

COLLEGE SPORT



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From Colombia to Canterbury

CROSS-COUNTRY

CALI one week, Christchurch the next.

Kelsey Forman is likely to notice the drop in temperature and class when she competes at the New Zealand cross-country championships in Christchurch on Saturday.

The national club championships have meant that Forman will have no chance to take a break, after returning from the world youth championships in Cali, Colombia, only last Thursday.

In addition, she will be preparing for the Australian national cross-country championships in Melbourne on August 29.

Forman was the runner-up in the senior girls' at the national secondary schools cross-country championships last month but is uncertain about her prospects in the under-18 division this week, after competing in the 2000m steeplechase in Cali.

She was away for a month with the world youth squad, leaving almost immediately after the secondary schools championships, and her training has not been ideal for a 4km cross-country competition.

"I have mostly been doing speed work on the track and I had a week off [after competing on the opening days of the youth championships], though I'm back into it now," Forman said.

"But I like running on grass. I think it suits my running style better and I find it easier than on the track."

Forman was runner-up at the 2014 club nationals, behind Christchurch runner Ari Graham, over the same course at Halswell

Quarry. But there will be no shortage of competition this weekend, with eight of the top 10 from the secondary schools championships, including Graham, lining up.

Auckland's Isabella Richards, who won the secondary schools title in Dunedin, is not running but Forman expects leading triathlete Kat Badham, who missed the secondary schools meeting, to be a tough rival on Saturday.

Forman was beaten by seven seconds in Dunedin and might have been unlucky, after having problems with a shoe. "It came off at the heel half-way through the race and it was quite uncomfortable and slippery and I threw it off near the end."

Other Wellington athletes entered for the girls' under-18 on Saturday include Tessa Hunt (East), Imogen Skelton (Marsden), Phoebe van Boheemen (Queen Margaret) and Michaela Walker (Kapiti). Van Boheemen was 19th in the senior girls' at the secondary schools champs and Hunt was third in the junior division.

Stefan Przychodzko (Paraparamu), who finished 10th at the secondary schools champs and won the Wellington under-18 title this month, is likely to head the Wellington challenge in the boys' under-18.

Other Wellington entries include Joel Carman (Wainuiomata), Tom Caughley (Scots), Rusi Jagose (Town), Seamus Kane (Onslow), Max Karamanolis (Town) Jack Marshall (Wellington College), Logan Snee (HIBS) and Callum Stewart (Scots).

James Preston (Scots), who finished ninth at the secondary schools champs, will contest the



Wellington East schoolmates Phoebe Edwards, left, and Kelsey Forman relished their experience at the world youth championships in Colombia.
Photo: MAARTEN HOLL/FAIRFAX NZ

under-20 race.

Forman failed to make the steeplechase final in Cali, after finishing 12th in her heat.

"I felt didn't have a very good run. I did good for the first couple of laps but after that my legs felt really heavy."

"But it was on the first day and we hadn't been in Cali that long. We had been training in San Francisco and the heat and altitude were quite different [in Cali]. It was really hot and quite humid."

"I also hadn't run a competitive steeplechase since the North Island championships, in April."

Kenyan runners filled the first two placings in the steeplechase final, with the winner recording 6min 17.15s, compared to Forman's personal best and New Zealand under-17 record of 6:52.70.

But Forman still relished the trip. "The whole trip was amazing and heaps of fun. It was also good experience and I think I learnt a lot. I did a lot of training runs with Lily [Burdon, who made the 1500m final in Cali]."

Forman was joined in Cali by her neighbour and Wellington East schoolmate Phoebe Edwards, who tackled the heptathlon.

Edwards also qualified for the high jump but had to make a choice between her two events, as there would have been a clash had she qualified for the high jump final.

"I was ranked a lot higher in the high jump [than the heptathlon] but I don't regret my choice," said Edwards, who expects the heptathlon to become her No 1 event.

"It meant I had seven events [rather than just one] and it was so much fun."

Edwards was in 10th place after five of her seven disciplines, after

'The whole trip was amazing and heaps of fun. It was also good experience and I think I learnt a lot.'

Kelsey Forman



finishing sixth, in a field of 36, in the long jump, with a PB of 7.59.

However, her next event, the javelin, proved to be her weakest and though she produced a PB in the 800m – the final event – she still finished well down the field and slipped to 23rd overall.

"I had been on track for a PB score till the javelin." Edwards threw 25.41m in the javelin, compared with her PB of 32.5m. "Even if I had thrown 30m, I probably would have finished in the top 20."

"I was ranked about 26th coming into the championships but had been kind of hoping for top 20."

