



Ray White 2016 WHANGANUI SPORTS AWARDS

The Ray White 2016 Whanganui Sports Awards were once again a great success with 420 guests in attendance. Included in this were a large number of the 86 nominees from the Whanganui, Rangitikei and Ruapehu region, including coaches and athletes to administrators, referees and more.

Awards were given across eleven categories, with the evening also including the announcement of Tupoho Scholarship recipients, the induction of members to the Whanganui District Council Hall of Fame (where outstanding Whanganui achievers from the past are acknowledged) and the Sport Whanganui Roll of Honour (recognising those volunteers who have contributed 25 years of service).

Guest MC James McOnie kept the crowd entertained and speakers on their toes throughout the night with his quick wit and hilarious anecdotes.

Wanganui Rugby captain Peter Rowe and Grant McKinnon, who recently hung up his broadcasting boots after 42 years, were fantastic during a quick Q & A with James while jockey Lisa Allpress had the audiences empathy after telling of her disappointment at missing out on her Melbourne Cup ride due to breaking her leg just two weeks prior.

Winners on the evening came from a wide range of sports from formula first go kart and thoroughbred racing, through to rowing and rugby. Rower and Olympic medallist Rebecca Scown took away the Wanganui Chronicle Supreme Award after winning the Mitre 10 MEGA Senior Sportsperson of the Year award.

Although the evening is primarily to celebrate performance and achievements, the sporting community is more than aware that these athletes would not be where they are without the support of volunteers and those who work 'behind the scenes'. These fantastic individuals were recognised in the Sport Whanganui Services to Sport and Roll of Honour categories.

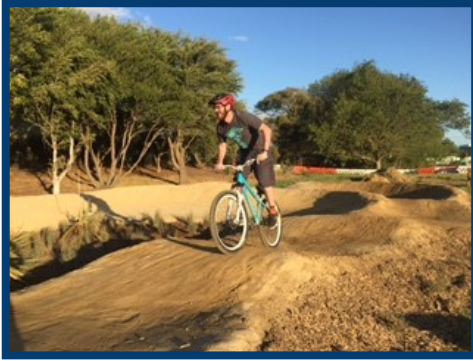
Each year the event is extremely well supported by the community and is only made possible thanks to a number of sponsors. Sponsors include Ray White Wanganui, Stirling Sports, Velo Ronny's Bicycle Store, NZCT, Mitre 10 MEGA Wanganui, Stihl Shop Wanganui, Mars Petcare, Treadwell Gordon, Ali Arc, David Jones Motors, Wanganui Chronicle and Rivercity Gas.

Sport Whanganui's Rachel O'Connor says "It was just amazing to see the calibre of sporting talent we have in our region - athletes, coaches and clubs are doing fantastic things both nationally and internationally and to have them all together for the evening is definitely a highlight for us at Sport Whanganui."

Congratulations to all nominees and winners and a big thanks to everyone who came along on the evening. See page 4 for a full list of winners.



COMMUNITY BIKE PARK



Thanks to all the wonderful volunteers who came along to support the development of the Community Bike Park on Wednesday 9th November.

To date this project has been dependent on a large network of businesses and volunteers such as the Wanganui Mountain Bike Club, The Bike Shed, Bullocks, Loaders, Jurgens Demolition, Andrew Horrocks, Dave Benefield, For our Kids, Harrisons Hire Master, Wanganui Hot Rod Club, Sport Whanganui, Tarteck and Shane Stone Builders.

Recently a new fence has been constructed thanks to Shane Stone Builders and plants and mulch have been supplied by Richard Te Ngahue (The Tree Truck) and Council. Thank you to you all for your generosity and support.

We are extremely grateful for all the time and resource all of the partners listed above have already contributed to this project. It is so rewarding to see so many children using the smaller pump track already and we can't wait to get the senior pump track underway.



The creation and completion of paths and additional landscaping will be an ongoing part of the development as funding and community partnerships allow.

We are currently looking to secure more plants, signs for the learn to ride, shade sails, shell rock for paths, picnic tables and bench seats for the Park.

If you are able to provide any of these items or can support this project in some way then please contact jodie@sportwhanganui.co.nz



Concept design for the layout of each stage of development.

New Zealand **MASTERS GAMES**

NEW ZEALAND **MASTERS GAMES WHANGANUI**

3 - 12 FEBRUARY 2017

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0800 35 40 45
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REGISTER today!

