

# PARANEWS – WHAT'S ON



**Parafed Wellington AGM**  
***Sunday 19 April - 11am to 1pm***  
**Avalon Pavilion, Lower Hutt - all welcome**  
*Guest Speakers this year will be:*  
Fiona Allan, CEO Paralympics NZ , and  
Ken Sowden, Parafed Canterbury

## MORE EVENTS!

***Have-a-go Day***  
***Sailability***  
***Adaptive Snowsports***  
***Table Tennis***

**Parafed Wellington is in the process of organising these events for you to participate. We will advise via email and by posting on the website [www.parafedwellington.co.nz](http://www.parafedwellington.co.nz)**

### IMPORTANT DATES TO REMEMBER FOR THE 2009 PNZ NATIONALS

- 20 APRIL:** Event Info. & Entry Guide distributed.
- 12 JUNE:** Entries to be returned with deposit.
- 9 OCTOBER:** Entries confirmed & balance of entry paid.
- 23 OCTOBER:** Final event details confirmed.
- 13 NOVEMBER:** Paralympic National Championships begin.



**Top Left:** Parafed Wgtn Member Kate Horan with Parafed Canterbury Member Daryl Humberstone at the New Zealand National Track & Field Champs held in Wellington recently. Both did Personal Bests for their 100m race!



**Top Right:** Parafed Wgtn Member Nick Ruane cycling to victory in the "Disabled Rider" Category for the Grape Ride09 in a time of 3h.20m.24sec.



**Below Right:** Wellington Wheelchair Rugby Athletes Gavin Rolton far left, & Brad Hayward 2nd from right are off to Montreal Canada for the Int'l Low Pointers Champs and Chris Lay, centre is in the development team off to Brisbane.



**Below Left:** Wellington Member Samantha Eddie is again selected for the NZ Team to compete in Darwin, Australia in May at the Arafura Games.

**Congratulations to all these Members!**