

Rookie pair impress with gold standard

Bodybuilding
By Nathan Crombie
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A PAIR of fledgling bodybuilders from Masterton made a clean sweep of their classes at a regional competition in Wellington.

Wai Weight Private Gym owner Bevan Mackenzie said rookie competitors Jaromir Vlcek and Sarah Boyles took gold in their respective classes of NABBA-WFF Novice under 87kg and NABBA Novice Figure Short at the NABBA-WFF Wellington Bodybuilding Championships held at Victoria University on Saturday.

This month, Boyles claimed the Novice Figure Short trophy at the annual NABBA Wellington Bodybuilding Championships held in Lower Hutt, and her winning run continued in Wellington.

Mackenzie said both competitors trained at his Masterton gym, and he and wife Rachel had advised them on posing and diet.

Vlcek also took the overall championship title at the meeting, which Mackenzie said

was rare for someone taking the stage for the first time.

"Jaromir was in a height-to-weight ratio division that stops people being too big. It's like more of an athletic class. He weighed in at just under 77kg, so he had 10kg to play with in under 87kg, and he cleaned up," Mackenzie said.

"In the overalls, he went up against competitors from three height divisions and a Masters, and he took that out as well and that's rare to do first time.

"Sarah had nice shape and balance and very good presentation and she just missed out taking the overall on conditioning.

"But taking two firsts at her first two shows, that's phenomenal by itself and to fall shy of the overall by so little means you get hungrier to take it next time."

CLEAN SWEEP: Jaromir Vlcek and Sarah Boyles took gold in their respective classes at the NABBA-WFF Wellington Bodybuilding Championships. PHOTO/SUPPLIED



Sport draws

SQUASH

Red Star club night, tonight

4.45pm: Grace Hymers v Diederik Meenken; Sam Meenken v Ryan Storey; Veronica Ordish v Helan Davidson.
5.10pm: Pam Smith v Jo Hargood; Lynn Hourigan v Owen Hutchings; Aysel Greenlees v Kelly Hunt.
5.35pm: Ryan Southey v Mark Forsyth; Samantha Woodhouse v Margie Holmes; Faye Seville v Grace Southey.
6pm: Matthew Richmond Bunny v Greg Cottle; Carl Kitchenham v Morgan Feast; John Elcock v Pete McKenna.
6.25pm: Nat Lane v Jan Wyeth; Matty Duncan v Leanne Southey; Noel Fussell v Rebecca Robinson.
6.50pm: Helan Lonsdale v Tim Wilson; Sam Iosana v John Presow; Pete Barker v Jeff Woolford.
7.15pm: Rebecca Caldwell v Shelley Wilson; Matt Forsyth v Dan Grace; Toni Hollows v Penny Tait.
7.40pm: Tim Wilson v Dan MacArthur; James Fussell v Leigh Reiri; Craig Hawkes v Johan Otto.
8.05pm: Sam McKinstry v Greg Ordish; Matt Hymers v Darren Murray; Lou Batt v Richard Skelley.
8.30pm: Kris Towgood v Bill Hutch; Greg Pullman v Eugene; Charlie Arnesson v Kyle Wells.
8.55pm: Scotty Booth v Jamie Griggs; Mike Walker v Ted Ward.