2017 MASTERS GAMES

This coming February Whanganui plays host to 100's of athletes, supporters, sponsors and volunteers as part of the annual New Zealand Masters Games. The ten day event comprises of 55 different sports, with athletes from the age of 20 and beyond competing to be the best in their age group.

As well as competitive events there will be social twilight events to encourage local competitors to get involved in the games.

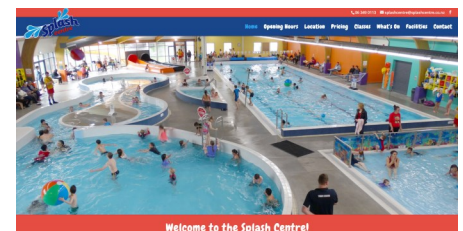
2017 will see some significant changes for the games, with the relocation of the Games Village to the War Memorial Centre, and the opening and closing ceremonies held at Cooks Gardens where Peter Snell broke the world record for the mile in 1964.

Registrations are open now at www.nzmg.com. Go online and register today and be part of this vibrant sporting festival.

If you would like to know more about the games please contact the New Zealand Masters Games Team on: 0800 35 40 45 or at whanganui@nzmg.com

Splash News

The Splash Centre has a new look website! The new site looks fantastic and is very user-friendly. Web designers Two Monkeys have been working hard on the new site and it is now up and running so head along to www.splashcentre.co.nz to check it out!



The Wanganui East pool will be opening on the 12th December for a minimum of 12 weeks so head on down with family and friends for a summer of fun!



COLGATE GAMES

Colgate[®]

NEW ZEALAND CHILDREN'S ATHLETICS ASSOCIATION Inc.



The Colgate Games is an amazing event for 7 - 14 year olds. They are being held in Hastings from the 6th - 8th of January 2017.

Your children must be registered and paid members of the club and need to have an age patch and uniform to compete.

All registrations must be received by the 30th of November. Details can be found on the Athletics Wanganui website.

If you are interested in going or would like more information about this event then contact Jodie at Sport Whanganui: jodie@sportwhanganui.co.nz



UPCOMING EVENTS

7 December, The Great Kids Can Santa Run: 6.30pm at Virginia Lake. A 2-3km fun run/walk in a santa suit!

10 December, Pak'n'Save Whanganui 3 Bridges Marathon: www.whanganuithreebridges.co.nz

6 - 8 January, Colgate Games: Athletics event for 7 - 14 year olds, held in Hastings. www.nzchildrensathletics.co.nz

3 - 12 February, NZ Masters Games: www.nzmg.co.nz

29 - 31 March, David Jones Suzuki NZ School Triathlon Champs: www.schooltrichamps.co.nz



XRACE

Sunday 12 March 2017
TSB Hub, Hawera
Register at www.xrace.co.nz

Race against the clock and other family teams to complete 10 mystery challenges.
XRACE - an event like no other

For more information contact South Taranaki District Council Events
@ TSB Hub, Phone 06 278 0646

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Alive with opportunity



10 TIPS

for creating a

COMMUNITY GOOD SPORTS

Some things to remember when you are supporting community sport.

The community Good Sports initiative has been designed to encourage a positive and supportive environment for everyone to enjoy sport. The initiative provides resources to inspire parents, participants, coaches and officials to stamp out negative behaviour. This campaign is designed for everyone involved in sport, whether it's to maintain a positive sporting culture, or to develop better practices from the ground up.

- 1** Respect the officials decisions; be a good sport!
- 2** Show your love of sport by applauding all competitors and opponents
- 3** Provide positive, supportive, and motivating comments; sport is fun!
- 4** Be thankful to the coaches, umpires, and officials who give up their time to help sport.
- 5** Appreciate all levels of sport engagement, regardless of gender, ethnicity, or ability.
- 6** Remember that the game can be very different to take part in compared with viewing it.
- 7** Let players make their own decisions. They learn best from trial and error.
- 8** Be well mannered in post event functions and when speaking with stakeholders.
- 9** Wait for the half time break in the game to communicate to your players and debrief.
- 10** After the game ask questions that allow the player to reflect and have them do the talking.

Anyone wishing to find out more or get involved in the 'Community Good Sports' campaign can head to the Sport Whanganui website or contact Jodie Brunger or Clare Lynch on (06) 349 2300.



