



It's all in the wrist! The Newman Lawn Bowls troupe show us how it's really done. Above: Callan (left) and Rowdy.

Let the good times bowl

WHEN Newman Bowling Club held their registration night for the 2008 summer competition it was the time for local businesses and corporations to register teams that will be locked in for the next 10 weeks.

However NBC stalwart Kristen Cox said there are still enough spots available for another two teams.

Enrolment per team is \$80 and a \$5 per person per night fee goes towards green keeping costs. All the equipment is provided, no uniforms are necessary and footwear is flat shoes or none at all.

Kristen Cox has been involved with the club since arriving from Kalgoorlie three years ago.

"Corporate bowls was a big thing there and when we moved here we noticed no one was doing it" she said. "We ended up taking on the whole club!"



Callan lines up another shot.

Running the NBC requires heaps of assistance and this usually comes in the form of volunteers. Ideally they would love to have 10-15 people but currently only have three due to some leaving town. Kristen would love to hear from anyone who would be interested in assisting with functions, firing up a BBQ or helping maintain the greens.

"No experience is required as we will teach them," Kirsten said.

Newman Bowls Clubs also relies on sponsorship and donations from local businesses such as HWE Mining, Roo's Plumbing and Workpac to keep things going.

Wendy Hagan

More photos from the Skilled Perth to Rotto swim challenge.



Kylie Fenwick from Big Sky Credit Union hands Neville Knight (Skilled) a cheque for \$1000. All proceeds donated to the Royal Flying Doctor Service.



Don't look now but there's a shark in the pool.



395 laps of the pool? We can do that!

TRY-athlon training tips

OKAY hands up... who made a New Year's resolution to lose weight?

Most people start off strong but within a couple of weeks they have ditched their diet, weaned themselves off the workout and caressed the couch.

When we make these resolutions we tend to focus on the outcome, not how to achieve it. Having a specific fitness goal allows us to define what we need to do and the time frame in which to accomplish it.

If a suitable goal has proved elusive then perhaps the 2008 Newman Triathlon is what you've been waiting for. Organised by BHP Billiton it takes place on Sunday, April 6. This is a great opportunity to train and participate in a local fundraising event even if you have never competed in a triathlon before.

The race will start at 6am for adult individuals and 6.30am for adult teams. The Newman triathlon will comprise a 350-metre (7 laps) swimming leg, a 15km cycle and a 5km run in that order. BHP Billiton's David Rosenthal

said that they chose these distances to cater for all fitness levels.

"It's not about getting the best times, it's about getting people to participate in a fun event," he said.

Each week in the lead-up to the race, the *Newman Mail* will be offering training tips to motivate and assist any fitness first-timers. But the key factor is to just get started.

This week allocate a day solely for each sport and just complete the distance. So, one day just concentrate on swimming the seven laps; another do the bike requirement or the run. Don't worry about setting any speed records, merely start to condition your body for these distances.

There is no point in starting a workout only to pull up with an injury so make sure to warm-up and cool down. Drinking alcohol and exercising in hot weather can both create a serious risk of dehydration so ensure that your water intake is sufficient especially during the training sessions.

And to get you going... "To achieve something you've never had before you must be prepared to do something you've never done before."

Wendy Hagen



Sudoku: Last week's solution:

6	7	8	5	1	2	9	4	3
5	2	3	4	8	9	7	1	6
4	1	9	3	6	7	8	5	2
7	9	6	1	3	5	4	2	8
1	3	2	8	9	4	6	7	5
8	5	4	2	7	6	1	3	9
9	6	5	7	2	1	3	8	4
3	4	7	9	5	8	2	6	1
2	8	1	6	4	3	5	9	7

Puzzle by websudoku.com

Send your sports news, photos or information to:

sport@newman

mail.com.au

Newman Mail

Tigers 'a bit' washed out!

TEN hard-core AFL players braved the wild weather last Thursday night to attend the Tigers pre-season training session. Coach Stephen Walpole said the night was 'a bit wet' but still took the attending players out for some ball work.

Previous years saw the Tigers start training mid-January even though the weather was very hot. This year the initial training session was pushed forward to February 7 due to other commitments and taking advantage of slightly cooler weather.

Don't worry if you missed out on Thursday night's sign up, as the club is always interested in new recruits. Living in a mining town it is hard to maintain the numbers for game days due to shift work. Last year on a couple occasions team numbers had dropped to 16-18 players but they were

still able to complete the season and take out the win that matters.

Stephen and assistant coach Mark Lincoln don't believe in making their players do 'miles and miles' of legwork but concentrate instead on ball work. This includes focusing on improving and maintaining aerobic fitness and ball handling skills.

Tigers FC is also on the lookout for more people to sign up as trainers or strappers. Stephen Walpole says trainers and strappers are worth their weight in gold and would encourage anyone with knowledge of these skills to lend a hand on training or game nights.

The pre-season training sessions will be held every Tuesday and Thursday nights from 6:30-7:30pm. Go on, have a punt with the grand final title holders!

Wendy Hagan



Shire of East Pilbara

EXPRESSIONS OF INTEREST

Cash for Containers Recycling Project

The Shire of East Pilbara is seeking expressions of interest from suitably experienced companies, organisations and/or individuals to assist in developing and implementing a 'Cash for Containers' type recycling programme for the townsite of Newman.

This programme is to assist in promoting litter reduction and educating the community on the benefits of recycling. It will also ensure that the townsite is kept as clean as possible and is part of a number of programmes on recycling and litter reduction.

The requirements for the successful company, organisation and/or individual will be to design and prepare plans and documentation (including an implementation strategy) for the recycling programme, in conjunction with the Shire of East Pilbara. The programme period is anticipated to be for three (3) years however this will be subject to 6 (six) monthly reviews.

A project implementation timeline is to be supplied with the expression of interest.

For further information, please contact Council's Director Community Engagement, Dr Ross Theodrom on 9175 8000.

Expressions of interest close at 12 noon Friday, 14th March, 2008 and should be delivered to the Administration Office, Kalgan Drive, Newman.

Allen R Cooper

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