Masterton club night, tonight

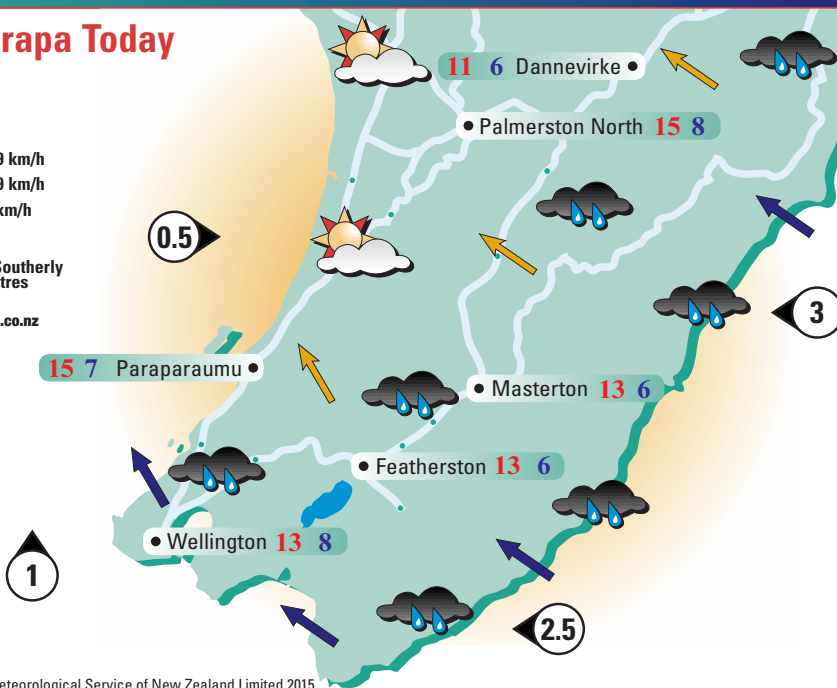
5pm: Court 1 Ang Coquiloun v Hayley Wilton.
5.30pm: Court 1 Ian Osland v Hamish Duncan; Court 2 Steve Gray v Harrison Bolt; Court 3 Dave Jervis v Neavin Broughton; Court 4 Holly Bird v Milly France.
6pm: Court 1 Hayley Wilton v Shane Blatchford; Court 2 Gerry Brooking v Dean Gray; Court 3 Marg Patete v Evan Wales; Court 4 Liam Goldsworthy v Jordan Lock.
6.30pm: Court 1 Brad Goldsworthy v Dean Fawcett; Court 2 Hank Bader v Brian Graham; Court 3 Pam/ Pauline v Nik/ Hannah; Court 4 Belinda Broughton v Jason Carruthers.
7pm: Court 1 Tony/ Vart v Daniel/ Hayden; Court 2 Lorraine Osbourne v Henry Cameron; Court 3 Pam/ Pauline v Nik/ Hannah; Court 4 Baden Grey v Shelly Paget.
7.30pm: Court 1 Tony/ Vart v Daniel/ Hayden; Court 2 Malc/ Matt v Steve/ Craig; Court 3 Richard Fleming v Carl Kitchenham; Court 4 Malc Goldsworthy v Maddie Davis.
8pm: Court 1 Andrew Ferguson v Todd Harper; Court 2 Malc/ Matt v Steve/ Craig; Court 3 Aiden Broughton v Sam Pilcher; Court 4 Trish Keogh v Pam Britt.

WAIRARAPA WEATHER

Wairarapa Today

Wind:
10-29 km/h
30-59 km/h
60+ km/h

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



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Sun - Moon - Tides - Fishing

	Thursday Sep 24	Friday Sep 25	Saturday Sep 26
Sun	Rise 6:05 am Set 6:15 pm	Rise 6:03 am Set 6:16 pm	Rise 6:01 am Set 6:17 pm
Moon	Set 3:03 am Rise 1:38 pm	Set 3:48 am Rise 2:46 pm	Set 4:30 am Rise 3:58 pm
Fishing	Fair	Good	Good
Castlepoint tide height and movement			
	am 3 6 9 noon 3 6 9 pm	am 3 6 9 noon 3 6 9 pm	am 3 6 9 noon 3 6 9 pm
Riversdale	H 12:48am L 7:00am	H 1:42am L 7:56am	H 2:38am L 8:53am
Castlepoint	H 12:54am L 7:03am	H 1:46am L 7:57am	H 2:40am L 8:53am
Lake Ferry	H 12:43am L 6:55am	H 1:37am L 7:51am	H 2:33am L 8:48am
	1:18pm 7:38pm	2:14pm 8:32pm	3:09pm 9:28pm
	1:21pm 7:41pm	2:15pm 8:34pm	3:10pm 9:27pm
	1:13pm 7:33pm	2:09pm 8:27pm	3:04pm 9:23pm

