

PALMYTM PROUD

ISSUE 18





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Palmy Proud is produced twice a year and is a brag book of the best of Palmerston North

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Awastone

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Evan McKay
- Night panorama, Sledge Track.

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Kia ora tātou,

With the summer sun high in the Palmy sky, the leafy parks and reserves that wrap around our city's waterways, traverse our hills and pepper our neighbourhoods draw family and whānau together while surprising and delighting visitors to Manawatū.

Getting outdoors and active is part of the Kiwi tradition. Maybe you're taking it back to basics, packing the tent, kids, togs and dogs into the family wagon for a camping and river experience at Awastone on the Rangitikei River at Mangaweka.

Perhaps you're having a staycation, supplemented with Manawatū's finest foody fare. I recommend trying the fresh bagels from new café Freddie Clere – slip some into your picnic basket. While you lean back in your outdoor lounge, read about what and who is making Palmy Proud.

At the grassroots, we're producing top sports professionals who agree the Palmy community and facilities are a recipe for success. Read how a homegrown crop of cricket, rugby, hockey and basketball stars represent us on the international stage and are inspiring the next generation.

If you're looking for an adrenalin rush, how does speeding down a mountain on two wheels sound? On the city fringes is Arapuke Mountain Bike Park where the best riding experiences in the lower North Island are there for free – with no extra cost for the stunning views!

No bike, no worries. We've got all the walks you need. Step out on the scenic Sledge Track, the bush-clad Te Āpiti - Manawatū Gorge Track, and the Rangiwahia Hut Track in the Ruahine Forest Park.

We're innovating in business too. Sportspeople can nail the Perfect Shot every time through augmented reality trajectory software for basketball and netball training. We're also keeping people on their feet through g20 Orthotics medical and design expertise.

Activate unwind. Activate nature. Activate action. Activate sport. Activate innovation. In Palmy, we make things happen.

Ngā mihi nui,
Mayor Grant Smith JP
Palmerston North City

Inside this issue

Nothing but net	6	3 hikes in 3 days	28
Going big with bagels	10	Putting feet (and legs) first	32
Where thrill meets adventure	14	Prodigy on the rise	36
Finger-Lickin' Finest	20	Growing Greatness	40
A riverside haven	22	'60s street skaters	42



Nothing but net

A local tech start-up helps sportspeople shoot hoops like the pros.

Basketball legend Stephen Curry is shooting hoop after hoop as Josh Te Rauna and his six-year-old, Junior, watch their very first NBA Basketball game on TV.

It's 2016, and Josh is about to experience a life-changing moment.

"Dad, why is Stephen Curry so good at shooting?" Junior asks.

It's a simple, yet complex inquiry from a child.

"From this moment the seed was planted," Josh explains. "I thought if I could develop something that would help my son and others shoot like Stephen Curry, I would do it."

Research and development

The past seven years have been busy for Josh as he's juggled his entrepreneurial journey with his job driving trucks.

Today, he has a product that's just about ready to go to market.

Perfect Shot is an augmented reality software product that helps athletes perfect goal shooting.

It's a long way from Josh's first prototype, which was a hula hoop and a broken broomstick.

He approached many local businesses to see if anyone could help him turn his concept into a piece of technology.

"I found out over the journey that a lot of it comes through networking and door knocking, just getting outside the comfort zone and talking to people."

With so many tech companies across Palmerston North, Josh realised the city was a good place to be developing his product.

Eventually, he connected with Idea, a Feilding product design and development company.

Idea confirmed Josh's concept "had legs and wings at the same time". A second prototype was produced, a cellphone version, and Josh was plugged into the Manawātū's start-up ecosystem, including tech companies.

Josh connected with the Central Economic Development Agency (CEDA) and accessed funding through Callaghan Innovation. He met with Massey University and went on to co-develop software in partnership with Dr Gabe Redding, who is a Senior Research Officer - Digital Technologies. The Perfect Shot application was the end product.





Idea confirmed Josh's concept "had legs and wings at the same time".

Josh's Palmy-based tech start-up Perfect Shot Ltd now owns and manufactures the software in Palmerston North.

The company has partnered with Microsoft to bring consumers a complete and ready-to-use product, which is a HoloLens headset with the Perfect Shot software installed in it.

The sportsperson wears the HoloLens headset during training sessions. Perfect Shot gives them instant visual feedback as they practice throwing a ball.