"If I had had a decent javelin, I would have got a PB and broken the New Zealand under-18 record again."

"But I've only been throwing the javelin for 18 months and we are going to get some specialist coaching later this year."

Edwards' experience in Cali also fuelled her drive to qualify for the world junior championships next year. "I want to get there so much more now. It will be difficult but I will be determined."

"It was such fun [in Cali] and so different to anything I'd done before."

BRIEFS

FOOTBALL AND HOCKEY

Mixed return

Wellington College's football first XI came out of a busy week with a win, a loss and a draw. Wellington scored a decisive and important premier one win when beating Scots College 4-0, lost 3-1 against Palmerston North Boys' and drew an entertaining but scoreless match against New Plymouth Boys' on Monday. The hockey first XI had a similar schedule, drawing 1-1 with Palmerston North, scoring a vital 1-0 win over Wairarapa College in premier one and beating New Plymouth 3-1.

RUGBY

U16 squads

The Wellington squads for the Hurricanes under-16 tournament, starting on September 28 are:

U16 A: Werdna Maliqi (Aotea), Tai Neli (Aotea), Adam Tone (Bishop Viard), Tama Kapene (Heretaunga), William Rua (Hutt Valley), Mari Samuels (Rongotai), Daniel Brown (Scots), Connor Garden-Bachop (Scots), Malo Manaua (Scots), Tommy Prescott (Scots), Todd Svenson (Silverstream), Jack Wright (Silverstream), Meirad Fitzemanu (Town), Andre Hart (Town), Ethan McQuinlan (Town), Billy Proctor (Town), Jasper Stone (Town), Oria Andrews (Taitea), Kainoa Wimitu (Tawa), Michael Martin (Wainuiomata), Joshua Onekawa (Wainuiomata), Naitoa Ah Kuoi (Wellington College), Bronson Aiono (Wellington College), Adrian Seumanufagai (Wellington College).

U16 development: Tisi Finau (Bishop Viard), Denzel Leota (Bishop Viard), Tom Lynn (HIBS), Mitchell Stringer (Hutt Valley), Tobias Makisi (Rongotai), Ngatama Marurai (Rongotai), Isalei Pongavalu (Rongotai), DJ Taoupu (Rongotai), Reuben Va'a (Rongotai), Caleb Cavabati (Scots), Jack Gray (Scots), George Jacobs (Scots), Isaiah Peachey (Scots), Mitchell Bull-Elvin (Silverstream), Kieran De La Rambelle (Silverstream), Zac Aldridge (Town), Keelan Whitman (Town), Kyle Preston (Tawa), Tanara Haenga (Wainuiomata), Sam Green (Wellington College), Tom Hoskin (Wellington College), Mellenniiuma Leota (Wellington College), Stone Warren-Robinson (Wellington College).

Big roles for Wellington College skipper

RUGBY

KEMARA HAUTI-PARAPARA thrives with the ball in hand but it doesn't have to be a rugby ball.

The Wellington College first XV skipper is equally at home with a softball and has frequently pitched for his school and representative teams.

His softball credits include being selected for a national development side last year and he was a member of the Junior Black Sox training squad for the 2014 world championships. He was also the leading batter at last year's national secondary schools tournament.

However, he cut back on his softball commitments this year, to concentrate on rugby.

"It's been pretty tough to fit in both sports, as the seasons have been overlapping."

"I'm not sure where I am with softball at the moment."

"I've played a bit of club and rep softball this year but have focused on my rugby a lot more."

"It has also helped my fitness. I probably wasn't as fit as I needed to be last year but feel fitter this year. I was 90kg at the Hurricanes [under-18] camp last year and 87kg this year."

Hauti-Parapara, who has also won national titles in waka ama, did his early schooling at Te Kura Maori o Porirua and switched to Wellington College in year 10.

He has good reason to concentrate on his rugby career. A year 14 student, but still not the oldest player in the Wellington College squad, he is in his fourth season with the first XV and in his second year as a Hurricanes under-18 rep.

A specialist halfback, Hauti-Parapara has spent much of the season playing at first five-eighth for an inexperienced Wellington College side.

However, Tamati O'Hagen's return from injury has allowed Hauti-Parapara to take up his preferred position and he will be the starting halfback in the premier-ship semifinal against Scots College on Saturday, with O'Hagen



SEMIFINALS

Saturday, 2.30pm
Silverstream v Town
at Silverstream
Scots v Wellington
College at Scots.

Wellington College skipper Kemara Hauti-Parapara will be a key player in the semifinal clash with Scots College on Saturday.
Photo: KEVIN STENT/FAIRFAX NZ

outside him. Hauti-Kemara is also Wellington's goalkicker.

