

# Dedication pays off on successful debut

**Bodybuilding**  
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**M**ASTERTON vet nurse Sarah Boyles has seized gold as a rookie bodybuilder after forsaking team games for the first time and going solo in her sporting pursuits.

The 25-year-old, who is a keen indoor football player and past member of the Wairarapa College girls' first XI, won during her debut outing, the Novice Figure Short trophy, at the annual NABBA Wellington Bodybuilding Championships held at the Little Theatre in Lower Hutt.

"First time on stage was terrifying but the rush took over and the adrenaline kicked in the second time, and I loved it," she said.

"Even though I don't really see myself as a competitive person. I'm used to doing things in a team. This is the first time I've got out there by myself, where I'm the only one held accountable. I've surprised myself."

Boyles had been training at the Wai Weight Private Gymnasium in Masterton for the past few years as "part of my routine", she said, but this year had decided to step up as a

competitive bodybuilder.

She said she had kept playing indoor football and was part of a men's social soccer team, as well as Pole Fit at E-Fit in Carterton, and was working towards the NABBA-WFF Wellington Bodybuilding Championship at Victoria University this Saturday.

"To be honest, it's still completely surreal that I went up there and did it. I still struggle to believe it was me up there," she said.

After the event on Sunday, September 6, she took the Monday off to relax and unwind but was back into training and dieting by 5.30am the next day: "I'm completely hooked now."

Boyles said, gym owners Beavan and Rachel Mackenzie, who are past national medal-winning bodybuilders, had been vital to Boyles' successful debut and invaluable as training, posing and diet advisers and motivational coaches, she said.

"I can't thank them enough. It's been fantastic having their support and encouragement — always keeping me on track and focused and getting through the more mental side of things," she said.

"It's been a really humbling experience. I didn't expect the level of support from my friends and family, my partner Vince

(Smith), and from people I don't even know."

Mackenzie was confident the annual NABBA show would be held in Masterton next year and that the calibre of performances Boyles had achieved was sure to bring her greater rewards.

"She took her class and came second overall — in her first time out.

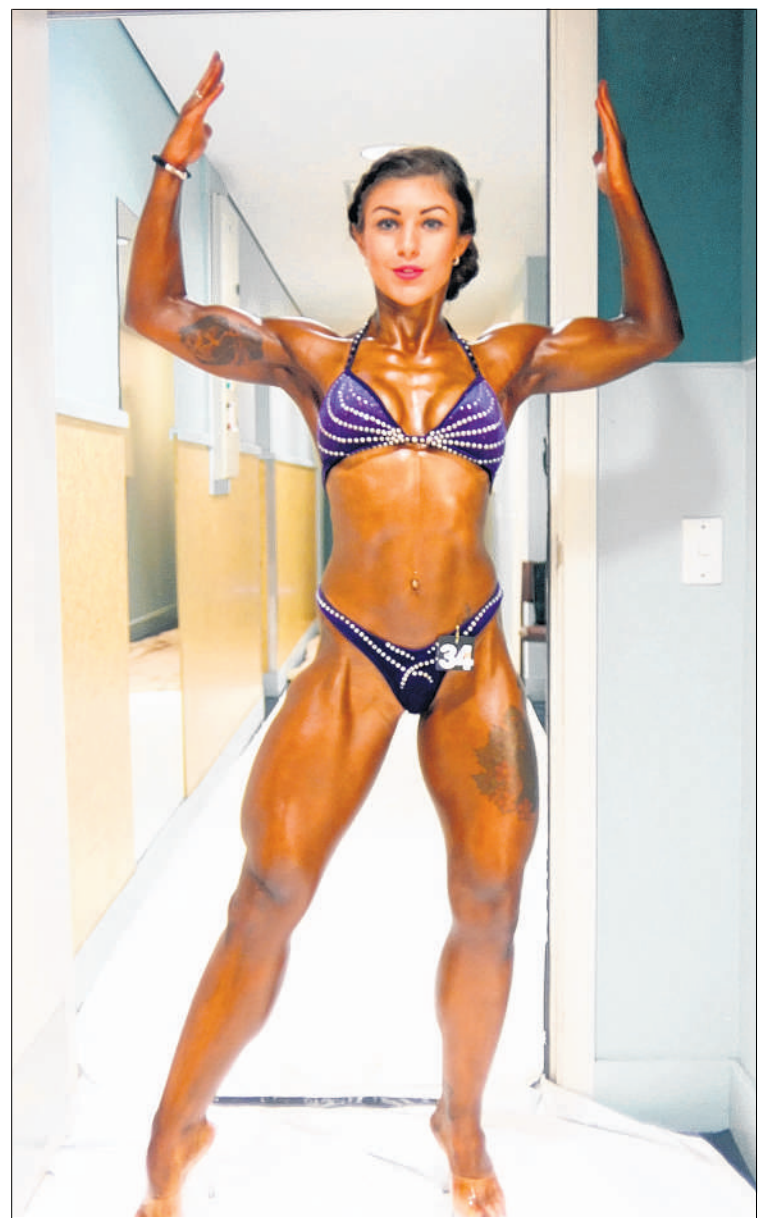
"She was like a seasoned competitor up there and the judges even asked her for a second turn. They didn't ask that from anyone else. All that practice and training really paid off."