Ray White.

2016 WHANGANUI SPORTS AWARDS

Category Winners & Recipients

Stirling Sports National Junior Sportsperson of the Year

Kaleb Ngatua – Formula First Go Kart

Velo Ronny's Bicycle Store International Junior Sportsperson of the Year

Georgia Nugent-O'Leary & Jackie Gowler - Rowing

NZCT National Senior Sportsperson of the Year

Lisa Allpress – Thoroughbred Racing

Mitre 10 MEGA International Senior Sportsperson of the Year

Rebecca Scown - Rowing

Stihl Shop Wanganui Club of the Year

Rangitikei Area Distance Riders

Mars Petcare Coach of the Year

Jason Caskey – Rugby & Sean Brown – Touch Rugby

Treadwell Gordon Junior Team of the Year

Whanganui High School Mixed Touch Team

Ali Arc Senior Team of the Year

2015 Steelform Wanganui Rugby Team

David Jones Motors Masters Award

Krystine Davies- Inline Speed Skating

Wanganui Chronicle Supreme Award

Rebecca Scown – Rowing

Rivercity Gas Disabled Sportsperson Recognition

Catherine Boyle – Indoor Bowls

Sport Whanganui Services to Sport Recognition

Glenys Gilbert – Lifesaving

Adam Hamlin – Cycling

Martin Inness – Cricket

Cornell Mason – Rugby

Anne Pawson – Rowing

Stephen Ross – Swimming

Gareth Wright – Cycling

Sport Whanganui Roll of Honour Inductees (25+ year's volunteer service to sport)

David Berry – Cricket

Lindsay Edwards – Softball

Stuart Gill – Cricket

Jessie Seaman – Rugby

Whanganui Sports Hall of Fame Inductee

Nikki Payne – Rowing

Tupoho Scholarship Recipients

Opetini Hoani Dryden - Athletics

Matangirei Te Rangihaereroa Hipango - Basketball

Dante Karangaroa - CrossFit

Mitchell Hohepa Millar – Touch Rugby

Ruhia Tamati – Touch Rugby

Taniko Tamehana – Touch Rugby

A MUDDY GOOD TIME

On Saturday 15th October Sport Whanganui was proud to host another successful McDonald's Mud Muster event, which was wetter and muddier than ever before!

It was a wet and windy morning but this didn't deter around 400 participants turning up to take on the challenge of hills, swamps, hay bales, climbing walls, culverts, our newly introduced rope bridge and of course heaps of mud! A welcome addition to the event this year was the introduction of the Year 7 & 8 race, opening the 3km course up to Intermediate participants. There was also the popular 5km & 10km courses which attracted some very impressive costumes around the track!

Introducing some new and exciting obstacles to the course this year proved to be popular and we have had some great feedback about the event. The smiles at the finish line always tell a story and it is really satisfying to see participants having fun whilst getting slightly out of their comfort zones.

For all the results visit www.mudmuster.co.nz



COURT SPORTS

Midweek League Volleyball

Intermediate and secondary school volleyball has been popular this term with games being held at Jubilee Stadium on Wednesday's afterschool. The majority of the secondary school league for term four were junior teams due to the senior students going on study leave fairly early in the term.



The intermediate and secondary school grade had an impressive 26 teams involved including WHS, WCC, WGC, WIS, Rutherford, Faith City, Te Atihau and Tawhero. Two primary school teams,

Tawhero and Te Atihau, also entered the intermediate competitive grade. It's great to see them competing well and winning games. Thanks to all the teachers and parents for supporting the league.

Primary volleyball was exciting with 18 teams in the Friday afterschool league held at the Springvale Stadium annexe. The parent and teacher support for this league has been outstanding so we thank you all for your support!

There were some very competitive games and the skill level of many of the players was impressive and with over 100 kids involved, it's great to see so many kids participating and having fun.

Volleyball will kick off again in Term 1 2017 with Intermediate and Secondary School leagues starting on Wednesday 22nd February 2017 and the Primary School league starting on Friday 24th February 2017.

3x3 Basketball League

Term 4 saw a 3x3 basketball league being run at WHS on Saturday afternoons. Five junior and three senior teams competed in two games of basketball each afternoon.

There were a lot of close games and some great play from all the teams. The league has been targeted at the 19 and under age group, including a 15 and under grade.

