# FEBRUARY 2011 CONTROL OF THE PROPERTY OF THE

# Clark Ellice, our home town international Tom's Rebecca Cowley spends time with Clark Ellice to find out what makes this top, young, professional athlete tick. See page 2...





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#### editorial

News coverage over the holiday period does my head in! I have recently noticed a trend with TV3 News where they have a story on one night then repeat the same story the next night with a sentence or two added. Do they



think we are thick? You can't tell me there is no news over the summer - news is happening every second and as for padding out the news with non news stories such as antipsychotic drugs and drug taking is appalling. Do they save these non stories up for the holiday period so as they can all go off on holiday in their fancy pancy BMW's!?

The other amusing non news item that caught my attention over the holidays was a celebrity having his name suppressed in the media to protect his family and career. Martin Devlin – a 'celebrity'! I don't think so! Since when have disc jocks been classed as celebrities? And why would anyone be interested in his petty marital struggles? If disc jocks and radio hacks are now celebrities it is no wonder there is a dearth of 'newsworthy' news. Devlin's name suppression because of his status is a joke.

Cyclone Wilma is blowing through as I write this. I love finding out who the next cyclone will be named after – they are my celebrities! Watch out, should one be called Kim . . .

Kim

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#### cover story Clark Ellice

#### Highlights/achievements from your 2010 season:

10th in Des Moines World Cup (biggest money race in Olympic distance triathlon, worldwide!)

- 1st finishing Kiwi at key London Olympic points races at London WCS 17th, Budapest WCS 18th.
- 5th in Minneapolis Lifetime fitness triathlon, 7th LA triathlon and 7th Dallas triathlon respectively in the American Toyota Cup series 2010.
- Finishing season 32nd ITU WCS ranked athlete and second elite New Zealander behind Bevan Docherty 25th and just in front of Kris Gemmel 44th.

#### What are some of your goals in the year 2011?

Go to number one ranked New Zealander from number two, keen on nailing the London Olympic selection races and qualify for the 2012 London Olympics.

#### Don't wreck your finances

Have you ever woken up and thought "today is the day I need to buy some insurance"?

I know the answer to that is NO unless of course you include something like buying car insurance.

Many of us have some form of life insurance that will pay out in the event of our death.

But are you aware that there are other types of insurance that will pay out if you were diagnosed with a critical illness? That's right, a form of life insurance that will pay out if you don't die.

We probably all know someone who has been through the trauma of battling cancer, recovering from a stroke or heart attack. It's a pretty frightening thought.

Ask yourself how you would continue to repay the mortgage or maintain your lifestyle if you were in this situation? Would you like to be able to benefit from a lump sum payment – to do with as you please and to help you through difficult times? With critical illness/trauma cover you can be covered for all these above conditions, PLUS many more conditions?

With today's medical advancements, many critical illnesses are fully treatable and one can return to a normal active life – how much easier it would be with a helping hand.

We all pay for car insurance because we have to. However we insure our cars for when we might have a major prang, not just when they are wrecked beyond repair.

Shouldn't we do the same for ourselves!



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Clark waxing his board with Mojo the cat offering technical advice.

#### In the world of Clark Ellice, during peak season what would your typical training session look like?

Day cycle of 6 hours, 4 hours then 2-3 hours (operate two days on, one day easy, then three days on, one day easy, one day completely off). Six hour day - swim am 2 hours 5-6km; 5.30am - 7.30am with team Aquablades squad at Bell Bock or Glen Anderson at NP Aquatic Centre. 11am - long ride to Rahotu for example then return on time trial bike. Easy run pm 45min -1 hour, 10-15mins relax in sea after run for the day.

#### For huge sessions like that, what pressure is put on your body through those moments? And how do you keep focused during that session?

The main thing is doing the miles, sometimes you need to be with a squad for simple motivation to know someone will be at the pool when you go there at 5.30am, otherwise it's up to me and my main training partner Daniel Hine to work in and train together and put in the consistent day to day training, tired or not to get through an eight day cycle.

Triathletes do have it tough at times, not being in a "team sport" as such. When times do get tough when you're far from home and friends, or if you have had a bad race, how do you look on the bright side? What pulls you through?

Facebook, and keeping in touch with friends, being in a national squad helps a lot also, knowing there is someone to talk to, but most of all knowing the real reasons why I am doing this sport on a day to day basis is enough motivation in itself to push through.

#### Do you have any motivational tips to help future triathletes or other individual sports men and women?

Learn to listen to your body, know how to eat healthy and have a balanced life outside of training. Sport is great but know how to balance family and friends and enjoying life above all the training involved to move forward. A happy athlete will always beat a hardworking miserable one eventually.

#### A highlight to the professional world of being a triathlete. What are some of your favourite places in the world to visit?

France is by far my favourite place in the world to train and race. The south of France is absolutely amazing; with all the mountains, clear, beautiful rivers and lakes which are safe to swim in and Biarritz is definitely the most amazing surfing capital of France - a great place for some down time when training and racing is complete for the season. Boulder, Colo-

rado is also an amazing place to train with its mountains. Being a training Mecca for elite triathletes, you meet some amazing people and it is one of the last few safe and environmentally friendly parts of USA. How many countries have you been through in the past season? Fourteen countries in the last two years:

France, Spain, USA, Germany, England, Australia, Hong Kong, Poland, Canada, Turkey, Israel, Singapore, Italy to name the cool ones.

Time to thank those sponsors: Taranaki Engineering, Phoenix Shipping, Location Homes, Champion Systems, Hareb Deken Cars, The Frontrunner/Saucony running shoes, Oakley, Taranaki Hardcore.

#### Of course your readers would like to know what else you get up to outside of training and racing.

I'm big on surfing; love to get out at least once a week minimum. Big on being creative on my website, in painting some oil paintings, but mainly sketches and scrapbooking, hanging with mates, surf lifesaving. I love board and ski paddling to relax from the days training, and hiking.





