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Let the polo games begin

By JEREMY SMITH

It's been a long road in which two of Australasia's top ranked Cambridge-based polo players – John Paul (JP) Clarkin and Simon Keyte – have 'chukked' all their efforts into establishing a world-class polo field at Kaipaki.

Next Wednesday evening three years of work will come to fruition when the complex is officially opened.

Clarkin and Keyte had the idea to establish the field soon after they bought the Kaipaki Rd plot in 2007.

Their vision was not only to have a polo ground but also to house properly trained horses nearby which people could ride while playing polo.

They have also talked with St Peter's School about establishing a polo academy at the property.

Clarkin and Keyte are both top players.

Clarkin is what's known as an eight-goal player and is the highest ranked polo player in New Zealand and Australia.

Keyte is a seven-goal player,

one of only four in Australasia to be ranked that highly.

"It's been a long road getting the field established but the sport of polo has given both JP and I so much and I guess this is one way we can give back," Keyte said.

"We really want to see the game of polo promoted and more young people getting into the sport."

The opening will feature an exhibition game and a race between a polo pony and a Mercedes. The exhibition game will feature some of the best polo players in the sport today.

As well as Clarkin and Keyte, other players taking to the field include Cody Forsyth, Ross Ainsley, Sam Hopkinson, Craig and Tommy Wilson and Tom Morley.

Keyte said it was rare that players of such a calibre in the polo world would be together for an exhibition match.

The opening of the polo complex is at 419 Kaipaki Rd next Wednesday, December 15.

Directions will be sign posted via Tarr Rd and entry is free. Gates open at 5pm. The exhibition match starts at 6pm.



GAME TIME: Seven-goal polo player Simon Keyte and Australasia's top ranked polo player and current New Zealand team captain John Paul Clarkin get in some practise at their newly completed world-class polo ground at Kaipaki before they officially open the complex next week.

Trainer's fitness inspiration is award winning



By MARIA LOW

A Cambridge personal trainer has won the 2010 FitnessLife Personal Trainer of the Year at the prestigious New Zealand Fitness Awards held in Auckland on Saturday, November 27.

Alison Storey, a Commonwealth Games rowing gold medallist and New Zealand representative rhythmic gymnast, wowed the New Zealand Fitness Awards judges who commented that her "belief in the power of the fitness industry to improve the health of the nation is inspiring".

The annual awards recognise excellence in the exercise and fitness industry.

Alison grew up in a family that always chose sport and exercise over sedentary activities.

She credits her passion for fitness to her sports background and years of encouragement and support from her Olympic gold and silver medal winning father, rower Dudley Storey.

Alison began her fitness career in 1992 as a manager at Les Mills' World of Fitness in Auckland before dedicating herself to competitive rowing.

After retiring from rowing in 2006 Alison launched Storey Sport, a mobile personal training and sports coaching business, based in Cambridge.

Long-term client Phillip Webb

said Alison's holistic approach to training meant her clients got the best results out of her coaching.

"Alison really knows her stuff – she's absolutely fantastic. She writes your programme so that you get the most out of training with her but also makes you very conscious of the benefits of an ongoing active life."

Alison is also a qualified nutrition consultant and advocates good nutrition going hand in hand with training.

"You can exercise as much as you like but if you don't eat right you won't get the results you want. Food is fuel and if you're trying to achieve anything you need the right fuel."

She said the rewards she got from her work are "immeasurable."

"I'm very humbled to have been recognised by my industry as having made a difference. To me, there's nothing more frustrating than seeing people who don't get up and do stuff; people who don't live every day to the max because they're too unfit to do it. No matter what the circumstances, I encourage everyone to do something," she said.

"The real reward comes from helping people get fitter, healthier, gain more energy and sleep better after years of not having that."

"To give people quality of life – that is just so cool."

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