"We can show you the optimal trajectory based on the athlete's height and distance to the hoop. What you're seeing is a target that shows you where you need to shoot the ball in order for the ball to go in the hoop."

And the training aid isn't just for basketballers. It can be used to train for any ball sport.

Going to market

There are exciting times ahead for Perfect Shot Ltd as it prepares to take the product to the market.

"Our biggest goal is to get it out in Aotearoa New Zealand first, and then get into the States," Josh says.

The company has filed for patents in Australia, New Zealand and the United States to protect its intellectual property (IP). They're now seeking capital from investors

to help cover the remaining \$15,000 needed to apply for a full patent.

The next step is to run a three-month program to test the product in partnership with Sport New Zealand. Once testing is finished, any final software bugs will be fixed and the product will be ready for consumers.

"We're having conversations about being able to sell it through the Microsoft Azure market, so it's going to be huge once we land through their space to be able to sell it through the Microsoft domain."

Family support

Josh says he's grown a lot through his entrepreneurial journey.

He's grateful to his family who have supported him and provided financial support to make his vision a reality.

"I've learned about resilience; that it's good to have an imagination because that will take you somewhere if you're just willing to put your heart and soul into something."

So, what do his kids Junior and Jo Jo make of their dad's entrepreneurial journey?

"Junior said he's proud of me for what I'm doing, so that kind of made me melt inside knowing that even through the struggles we're doing something right. My family are my biggest supporters. They've all jumped on board." ♡



Going big with bagels

Palmy is raising an atmospheric toast to coffee and bagels thanks to a new café in a former church and theatre.

Freddie Clere co-founder and bagel connoisseur Hannah Doughty talks about how she and her husband Scott found moving to Palmerston North, where they've grown their family and set up a business.

What inspired you to leave Auckland to head to the Manawātū?

Scott's military placement brought us to Palmerston North. Once I researched the area, I was eager to make the move. Manawātū not only offers stunning natural scenery and a welcoming community, but it also presents an idyllic setting to start a family, which was important as I just found out I was expecting our first child when we were organising the move. On top of that, affordable housing enabled us to buy our first home in Cloverlea.

Bagels and coffee – how did that combo come into being?

The pairing of carbs and caffeine is irresistibly comforting. A bagel offers hearty indulgence while coffee provides a daily ritual — it's a match made in heaven.





What about Palmerston North appealed to you for launching a business? Were there specific openings that swayed your choice?

My experience in Auckland's bustling café scene made me realise that Palmerston North had room for an establishment like Freddie Clere. The relatively low overhead costs, abundant local suppliers, and a noticeable market gap convinced me that setting up a business would work really well here.

What facilitated your move and business start-up here?

The supportive network among local businesses has been immensely helpful and made the transition smoother and much more manageable.

Do you have any advice for those

contemplating a similar journey?

Go for it! Palmerston North offers metropolitan amenities but with the perks of a relaxed atmosphere and cost-effective business operations. Engage with the community to find your unique selling proposition.

Aside from coffee, what motivates you each morning?

The pitter-patter of my preschoolers' feet and the opportunity to unite the community through the universal language of coffee and bagels.

Lastly, what's your preferred coffee and bagel selection?

I'm a traditionalist — a flat white with a salmon and cream cheese bagel. However, I do have a soft spot for our current Bagel of the Month: The Hot Mac, a deep-fried mac 'n' cheese and hot honey delight. ☺

You can get your Freddie Clere coffee and bagel fix at
**395/397 Church Street, Palmerston North,
 Monday to Sunday 6am to 2pm.**

Or follow along on Instagram [@visitfreddieclere](#) for some seriously mouth-watering – and sometimes messy – reels.



Where thrill meets adventure

Discover the world of mountain
biking in Palmy's backyard



Riding a bike downhill with the wind on your face and the sun on your back brings a magical feeling of freedom and adventure – you’re young again.

Arapuke Mountain Bike Park is a place to grab onto that feeling, your bike and helmet. Running down the Tararua Ranges and overlooking the Kahuterawa Valley just 15 minutes out of Palmerston North, the park has trails to suit every skill level, from speed demons to kids with their first bikes.

Shane Telfer has been using the Arapuke Forest Park since the early 2000s when it was just forestry with a few homemade bike trails. He’s involved with the Manawatu Mountain Bike Club and heads up the bike park’s trail committee.