#### **Taranaki Medieval Society to** host North Island medieval gathering

The Urenui Domain is the venue at Taranaki Anniversary weekend for a large gathering of medieval devotees, where they will be training and celebrating all things Medieval but in particular medieval combat. Members of the local Medieval Society which has about 30 members from all walks of life are hosting the event where groups from all over the North Island will come to train in the various disciplines. There will be archery, infantry, calvary, Pike formation, Pole arms manoeuvres and formations. The Anniversary weekend get



together is planned as a family orientated event and will be open to the public on Saturday March 12th from 1.00 -4.00 pm with entry by a gold coin donation.

I went along to see the local group in action at the Mangorei Hall where they meet on a Wednesday evening for training. I spoke with Club Captain Jonathon Marriner and members Darryl Thomas and Glenn McCarroll who are both responsible for organising the training weekend at Urenui. Glen told me the period encampment over Anniversary weekend will be a slice of 'living history' and it will be a chance for the public to have a glimpse at life in the 15th century, where they will see medieval clothing, cooking and other authentic re-enactments.

When I entered the Mangorei Hall it certainly felt like I had stepped back in time as members wandered around in various types of medieval dress and armour. This wasn't flimsy 'dress up' gear, but authentic armour, helmets and costumes made of steel and heavy chain mail all designed to withstand the ferocious blows from axes, staffs and swords that is all part of the combat that takes place. One of the club members is a skilled armour maker so his services are in demand by other members. Getting the armour on generally seemed to require some assistance and was a very time consuming exercise. Jonathan pointed out to me the various types of armour and helmets that members were wearing and said that the

era they were focussed on was the 15th century. After looking at some of the weaponry I asked if many people got injured in the battles but he said "Bad injuries are rare, just the odd bruise." Once everyone was geared up the members marched in a column across the highway to the grounds of Lake Mangamahoe to demonstrate the traditional fighting. Directed by Jonathan this was an impressive sight and it was obvious these people are passionate about this sport. There is an age limit of over 16 years for combat and after watching them in action it's easy to see why. This is certainly not a pastime for the fainthearted. After three direct hits the combatant would have to fall to the ground and 'die'. People fought as a group as well as having individual battles. As well as the foot combatants, two members with cross bows practised their craft on two volunteers in armour. Amongst the trees at the reserve it certainly had a feel of being in another time and the encampment at Urenui promises to be an amazing spectacle. Glenn says the locals at Urenui are extremely supportive of the upcoming training event and there are plans for the local school to visit as a 'living history' lesson.

A group of people in a car driving past stopped to take photos of the group while I was there as it's not everyday you see a large group of men and women in armour and chain mail battling it out!

With entry only a gold coin donation on the Saturday I'm sure many will drive out to Urenui to take the chance to have a close look at this fascinating re-enactment of life in medieval times.

By Jackie Tomlinson





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#### **Arthouse Cinema**

Arthouse Cinema rips into the New Year after a stunner of a one-year-old birthday. Bumper audiences are turning out for *Last Paradise*, which continues to screen every week at 5.30pm on Mondays throughout summer. New daytime sessions for Mums and Bubs are 10am Tuesday and Thursday. Although the films will be rated M, please choose carefully what you would like your bub to see. All under-fives admitted free.

We've something to suit everyone's tastes this month.

Hungry for a little mind food? *Try the Boon Goldsmith Bhaskar Brebner Team Architecture EcoDesign Film Fest* (24 Feb–1 March), featuring: *Last Call for Planet Earth* - there is only one possible

escape from the danger the planet is in. The energetic mastery of sustainable development, and its application to architecture and town planning concerns us all. Solar energy, renewables, changes in city design, passive houses and bioclimatic architecture are some of the possible answers considered here.

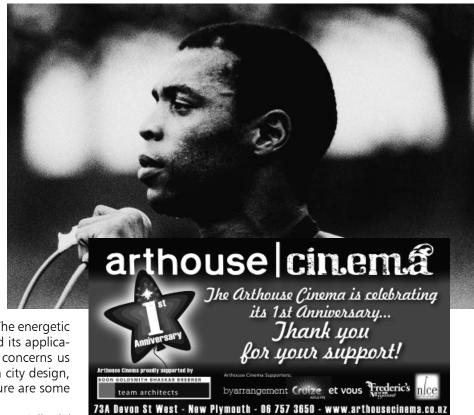
This month we have NY Met Opera's La Fanciulla del

West - Puccini's Wild West opera had its world premiere in 1910 at the Met. Now, on the occasion of its centennial, all-American diva Deborah Voigt sings the title role of the "girl of the golden West". Nixon in China is a groundbreaking modern work from NY Met Opera. An acclaimed interpretation, this is the first high-level contact between the US and the People's Republic of China in more than 20 years.

National Theatre LIVE will have you shaking your bootie with *FELA!* Fela Anikulapo Kuti, or simply Fela, was a Nigerian multi-instrumentalist musician and composer, pioneer of Afrobeat music, human rights activist. Featuring many of his most captivating songs and visionary staging, FELA! is the winner of three 2010 Tony Awards.

By arrangement Valentines Day presents two Italian romances, *The 1000E Generation* and *Many Kisses Later*. Snuggle up with thousands of kisses and other preposterous and suggestive trials and tribulations at the hands of these wicked romantic comedies.

We are really enjoying a partnership with HIVE, whose new office is across from the New Plymouth Public Library. Together we bring two new environmental films, *A Crude Awakening* and *Force of Nature*. The former examines the oil crash, and how oil lubricates our global economy. Ninety-eight percent of the world's transportation is directly dependent on oil. What if war was the only way to secure the last remaining fields? Is the sky really falling, or are we just crying wolf?