"It's really good to have Kem in his favoured position, where he can control the game," Wellington College coach Lincoln Rawles said. "He has had to jump in at first-five and has played there for a significant period in most games. He's good enough to play there at first XV level but it's obviously not his best position and he has had a lot on his shoulders this year."

"One of his skills is being able to read the game and change the tempo. He's a good carrier, kicks well and his pitching arm is pretty

useful when he's passing."

Toka Sopoaga, a year 12 and youngest brother of All Black Lima Sopoaga, has usually been at halfback when his skipper has been at first five-eighth.

It has been a tough season for Wellington College, who have not been their usual force in the premier grade, but the side maintained their top four status with a 20-14 win over Rongotai last weekend.

Rongotai got out to a 14-3 lead but were kept scoreless in the second half, with Rawles praising his team's defensive effort.

"But it was a real battle and Rongotai kept at us for the whole

70 minutes."

Young Wellington College lock Naitoa Ah Kuoi had another good game, as did Sitiveni Paonga, who is able to switch between hooker and loosehead prop.

Hurricanes under-18 triallist Jimmy Hewitt, who played at hooker last year and began 2015 as the openside flanker, has slotted in at second five-eighth.

"He had been doing a great job at No 7 but injuries meant we switched him to midfield and he has done well for us there," Rawles said.

"He has shored things up defensively and on attack."

But Rawles knows his squad faces a daunting task against a Scots side which is undefeated in the premier-ship this year and beat Wellington 34-3 last month.

"Scots have got strike players across the park and we need to lift our game by another 30 to 40 per cent to test them. We have to maintain that level for 70 minutes and be a lot more accurate than the last time we played them."

Scots might be a little rusty with just one game – against a touring English college side – since July 4 but outside backs Connor Garden-Bachop and Alec Cannons are back from injury.

Silverstream taking aim at seventh final

RUGBY

ST PAT'S SILVERSTREAM have made a habit of being part of the big show.

The school will claim a seventh successive appearance in the premier-ship final if they can beat St Pat's Town on Saturday.

Silverstream host Town in a semifinal 10 days after winning their traditional clash by 15 points.

However, the Silverstream squad know they need to do more than just turn up to win again.

Silverstream, who benefited from pieces of individual brilliance from gamebreakers Asafo Aumua and Losi Filipo, scored 13 points in the last 10 minutes of the traditional match, turning a tight game into a convincing win, at least on the scoreboard.

It was a stirring contest and though Silverstream dominated the closing stages, Town will feel that they weren't far from parity.

"We weathered the storm but they made us work and it will be another tough game on Saturday," Silverstream coach Rob Ackerman said.

"We started very slowly [in the traditional game] and you don't want that to happen in a semifinal. "It will be a tough forward battle and whichever side wins that, will probably win the game."

Aumua, who scored twice, and Filipo were responsible for three of Silverstream's four tries last week and Filipo added a long-range penalty.

Aumua, a hooker by trade but sharp enough to have made a couple of appearances at second five-eighth this year, ran more than 50 metres for his opening try. "He's a very good footballer and uncompromising on attack and defence," Ackerman said.

Filipo, who played a twin centres role with Tarquinn Alatipi, used his strength and speed to score the final try, though television viewers might have

'We weathered the storm but they made us work and it will be another tough game on Saturday.'

Rob Ackerman, Silverstream coach



been unaware of his efforts.

A switch of numbers meant that the Sky commentary team confused Filipo and Alatipi, with the latter being credited with the try and penalty.

Alatipi, who has impressed Ackerman this winter, had had a busy league schedule in the lead-up to the Town game and Ackerman expects him to have a greater impact on Saturday.

First five-eighth Keaton Te Amo, who has missed most of the season through injury, showed some good touches last week and will be sharper for the outing. Hurricanes under-18 loose forward Josh Brown will be another key contributor for Silverstream.

Town quickly rebounded from the loss in the traditional match and scored 12 tries when beating Wairarapa 76-0 in their quarterfinal last Saturday.

"We learnt quite a bit from the Silverstream game," Town coach Glenn Donaldson said. "The better team won but it was a great game."

"Silverstream are well drilled, play their home patch well and had done their homework. We did a couple of dumb things and paid a price. Our line speed was not quick enough and Filipo caused some damage. I also think we took it up front too much and the boys got tired."

"But they will be fizzing on Saturday. There are quite a few year 13s [in the team] and they know this is it. Lose and it's the end of their school rugby careers."

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