The competition was not a specific school competition but a lot of the teams were from schools. The teams involved were from WHS, Collegiate, Cullinane, City and WGC. A girls team was also involved in the juniors section, which has been great for the competition!

The aim of the league is to get teams ready for the BBNZ National Schools 3x3 Basketball Tournament being held in Tauranga in 2017. Last year, two teams from WHS competed in this event, with two fourth place finishes. We are looking to continue the league in Term 1. We would like to thank WHS and Te Kahui Basketball for their support of the league.



Cullinane Basketball League

A 19 & under basketball league has been running on Monday nights at Cullinane College. This initiative has been organised due to feedback from local youth looking for a league to play in over summer.

Six teams are involved in the league, with players from Cullinane, WHS, WGC, City, Collegiate and Palmy Boys High School. There has been great support from parents, with very positive feedback so far.

Again, we would like to thank Cullinane College and Te Kahui Basketball for all their help in making the competition a success. It's great to see so many teams involved and we hope to keep this going in the future.



Enter the Great KidsCan Santa Run
and help support disadvantaged Kiwi kids!

Wednesday 7th December at 6.30pm

Virginia Lake, Whanganui

A 3km fun run/walk with everyone
dressed as Santa



For location details and to register
visit: www.santarun.co.nz



GRANTS FINAL CALL

Sport Whanganui Board member Grant McKinnon made his final broadcast at the recent Meads Cup final after a 42 year career. And what a game it was to end on, with Steelform Wanganui walking away as 2016 Heartland Champions.

"I just thought I was lucky I retired and everything ended up the way it did. It was on a high".

Congratulations Grant, the team at Sport Whanganui are extremely proud of you.



CHRISTMAS SHUTDOWN

Sport Whanganui wishes everyone a very Merry Christmas and a happy and safe New Year.

Our offices will be closed from 12pm 21st December and will reopen Monday 16th January 2017.



SECONDARY SCHOOL NEWS

NEW SPORT PROVES POPULAR

Darts is a new sport at Whanganui City College and due to student request and interest, Michelle the sports coordinator applied for funding (through KiwiSport) to purchase new dart boards and equipment with the help of caretaker, Grant Winterburn and Dart NZ's Craig Dunn.

The students have great support from coach Katrina Skedgewell and are developing into very good players! Term 1 will see more 'give it a go' sessions and inter-house competitions happening.

We look forward to watching this sport and the enthusiasts grow.



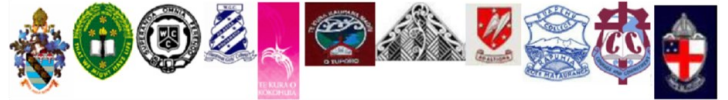
Blake Tolley (front) and Ambrose O'Rourke – WCC students.

CONGRATULATIONS ROCHELLE

Congratulations to Whanganui Girls' College Sports Coordinator Rochelle Howard for winning one of the NZSSSC Peter Sharp Sport Study Awards!

Rochelle is off to Melbourne with seven other Sports Coordinators from around NZ to visit secondary schools with successful and innovative approaches to sport and will attend the Australian Council for Health, PE and Recreation Conference!

Well done Rochelle, we look forward to hearing all about it!



Whanganui Secondary Schools Student Sport Council 2017

2017 will see the appointment of a Whanganui Regional Secondary Schools Student Council.

This council of students will be the 'student voice' for Secondary School sport in the Whanganui region and a vital link between the student body and 'Sport in Whanganui' allowing a formal platform for student voice to be heard and acted on.

They will be leaders within the community and their school. Their contribution will be valuable to the success of secondary school sport going forward.

We are excited about forming this new student council with plenty of sporting and leadership opportunities for these students to be a part of... watch this space!

TENNIS COMPETITION

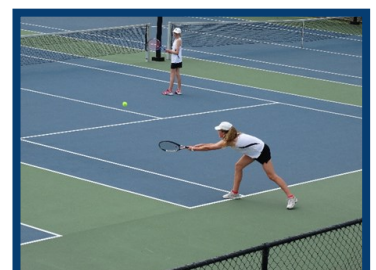
A beginners/give it a go Secondary School Tennis Competition will kick off in Term 1 next year and run for 5 weeks after school on a Monday.