#### **February TOM Garden**

The garden that features this month in the TOM is very near the sea. On the south side lays the home and on the other three sides big trees, which to a large degree keep out the prevailing winds and salt laden air that can cause havoc in many of our gardens. Situated in a little gully, this sheltered environment sees a large variety of plants growing successfully for owners Phil and Sandra.

It was a humid sticky summer's day when I visited and the garden had a tropical feel with many shades of green and lots of lush growth making it a pleasant place to take a walk. I asked Sandra what her favourite plants were and she said she likes dahlia, geraniums and hostas. The latter she has acquired from their son's Tariki garden where he has many hostas growing. Sandra says she also likes lots of texture and different leaf shapes in the garden. This was evident as we strolled around with a large variety of shrubs and trees all planted close together. There were a lot of camellias in the garden when they moved here and some have been removed as they were a bit dominating. More shrubs have been planted and the garden is in a rectangle of lawn with gardens surrounding it on three sides with a path winding round the perimeter. There are flowers dotted through out the greenery including roses, iris, dahlia, hydrangeas, carnations and Japanese anemone which are just budding as well as flowering trees such as the hibiscus, kowhai and lasiandra. One tree that stands out is a tall upright ponga looking like a big green umbrella planted amongst other trees and shrubs. One particularly striking flower Sandra has growing in a hanging basket and trailing under the deck is a Hoya. The plant has moved twice with the couple and it's easy to see why Sandra has taken it with her, the flowers on the Hoya are bunches of perfect little wax like balls with a lovely scent. Near here is another visually striking tree the Robinia pseudoacacia 'Lace Lady' with its twisted trunk and curling leaves. This lovely tree is a real feature. As well as the garden Sandra has a variety of pots with flowers and tomatoes along her deck.

Separate to this garden through a gate is the vegetable garden which Phil takes care of. There's a healthy fig tree covered in fruit as well as a fine olive tree. There are also pumpkin, silver beet, carrots, strawberries, gooseberries and grapes growing here.

Ex farmers, Sandra and Phil moved to their town property over ten years ago with their teenage family and feisty little Jack Russell 'Jack'. Sandra recalled times on the farm when their property was the cricket venue for all neighbouring farms kids and that most weekends saw a window broken or two from a cricket ball. Their town garden isn't on a big enough scale for a game of cricket with a hard

ball but it has served the couple well. In the time they have lived here they have changed the house and garden to suit their needs and tastes. It has been a venue for one of their children's weddings, is a fun, safe playground for all their grandchildren when they visit as well as for large family get togethers and just the right size for the now elderly Jack to have a quiet wander.

By Jackie Tomlinson







#### Curves® adds Zumba® to shake up the circuit!

Curves of New Plymouth rings in New Year with new Curves Circuit with Zumba Fitness® classes - and New Plymouth women can try it free for a week

Hold on to your sports bras, Curves® Circuit with Zumba Fitness® is here! Millions have lost weight and shaped up with Curves, the leader in women's fitness, and Zumba, the dance-fitness experts. Now, the two have created the only 30-minute class that mixes the moves of Zumba with the proven strength training of Curves for one wildly effective workout!

Some have called it the perfect workout, but Curves is willing to let you try it free for a week to find out for yourself.

"Curves Circuit with Zumba Fitness is an amazing workout that will really help people stick to their New Year's resolutions," said Curves Owner Gill Lambert. "It combines Curves' proven strength-training program --where you can burn up to 500 calories in just 30 minutes -- with the Latin and international inspired music and exhilarating, simple dance moves that have made Zumba so popular. We want you to experience it for yourself to see what an incredible workout it is, so we're inviting all New Plymouth-area women to try it free for one week. From 1 January to 28 February 2011, we are also offering a 50 per cent discount off the service fee for Curves, as another reason to join Curves."

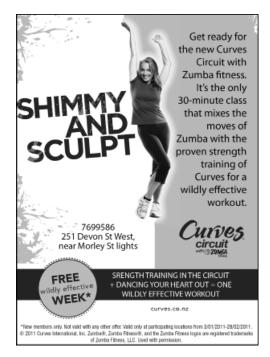
The benefits of Curves Circuit with Zumba classes are numerous, according to Curves Director of Exercise and Research, Katie Mitchell. "This is definitely a boredom-busting workout," said Mitchell. "There's a lot going on to keep your attention and keep you motivated. You're listening to high-energy music that just makes you want to move, watching to make sure you're meeting your goals on the strength machines, and training your body and your brain by learning new dance moves."

All ages, fitness levels and dance abilities can participate in and benefit from Curves Circuit with Zumba Fitness classes. During the 30-minute class, participants work out on each Curves strength machine for one minute, alternating upper, lower and core muscles. After one minute, the music cues the participant to change stations on the circuit, and she moves to an area between machines to do Zumba moves, which tone and sculpt the body while burning fat. A licensed Zumba instructor from the Zumba Instructor Network (ZIN) teaches simple, modified Zumba moves from the centre of the circuit.

At the end of 30 minutes, participants have worked every major muscle group, and achieved a fun, energetic cardio workout ending with a group stretch led by the Zumba instructor.

For more information about Curves Circuit with Zumba Fitness class schedules, please call Curves New Plymouth on 7699 586.

Curves New Plymouth is now open all day on Monday and Wednesday.





Blue Planet Ocean Party to support Sea Shepherd

On March 5 the Taranaki Environment Centre (20 Kauri St, Inglewood) is hosting the Blue Planet Ocean Party to support Sea Shepherd, the current operation against whaling in the southern ocean, and local Tangaroa Blue Ocean Care Society.

Support a great cause and have fun! The event will feature family friendly activities including a great line-up of live music, wood fire pizza oven, kids' storyteller and sausage sizzle, as well as fire pits! Planned by concerned people upset at the pillage of the oceans going on unsupervised and unchecked, for only a gold coin donation you can join the festivities.



