitness, coordination and overall well-being.

The programme runs on Tuesdays and Thursdays from 1:30pm until 2:30pm at Athletes House, 502 Grey Street.

For more information on the programme or to register for a session please contact David Klinkhamer 07 858 5388, 027 212 5496 or davidk@sportwaikato.org.nz

The programme is sponsored by Life Unlimited. For more information on Life Unlimited and their range of services please see their website www.lifeunlimited.net.nz

membership

If you are not already a member or to renew your membership please go to our website www.parafedwaikato.co.nz or email Carol Armstrong parafedsf@sportsforce.org.nz for a form.

Full Membership \$50
Junior Membership \$30
Social Membership \$15





message

from your Development Officer

The end of another year is just around the corner. It's December already. We have had an amazing year. A successful Activ8 series was held including the inaugural Powerchair Football Activ8 event, four athletes competed in Rio at the Paralympic Games, our volunteers were acknowledged by Paralympics New Zealand, Sport Waikato and Hamilton City Council for their services to sport – it makes me proud to be in the position that I am in.

Congratulations to all of you who achieved something this year that you may have thought was unachievable. Here are a few highlights that stood out for me...

- Tiff Perry – New York Marathon 1st Place Female (handcycle classification)
- Stephen Bird – conquering the Hakarimata Steps
- Kale Hunter and Yashan Randhawa – NZ U23 mens Wheelchair Basketballers
- Sheldon Larsen – Played in South Africa (Wheelchair Basketball)
- Ava Meehan – Round the Bridges unassisted
- Peter Martin and Julie Griffin – honoured with Services to Sport awards (plus PNZ order of Merit for Mr Martin – article in this edition of the Newsletter)
- 23 of our youth represented Waikato at the JDG
- First ever win at WRC for the DG SPORT Waikato Stampede Wheelchair Rugby team
- Devon Briggs – first ever road cycling race
- Powerchair Football club – hosted first ever tournament in NZ
- Raewyn Hunter – selected as NZ Team manager for the U23 Mens Wheelchair Basketballers
- Aaron Ure – for getting back on the bike!

What a great year we have had. There has been a lot of collaboration with our communities, facilities, stakeholders and disability support organisations in 2016 and we hope that this continues and strengthens in 2017. Have a wonderful Christmas and enjoy all that the season has to offer. Thank you to David Klinkhamer, Charli and Belle for your support this year.

Here's to a great 2017.

Meri Kirihimete



peter martin

PNZ Order of Merit

Peter Martin has been awarded the Paralympics New Zealand Order of Merit for his remarkable service to Paralympic Sport in New Zealand.

Established in 2001, PNZ Order of Merit may be conferred upon any person to whom PNZ specially desires to show its appreciation for valued services rendered to PNZ.

Paralympics NZ would like to thank Peter for his amazing length of service and dedication within various capabilities and roles within Para-Sport and for representing New Zealand at six World Championships and three Paralympic Games.

Peter Martin Paralympic Medal record

Gold medal – 1996 Atlanta Shot Put - F52

Gold medal – 2000 Sydney Shot Put - F53

Gold medal – 2004 Athens Shot Put - F52

Gold medal – 2004 Athens Javelin Throw - F52-53

Silver medal – 1996 Atlanta Javelin Throw - F52

Bronze medal – 2000 Sydney Pentathlon - P53

Bronze medal – 2004 Athens Discus Throw - F52

Peter also recently won the Service to Sport award at the 2016 Hamilton City Council Volunteer Awards. He was also given a gift and thanked for his contribution to Parafed Waikato at the recent Paralympian welcome home evening.



wheelchair rugby

by David Klinkhamer

The 2016 Drake Medox Stampede League was held over four weeks in September. It was part of the Parafed Waikato ACTIV8 series which aims to encourage more local competition within our region.

The competition was held at Fairfield College in Hamilton and consisted of three teams that fought it out each week to try and win the ACTIV8 trophy. Most of the players were our Waikato locals but a couple of Aucklanders made the trip down to play.

The games were intense and there were lots of thrills and spills, Andre Balt spent quite a bit of time on the floor thanks to the big hits coming from Hayden Barton-Cootes. It was a great chance to develop our new players and a nice way to wrap up our 2016 season.

The final round of the 2016 Drake Medox Stampede League was a thrilling end to a fun competition and no one would have expected how tight the final game would be.

After fifteen games over four weeks it all came down to Yellow vs Black in the final and at the end of the game the scores were locked. Maia Amai the superstar of Team Yellow won the game by one point in double overtime. It was an awesome effort by the Yellow team and they deserved the win. The final score was 42-41.

Black team were happy with the runners up trophy. Black team would like to thank Hayden Barton –Cootes who came down from Auckland to help out.

Waikato Wheelchair Rugby would like to thank Drake Medox for the support. We would also like to thank Parafed Waikato, DG SPORT, Tony Dinnington, Peter Klinkhamer, Bevin Jenkinson and Jess Bryers.



DRAKE
M E D O X

new york marathon

by Caitlin Moorby

Tiffiney Perry has returned from the New York Marathon a champion after crossing the finish line first in the female handcycling category. The handcyclist crossed the finish line at the New York Marathon in 2 hours 03 minutes and 58 seconds – 20 minutes in front of second place.

She arrived back in New Zealand on Saturday and although she says the win is "pretty cool", it's not what's got her buzzing. Perry says she'd love to go back and race again as now she knows the course and could train accordingly. Perry said the support and cheers she received from the crowd during the race was the best thing. "There are just thousands and thousands of people standing on the side of the road yelling and encouraging you."

