

SPORTS NEWSLETTER

NSSA SURFING - Clean 1.0m waves were on offer for contestants at the first event of the 2016 Northland Scholastics Surfing Series event held at Sandy Bay on Friday 19th February. The event hosted over 70 entries from schools across Northland and there were seven separate divisions contested throughout the day. Due to the large entry field contest, organisers split the event into two arenas. It was a massive day of competition with over 12hrs of surfing completed.

In the U16 Girls Division, **Grace Pevats** placed 1st and **Macey Polwart** 4th. The U18 Girls Division, **Billie Scott** placed 1st and **Portia Olney-Kemp** 2nd. Great effort girls, keep up the good results. A big thank you to **Kim Robinson, Mark Pevats and Jamie Scott** for their help on the day. The 2nd event of the NSSS will take place in May.



NSSA TRIATHLON - This event was held at Kai Iwi Lakes at the end of February. One of our very talented students, **Portia Olney-Kemp**, competed in the U19 Senior girls division. This comprised of a 350m swim, 9km bike ride and 3.8km run. Portia placed 1st. Great effort and well done.

Unfortunately **Michelle Crawford's** experience was not at all the same. Michelle came out of the water near the back, but caught up to 4th place after the bike leg. However, she became ill on the run leg and collapsed. After taken to hospital to be checked out Michelle recovered after a few hours and will be back next year to race.

SWIMMING NZ - **Hayley McIntosh** has been selected into the NZ Team to compete at the 2016 Georgina Hope Foundation Australian Age Championships in Adelaide, Australia. Congratulations Hayley and best of luck for a successful result in Adelaide.



Portia Olney-Kemp



Michelle Crawford

SWIMMING - In February a group of WGHS students entered the NSS Championships at the Kauri Coast Community pool in Dargaville along with many other secondary schools, with WGHS achieving some great results. **Mia Gordon** placed 1st, in the 13yr old division, 50m and 100m breaststroke and 1st in 50m and 100m freestyle. **Sarah White** placed 3rd in the 14yr old 50m and 100m backstroke. **Samantha Bailey** placed 3rd in the 14yr old 50m butterfly and 3rd in 100m freestyle. **Gemma Brock** placed 3rd in the 13yr old 50m butterfly and **Sam Bailey, Sarah White, Courtney Stoddard and Mia Gordon** placed 3rd in the 200m freestyle relay. Well done girls.

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SHOOTING - **Samantha Skovlund** competed in the open and graded ISSF Pistol Championships in February. Perfect results for Samantha, placing 1st in open Junior Air 40, 1st in A grade Junior Air 40, 1st in open Junior Sport Pistol and 1st in D grade Junior Sport Pistol. Congratulations on a perfect score.

MOUNTAIN BIKING - **MacKenzie Johnson and Julia Carter-Bell** competed in the NSS Mountain Bike Championships in March at Parihaka Mountain bike park with some excellent results. In the Cross Country biking, MacKenzie placed 1st and Julia 2nd in the senior female category and in the Downhill section Julia placed 1st and Mackenzie 2nd. Great effort girls.

NSSA FUTSAL - WGHS Futsal teams did very well at the tournament placing 1st in the Open U/19 pools and 1st and 2nd in the U16/14 pools. Great day all round.

ADVENTURE RACING - On the 4th of March the Adventure Racing Squad headed down to Whitianga on the East coast of the Coromandel Peninsula to compete in the annual 12 and 8 hour ARC competition. This is one of New Zealand's longest running adventure racing events, and is always a highlight on the calendar.

This event involves Mountain biking, Trekking, Rafting, Rifle Shooting, Paint ball and various other problem solving activities which takes place as you hunt for check points in a designated area. This year's event saw students start in Whitianga, climb up and over the Coromandel pinnacles and then return. The weather was stunning, which made racing especially hard as students balance their own nutritional and hydration needs throughout the day. Another "special" addition to this event was that Richie McCaw has recently taken the sport up after finishing his rugby career, so it was safe to say that I had no shortages of parent/mother help being offered.

We had five teams competing and had some pleasing results. Zoe Heswell, Loche Espiner and Courtney Crum took out the schools' 8 hour division, a fantastic achievement. Our Seniors were unable to place, but had good results in various stages throughout the day. Due to the long duration of the event we only take senior racers away as there is not enough time to prepare new students.

If you would like to know more about this event check out their web page: <http://www.arcevents.co.nz/> - Olivia McLeod.

I would like to thank the parents that accompanied the students on the trip and the school staff that contributed to the preparation of the team's departure. Also a big thank you to Regent New World who sponsored the team's food.



Setareh Brown, Jaylyn Campbell-Kamariera, Olivia Droste, Ngamihi Greenwood, Te Rangimarie Manukau, Saraya O'Dea, Maia Peri Pirini, Te Awatea Proctor, Clare Pussell-Flavell, Maxie Shannon, Natalie Stolz, S'pia Thacker, Katie Woodhouse



CRICKET - WGHS A Cricket Team won the Leaf Cup Cricket beating both Kerikeri High and Kamo High. They now will attend the Northern Districts Qualifying Tournament in Hamilton in Summer Tournament Week. Good luck girls.

RUGBY - The Open Girls' Rugby team have attended two tournaments with one left to compete in. They have played Dargaville, Kerikeri and Okaihau. So far WGHS is unbeaten in this tournament and have one more game, so watch this space. The team would like to thank their coach Mr Peter Nock, who dedicates many hours to training every week.

WGHS ATHLETICS - WGHS athletic champions are: Juniors - Mia Gordon, Taylar Riini, Rochelle Fourie. Intermediate: Jess Pilmer, Natasha Hewson, Courtney Crum. Senior - Portia Olney-Kemp, Olivia Droste, Leiana Cameron. Olivia Droste broke two records. A big thank you to staff who attended and helped on the day.

WAKA AMA - WGHS newest J16 team were entered in the Novice division and won 2 of their 3 races. They also entered a J19 race and place 2nd. Our more experienced J16's won all 3 of their races in the J16 girls' grade and paddled up in the J19's girls grade and also won all 3 races. Coaches and parents are very proud of the girls' effort

NSSA TENNIS -

WGHS had 8 competitors in the open singles tennis champs held at Thomas Neale Tennis courts. **Gemma Brock, Terina Hauraki, Rachael Johns, Jade Litchfield, Catherine McClure, Emma Meyer, Megan Ross and Pippa Saunders.** There was fierce competition in both divisions with a great turn out of other Northland schools. Gemma Brock placed 1st and Emma Myer 3rd in Division 2.

NSSA BOWLS - Hannah Wedge and Laura Harkness played in the pairs division at Kamo Lawn Bowls and took out 4th place. Fun day all round and well organised day.