He said a full row and a half of seating at the event had been friends, family and supporters of Boyles and "she was clearly the people's favourite, as well".

Another new bodybuilder from Wai Weight, Jaromir Vleck, will take the stage for the first time at the NABBA-WFF Wellington event, in the under-87kg class, Mackenzie said.

Mackenzie said Boyles had also inspired female trainers at the gym and there was a strong chance a small team of Wai Weight competitors would come online over coming months.

Boyles was flattered other women at the gym had been motivated by her achievements. "I didn't think it would have this kind of impact."



**WINNING FORM:** Sarah Boyles, Masterton rookie bodybuilder, shows her style with a front double biceps pose before her debut at the NABBA Wellington Bodybuilding Championships. PHOTO SUPPLIED

## WAIRARAPA WEATHER

### Wairarapa Today

**Wind:**  
 10-29 km/h (Yellow arrow)  
 30-59 km/h (Blue arrow)  
 60+ km/h (Red arrow)

**Swell:**  
 eg: Southerly 2 metres  
 source: SwellMap.co.nz

**Temperature Forecasts:**  
 Dannevirke: 13 7  
 Palmerston North: 14 9  
 Paraparaumu: 14 11  
 Masterton: 16 8  
 Featherston: 16 9  
 Wellington: 14 11

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### Midnight Tonight

**Wairarapa 3 Day Forecast**

**16 Today**  
 8 Fine with high cloud at times. Northwesterlies, gale in exposed places gusting 80 km/h.

**18 Tomorrow**  
 10 Cloudy periods. Showers developing from afternoon. Fresh northwesterlies, possibly gale in exposed places.

**18 Friday**  
 5 Scattered rain clearing in the morning, then fine spells. NW dying out. Showers and S developing overnight.

### NZ Extended Situation

A ridge lies over the north of the North Island. A broad trough over the Tasman Sea moves onto the south of the country overnight then moves north tomorrow. The trough brings a series of fronts over the country from tomorrow to Saturday. Another ridge builds over the South Island on Friday and Saturday, while a low deepens over the upper North Island.

### NZ Centres Today

Auckland	partly cloudy	15
Hamilton	partly cloudy	15
Tauranga	partly cloudy	17
Gisborne	fine	21
New Plymouth	cloudy	14
Blenheim	partly cloudy	21
Christchurch	partly cloudy	20
Timaru	partly cloudy	20
Queenstown	cloudy	15
Dunedin	partly cloudy	18
Invercargill	rain	15

### Australia Today

Adelaide	showers	8°	20°
Alice Springs	fine	12°	30°
Brisbane	fine	14°	29°
Cairns	fine	19°	29°
Canberra	fine	1°	18°
Darwin	fine	22°	34°
Hobart	cloudy	5°	14°
Melbourne	showers	8°	16°
Perth	fine	6°	21°
Sydney	showers	13°	20°

### Sun - Moon - Tides - Fishing

	Wednesday Sep 16	Thursday Sep 17	Friday Sep 18
<b>Sun</b>	Rise 6:18 am Set 6:07 pm	Rise 6:17 am Set 6:08 pm	Rise 6:15 am Set 6:09 pm
<b>Moon</b>	Rise 7:35 am Set 8:49 pm	Rise 8:06 am Set 9:45 pm	Rise 8:39 am Set 10:41 pm
<b>Fishing</b>	Good	Good	Good

### Castlepoint tide height and movement

Location	Time	High	Low
Riversdale	Wednesday	7:16am	7:30pm
	Thursday	7:56am	8:11pm
Castlepoint	Wednesday	7:12am	7:28pm
	Thursday	7:54am	8:12pm
Lake Ferry	Wednesday	7:11am	7:25pm
	Thursday	7:51am	8:06pm

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### Masterton Readings

24 hours to 6pm yesterday

Temperature (°C)	13.3
At 6pm	13.3
Maximum	19.1
Minimum	-0.6
Sep average max	15.6
Sep average min	5.0
Grass min	-5.1
Rainfall (mm)	0.0
Last 24 hours	0.0
Sep to date	33.4
Sep average	64.5
Year to date	617.4
Annual average	897
Evapotranspiration (daily average for last week)	2.2
Wind (km/h)	N 15
At 6pm	N 24
Highest gust	N 24

### Moon Phases

- First Qtr
- 22 Sep
- Full
- 29 Sep
- Last Qtr
- 5 Oct
- New
- 14 Oct

### World Today

Amsterdam	showers	9°	17°
Beijing	fine	14°	27°
Frankfurt	drizzle	12°	20°
Geneva	showers	13°	20°
Hong Kong	rain	25°	29°
Johannesburg	fine	11°	29°
Kuala Lumpur	fine	25°	33°
London	rain	11°	17°
Los Angeles	showers	20°	26°
New York	fine	19°	29°
Paris	rain	15°	20°
Rome	showers	21°	30°
Singapore	thunder	25°	32°
Tokyo	cloudy	18°	24°