This competition is for beginners and for those that want to give tennis a go. It will be a fun summer sport option to participate in with friends!

Games will be hosted at the Whanganui High School tennis courts and the competition will run for five weeks starting Monday 20th February 2017. Schools can enter female, male or mixed teams of 2 or 3.

Only \$10 per player with prizes up for grabs!

If you would like to be part of this competition, please talk to your school sports coordinator or contact Clare: 3492881 or clare@sportwhanganui.co.nz



Dub.Dee.See. Whanganui Secondary Schools Sports Awards

The Dub.Dee.See. Whanganui Secondary Schools Sports Awards were held at Whanganui City College hall on Wednesday 26th October and was a fantastic evening for all involved. The event was a great opportunity to recognise and celebrate our region's young people as athletes, coaches and volunteers among the many parents, whanau, teachers, coaches and various other support people.

Sport Whanganui were delighted to have Dub.Dee.See. Youth Committee as the event partner for a second year and would like thank them for their support.

All categories were packed with quality nominations making the judges job no easy task. Congratulations to all nominees and winners – it has been a very successful sporting year.

Awards winners 2016:

Senior Sportsman: Christian Conder (WCS) – *Athletics & Cross Country*

Senior Sportswoman: Jessica Watkin (WHS) – *Cricket & Softball*

Junior Sportsman: Bradley McDowell (WHS) – *Shooting*

Junior Sportswoman: Claudia Hurley (NGTA) – *Equestrian*

Senior Team: WHS Mixed Touch Team

Junior Team: WCS Jnr 4x100m Relay Teams

Coach of the Year: Matthew Laurenson (RUA) – *Squash*

Official of the Year: Diana Williams-Cribb (WHS) – *Netball*

Contribution to Sport Recognition: Katarina Rawiri (CULL) for Netball, Ethan Gillespie (WCS) for Triathlon & Road Cycling, Wiremu Hiri (WHS) for Softball, Joseph Redpath (WHS) for Hockey, Tom Adkins (WHS) for Hockey, Jack Pilet (WHS) for Hockey, Cameron Lawrence (WHS) for Rowing, Ally Bennett (WHS) for Rowing & Netball, Matthew Laurenson (RUA) for Squash.

Recognition of Team Performance in Local Competition: WCC U15 Rugby Team, Ruapehu College Interclub Team, WCC 1st XV Rugby Team, WHS 1st XV Rugby Team and Phillips Electrical WHS A1 Netball Team.



Coach of the Year:
Matthew Laurenson (RUA)
– Squash



Senior Sportsman: Christian Conder (WCS) – *Athletics & Cross Country*



Senior Sportswoman: Jessica Watkin (WHS) – *Cricket & Softball*

LOCAL & LOYAL APP

Sport Whanganui in partnership with the Local and Loyal app are committed to supporting our sports community promote their community events and programmes.

Download the app to have instant access to sports draws and receive sports cancellations as pop up notifications on your phone.

If you have any community events or programmes you wish to promote then send through a flyer outlining the details of your event and we will add it to the APPs community events calendar.

To have your sports club listed on the Sport Whanganui part of the app or to find out more about how the app can work for you contact paula@localandloyal.co.nz

LOCAL AND LOYAL PUTS WHANGANUI SPORTS IN THE PALM OF YOUR HAND!

GET CONNECTED WITH SPORT IN WHANGANUI

SPORT BENEFITS INCLUDE:
Sports Draws, Sports Events, Connect with your Code, Find a Club, Instant Notifications, Feedback Forms, Sport Whanganui Contacts, and more

Search Local and Loyal Whanganui in the App Store

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GREEN PRESCRIPTION SUCCESS STORY

Rongoā Kākāriki
GREEN
PRESCRIPTION

Whanganui man Peter Schmidt has been able to return to playing bowls thanks to knee replacement surgery and a 'Green Prescription'.

Mr Schmidt is one of more than 1300 Whanganui people to have benefited from a Green Prescription in the past year. In Mr Schmidt's case he was given a Green Prescription after knee replacement surgery.

Mr Schmidt said Green Prescription staff gave him exercises to strengthen his muscles both before the surgery and during recovery. "They helped me with specific strength exercises in the Splash Centre gym and in the hydrotherapy pool with gently walking to aid in my recovery" Mr Schmidt said.

Before the surgery he had not been able to walk very far or play bowls for a year. "now I can start playing bowls again for the season".