Shane says Arapuke is an awesome Palmy asset and everyone should head out and have a go.

“The trails range from grade 2 to 6, so there’s something in there for all levels. We do see a whole mix come up.”

A shuttle that runs on weekends and school holidays is popular with families and teenagers who “just want to go downhill without the uphill slog”, Shane says.

Ride to the top

The Kahuts Shuttle will take you to the top – the views over the valley and the West Coast are awesome. It’s up to you if you want to cruise straight back down or take more time to stop off at different trail features on the way. These include berms (banked corners where the pros can gain some speed), chutes (a steep and narrow drop) and the rock garden with the extra challenge of embedded rocks to navigate.

You can have a go or watch the pros and be inspired to gain the skills. The Mountain Bike Club offers annual courses to help riders out with the basics through to the more technical.

“You can just go for an easy ride and have fun without doing all the other stuff or you might slowly give new things a go as you get more confident,” Shane says.





Cruise straight back down or take more time to stop off at different trail features on the way.

Bike sub-cultures

There are a few sub-cultures of riders that pop up on Arapuke and you'll find them in the different sections of the park.

There are the Adrenalin Junkies, "usually groups of teenagers who head to the jumps," Shane says. "They can get the big air and there is one in particular called The Ripper, which has massive features and the people who can ride it do so really impressively. They just love it."

The Fitness Gurus skip the shuttle and pedal to the top powered by their own steam, often on the Back Track and Checkpoint Charlie. "They are usually on their own, doing their thing after work or on the weekends," Shane says he falls into this category and his favourite trail for getting his heart rate up is the Siberian Express. "It's a cross-country trail so a bit of downhill, a bit of up, it has a bit of everything with some challenging, techy parts as well."

The Social Cruisers are in it for fun – a bunch of mates making a day of it by checking out the different trails. "They might not have the flashiest bikes or gear but they are having fun and just getting out there."

The Dirt Divas, part of the Manawatu Mountain Bike Club, are women

who are in it for social fun, fitness, a few competitions and the occasional gin and tonic.

And, of course, Families are an important group who use the park – getting outdoors, away from screens, and encouraging kids to give it a go. The Swamp Monster is a great gentle trail for kids and beginner riders. "That one's really popular and you can park right up where the beginners' trails are, which makes it great for families," Shane says.

Getting started

Arapuke Mountain Bike Park is for everyone. If you are thinking about dusting off your bike, a good first ride to tackle is the Ice Breaker trail. It's grade 2 and is mostly flat, so a good one for getting rolling. The Mr Twister trail is another confidence builder, graded at 3 and more for the downhill wind-in-your-hair types.

Go for a day or a few hours. If you're coming from out of town, plan it out and make a whole weekend of it. Shane reckons the park is getting "pretty top-notch" since its humble beginnings and is well worth the trip.

With fresh air, open-armed views and a bit of adventure, Arapuke Mountain Bike Park is a dash of high-gear Palmy just waiting for you to get among it. ♻



Finger-lickin' finest

No question, fried chicken is a staple in households throughout Palmy. We've found the best place for you to get your fried chicken fix.

In a Facebook poll, we searched for the best fried chicken in Palmy. You voted The Basak to the top spot!

The Japanese takeaway (131 Botanical Road, Takaro), stood out for its unparalleled mastery.

Their succulent and crispy creations have attracted a devoted cult following. With a perfect balance of crunch and tenderness, Basak's fried chicken reigns supreme.





A riverside haven

Take a journey to where
adventure is a family affair.

Very rarely are you up before the sun on the weekend but today's a little different.

Your day bags are packed and wait for you at the front door. Towels – tick, togs – tick, hats – tick.

You rally the troops, feed the dog and quickly run through the shower. After you've made sure everyone is fed, watered, and used the bathroom, you're in the car, coffee in hand, and on the road.

It's one of those great summer mornings where it's still cool outside but the sun has already made its debut – it's going to be a scorcher! The car is filled with laughter and chatter from the backseat, the radio plays in the front and the smell of sunblock wafts around as you remind everyone again to slip, slop, slap and wrap.

Today's family adventure takes you along the Manawatū Scenic Route and you marvel at the views that lie just beyond the city bounds, soaking in the stunning scenery, deep valleys and towering mountain ranges, while also making a mental note of where those locally famous swimming holes are for another day.