# Sports

# Local Cricketers 'wandering' to England in July

For any aspiring young cricketer, the chance to play in England is the realisation of a dream to play at the home of cricket, where it all began. In July, that dream becomes a reality for six talented young men from the Fitzroy/ Merrilands area, who all have been selected by well-known Taranaki Cricket identity, Debu Banik, and invited to tour England in July under the name 'The Taranaki Wanderers,' along with eight other promising young cricketers from the province. They are: Samuel Fastier, Rupert Young, Mitchell Aro, Ryan Watson, Josh Roguski and Gerald John Pike. They have been selected for their playing ability to further a desire by people within Taranaki Cricket "to develop the next generation of Taranaki cricketers - players who can not only maintain Taranaki's present status in the game but take it significantly further - a generation that can give Taranaki its share of Central Districts and New Zealand reps." The Wanderers concept is fully supported and endorsed by the Taranaki Cricket Association, and all the players chosen have represented Taranaki at age-group level.

The tour will be three weeks' duration and involve 12 matches against suitably matched opponents from school, county and invitation teams in the greater London area. A similar tour took place in 2007 and was a huge success, hence the desire to repeat that success this year. Some of the members of the previous tour have gone on to greater things in cricket, most notably Dean Robinson who made the NZ U19 team and is now a member of the Central Districts Stags Squad, Ethan Bolstad who has represented Central Districts U19 and the Taranaki Senior team, and Fitzroy's own William Young, who was selected in the NZ U17 team last summer and was captain of the Taranaki U17 team that won the Central Districts U17 Tournament in 2009 (brother of Rupert). William now plays in the Taranaki Senior team. All of them thrived on the last Wanderers Tour and the hope is that the young men who tour with The Wanderers this year will go on to similar success in years to come.

Of the Fitzroy/Merrilands boys Gerald John, Samuel, Ryan and Rupert attended St John Bosco Primary School in Fitzroy. It was during this time that their talent and love of cricket developed while being coached by their St John Bosco teacher Pierre Meyer and assisted by Peter Fastier.

Gerald John, Samuel and Ryan now play in the Francis Douglas Memorial College 1st XI. Rupert, Mitchell and Josh play in the NPBHS 1st XI. Josh attended Merrilands Primary School. Rupert, Mitchell and Josh all attended Highlands Intermediate before moving on to NPBHS. Gerald John, Samuel and Ryan were part of the 2007 FDMC Milo Cup Cricket team that was placed 1st equal in NZ. This team was also coached by Debu Banik. All six boys have represented Taranaki in cricket. Mitchell has represented Taranaki at rugby. Samuel has represented Taranaki at hockey and both Ryan and Samuel have represented Taranaki at soccer. Gerald John made the headlines last year for being the youngest ever (14 yrs) to make a century in a Taranaki Men's Premier Cricket match. Gerald John, Ryan and Rupert were recently named in the Central Districts under 16 cricket team at the CD selection tournament in Masterton. Gerald John, Samuel and Ryan are



Cricket tourists - left to right: Samuel, Rupert, Mitchell, Ryan, Josh and Gerald John.)

no strangers to playing cricket abroad, having played in the Christian Brothers cricket week in Nudgee, Brisbane last year. The full Wanderers team list is:

Samuel Fastier FDMC; Gerald-John Pike FDMC; Ryan Watson FDMC; Rupert Young NPBHS; Josh Roguski NPBHS Mitchell Aro NPBHS; James McDougall NPBHS; Jackson Braddock-Pajo NPBHS; Mason Farrant NPBHS; Tom McDougall NPBHS; John Dickson NPBHS; Henry Boon NPBHS; Kurt Leuthart FDMC; Ricky Riccitelli FDMC.

A tour such as this doesn't come cheap and the whole squad and parents will be involved in vigorous fundraising efforts over the next five months. This will involve anything from selling firewood to golf days and garage sales so expect to hear more as the months tick by.

So if local businesses need part-time workers or if you need lawns mowed, paths swept, cars washed, babies sat or dogs walked think of them and phone Josh 757 2034 or 027 829 4704.

For more information visit the Wanderers Website at www. sportsground.co.nz/taranakiwcc .





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#### Fencing at the Swords Club

With the start of the school year the New Plymouth Swords Club has also started meeting again on Monday nights. Located in the old gymnasium at New Plymouth Boys' High the club has sessions during the school term for junior and seniors starting with the junior group at 6.00pm.

I visited the club in December and chatted to club president John Calcott about the club and the sport. He told me that when the Swords Club first started up in 1993 they had 160 people turn up to the opening night! The club disappeared for a time as like many sporting clubs, interest in the sport has waxed and waned but over the last few years interest has remained steady with good attendance.

There are junior and senior divisions but rather than age it is more dependent on fencing expertise as to what division a member attends. I visited during a junior session where John was instructing along with two experienced senior members. Juniors were being taught the correct stance and how to hold the foil. Curbing some over exuberance for some of the younger males is often needed at first when they come along and start waving their weapons around like Luke Skywalker with a light sabre in Star Wars. A real advantage though for newcomers to the sport is that there is no big expensive outlay in gear, they just need to turn up to have go and see if fencing is for them as the club has all the protective clothing and equipment needed.

Both sessions have a mix of ages and although males are the majority there are several female fencers in each group. Once members have the basic skills, bouts are played with foils and epee; the seniors are also able to use electric foil. The bouts go to five points and are not timed. The aim is to make contact with your opponent's body with your weapon whereby you gain a point. The bouts and the club in general are all fairly relaxed and friendly but there is a New Zealand wide Fencing Federation which runs tournaments for those wanting to fence more seriously.

If you think you would like to have a go at fencing then check out our local fencing club on a Monday night from 6.00pm or ring Club President John on 753 9186 for more details.