"The secret to a quick recovery is exercise and I would encourage anyone preparing for an operation or recovering from one to exercise and walk in the pools".

Candace Sixtus from the Whanganui District Health Board said other people who would benefit from Green Prescriptions included those at risk of arthritis, those with type 2 diabetes or pre-diabetes, and those with weight issues, high blood pressure or high cholesterol. If Green Prescriptions can help people improve their health and quality of life it's a win-win for them and our health system"

A Green Prescription may include group fitness classes, strength and balance classes, water-based exercise and a variety of other activities.

To find out more about Green Prescription contact Sport Whanganui's Deb Byers on 06 349 2325 or deb@sportwhanganui.co.nz.



It has been another great year for the Rangitikei and Ruapehu districts with plenty of advice and support shared and opportunities offered.

Highlights for the year included:

February: Integrated Primary Schools Programme delivered in 24 primary schools with 2381 children and 126 teachers taking part in professional development.

March: Rangitikei Midweek Leagues increase participation numbers.

April: Supporting the Gut Buster event in Raetihi.

May: Connected the Wanganui Rugby Union with the regions rural schools.

June: Second year of the Waimarino Tough Kid event.

July: A new sport specific initiative introduced to secondary schools.

August: Supported Marton Golf Club with planning for future direction.

September: The Downs Group Tough Kid event.

October: Officiating Athletics professional development for Taihape Primary School cluster.

November: Funders and sponsorship workshop in National Park.

Sport Whanganui looks forward to offering a lot more support, advice and opportunities in our regions for a prosperous 2017.

Have a Merry Christmas and a happy and safe New Year!

— THE RETURN OF THE —
**RIVERCITY
RAT RACE**

5 SECTORS • 4 RATS PER TEAM • 1 OVERALL WINNER

Wednesday 8th February
5:30pm
War Memorial Hall
\$20 per team



EDUCATION • HEALTH • TRADIES
FORGES • CORPORATE/RETAIL



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MASTERS
GAMES
WHANGANUI**
3 - 12 FEBRUARY 2017

ENTRIES DUE TO SPORT WHANGANUI BY FRIDAY 27TH JANUARY 2017
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CLUBS

ATHLETICS WANGANUI

Little League Athletics

Little League Athletics has been a huge success to date. Athletics Wanganui have nearly tripled their membership with children aged 4 to 10 all enjoying the range of activities provided.

Junior League Athletics

Well done to St Marys, St Johns, Castlecliff, Kaitoke, Wanganui Intermediate and our combined community teams for being the first teams registered in this new team's competition. The club has had a great first few weeks with some real talent coming through the various athletic running, jumping and throwing events on offer each week.

Senior Athletics

Students aged 13 and up are welcome to come along to the senior athletics club night on a Tuesday's at 7 - 8pm. Check the Athletics Whanganui website each week to see what events you can compete in: www.athleticswanganui.co.nz



Want to try something fun, low key and different with your horse?

Give Competitive Trail Riding (CTR) a Go!

Only \$15 to compete at Intro level (5-10km approx)

Juniors on or off lead rein welcome

CTR is:

Friendly Achievable
Affordable

What better way to see the beautiful country we live in than from the back of your horse!

For more information please check out our Facebook (Rangitikei Area Distance Riders (RADRs), website www.sporty.co.nz/radrs or email radrsnz@gmail.com

Rangitikei Area Distance Riders

To promote distance riding in the Rangitikei Area



Events for 2016/17

Date	Event	Location
30 October 2016	Introductory Day (7 & 10km options)	South Makirikiri (Marton)
20 November 2016	Competitive Trail Ride (CTR)	Parewanui Road (Bulls)
18 December 2016	CTR and Teams Challenge	Raumai (Bulls)
5 February 2017	NZ Masters Games Event	Turakina
26 February 2017	Fun "Reccie" ride	Mt Zion Station (Rural Hill Country Wanganui)
26 March 2017	Marton School Fundraiser CTR	TBC



For more info:

Website www.sporty.co.nz/radrs

Facebook search Rangitikei Area Distance Riders (RADRs)

Email radrsnz@gmail.com



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INCLUDES LUNCH BOTH DAYS!

GREAT PRIZES & GREAT FUN!

JUST \$75 PER TEAM

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Phone: 06 3438223