After a short, one-hour drive from Palmerston North, at the northern gateway to the Manawatū Scenic Route, you've made it to your riverside haven – Awastone.

River ready

You all pile out of the car, apply another layer of sunblock, just to be sure, and pass around the backpacks. Even from the carpark, you can hear the unmistakable rumble of the river that bubbles up from the valley below.

It's not easy to find an activity the whole family can enjoy, but rafting on the Rangitikei River is the ultimate destination for all ages, providing a safe and fun way to discover the outdoors. After meeting the instructor, listening to the health and safety rundown and getting properly equipped with the raft, it's not long before you hit the water.

The "Splash n Giggle" rafting activity has the whānau taking on numerous friendly rapids, exploring beautiful swimming pools, and discovering fossil rocks while cruising through spectacular surroundings. Of course, having the experienced and fun team from Awastone guide you along the way means lots of splashing, laughing and plenty of opportunities to learn about this impressive part of the country.





Take on friendly rapids, explore beautiful swimming pools, and discover fossil rocks.



Foreshore and beyond

After a full day, it's time to relax. A quiet soak in the private river view hot tub set among the native bush is exactly what you need to unwind. You send the kids off to explore the grounds and take a moment for yourself. There's plenty to do at Awastone like taking a stroll through the gardens, exploring the historic bridge or getting acquainted with the native birds.

Ngahere Hikoi is a great choice for the kids. A short loop packed with native trees and home to many birds and wildlife, it's nice to experience nature at your doorstep and learn a thing or two along the way. And, if that's not your vibe, Awastone is the perfect base for all keen fisherfolk as the Rangitikei River is internationally famous for both rainbow and brown trout.

Now unwind

It's time to regroup and settle in for the afternoon and there's no better place to do that than at the Awastone café. The licensed café has a relaxed vibe and is perfectly positioned so you can watch the river from the patio and take in the impressive papa cliffs. With pizza, burgers and choices for the kids, there's something for everyone, including a speciality cocktail menu! To top off the night, live music fills the air – the local Summer Sunday Sessions kick into gear in January. Acoustic guitars, singalongs and a bit of dancing to end the night – bliss.

Discover Awastone, at the northern gateway to the Manawātū Scenic Route, open seven days a week at **143 Ruahine Road, Mangaweka, New Zealand**. Follow Awastone on Instagram **@awastonemangaweka** to keep up to date with events or visit their website **mangaweka.co.nz**. ♡

A family affair

In the quaint village of Mangaweka, you may remember Awastone as Rangitikei River Adventures from the '80s, or more recently the Mangaweka Adventure Co. Regardless, the Eames family has been at the helm of this river adventure company for more than 35 years offering experiences for the entire family.

In recent years, Paul, Tricia, Jack and Kelsey have expanded the family business to include a licensed café, hot tubs, two riverside campgrounds and cabin accommodation, creating a relaxed atmosphere where everyone is welcome.

An idyllic base for all adventurers, Awastone is the perfect place for those looking to play in, on and around the Rangitikei River. Fishing, walking, hiking, kayaking, rafting and more are all available. Only an hour from Palmy, it is a great choice for a day trip, family adventure or even a weekend staycation.

3 hikes in 3 days

The ultimate guide for active explorers in Manawatū

A long weekend in nature is a chance to reconnect with what matters. Swap the concrete jungle for the lush native bush, the sound of traffic for colourful birdsongs, and the chaos of the city for the calm of the forest.

Whether you're a local or a visitor, get ready to roam and tick off this trio of iconic Manawatū hikes. They're accessible to a range of fitness levels, so you can also enjoy these hikes with tamariki in tow.

Day 1

Te Āpiti – Manawatū Gorge Track

A national taonga nestled on the outskirts of Ashhurst and Palmerston North, Te Āpiti Manawatū Gorge is where the Ruahine and Tararua ranges meet – with the dramatic landscape and great divide known as Manawatū Gorge flowing from east to west.

There's a large parking area with toilet facilities before you pass under the intricately carved entranceway – as the cultural history and legends of this place come to life right from your very first steps.

Popular with walkers, hikers, and runners alike, the 4km Tawa loop track takes you from flowing streams and waterfalls through to stunning nikau palms, tawa and podocarp forest. The steady 5 percent gradient offers a solid cardio challenge.