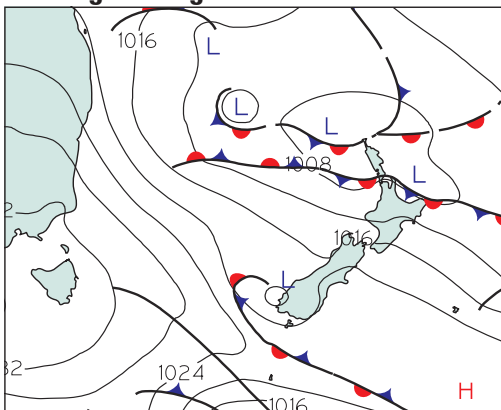
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Maori Fishing Guide by Bill Hohepa



For the latest weather information including Weather Warnings, visit metservice.com

Midnight Tonight



high low warm cold stationary occluded

Wairarapa 3 Day Forecast

13 Today
6 Occasional rain, some heavy falls at first about the ranges. Southeasterlies, strong in exposed places.

13 Tomorrow
5 Cloudy with occasional rain. Southeasterlies, strong in exposed places at times.

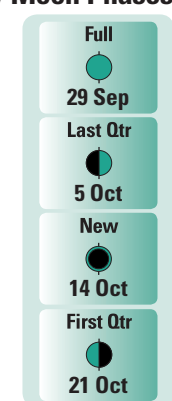
13 Saturday
4 Cloudy with occasional rain. Southeasterlies, strong in exposed places.

Masterton Readings

24 hours to 6pm yesterday

Temperature (°C)	
At 6pm	10.9
Maximum	12.8
Minimum	8.4
Sep average max	15.6
Sep average min	5.0
Grass min	8.3
Rainfall (mm)	
Last 24 hours	29.0
Sep to date	111.8
Sep average	64.5
Year to date	695.8
Annual average	89.7
Evapotranspiration (daily average for last week)	1.8
Wind (km/h)	
At 6pm	SE 11
Highest gust	SE 31

Moon Phases



NZ Extended Situation

A low pressure system affecting the north of the country moves away tomorrow. A ridge to the south maintains an easterly flow over much of the country. A trough briefly affects the far south tomorrow, then the ridge begins to spread over the South Island on Saturday and over central New Zealand on Sunday.

NZ Centres Today

Auckland	rain	16
Hamilton	rain	17
Tauranga	showers	17
Gisborne	rain	13
New Plymouth	rain	16
Blenheim	rain	14
Christchurch	rain	11
Timaru	rain	10
Queenstown	partly cloudy	15
Dunedin	rain	10
Invercargill	partly cloudy	14

Australia Today

Adelaide	fine	6°	18°
Alice Springs	fine	5°	23°
Brisbane	fine	11°	23°
Cairns	showers	19°	28°
Canberra	showers	0°	14°
Darwin	fine	23°	33°
Hobart	fine	6°	15°
Melbourne	showers	7°	15°
Perth	fine	15°	30°
Sydney	showers	9°	17°

World Today

Amsterdam	drizzle	10°	16°
Beijing	cloudy	17°	26°
Frankfurt	cloudy	10°	18°
Geneva	fine	7°	17°
Hong Kong	fine	27°	32°
Johannesburg	fine	15°	30°
Kuala Lumpur	thunder	25°	33°
London	rain	9°	18°
Los Angeles	fog	19°	31°
New York	fine	16°	26°
Paris	cloudy	10°	18°
Rome	cloudy	14°	25°
Singapore	fine	26°	34°
Tokyo	fine	17°	25°