



# Oceania Paralympic Committee London 2012

Cardiff Pre Games Training Camp  
Issue 4 – 18.08.2012

## Athletic Competition for Oceania Athletes @ Cardiff International Athletics Centre

As a Pre-Games warm up event, the Australian Paralympic Team's Athletics Section conducted a number of selected events on Saturday at the Cardiff International Athletics Centre for all Oceania athletes. The events included Seated Throws, 100m, Long Jump, 400m and relays. An ambulant throws event for Shot Put also took place at the Indoor stadium. Francis, Milo and Marcel competed in the track events while Leitu participated in the ambulant throws.

The event proved invaluable to our athletes, providing competition conditions in all events. A number of lessons were quickly learnt including the effective use of starting blocks, which are not a common training option for some of our athletes. Being part of the preparation phase of the competition and watching seasoned athletes from the Australian Team go through their warm up drills also proved invaluable.

A second competition has been organized for Wednesday and we will be keen to see that lessons learnt on Saturday are put into practice prior to entering the Village.



CDM Andrew from Vanuatu left, Aussie boys on the fly above and Kelli Cartright winging it below



Marcel (Vanuatu) with coach Tony learning the setup of the starting blocks left & below



# 100 Metres Test Event – Cardiff Amateur Athletic Club

Saturday 18<sup>th</sup> August

Follow the Start



On Your Mark

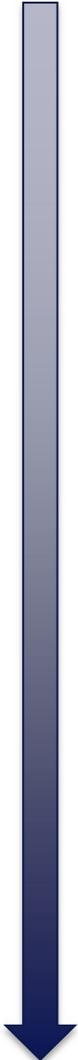
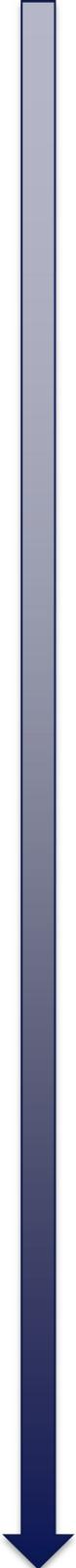


SET



GO!!!

Milo (Samoa), Gabriel (Aust), Simon (Aust), Francis (PNG), Marcel (Vanuatu)



## The Art of Volunteering – Meet Sarah & Lauren



**Sarah and Lauren at the Cardiff International Athletic Stadium**

Much to the surprise of the Oceania countries on arrival at their hotel in Cardiff was the introduction of Sarah and Lauren who were the appointed Volunteers for the Oceania contingent for their stay in Cardiff. They are with the Cardiff Host Council Ambassadors Program and have proved to be invaluable supports to our team as well as great ambassadors for Cardiff and a credit to the Welsh community.

Nothing has proved too difficult or tedious. From changing money to finding a glazier to repair a broken presentation frame, the ladies have completed the tasks with a smile that reflects a genuine love and care for their role. Both come from varied backgrounds and brought different experiences and expectations to the role.

**Sarah** is currently working as an International Trainer to deliver the Legacy Program for LOCOG. As part of the education team for LOCOG she wanted to volunteer for the Paralympics and her expectations of the experience is way beyond her imagination. "I am working with absolutely inspirational athletes and the inclusive approach of the Paralympics is finally the whole package for me", explained Sarah.

**Lauren**, a 2<sup>nd</sup> year physiotherapy student at Cardiff University became involved after viewing the role on the Volunteer website. She had no experience working with Paralympic athletes and has been inspired by the experience. Professionally in her future career as a physiotherapist, she has observed therapy and recovery sessions with Paralympic athletes that have stretched her understandings of the power and potential of the human body and challenged her future thinking of how she can utilize this knowledge in treating mainstream patients more effectively.

We are privileged to have two of the best volunteers working with our Oceania Team.  
Thanks Cardiff!

## ***Athlete Feature – Hellen Saohaga (Solomon Islands)***

Hellen hails from the Village of Tinggoa located in the Renbel Province South East of Honiara. Her recent introduction to Paralympic sport in 2011 saw her receive a Universality Wild Card slot to compete in the London 2012 Paralympic Games. This makes Hellen the first athlete to represent the Solomon Islands at a Paralympic Games following the IPC accepting the Solomon Islands membership to the Paralympic Family in December 2011.

The 25 year old mother of 3 year old George is currently living in Honiara and trained full time in the lead up to her departure for London. Her first international competition took place at the Queensland Athletic Championships in Brisbane where she received a Provisional classification of F57. Following her Wild Card allocation, Hellen has been entered into the F57 Shot put for London.

Hellen has fallen in love with Cardiff and is extremely grateful for the opportunity handed to her from the Solomon Islands Paralympic Committee, Government and sponsors to allow her to experience the pinnacle of Paralympic Sport. We wish Hellen the best of luck for her competition in London and her future coaching aspirations in the Solomon Islands



**Hellen in a training session at the National Indoor Athletic Centre Cardiff**