A variety of native birds and plants will keep budding active explorers entertained along the way.

If you're an early riser, the morning light at Te Āpiti Manawatū Gorge is a little bit magical. It's mesmerising as the first rays of the sun filter through the lush evergreen foliage, accompanied by native birdsong.

Eager for more? If you're searching for a longer challenge, take on the 11km Manawatū Gorge one-way track that follows part of the Tawa Loop but continues towards the top.

Before you turn off from the Tawa Loop, make sure you pay homage to the mighty Whātonga, a majestic ancient Māori chief nestled within the lush green forest. More than 6 meters tall, this impressive steel structure is an artistic feat to behold as it looms among ancient trees.





Day 2

Sledge Track

With swimming holes, waterfalls and Love's Crossing, the Sledge Track is another popular spot for active explorers wanting to escape to the great outdoors without having to drive for hours.

Behind Massey University up along Kahuterawa Road, the Sledge Track is a hidden hiking gem. With its easy-to-moderate 10.9km return track, you'll be surrounded by pristine wilderness after a short 20-minute drive from Palmerston North.

The Sledge Track is also dog-friendly, so you can take your four-legged pal with you on a leash. The track starts smoothly, with a leisurely 30-minute meander along the river, winding past scenic picnic spots and swimming holes.

From the Argyle Rocks, the track begins to climb towards the Toe Toe junction for the next 1.5km.

Keep an eye out for an epic swing bridge along the way, where some walkers choose to cross for a loop journey over the gully and through the popular Arapuke Mountain Bike Park. After the swing bridge, there is a steady incline to the top of the ridge. Keep an eye out for mountain bikers travelling at speed if you decide to take on these shared paths.

Otherwise, continue to Toe Toe junction, where the Platinum Mines Loop Track and the Otangane Loop Track are beckoning. Both of these are suited for more experienced trampers.



Day 3

Rangiwahia Hut Track

In Northern Manawātū just outside the charming village of Āpiti, the 4.4km (2-3 hours) hike up to Rangiwahia Hut Track is a great day hike or overnight hut experience offering dramatic views across the magnificent maunga, as far as Mt Ruapehu.

Once renowned for its skiing, the track today is well-graded and takes you through some remarkable vistas. A stunning arched wooden bridge, deep ravines, red beech forests and enchanting Middle Earth scenery are sure to take your breath away.

Calm your mind among the quiet serenity and sweeping native bush of the Rangiwahia Hut Track. The steady incline to the tussock tops along the Whanahuia Range is a decent cardio fix but is absolutely doable and definitely worth the effort.

Stay overnight in Rangiwahia Hut, a serviced, cosy 12-bunk hut. There's water from a tap (you'll need to boil it before use), a wood burner (firewood is supplied) and the most incredible views of Mt Ruapehu. Photographers are in for a treat – your Instagram feed will be alight with spectacular sunset skies, a gorgeous bubbling waterfall and rugged tussock grasslands. Even the beautifully painted toilets are a highlight and are certainly a loo with a view.

Strap on your hiking boots, pack extra warm layers and bring a camping stove for the ultimate overnighter. Book online at the Department of Conservation website to secure your bunk for the night. ♡

Putting feet (and legs) first

A small, niche Palmy business is leading the way in orthotics, focusing on the person and not just their injury or condition.

A relatively well-kept secret in its hometown of Palmy, g20 Orthotics has improved the health, wellbeing and physical comfort of thousands of New Zealanders.

Director and Orthotist, Chris Pullar, and his wife and fellow Managing Director, Christine, are understandably proud of the custom cast and built orthoses that the team of 14 produce. Every solution is custom-made/fabricated on the premises in Napier Road, but the majority of beneficiaries don't live in Manawatū, instead they live in the greater Tasman district.

"For the last 30 years we have had a contract with Nelson Marlborough DHB," Chris says. "We have had other contracts and take local referrals, including through ACC, but the relationship with Nelson has been outstanding."

Although g20 Orthotics is a patient-focused and person-centred business, distance has not been a barrier to delivering personalised solutions.

Every Monday the Palmy team meets in front of a bank of screens to triage the referrals and identify their priorities for the week. The administrators in Nelson and Wairau Hospitals then set up two days of clinics each week for new patients or existing ones that need to be reviewed, and Palmy-based orthotists fly down.





