

Active NZ Survey

SPARC recently released the regional profiles from the 2007/2008 Active New Zealand Survey. The survey provides an overview of physical activity behaviours among adults (aged 16 years and over) living in the Wellington region, in particular, their level of involvement with sport and recreation as participants and volunteers and their overall level of physical activity.

Overall, 48% of people in the Wellington region achieved the national physical activity guideline by undertaking 30 minutes or more of moderate intensity physical activity on at least five days out of seven (New Zealand: 48%). The Wellington region had one of the lowest levels of inactivity at 9.7% (New Zealand: 12.7%).



In the Wellington region, we have a higher than national average club membership in order to take part in sport and recreation activities (New Zealand 35%; Wellington: 38%) but we don't volunteer as much as the national average (New Zealand 25%; Wellington: 22%).

Walking, gardening and swimming were, in that order, the three most popular sport and recreation activities in the Wellington region. To view the full regional profile visit the SPARC website:

www.sparc.org.nz/research-policy/overview

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Artificial Surface for Football/Rugby – the future

Although artificial cricket pitches and hockey turfs have been round for years, the first Wellington City 'all weather' sports surface, usable for a variety of sports including rugby and football (soccer), is now in use at Nairnville Park. The surface is owned and will be maintained by Wellington City Council (WCC).

The new surface is 85 metres by 49 metres (approximately three quarters the size of a full size field). It cost \$900,000 and was made possible with the generous support of the New Zealand Community Trust (NZCT). It will put an end to years of poor drainage and a muddy field during the winter months.

By providing a quality surface for training and competition games that can be used in

all weather conditions, more participants will experience the opportunity to participate all year round. I'm sure the success of this new facility will lead to a call for 'more artificial surfaces'.

The all weather turf consists of 65mm long fibres, with rubber infill and an underlying safety rubber shock pad. The fibres of the turf are made from polyethylene providing a realistic looking surface with a similar feel to natural grass. The synthetic fibres also help prevent grass burns and are far superior to the artificial surfaces that existed in the 1970's and 1980's.

Well done WCC and NZCT on providing a much needed asset for sport.

Paul Cameron
CEO



The Dominion Post Wellington Sportsperson of the Year Awards is an annual event organised by Sport Wellington. It has become one of the prestigious events on the Wellington sporting calendar.

The Dominion Post Wellington Sportsperson of the Year Awards provide a forum for recognising excellence and achievements of athletes, coaches, officials, clubs, teams, volunteers and administrators, encompassing all sport ranging from the local sporting hero to the elite professional in the Wellington region. Supreme Award winners have included Mark Brown (golf), Michael Campbell (golf), Melissa Moon (athletics), George Bridgewater (rowing), and the Miramar Rangers AFC (football).



Each year national and regional sporting organisations, clubs, media and the general public nominate those who have excelled in their role within their chosen sporting discipline. The qualifying period for 2008/9 nominations runs from 25th March 2008 to 13th April 2009.



Nominations for the awards close midday, Thursday 30th April. Winners will be named at a gala dinner held in the Wellington Town Hall on the 11th June. For more information about the event, how to make a nomination or how to purchase tickets please go to

www.wellingtonsportsawards.co.nz

Green Prescription healthy lifestyle programmes

The Green Prescription Healthy Lifestyle programmes are operating successfully for the second year in the Hutt Valley. The ten week community based programmes run for two hours once a week, and offer referred patients the opportunity to have group support, exercise options and education from the Green Prescription team.

With funding from some of the Hutt Valley PHOs and HVDHB in 2007-8 four community based programmes in the Hutt Valley were used as pilot programmes. Due to their success and continued funding and support from partners including Regional Public Health, Leisure Active, Activation, H2O Xtream and Upper Hutt YMCA, this year we are able to offer patients a further twelve programmes.

Patients are referred by their GP, practice nurse or health provider, offering a healthy option to assist their medical conditions. Participants are evaluated at the beginning of the 10 week programme and again at the end. Results show that most patients experience a reduction in blood pressure, body measurements, and increased fitness levels.

The programmes have been well received by Pacific Island, Maori and low socio-economic groups that enjoy the opportunity to meet in a group, form friendships and exercise together in their community. Patients have described the programmes as 'great support' and 'very motivating', with comments on the reports such as "great to be able to fit into smaller clothes again", "I have more energy than in years", and "I am able to move around on my own again, and can now return to work".

Helping people change their lives to become healthier is what Active Communities is all about and the proven success from the Green Prescription Healthy Lifestyle programmes has been rewarding and satisfying for all the team at Sport Wellington.



Graduates from Hutt Programme

Wellington Round the Bays

On a pristine Sunday morning in February over 10,000 Wellingtonians dusted off their running shoes and hit the street for the 2009 Pelorus Trust Wellington Round the Bays Fun Run/Walk and the inaugural New Balance Half Marathon.

With the move of long time naming rights sponsor, Vector, out of the Wellington market a new sponsor was sought for the event. Pelorus Trust, who is a great supporter of sport and major events in the Wellington region, were approached and thus the event was renamed as the Pelorus Trust Wellington Round the Bays.

The introduction of the New Balance Half Marathon added a new dimension to the already successful event and gave participants a greater challenge. Just under 900 people

participated in the half marathon, which for 2009 was a run only event, it is hoped that the New Balance Half Marathon can be opened up to walkers for 2010.

Official numbers of 9,000 were down this year, however there was a sharp increase in the number of non-registered participants joining in. It is estimated that in total well over 10,000 participated in the event. Other events around the country, in particular Auckland Round the Bays, have seen this for a number of years, however it is the first year that it has become an obvious problem in the Wellington event.

Planning is already underway for next year with 21st February being set as the date for the 2010 Pelorus Trust Wellington Round the Bays and New Balance Half Marathon.



Regional Development

Sport Wellington regional staff in Wairarapa and Kapiti are leading projects to help increase physical activity. The key is applying a social marketing approach around the 'Push Play' message, with a focus toward supporting families and young people. The aim is to provide low cost activity with support from a wide range of partners and community agencies.

Sport Wellington – Wairarapa

Throughout the months of February to April, Sport Wellington-Wairarapa and Whaiora Whanui have been running a regional campaign to encourage families to play and have fun together; Push Play Parent - Takaro, Takaro Whanau.

The aim of this project was to promote activities and events that families can do together. Sport Wellington – Wairarapa offered support to those organising activities via promotion of their organisation and provision of spot prizes for families who participated. The promotion was channelled through local media – newspaper and radio, and through other Sport Wellington-Wairarapa, Whaiora Whanui communications.

Sport Wellington - Kapiti

Earlier this year Sport Wellington - Kapiti Regional Services Advisor, Jan Nisbet, worked with the Kapiti Coast District Council in creating a Push Play community promotional event for the opening of the Mataihuka Escarpment Walkway.



More than 400 people of all ages were called to the site by a lone piper and welcomed by a karanga (Maori greeting) by local iwi.

Local primary school children provided vocal accompaniment to a three piece folk band, trees were planted and people walked along the escarpment taking in the views.

The Mataihuka Escarpment Walkway is easily accessible, and provides one of the best views over the Kapiti Coast, as shown above. Thanks to Penny Redward for the photo.



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