

## January – March 2016

Parafed Waikato, P.O Box 14067, Enderley, Hamilton.



The Activ8 cycling crew all ready to go in Te Kowhai.  
Read about it in this issue.

Hello and welcome to the first edition of the Parafed newsletter for 2016. This newsletter celebrates the success of our athletes and shares their stories. In this issue we have some great articles including the recent Activ8 cycling event and the wheelchair rugby low point competition. Enjoy the read.

Thanks to everyone who contributed to this newsletter especially our sports reporters. My email is [davidk@sportwaikato.org.nz](mailto: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](mailto:davidk@sportwaikato.org.nz)

### Upcoming Events...

- Junior Disability Games, 22-24 April, St Peters School, Cambridge
- Activ8 Wheelchair Rugby, 25 April – 16 May, Hamilton
- Activ8 Shooting, 21-22 May, Hamilton Pistol Club
- Wheelchair Rugby WRC, 20-21 May, Christchurch
- Activ8 Lawn Bowls, 9-10 July, Hamilton
- Activ8 Powerchair Football, 3 September, Cambridge
- Activ8 Boccia, 10-11 September, Hamilton
- Activ8 Goalball, 17 September, Hamilton

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

### Parafed Waikato on the Web...

If you haven't found our Facebook page yet go to [www.facebook.com](http://www.facebook.com) and search for Parafed Waikato. "Like us" and you will be kept informed of all of the latest Parafed events and information.

All of our other information, news, photos and membership forms can be found at our website [www.parafedwaikato.co.nz](http://www.parafedwaikato.co.nz)



## A message from your Parafed Development Officer...

As we enter the month of April I can look back and see how much we have done since the beginning of 2016. Our athletes have been busy competing in Shooting, Wheelchair Basketball and Wheelchair Rugby. We have even had a few athletes putting in the extra mile to keep their hopes of Rio 2016 alive. Jacob Phillips and Jason Eales are in the pursuit of selection and qualification in their individual disciplines. We wish them all the very best.



We are heading into the Junior Disability Games with a team of 23 young people. There is a good mix of returning athletes and new ones. As the Team Manager I am rather excited about the upcoming weekend of events. I love hearing the stories of what everyone has been up to since last year's event and am keen to get new athletes into a sport that they enjoy and can excel at.

I am pleased to report that Parafed Waikato and the Blind Foundation (Hamilton) have been working closely together to ensure that our athletes with visual impairments are aware of the opportunities in sport throughout the Waikato.

With the start of the Winter sports comes a revival of committees, coaches and volunteers within our sports. Thank you sincerely to all who are returning to take up their roles and make their sport successful in 2016. Thank you also, to the new committee members, volunteers, coaches and officials. We look forward to giving you all some opportunities for growth and development this year.

Halberg Disability Sport Foundation, Sport Waikato and Parafed Waikato are cooking up a project at the moment which will see a collaborative effort in the Primary school space in Waikato. Dave MacCalman and I will be looking to do some hands-on sessions in some schools throughout the region.

The winter months are fast approaching and a change of season may mean a change of sport for some of you. I am always keen to hear if you want to try something new. Shooting, Goalball, Athletics, and Powerchair Football are all looking for new members. If you are thinking of something a little bit different why not check them out.

We are currently updating our website. If you have any suggestions we would love to hear from you.



## Fitness Revolution...

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 [davidk@sportwaikato.org.nz](mailto:davidk@sportwaikato.org.nz)



Life Unlimited has been a proud supporter and lead sponsor for the Fitness revolution programme for the past 4 years.

The programme works in well with the Life Unlimited vision and mission which is to increase independence for everyone. Fitness Revolution focuses on working with individuals to increase physical activity, engage in regular exercise and build confidence and strength all within a supportive and positive environment. The programme also provides a social atmosphere for members to interact and enjoy each other's company.

Some of our Life Unlimited community service programme participants have attended the fitness revolution programme and really enjoyed the experience; one participant in particular was regularly attending and made some great improvements in her ability to catch and pass the ball, increasing her leg strength and spoke highly of David and the support staff at the programme.

Life Unlimited look forward to supporting the Fitness Revolution programme for another successful year.



## Cycling...

by Jono Nelson & Tiffiney Perry

I (Jono) am a para cyclist from Timaru in the South Island and I have attended the Activ8 cycling event ever since it has been going – 3 years in fact. In other years we have competed at Hampton Downs and Pukekohe Raceway.

This year Parafed Waikato changed to a road course for both the time trial and Road Race and it was awesome. It was a fantastically run event, which I thoroughly enjoyed.

The time trial was on the Saturday the 19th March the course was a good challenge of hills and flats. I had a good battle with Brendan Stratton with only 30 seconds between us. On the Sunday 20<sup>th</sup> the Road Race was held on another great circuit another tough battle was had between me and Brendon with only a 2 second gap separated us after a sprint finish.



We had a great venue as a base this year being Perrinpark retirement Village. The folks here were most helpful setting up the hall with lunch tables and serving lunch and hot and cold drinks.

Big shout out to them as well as Wayne Crosby from Parafed Waikato Board for cooking and delivering a hot lunch each day for our competitors and volunteers. Having the village as a base to register each day and follow on with lunch and prizegiving really was a great touch to the weekend.



We had a good numbers of entries this year with 17 entered in the TT and 14 in the RR over the two days. It was a great start to the Activ8 Series of 2016.