We measure or make a cast so that every orthosis we fabricate is individualised. – Chris Pullar



“We take a holistic approach,” Chris says. “Although someone may have the same injury or clinical problem as another patient, their needs and lifestyle will differ and so the solution won’t be the same. Also, because some of our patients are with us for many years, we continue to adapt our solution to their changing needs.”

“We don’t deal with ‘out-of-the-box’ products or solutions. We measure or make a cast so that every orthosis we fabricate is individualised. Then we follow up with additional face-to-face meetings for fittings or ongoing assessments. Only perfection is good enough.”

Most of the orthoses produced at g20 Orthotics are for below-the-knee solutions. While sports and other injuries can require orthotic intervention, one of the key issues facing patients is diabetes.

“Our commitment to our diabetes patients is all about keeping their

feet on their legs,” Christine says. “Orthotics and correctly fitting footwear are a cheaper and much-preferred option to the alternative, such as amputation.”

The staff at g20 Orthotics work closely as a team. The five fabricators are trained in-house, and the three orthotists are also skilled in fabricating. For Chris, this is one of the reasons why the quality of work is so high.

“There’s huge complexity in what the team does to make sure every solution is suited to each patient,” he says. “We cast, mould, fabricate, grind, sew and modify. And we keep modifying until things are perfect.”

“By doing everything in-house, we are able to ensure excellent quality control. We continue to train people in the art of fabrication, a skill that would be lost if our patients relied on out-of-the box generic solutions.” ♡

Prodigy on the rise

At just 16 years old, this key Manawatū Jets' basketballer is hitting the international courts.

Lachy Crate's potential is as tall as he is, but for now, he's choosing to keep it local.

While Lachy, 16, is part of the Manawatū Jets squad playing in the National Basketball League, he's also a key player for his Feilding High School team and he steps into the New Zealand under-16 basketball team.

With all of this on his broad shoulders, his schedule is busy.

"I train every day here at school, at the Arena in Palmy and up at Massey University. Plus there's my schoolwork. But it's what I want to do for a profession, so I have to put the work in."

There are international games too. He has recently returned from the International Basketball Federation (FIBA) Asia Championships in Doha, Qatar, where he played for the under-16s New Zealand side.

Placing second means the team has qualified for the world championships in Turkey next year.

"It was the first time a New Zealand team has made the final so that was really good," Lachy says.

He was back on the court as soon as he returned to New Zealand, helping his high school team claw their way back from two defeats on day one of the secondary schools' national competition, hosted by Palmerston North at the Central Energy Trust Arena.





It's good to represent my school and my region. This is where I live and where I started out. – Lachy Crate



“It’s good to represent my school and my region. This is where I live and where I started out. I tried a lot of sports before sticking with basketball. I got way too tall for rugby.”

Lachy has been coached and mentored by Feilding High School PE teacher Darron Larsen. Darron is the assistant coach of the New Zealand under-16 team and has a long association with the Manawātū Jets. After debuting for the team in 1993, Darron went on to play 12 seasons before becoming a coach for six seasons. He says Lachy is one of the youngest youth squad players the group has seen.

“He went from the development squad last year to getting on the playing roster and he’s progressed hugely just from playing against bigger, stronger people. With him staying in the Manawātū it has meant he can really progress and get more experience than he might have been able to in a bigger city.”

Lachy says playing with the Jets’ big guns has helped build his confidence.

“I was nervous on the first day, but it was good to see that I could do it. I’m still working on my confidence and being more aggressive.”

With his sights firmly set on making basketball his career, Lachy would like to go to college in Australia or Europe. ♫

Growing greatness

Palmy prides itself in nurturing grassroots talent that feeds the great things we do in New Zealand. We talk with sporting stars that call our city home.



Jacob Oram

Former Black Cap
cricket international

What do you love most about Palmy?

The convenient nature of it being a small city, yet having most of everything we need to be comfortable. The central location makes it easy to get to wherever we need to go, whether that's concerts or sports events in Wellington, the beaches on the East coast, or skiing up the mountain.

It's a relatively short drive to get our fix of those experiences. We also have the bulk of our family still here in Palmy (parents, siblings), and we've made some great friends through our kids schools, so we have plenty of opportunities to socialise and just have fun.

What is something about you, outside of sport, that people might not know?

Like most Kiwis, I love watching sport, but have a special affinity for American sports, in particular baseball.