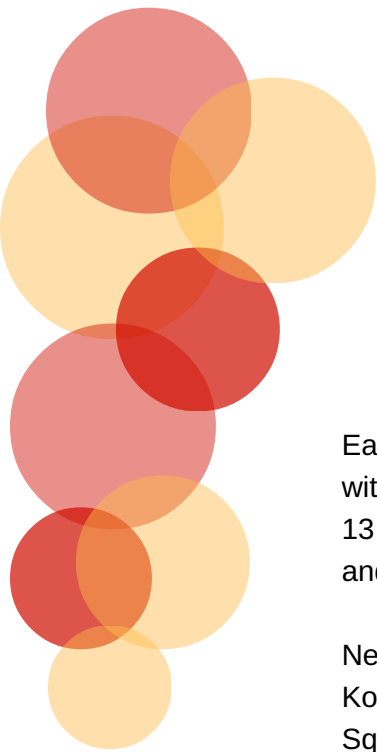
In preparation for the marathon Perry cycled four days a week, plus gym training, tennis and swimming. When Perry was 23 she broke her back in a skiing accident and lost the feeling in the lower half of her body. Wanting to remain active, she's participated in an array of sports, including tennis at a Paralympic level.

She said New York was her first marathon event but it won't be her last. "It was like nothing I've ever experienced. I loved it and would definitely like to do it again. "I had to pinch myself as I was riding along. It's not like a ride you will ever experience because you just wouldn't ride in that kind of atmosphere – even in a world champs."

There were 10 other females in her category who were all representing America. Perry said the hardest part was not knowing the course. In New York she reached speeds of around 60kmh. Perry said it's not her quickest but she wanted to make sure she finished in one piece. Now she knows the course she'd like to go back and have another crack, plus have a go at some other American marathons.



Photo by Christel Yardley
Fairfax NZ



tiffiney perry

in New York - New York

Earlier this month I embarked on a trip to New York for my first ever International marathon with my local Achilles team. It was a trip I will never forget. The team consisted of 9 athletes, 13 guides, and 4 support people including my daughter Emma who was my chief supporter and a big plus for a great opportunity for a girls trip! What great camaraderie we all had.

New York was mind blowing, exhilarating and everything I had seen in the movies. From King Kong scaling the grandeur of the Empire State Building to the flashing neon signs of Times Square. - The continual honking of the infamous yellow cabs that littered the streets to the Magnifique of the Statue of Liberty. It sure was everything I dreamed of... So many people in this concrete wonderland but not as rude as I had heard. In fact just the opposite.

The marathon itself was something else. The five Boroughs of New York encompassing its 8,500,000 people population. Starting in Staten Island and finishing in Central Park, Manhattan, the famous 26 miles or 42 km are continually lined with 2,500,000 (or so) spectators cheering you on, waving banners and yelling "Girl, you got this". Not to mention the 50,000 people that run it and the 70 hand cycles and 50 Push rims that wheel it. It's no easy feat to put on a marathon of that size in a city that never sleeps but they do and they do it well. The amount of volunteers is phenomenal let alone the number of NYPD that assist in the running of this event.

Not only did I get to spend my first ever trip to New York with a great bunch of people doing a sport I love, I also managed to be there during the Presidential Election which was another piece of history in the making.

Such an amazing 9 days but I feel I didn't scrape the surface of the Big Apple. Such a good reason to go back again!





lawn bowls

by Lynda Bennett

Our Disabled Nationals were held in Blenheim this year from the 6-9 November.

These Nationals are drawn so you don't know who you are playing with until the draw is done the night before. It is a great way to meet up with the newer players and allow them to play with some of the stronger (older/experienced) players.

The first day's competition was the Pairs and throughout the day the weather deteriorated with heavy showers and the final being postponed until the next afternoon. Second days competition was the triples and this was played in warm condition.

The winning team was skipped by Joan Ware from Palmerston North. The pairs final followed and it was won by Peter Wylie and Steve Walker both from Oamaru.

The third day saw the Singles competition which I featured in. In the semi final I had to play Norm Earnshaw, our oldest Disabled player and probably one of the most experienced players. Well yours truly beat him and then I was up against Bruce Wakefield who beat me by one on an extra end in the final.

The Blenheim Bowling club fed us extremely well and a big thank you goes to Maurice for organising the tournament. Another big thank you must go to Parafed Waikato for funding Mitch and my travel and accommodation arrangements.





jim savage

No Such Word As Can't

We have been given a very generous offer. A book on Jim Savage's life has been written. "No Such Word As Can't". The book is a great read, told in story form as if Jim is spinning a yarn himself.

For those of you who know Jim personally will know this is his style – he is a great story teller. The book also has plenty of photos.

Jim as you may know was an "original " New Zealand Paralympian having competed at Te Aviv in 1968 and following this in 1972, 1976, and 1980. Jim was instrumental in getting para-sports up and running in the Bay of Plenty, as well as encouraging and mentoring many young disabled athletes. He is considered to be one of the founding fathers of the Paralympic movement in New Zealand.

Here is a link to a newspaper article on Jim's story.

<http://whakatanebeacon.co.nz/2016/09/no-such-word-as-cant/>

The person who completed this project is kindly offering the book at cost price to all regional Parafeds. At a price of \$25 incl P&P.

This is a story of a life well lived, and needs to be re told to the next generation of athletes.

If you would like to order a copy please contact Carol Armstrong on 027 494 5587 or parafedsf@sportsforce.org.nz





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