

SPORT 23



TRIO: Aiden Takarua (left), marker Tayla Bruce, who was recently crowned world women's singles champion, and Anthony Ouellet at the Burnside under-26s.

Takarua in winning form

PORT CHEVALIER'S Aiden Takarua has won the 2023 Living House Burnside under-26 singles lawn bowls competition.

The Auckland pulled ahead of Tauranga's Anthony Ouellet early in the final, leading 14-2 after 7 ends before Ouellet clawed it back through the middle, at one point only 17-11 down.

Takarua proved his class, however, winning 21-12 to deny Ouellet a second title in three years, following his 2021 victory in the competition.

Earlier, Halswell's Hamish Kelleher won six of his seven qualifying games – including a memorable 21-18 victory over eventual winner Takarua – to make the division 1 quarterfinals.

He went down 21-15 to Tom Taiaroa (Timaru) but finished as the best Cantabrian out of eight in the field.

The 32 competitors were split into groups of eight, then sorted into divisions 1-4 based on their group placings.

Burnside's Olivia Mancera, on her home greens, qualified into division 4 but made

it to the final, beating club-mates Callum Cox and Jayden Owens in the quarter and semi-finals.

She went down in the division 4 final, losing 15-10 to Cook Islands international Emily Jim.

Age-wise, all 32 competitors are eligible for next year's event.

Most of the players will next compete in Christchurch in January at the national singles and pairs championships.

RESULTS

Division 1

Aiden Takarua (Port Chevalier) beat Anthony Ouellet (Bowls Tauranga South) 21-12

Division 2

Briar Atkinson (Paritutu) beat Jacob Inch (Oxford) 21-18

Division 3

Ashleigh Jeffcoat (Carlton Cornwall) beat David Motu (Mt Eden) 15-14

Division 4

Emily Jim (Rakahanga) beat Olivia Mancera (Burnside) 15-10



10 years of RADness

RAD, OR Recycle-A-Dunger, celebrates 10 years this month.

RAD started life on Labour weekend 2013 as a Gap Filler project. Volunteers salvage and repair bikes, and show people how to fix their own.

“So far, RAD has helped over 19,300 people, enabled the reuse of over 50,500 bikes and parts, provided over 3450 hours of education, and facilitated over 30,700 volunteer hours of help in the community,” says RAD bikes co-ordinator Jess Smale.

RAD's regular drop-in sessions on Wednesday evenings and Sunday afternoons have been going the best part of a decade, but Covid prompted a significant expansion. Two workshop managers now nurture volunteer crews to improve their technical skills.

During Biketober, RAD is opening up the club nights and salvage squad sessions usually reserved for its volunteers so everyone can come along.

RAD currently spreads its operations across The Commons, using a shed built

from recycled rubble 10 years ago, and Space Academy.

Now the organisation is actively hunting for a permanent home – ideally a secure, indoor space in the central city. There have been positive discussions but nothing signed and sealed as yet.

“It takes a certain type of volunteer to stand in the cold and dark outside a shed in the inner city. And we're spending hours each week setting up and packing down. In a permanent home we could serve more people, have better security, minimise waste more efficiently, and build stronger community,” says Smale.

The vision may be ambitious, but RAD has a history of making dreams come true.

Meanwhile, there will be a birthday party for RAD whānau in late October – a celebration of longevity and a thanks to many generous supporters who have helped RAD to thrive.

• Find out more at www.radbikes.co.nz and www.biketoberchch.nz

The YUMMI study.

The role of cow, goat or sheep milk in the nutrition and health of older women.

Milk provides important nutrients that help older people to maintain muscle and bone health, and low milk intake is often associated with poor nutrition in older adults.

We are looking for female volunteers aged 60 to 80 years to participate in the YUMMI study, a 12-week research study investigating the health effects of consuming different types milk – cow, goat, or sheep.

We will provide you with cow, goat or sheep milk powder to drink twice a day for 12-weeks, or you will be asked to eat your normal diet (control group). The time commitment for the study will be about 11 hours and you will attend five clinic visits. You will receive up to \$220 in supermarket vouchers in recognition of the actual or reasonable costs involved with participating in this study (e.g. parking and/or travel costs).

If you are a woman aged 60 to 80 years and can drink milk, we would love to hear from you.

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This project has been reviewed and approved by the University of Otago Human Ethics Committee (Health). Reference: H22/067

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George Henry *The Black Hat* 1904. Collection of Christchurch Art Gallery Te Puna o Waiwhetū, presented by the Canterbury Society of Arts, 1932. Maker unknown Bilas, ceremonial headdress. Papua New Guinea. Collection of Canterbury Museum