Part of me wishes I grew up in the States so I could have been a baseballer – I'm sure the transferable skills of cricket could have been handy in baseball too! If I am ever in America or transiting through, I always take the opportunity to catch a game wherever I am.



Hannah Rowe

White Ferns
cricket international

Can you share a specific memory or experience from Palmy that has had a significant impact on your sports career or journey?

Massey University played a huge role for me in shaping my sports career. I was able to spend my first year full-time in classes and still manage to train for the White Ferns thanks to the facilities in Palmerston North. As the touring schedule for cricket increased in demand, the Academy of Sport at Massey were awesome at allowing me to pursue both my sporting goals and my education.

In what ways has the support from the Palmy community contributed to your success in sports? What do you do to give back?

I think the special thing about sport is that you don't have to be an athlete to be involved. Whether that be trainers, coaches, teammates, or volunteers, I love that in a small place like Palmerston North, sport can bring people from all different backgrounds together. No sport is possible without these passionate people, and I'm grateful to have experienced a lot of that support over my sporting journey in Palmerston North. I hope people understand the impact having a good support system can have on your performance. I think back to the times I have struggled the most in my career and it is always the people that have brought me back.



Brayden Iose

Hurricanes and
Turbos (captain) rugby

In what ways has the support from the Palmy community contributed to your success in sports? What do you do to give back?

I feel extremely fortunate to have such great support from people within our community both on and off the field. So many people have been open to share their experiences and assist my growth in all areas of my life. I owe a lot to the Manawātū and the people of our community. I try to give back to the community through the way that I perform on the field. I hope that my love and respect for the region and those that have had an impact on me is shown through my effort and actions. I also do my best to give my time to others and try to share any experiences I have had to help those around me, whether that be in rugby or beyond.

How do you hope your achievements will inspire and benefit future athletes in Palmy and beyond?

I hope to show young athletes that you don't have to leave Palmy to chase your dreams. There is often an appeal to leave small provinces like the Manawatu for bigger provinces but I hope to show that there is a pathway here to develop, grow and showcase your abilities. It isn't about the province you are in but your own work ethic, self belief and aspirations. There is a wealth of experience and expertise in Palmy and so many avenues to grow both on and off the field. I hope that future athletes choose to explore these and see for themselves that Palmy is a great place to develop and express your craft.



Kayla Whitelock

Former Black Sticks hockey
international (captain)

What do you love most about Palmy?

How easy it is to get around, I loved growing up here and I think it's a good place to raise your kids. The ability to play many sports due to the region and ease of travel.

How do you hope your achievements will inspire and benefit future athletes in Palmy and beyond?

I hope that they can see a pathway in whatever sport they enjoy. We are lucky with the facilities we have here in Palmy so the opportunities are endless. I had a dream when I was 10, and 7 years later the dream became a reality so my message would be to dream big and through hard work and support, you can do anything.

In what ways has the support from the Palmy community contributed to your success in sports? What do you do to give back?

The community has been massive, the support from the local hockey community as well as the wider Manawātū community. There have been many local businesses and people who have supported me through my younger years which our family appreciated. That's what I love about the Manawātū - there are so many people here who are willing to help.



Hayden Phillips

Black Sticks
hockey international

Can you share a specific memory or experience from Palmy that has had a significant impact on your sports career or journey?

I was very fortunate to have a number of great coaches in the area that gave me opportunities to play in a range of teams. Bruce Kensington helped push me at Boys' High in the 1st XI and Tony Brougham and Greg Clark pushed my development with the Manawātū Men's side.

Being part of these teams helped to really extend my learning of the game.

In what ways has the support from the Palmy community contributed to your success in sports? What do you do to give back?

The Palmy community has helped in many different ways and particularly the hockey community. Hockey isn't a cheap sport to play, so there was always a lot of fundraising for tournaments that needed to be done.

There were always so many willing supporters within the community that helped me to get to the tournaments and subsequently I was able to be seen on the national stage. For this I will always be grateful to the hockey community. When I come back, I try as much as possible to come and help coach the next generation.

Roller skaters from throughout New Zealand hit Carroll Street for the national 10-mile roller race in January 1961
 Manawātū Evening Standard, [Manawātū Heritage, 2017N_2017-20_016081]



'60s street skaters

In the summer of '61, wheels whirled and adrenalin pumped as a group of roller skaters took to the streets in an attempt to beat a world record.