A big thanks goes to Bev and Dave from Morrinsville Wheelers for running the event and all the volunteers on the side of the road for keeping us safe, without you we would be scratching to put this event together.

## Shooting...

by Dave Sheely

Waikato Para shooting held the first major national shooting comp, NZ cup 1, at the beginning of March.

Waikato athletes fared well with Jason Eales in particular winning the R5 final. This match included the 2015 world number 2 Michael Johnson who had to settle for second place.

Jason (pictured) has had a great start to 2016. He competed at the Bangkok world cup and achieved the minimum qualifying score for the Rio Paralympics to go with the quota place that he won for NZ at the Sydney world cup last year.

We congratulate Jason on these achievements and keep our fingers crossed that he will duly be selected for Rio.



We are looking for more people who want to shoot so if you want to give this exciting sport a go either contact Carol Armstrong at Parafed Waikato or Dave Sheely at 027-2109966.



## Athletics...

by Alan McDonald

Both Jacob Phillips and Aodhan Hamilton have been posting amazing performances over the pointy end of the season at the various Championship meetings in New Zealand and Australia

Aodhan Hamilton (F36) continues to break New Zealand records with a massive 9.70mt shot put at the Waikato open meet, and a 26.96mt discus at the NZ Track and Field Championship where he placed 1<sup>st</sup> as a percentage of the world record and 2<sup>nd</sup> in the shot put.

Meanwhile we bid farewell to Jacob Phillips to move to Dunedin to study at Otago University but before his departure he broke his own T35 sprint records at the Porritt Classic in both the 100 and 200mt.

At the end of March they both joined 9 other NZ para athletes for the Australian Track and Field championships. Jacob Phillips again broke both his NZ records in the 100m (14.05sec) and 200mt (28.98sec) placing 11<sup>th</sup> and 10<sup>th</sup> respectively.

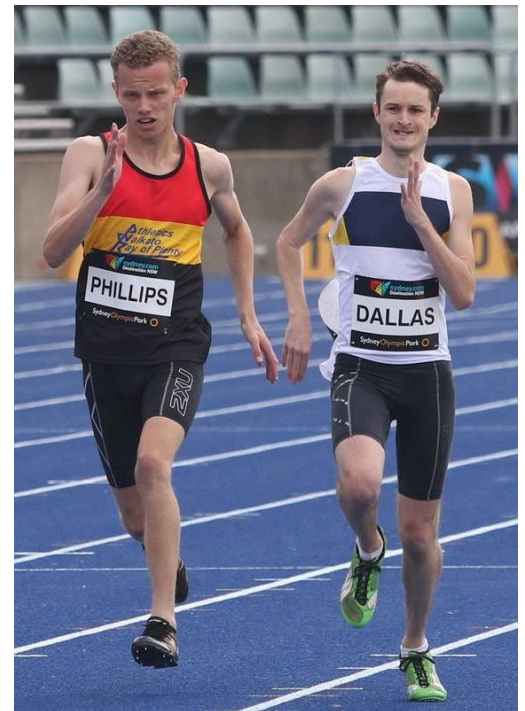
More importantly he is getting closer and closer to the target of a "B" qualifier for the Rio Paralympic Games which are set at 13.44sec for the 100mt and 28.06sec 200mt.

Aodhan although he did not eclipse his NZ performances placed a remarkable 5<sup>th</sup> in the discus 24.68mt and 8<sup>th</sup> in the shot 8.15mt

This demonstrates that there is a clear pathway for para athletes in which to achieve. For Jacob he started competing in secondary school athletics for 2 years. Both Jacob and Aodhan then met and for the past 2 seasons have competed alongside able bodied athletes at club regional and national Athletics NZ events. Both athletes train exceptionally hard and are dedicated to biggest goal of competing on the world stage and it certainly looks like this will happen

Currently we have several racing chairs waiting for budding athletes but more importantly we really want more teenage and adult para athletes.

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## Wheelchair Rugby...

by David Klinkhamer

Second place for the DG Sport Waikato Stampede in the Healthcare Rehabilitation Low Point Wheelchair Rugby National Championships.

The tournament was held over the 2-3<sup>rd</sup> of April at the Te Awamutu Events Centre. First up Waikato took on the BOP Steamrollers and got the tournament off to a good fun start with a nice win. Timothy Young from Waikato played very well in this game against our Bay of Plenty rivals.

On the other court the two Auckland teams were fighting it out and Auckland Blue were victorious over Auckland White.

Next up Waikato played Auckland Blue who were formidable on court and their fast moving pickbars caused our offence to struggle. They beat us comfortably so a change of strategy was needed if we were to meet them again.

We then played Auckland White and this was a great battle. This game would decide who went into the final and who went into the 3<sup>rd</sup> vs 4<sup>th</sup> playoff so we definitely wanted to win. Garry Croker and Chris Moore proved that they had what it took to stop the Auckland players and though the score was up and down throughout the game the Stampede took the victory but only by the smallest of margins.

This meant we were into the final and up against Auckland Blue who had smashed us the day before. It seemed an impossible task but we had come up with a change of tactic and were hoping that it would be effective in keeping our players on the move. Matt Mitchell played outstanding in this game and kept the court spread nicely. It really helped and we were neck and neck until late in the third quarter when Auckland started wearing us down and broke away with the lead.

We finished the tournament in second place but it was a great effort by the Stampede. We really had to work hard to get to the final and were proud of the way we played against such a strong Auckland team. It leaves us hungry for another shot at that trophy next year.






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