Bv Jackie Tomlinson





#### **Bridge Club End of Year** Round Up

#### **Presidents Charity Night**

Once again a great night with club members from all grades turning out to support this year's charity event with proceeds going to a very worthy cause, Red Cross. The room was full to overflowing and everyone joined in to ensure a fun night for all. We had a special guest appearance from Nurse Gladys who managed to extract extra money out of anyone noticed infringing in any minor way. Thanks must go to Helen and Colin Carryer for their efforts in organising a superb evening which resulted in a very worthwhile \$1500 profit for Red Cross who will be using the money locally. I'm sure they would like to acknowledge the extra help from Reba Hunt, Feye Lyall, Anne Fitzgibbons, Lyn Muller and Lynda Couper with the food, Maureen Malone who dealt cards, Sandra Calvert with scoring and directing, Gordon Gower in the bar, Yvonne Scott for her decorations and Jim Sutherland for his part in the evening.

Results: 1st Val and Garry Smith; 2nd Maree and Noel Cave; 3rd Barbara and Dick McClellan.

Jean Sandel Trophy: Most Improved player in any grade: Kay Shearer.

Dennis Allen Trophy: Player with the highest average over all the nights of the Auckland Cup, Grayling Plate and D&D

Allen Pairs: Russell Wilson.

Friday Plate: Highest average over all Friday Pairs played: Neil Murdoch.

Madge Middleton Trophy: Highest handicapped average over all Friday Pairs played: Glenys Bond and Geert Bouwhuis. Madge Middleton Irophy: Highest handicapped average over all Friday Pairs played: Glenys Bond and Ge Club Trophies Monday Price Waterhouse Coopers Individual: Trevor Hewitt Tuesday IMP teams Seeded Competition: Russell Wilson, Sarah Green, Margaret Crawford, Bill Gilkison.

A5 Pairs: Christine Burton and Sue Walsh

As Fairs: Critistine Burton and Sue Walsn.

Wednesday C7 Pairs: Alison Gillespie and Lynne Mills.

November 3 night Pairs: 1st Sue Crichton and Kay Shearer; 2nd Patricia Chivers and Judith Schumacher.

Aquaworks Individual: Patricia Chivers.

Thursday Stars Travel Plate: 1st Helen Shearer and Laksiri Fonseka; 2nd Joan Lambert and Audrey McKay.

Price Waterhouse Coopers 3 night Pairs: 1st Jo Butler and Jan Scott; 2nd Maureen Malone and Audrey McKay.

Palmerston North Christmas Cheer Tournament.

78. Pairs entered this propular event and Gillage Conthies and Sue Pelle finished in 6th place against the public.

78 pairs entered this popular event and Gillian Gonthier and Sue Rollo finished in 6th place across the quality field.

/8 pairs entered this popular event and Gillian Gonthier and Sue Hollo finished in 6th place across the quality field Congratualitions to you both.

Auckland Cup – A grade Championship: 1st Pam Livingston and Russell Wilson; 2nd Colin Carryer and Ravi Modgill.

Thurston Cup – Monday Championship: 1st Jenny Waite and Gay Masters.

2nd Madeleine Potter and Wi Matuku.

Liffiton Cup – Intermediate Championship: 1st Margaret Lay and Barbara McClellan; 2nd Jo Butler and Lyn Hill.

Centennial Cup – C grade Championship: 1st Gaylene Hansen and Richard Hill; 2nd Sue Crichton and Kay Shearer.

Centennial Plate: John Fairey and Nigel Wilson.





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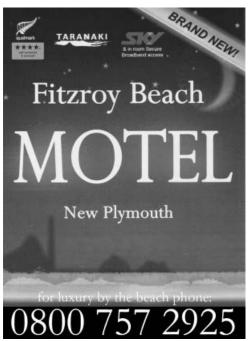
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# Success at Get 2 Go challenge for local high schools

The tradition of producing successful adventure racing teams from our two local high schools looks set to continue with a new 'crop' of athletes placing second at the Get 2 Go Challenge held on Great Barrier Island late last year. The Get 2 Go Challenge is like a younger sibling to the Hillary Challenge and for many students it is their first taste of adventure racing with most developing a real love for the sport and a desire to try for selection at the senior event. Just before Christmas I met this talented group when they got together along with their parents to celebrate their success. The team which qualified to enter over twelve other Taranaki teams consisted of New Plymouth Boys High students Tom Spencer, Hamish Sturmer, Orin Burmester and Matt Furze and from Girls High Rebecca Cole, Katie Rodenburg, Emma Bowie and Lyneche Simkin.

A slide show presentation of the event had been made and the students performed their successful team chant, a rousing 'Taranaki' proud display with a few acrobatics thrown in for good measure.

Whilst this was obviously one of the more fun parts of the competition the Get 2 Go Challenge is still a demanding adventure race where over five days the teams are tested physically and mentally. Held on rugged Great Barrier Island in the Hauraki Gulf the challenge sees the teams spend the first two days doing initiative activities which involve challenges that test their problem solving and memory abilities. There are also physical elements thrown in amongst these initiatives which have the teams swimming, abseiling, rowing and climbing. Just like in the Hillary Challenge, working as a team is vital. The final three days has the teams regaining and orienteering on the mainland as well on Kaikoura Island off Port Fitzroy where they had to camp out. On the final day the teams have to kayak and then run back to camp with their packs and camping equipment.

The team was well prepared for the event with training by teachers from both schools - Mr Hewlett and Mrs Scott from Boys High and Mrs Fleming from Girls High. The team also got some extra coaching from Katie's older brother Billy who has done both the Get 2 Go and Hillary Challenges. He was able to tell them the sorts of things they could expect in the various challenges.

The students were also really grateful for the huge input their parents had in making the event such a success for them.

I asked the boys what they felt was the highlight of the race for them. Both Tom and Orin liked the regaining with Tom going on to say, "The whole thing was great physically and mentally." For Matt the highlight was having the role of navigator on the tramp on the fourth day while Hamish enjoyed creating a raft out of the kayaks on the third day.

