

# Rallying call is sounded for town's breakfast fundraiser

Registrations are now open for Pink Ribbon Breakfast.

Lorraine Downes is asking Wairarapa residents to invite their friends or colleagues to breakfast in May. The NZ Breast Cancer Foundation hopes to top last year's total of 14 breakfasts in the region.

Proceeds from this year's Pink Ribbon Breakfasts will go towards breast cancer research, including new drug development, research into the genetic factors that contribute to cancer spread, and support for clinical

trials that provide access to new and expensive treatments.

"Research is key to improving Kiwi women's survival," said Lorraine Downes, who is an NZBCF ambassador and former Miss Universe.

Her mother was diagnosed with breast cancer in 2012 and underwent successful treatment for the disease.

"The advances that saved my mum started with research projects like the ones the NZBCF is funding today. By hosting a Pink Ribbon Breakfast, you'll

help save more women down the track."

Statistics show 73 per cent of Kiwi breast cancer patients are disease-free 10 years after diagnosis.

In Wairarapa, 30 women are diagnosed with breast cancer each year. More than 600 New Zealand women die of the disease.

Last year there were 2400 Pink Ribbon Breakfasts around the country.

■ For more information visit [www.pinkribbonbreakfast.co.nz](http://www.pinkribbonbreakfast.co.nz)



**GET ON BOARD:** Pam Fowler, Wendy Davidson, Christine Brewster and Doug Davidson at a Pink ribbon breast cancer awareness fundraiser breakfast last year at Dish Cafe Masterton.



**GREAT WORK:** Novice Wairarapa powerlifter Jess Lucas seizes silver at the Masterton Novice 3 Lift and Bench Competition as veteran Masterton powerlifter and past champion Danny "Spike" Wilton stands by.

PHOTO/SAM DAVIES

# Novice lifters show their sheer power

By Nathan Crombie  
[nathan.crombie@age.co.nz](mailto:nathan.crombie@age.co.nz)

A band of novice Wairarapa powerlifters have qualified as regional contenders at the coming Central Districts show-down.

Wai Weight Private Gym owner Bevan Mackenzie said the second Masterton Novice 3 Lift and Bench Competition was hosted by the Wairarapa Powerlifting Club, and was held at his premises on Saturday, had featured a handful of Wairarapa competitors and came after the inaugural contest at the same venue in March last year.

He said a field of 37 competitors joined battle over a range of weight classes, and a masters class, including powerlifters from Wellington, Palmerston North, Hawke's Bay and Wairarapa. He event was also a qualifying round for the Central Districts Provincial 3 Lift Equipped/Classic Powerlifting Champs at the Hastings Fitness Centre on April 11 and 12.

Mr Mackenzie said 23 men and 14 women competed in Masterton last weekend. Wairarapa lifters who qualified for the Central District champs included Cam Waru, who took silver in the 105kg Open Male class with a 190kg squat, 130kg bench press and a 225kg dead

**"Our powerlifters have done very well and we're really proud of all of them."**

Bevan Mackenzie

lift; Jess Lucas, who took silver in the 84kg Female Junior class with a 125kg squat, 60kg bench press and 130kg dead lift; Neal Mijares, who qualified in the 74kg Male Open class with a 140kg squat, a 95kg bench press and a 130kg dead lift; and Patrick Barber, who qualified in the 120kg plus Masters class with a squat of 145kg, a 135kg bench press and a 180kg dead lift.

Masterton's Tim Hintz also qualified event for the Central Districts 120kg bench lift show-down with a bench press of 180kg, and fellow veteran Wairarapa Danny "Spike" Wilton and Colin McCarthy were also set to compete at the regional event, Mr Mackenzie said.

"Our powerlifters have done very well and we're really proud of all of them. It was excellent to watch and very good fun. We will be doing it again, for sure."

Another 3 Lift and Bench

Competition will be held on December 12, he said, and there also may be a push-pull competition in future, which focuses on dead lift and bench "just for a bit of fun".

"Hopefully, Wairarapa lifters from other gyms will come and take part as well, because anybody who wants to have a go is supported, encouraged and cheered on — very loudly."

World champion Masterton powerlifter Brett Gibbs, who trains at Wai Weight, will also compete next month at the three-day Fitness and Health Expo running at the Melbourne Convention and Exhibition Centre from April 10.

Ms Lucas said she had thoroughly enjoyed competing on Saturday and was keen to join battle at the Central Districts championships.

"It was a fantastic day, and an awesome first experience of the powerlifting scene from my point of view. I loved it and have definitely caught the lifting bug. Wai Weight was a spectacular host, of course, and everyone was really supportive and motivating for each other."

Gibbs, 24, will pit himself at the invitation-only event against some of the best in the Australasian region, he said, and would focus on shattering his own world record squat of 280kg.

## Masterton District Council

### WATER RESTRICTIONS END

**Masterton and Taueru urban water supply residents – you were great**



Water restrictions ended on Monday 31st March 2015. Masterton District Council would like to thank our community for their assistance and cooperation in this year's water conservation programme.

A combination of water conservation undertaken by you and your neighbours, our leak detection and repair programme and adherence to the alternative-day sprinkler restriction, has resulted in far less water being used this extremely dry summer.

Everyone is to be congratulated!

### EASTER RUBBISH COLLECTION

#### RUBBISH BAG AND RECYCLING COLLECTION

If your rubbish and recycling is normally collected on Friday 3rd April this year there is no change to the collection day.

Please ensure all residential bags and recycling bins are out by 7.30am and in the commercial area by 8.30am.

Mike Jones  
**EARTHCARE ENVIRONMENTAL**



### EASTER FRIDAY CLOSURE OF NURSERY ROAD TRANSFER STATION

The Nursery Road Transfer Station and Recycling Facility, Masterton

WILL BE CLOSED on Easter Friday

But open from 8.30am – 4.30pm for your Rubbish and Recycling on Saturday April 4 and 10.00 am – 4.00 pm on Sunday April 5 and Monday April 6.

We apologise for any inconvenience and wish you a Happy Easter Holiday break!

Call Centre 06 370 6300 After hours 06 378 7752  
email [admin@mstn.govt.nz](mailto:admin@mstn.govt.nz) [www.mstn.govt.nz](http://www.mstn.govt.nz)