Palmerston North was a big supporter of the sport of roller skating. On 16 January, the city hosted the national 10-mile road race. Skilled skaters from throughout New Zealand gathered at the starting line in Carroll Street.

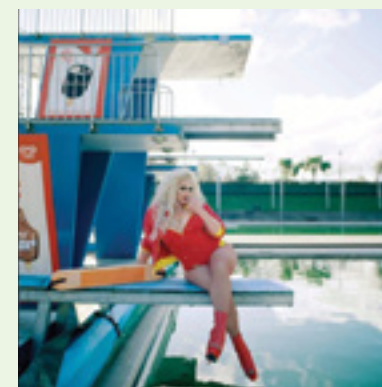
At the time, the world record for the 20,000-metre sprint stood at 40 minutes and 23.2 seconds.

M Wybrott started strong and five miles into the race had lapped the entire field. Hastings competitor, P Oliver, caught up with him and then with four laps to go, pulled away and outpaced then world record holder, M Wybrott, to win the race.

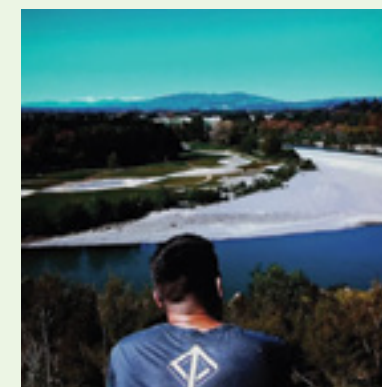
While Oliver took top honours, his time of 47 minutes and 35 seconds fell short of Wybrott's world record by almost 7 minutes.

The competitors attributed the slower pace of the course to unseasonal rain and the wet surface of Carroll Street.

In the end, Wybrott was defeated by more than 220 yards by Oliver, but his world record remained intact. ♡



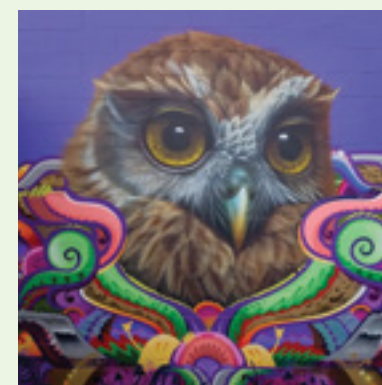
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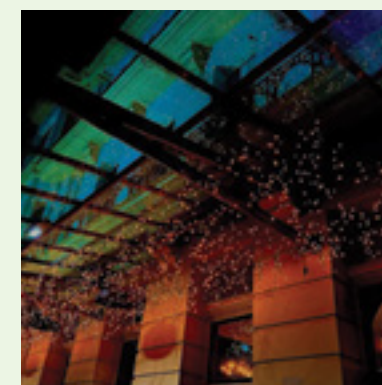
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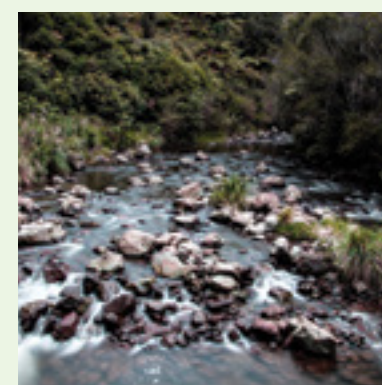
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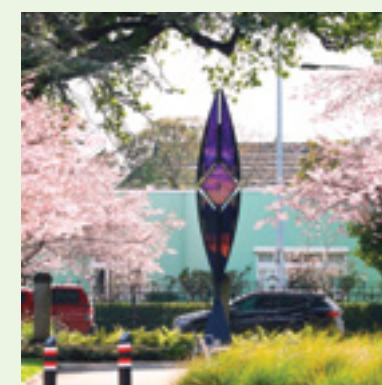
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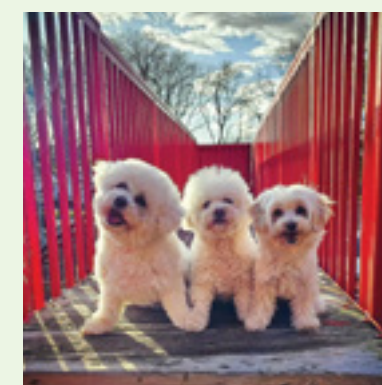
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