The girls all loved competing in the Get 2 Go challenge too but this year reluctantly have a year 'off' as they are now too old to compete in the Get 2 Go. Instead they all intend to train in preparation in the hope of making a Hillary Challenge team in 2012. To this end the boys are on the look out for four more girls to make up their 2011 team.

It's obvious after spending time with the students that adventure racing has 'captured' them all and I'm sure we will be hearing about more of their successes in this sport in the future.

By Jackie Tomlinson



The Get 2 Go team.

Back row, left to right:
Katie Rodenburg,
Lyneche Simkin,
Rebecca Cole,
Emma Bowie.
Front row, left to right:
Tom Spencer, Matt
Furze, Hamish Sturmer,
Orin Burmester.

#### Ravens Inline Hockey School League

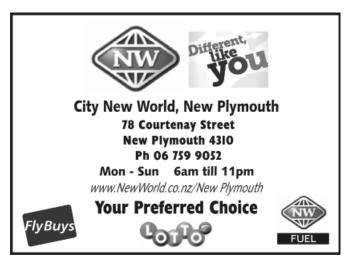
The Ravens School League has been offering inline hockey to primary, intermediate and high school teams since 1997. The league has expanded to 40 plus teams and is hosted by Raven's club volunteers on Thursday and Friday nights during the first and fourth terms of the school year. The league is a fun way to learn about the game while meeting and playing against other players keen on the sport. Players can join the club if they wish to move into the more competitive teams offered by the club. Coaching is available to help teams get underway. Team entries will be sent to schools shortly. If you want to play and your school can't field a full team we can help place you into a team looking for more players. Costs are affordable, basic safety gear is required. The club can help you source equipment if needed. Plans are underway to expand the league – if you or your school wish to be involved as a new team, please let us know. Contact Krys 759 8455 or email nz.inline@gmail.com if you want more information. The skating arena is located at East End Reserve, Strandon (off Nobs Line).

#### **Ravens flocking to Gold Coast**

After a hugely successful 2010 season New Plymouth Raven club members have been named in New Zealand representative teams for 2011. The New Zealand Inline Hockey Association will field nine representative teams at the 2011 Oceania Championships being held in Carrara in April. This is an annual trans Tasman clash between New Zealand and Australian representative teams. In 2010 the event was hosted in New Plymouth where New Zealand won seven of the nine grades being contested.

14 & Under: Tim Craig, Andrew Isbister, Joseph McLay, Joel Scott, Michael Watts 16 & Under: Ben Bailey 18 & Under: Julian Beardman, Kayden Gibson, Robert Isbister, Michael Langslow, Jason McMahon, Anthony Taylor JUNIOR Women: Ella Toa MASTERS: Ashley Goodwin SENIOR





MEN: Sam Beardman (also coach of the 18 NZ team), Patrick Collins, Trent Kemsley SENIOR WOMEN: Abby Bridgeman, Anna Carrington (also coach of the Junior Women NZ team), Eve Coltman, Rachael Neville-Lamb VETERANS: David Carrington, Willy Harvey, Gary Toa

Other players with ties to the New Plymouth Club (but currently studying outside Taranaki) have also been selected: Amy Sulzberger (Senior Women), Alexander Novak, Sam Franklin Nick Craig (all in 21 & Under) and Zach Beardman (Senior Men and coaching 16 & Under). Players will attend training camps in February and March before departing for Australia on April 14. The selected players are named in teams after attending trials in December. The selection process is based on player commitment and attendance at key events during the 2010 season.





# getting

#### **East End Surf Life Saving Club**

Wow, summer is in full swing and has kept us all busy patrolling the beach, administering first aid to the public, event lifeguarding, training to hone our skills and fitness levels, lots of courses attended to upskill our lifeguards in first aid and rescues.

Some of the highlights: Our IRB crew travelled up to Waihi to compete at IRB North Island Comps and came home with the title of Top North Island IRB Club for the 3rd season in a row! All teams that competed got into the finals which put points on the board for our club.

Some of our junior surf competitors travelled out of the district to compete and a lot of personal bests were achieved – well done team, a great effort!

Our Lifeguards travelled to Otaki for Central Champs and we came in second club for this and it was great to see everyone working together. Centrals included IRB racing for the first time it was great for all the club competitors to be able to support each other and we had lots of personal bests achieved.

We were very privileged to have the IRB team that is circumnavigating NZ call into East End on their travels, it was great to see four of our IRB crews along with a Fitzroy crew get up early in the morning and travel out to meet the lads, it was an awesome experience and a big thank you to everyone that was on the beach to welcome them in.

Our surf competitors travelled up to Mt Manganui to compete at North Island Regional Champs. Everyone who competed achieved personal bests in very challenging conditions, and we are very proud to say that Nikaela Gilmore achieved first in the womens' Ironman – well done Nikaela! It is also a big thank you to the lifeguards that stayed behind to ensure that our beach was patrolled so that the rest of the team could compete.

As Christmas and New Years' Day fell on Saturday this year we relied on our volunteers to provide lifeguarding on the beach for these days. The lifeguards gave up their family time to make sure our beach was safe for swimmers to swim. A big thank you goes out to everyone who was on duty for those days.

We are also very proud to be able to say congratulations to all the East End Lifeguards that have been selected to compete for Taranaki at Surf League on the 5th and 6th February: Andy Cronin, Scott Nelson, Troway Heyes, Nikaela Gilmore, Campbell Begg, Jared Gray, Daniel Nelson.

It is fantastic to see our junior club members out training on a Sunday morning; it's great to see the smiling faces and enthusiasm no matter what the weather and sea conditions are! Keep up all the hard work guys and a big thank you goes out to all the coaches and parent helpers that give up their time to ensure that our junior surf members can have fun and learn and hone their land and sea skills.

On Thursday 20th January we had our major fund raiser for the year in the form of family Fun Night and we would like to take this opportunity to thank all the businesses and people who supported us for this. Without your support we would not be able to provide the services that we provide on the beach and the walkway.

