



Athletes do New Zealand pro

By DEB STRINGER

Two Christchurch athletes have managed to come out on top at the Oceania Athletic Championships which were held in Saipan this month.

Joel Armstrong, 17, and Kelsey Berryman, 16, both members of the New Zealand Junior Athletics Development Squad, did their nation proud after Armstrong came away with a gold for the 400m and Berryman nabbed three golds in the 100m hurdles, 400m hurdles and the relay.

Armstrong, a Middleton Grange student, said his win had been a pleasant surprise.

"I knew I was up there but I didn't really know I was going to do that well.

"I had such a great time over

there and I love how I get to travel for my sport," he said.

Armstrong had been doing athletics since he was eight-years-old.

"I have always really loved it so I practice most days.

"I haven't been able to do any jumping lately, as I have a knee injury, so since the season is over I am going to have an operation to fix it next week.

"This will leave me out of action for four months which will be hard because I won't be able to train."

Armstrong's aim was to keep making New Zealand athletic squads.

Berryman, who is Papanui High School student, was just as passionate when it came to the sport.

Berryman said she had really enjoyed herself when she trav-

elled to the championships.

"I was really surprised with my results, especially with the 400m hurdles event because I have never done it before.

"I was also pretty nervous, so I was really happy with the outcome," she said.

Berryman had been doing athletics since she was nine years old.

"I got into it at school and now train with Christchurch Old Boys Athletic Club.

"I have learnt a lot from my coach, Jill Morrison, who has been very helpful in developing the correct technique."

Berryman aims to snatch the 300m hurdles national record.

"I already hold the Canterbury record for this, so adding the national record would be great," she said.



GOOD AS GOLD: Joel Armstrong and Kelsey Berryman, who they competed at the Oceania Athletic Championships this month.