And finally a big thank you to everyone who helps us to help them by swimming between the flags.



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## New Plymouth Boys' High School

There has been a lot of activity at the school over the holiday break and it is all to do with property. We are building an extension to the Memorial Block and by the end of the year it will be used by the boys AND the prefab classrooms will be gone. Boys will be taught Languages and Cooking in new purpose built classrooms and the hazardous trip to the prefabs will be no more. The freed space will be used for horticulture. The new classrooms will beside the Music area and there will be a specific space for our overseas students.

One of the interesting things was watching the electrical wiring of the new block from the French-Wright block. The men bored a hole under the ground from near Ryder Hall, under Carrington and across to the Memorial Block – amazing technology!!

As well, the roof of Ryder Hall is being repaired – the hall has lasted well and this is the first renovation of the hall for 28 years. Finally the school is getting a re-paint. We are staying with the basic cream colour and the black window-sills offset the main colour very well.

The school is looking good. The grounds are in very good order and the Gully looks a picture. The school is ready for 1280 boys in 2011.

Michael McMenamin



The new building taking shape.



## New Plymouth Community Patrol



Helping keep New Plymouth safe is the mandate of the newly formed New Plymouth Community Patrol.

Community Patrols of New Zealand (CPNZ) is a national organisation that aims to raise the profile and encourage the development of local community patrols to work in their communities to assist the Police.

Since just before Christmas, a voluntary group of locals have given up their time every Friday and Saturday night to help the Police make New Plymouth a safer environment in which to live. Any citizen who has a caring attitude to their community may offer their services. Applicants are vetted by the Police before becoming patrol members and must complete some training. In addition, members meet regularly for training and to discuss issues and opportunities.

The patrollers do mobile patrols throughout the area, to act as "eyes and ears" for the community. The patrollers identify and report situations that may require attention by Police or other agencies. If offending is identified, the Police are contacted for their follow-up. Patrol members are primarily observers and are not expected to intervene directly or confront offenders, as this is the role of the Police. Patrols aim to identify and report suspicious behaviour before a crime is actually committed (e.g. people or vehicles acting suspiciously).

They occasionally locate and report stolen vehicles to the Police to avoid further damage, or identify and report insecure premises to minimise opportunistic crimes. They are not there to replace the Police or other agencies, but simply to provide an extra set of "eyes and ears", and report any information of interest to create a safer community.

Local patrols are affiliated with Community Patrols of New Zealand. A condition of affiliation to Community Patrols of New Zealand is that the patrol has the support and confidence of the Police and has a police liaison officer allocated to work with it.

The one thing the New Plymouth Community Patrol does need is funding. Whilst applications have been made for grants, almost all funding has been done by the members themselves to get the patrol, off the ground.

With a sign written car, the profile is growing but of course there are insurance and petrol costs to name a few, and other items are required.

The group would also like to hear from businesses or individuals interested in sponsoring equipment and resources. If you think you can help or would like to find out more about what we do, please contact Michael Lay or 759 4480 or email him at mike@horizoninsurance.co.nz

#### **Merrilands Kindergarten**

We have started the new year with a bang. The children returned on 24 January, rested and raring to go. We have many new children starting both in the morning and afternoon sessions and we would like to extend a warm welcome to them as well as to our returning tamariki and whanau. It seems we all had a wonderful break visiting with relatives as well as being visited by Father Christmas/Santa. The children plunged right back into activities with some interests from last year following into 2011 such as police games; baking/cooking; digging rivers and building mountains in the sandpit; family play (the children take on roles as parents, children, dogs and cats); and dress ups with many roaring wild animals. Lego remains a favourite for building fire engines, tankers, cars, trucks, helicopters, planes, and houses. Many children have been doing puzzles and some choose to tackle them with a friend. The water troughs are a cool place in the heat to experiment with bottles, cups, buckets, guttering, pipes, toy sea creatures and fishing nets. Everyone enjoys the freedom felt when having a swing and several children know how to keep themselves going on their own while others still need a bit of a push. Some future carpenters have surfaced, hammering and banging up a storm of planes, trucks, cars, and other creative constructions.

We are continuing with our 'All About Me' programme. The next module is 'Say No' – "Mea Ki Kaua." It focuses on children's rights to say "No" to touching, behaviours or words that worry them or make them feel unsafe. We hope everyone has had a lovely festive season and are ready to take on 2011 with a fresh sense of wonder and enjoyment.





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#### **Probus**

The Fitzroy Men's Probus Club was established by the Fitzroy Rotary Club some twenty-eight years ago. Though based in Fitzroy the membership is drawn from throughout New Plymouth.

The term Probus is an amalgam of PROfessional and BUSiness and is an association of retired and semi retired people who join together to keep their minds active, expand their interests, and enjoy the fellowship of new friends.

The Fitzroy Men's Probus Club is one of nine such clubs in the wider New Plymouth area and there is a choice of men's, women's or mixed so all needs are cater for.

The monthly meeting format provides for guest speakers, outings, and a minimum of formality.

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For further info on this or our other courses contact Tessa on 7524942 or tessa.now@gmail.com

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#### **TOM Pet of the Month**

Age: 2½ years old

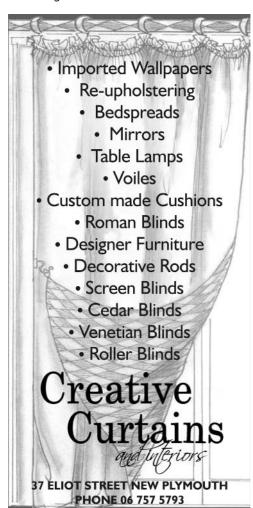
Breed: Border Collie, Huntaway Cross.



Jess is a leggy beauty and when she's out striding along the beach or walkway people have asked her owners if she has some afghan in her breeding.

Her owners purchased her from 'Critters' pet shop where she was a very shy puppy, the runt of the litter and the last one to find a home.

A gentle girl, Jess lives for walks up the Te Henui Walkway and she also loves to go out to stay at her owners' extended families farm where she gets to play with the farm dogs.



#### FITZROY CLUBS & GROUPS

**East End Indoor Bowling Club** meets in the Community Hall Sackville St Fitzroy at 7.30 pm every Monday evening. New members are very welcome. Please phone Betty Death 757 9968.

**Fitzroy Outdoor Bowling Club.** Season now open and new members welcome – both men and women. Join our friendly members who play on two greens with an upmarket clubroom and fine facilities. Contact President Neville Goldsworthy 758 8846 or Secretary Sherylle Watkins 755 0125.

**Fitzroy Scout Group.** For boys and girls from age 6. Cubs meet on Mondays 6.00 – 7.30pm and Keas meet on Tuesdays from 5pm-6.15pm at The Scout Den, Clemow Road, Fitzroy (near Lake Rotomanu). Visit us to see what we do. The first term/part term is free! For further details if your child is under 10 years: ph Cory 06 759 9312 / 027 291 7334 or 10 years + Craig 06 755 2013. fitzroyscoutgroup@xtra.co.nz

**Fitzroy Men's Probus Club** meets in the Beach Street Hall, Fitzroy, at 10am on the second Tuesday of every month (except January). New members welcome. Please phone Ian Raine 06 757 5825.

**Freemasons Worldwide** are ordinary men in the community, 21 years and over, of all religions and backgrounds, who share a concern for human values, moral standards, and the rights of individuals. Meeting monthly in Fitzroy. Phone Roger Marshall,06 7591755.

**Mahjong.** 2010 Summer Season - alternate Sundays 1pm-4pm at NP Croquet Club Rooms, East End Reserve. \$3.00 per day includes tea & biscuits. Small prize for hand of the day. Phone 757 5913 or 7581957 for more details.

**New Plymouth Chess Club.** Every Tuesday 7.30 pm. Clubrooms: 11 Gilbert St (next to Model Trains). For further information contact Errol Tuffrey 758 2626.

**New Plymouth Pakeke Lions** meet on the last Monday of the month at the Fitzroy Golf Club, 11.30am. Contact President David May 758 4427.

**New Plymouth Swords Club - Fencing.** At New Plymouth Boys' High Old Gymnasium, off Hobson St. Every Monday night of school term. Juniors 6-7pm. Seniors 7-9pm. For more info contact: John Calcott , Ph 753 9186, jcalcott@paradise.net.nz

**Rotary** meets every Wednesday night at 5.15pm at the Beach Street Hall. Enquiries to the Secretary, Ross Smith, phone 758 4194. Emai: rossandanne@slingshot.co.nz

**Santa Rosa Country Music Club** meets every Friday night at the Fitzroy Hall, Sackville Street Fitzroy, at 7.30pm till 10.30pm. Information regarding club please ph 021 265 9230 or email lancasters@xtra.co.nz . Entry \$3 nonmembers, \$2 members. Supper provided.

**The New Plymouth Croquet Club.** New season of Twilight Golf Croquet starting on Wednesday November 10th, at 5pm through to 7pm. Games are \$5.00 for the evening, balls and malletts supplied. Please wear soft soled shoes. This is a fun game and great for team building. Enquiries to: Barbara Anderson, 758 2710 or Barbara Johnston 757 9938.

**The Taranaki Jazz Club.** We will be holding our monthly club day at the beautiful Waiau Estate Winery on Sunday February 20. The music starts at 4.00pm and the fabulous jazz band of Woody Woodhouse from Tauranga will be playing through until 7.00pm. Bar meals available. Adults \$15.00, Students \$4.00. The Woody Woodhouse Band was formed in 2002 and features music and songs from the American Song Book with the likes of Sinatra, Bennet and Martin. Contact Morris Hey on 759 4322 for more details.

**Taranaki Model Powerboat Club** holds a Club Day on the 1st Sunday of every month (weather permitting) at Lake Cowley, just before the Go cart track in Waitara. Contact John Nicholls on 769 9166 or 021 299 4168.

**Taranaki Radio Control Car Club.** Off-road racing: Club's dirt track by Lake Rotomanu, 2nd Sunday of every month. Contact Greg Mawson, ph 753 7471. On-road racing: contact Selwyn Duthie, ph 06 765 8108. Indoor racing: contact Tracy van Beers, ph 751 1093.

**Tasman Club** situated 35 Octavius Place, New Plymouth. Sunday Fun BBQ Bowls afternoon 1st and 3rd Sunday of every month – NEXT DATE 20TH FEBRUARY – arrive 1.30 on - bowling starts at 2 pm (sharp) till approx 4 pm followed by a barbeque tea. If wet we will play indoor Bowls. Cost – Non Members \$10 per person (includes BBQ, use of Greens and Bowls provided); Members \$7.00. Open to all – come and try it out - the only requirement is flat soled shoes must be worn. No experience needed – there will be people on hand to give assistance.Next round of Business bowls & BBQ starts 23rd February – for information phone 027448805 Kevan Sellers. Tasman Clubrooms are available for hire. Further information phone 758 5186 clubrooms.

**TSB NP Contract Bridge Club** plays Mon, Tues, Weds, Thurs at 7.20pm and Friday afternoons from 12.45pm at 70 Hobson St. Ph the President 758 8985 or the Secretary 759 0258.

**U3A New Plymouth.** Monthly meetings are held at the Trinity Church Hall, 8 Henui Street, Fitzroy at 2pm on the second Thursday of each month (except January). Contact the Secretary, 752 3801, for more details - never too old to learn.

**Victoria League Bridge Club.** Very social bridge, every Tuesday from 1pm to 4pm. Phone 757 5913 for more details.

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