

SPORTS NEWSLETTER

NSSA ATHLETICS - A great day all round for a lot of Northland Secondary Schools to compete against each other and have a lot of fun. WGHS did extremely well once again with the results as follows: **Senior Track** - **Danica Seeler** 1st 2000m steeplechase - 1st 300m & 100m hurdles; **Portia Olney-Kemp** 1st 400m; **Hayle Cameron** 3rd 100m. **Intermediate Track** - **Courtney Crum** 1st 3000m & 1st 1500m; **Aimee-Leigh Scott** 1st 80m Hurdles; **Jessica Pilmer** 1st 800m & 2nd 400m. **Junior Track** - **Kiara Henry** 3rd in Jnr 3000m & 3rd in 300m; **Mia Gordon** 1st 300m, 1st 800m & 1st 1500m; **Pippa Croft** 3rd 800m & 3rd 1500m; **Aria Chapman** 2nd 200m.

Senior Field - **Olivia Droste** 1st Shotput; **Leiana Cameron-Tana** 1st Javelin.

Intermediate Field - **Aimee-Leigh Scott** 1st Hammer, 1st Discus. **Jaylyn Campbell-Kamariera** 2nd Shotput. **Natalie Stolz** 2nd Discus & 3rd Javelin.

Junior Field - **Rochelle Fourie** 3rd Triple Jump, 1st Shot Put & 1st Discus

NISS ATHLETICS - **Aimee-Leigh Scott, Olivia Droste, Rochelle Fourie and Aria Chapman** attended the NISS Athletics in Auckland. Aimee-Leigh threw 48.43 in the Intermediate girls Hammer placing 2nd. All girls did extremely well. Aimee-Leigh also attended the **Australian Junior Champs** in Perth placing 3rd in the Hammer throw. An excellent performance in her first International Competition.

ROWING - On March 3 WGHS students attended the NISS Rowing Champs at Lake Karapiro in Cambridge. Over 1800 athletes attended this event from all over the North Island. The competition was fierce but our girls achieved some fantastic results. **Samantha Bailey & Sarah White** made two A finals in the U15 double sculls and U18 novice double sculls. They placed 8th in the U15 but won an impressive silver medal in the U18 novice double sculls. **Marlies Mitchell** competed in the U16 single sculls placing 5th in her heat and raced again with **Samantha Bailey** in the U16 double sculls placing 5th in their heat. Great going all round girls. Thanks to coach Grant Clearwater & Manager, Angela Bailey.

NZSS FUTSAL - WGHS travelled to Wellington to play in the Championships and placed 5th overall.



NSSA GIRLS' RUGBY 7's - The following girls have made the Northland Secondary Schools Girls' Rugby 7's team: **Ngamihi Greenwood, Maia Pirini, Setareh Brown, Heavenly Peace Manukau and Samantha Ley**. In March the WGHS team travelled to Moewera to play and were runners up to Kerikeri High School. Congratulations girls.

NSSA RUGBY 7's CLUSTER TOURNAMENTS - This tournament is based on three games and WGHS has won the first tournament so far, so watch this space for further results.

INSIDE THIS ISSUE

Athletics.....	1
Rowing.....	1
Futsal	1
Rugby 7s	1
Equestrian.....	1
Surfing	1
Sailing	2
Volleyball	2
Waka Ama	2
Hillary Challenge.....	2
Adventure Racing.....	2
Rogaine	2
Karate	2
Hockey	2
Cricket.....	2
Football	2
Air Pistol	2

NSSA EQUESTRIAN - At the end of March WGHS students, **Megan Clotworthy, Dana Hawkins, Rachael Johns, Sharon Klijn, Kathryn Pullen and Mihi Shepherd** attended the Equestrian Combined event held in Kaikohe with some great results recorded. In the overall individual dressage section: Intro - 1st—**Mihi Shepherd**, Training - 2nd **Rachel Johns** and Pre Novice - 2nd **Sharon Klijn**, 3rd **Dana Hawkins**. The teams in Dressage section; 3= WGHS Blue team and 4th WGHS Gold team. Well done girls.

SURFING - **Billie Scott** competed in the South Island Open Champs in Dunedin in U17's, U20's and Open divisions. In the U17's Billie placed 2nd, U20's 2nd and in the Open division she placed 3rd. Fantastic results.



SAILING - **Nicola Wilson** competed in the Auckland P class Champs—5th overall (1st girl), Auckland Jnr regatta—6th overall (1st girl) and Northland P-Class champs, 1st overall and NZ Interschool P-Class champs, 1st overall.

Monica Neville and Nicola Wilson competed in the NZ Interschool Regatta and placed 3rd. Nice work Nicola and Monica.

SENIOR VOLLEYBALL - 16 teams turned out to compete against each other to qualify for the NZSS Championships. WGHS placed 1st so they headed off to Palmerston North to compete against other NZ teams and placed 1st in Division 3. They have now qualified for Division 1 for 2017. Excellent results girls.

NZSS WAKA AMA - At the beginning of April WGHS J16 & J19 teams entered the Waka Ama Champs in Rotorua coming away with great results. J16 team won silver in the 500m champs final and J19 team won silver in the 250m champs final. Well done. Big thanks to Shontelle Ferguson, Kier Henry, Ally Kjeldsen and Ngaro Tumai.

HILLARY CHALLENGE - WGHS & WBHS teams travelled to Tongariro National Park to compete in the Genesis Energy Hillary Challenge. With a lot of determination and effort WGHS & WBHS team placed 1st overall and is now the NZ Champion Team. Congratulations to **Macey Polwart, Alesha Ahrens, Geneva Overwater and MacKenzie Johnson**. Thank to **Coaches, Olivia McLeod and Callum Harris**.

NZSS ADVENTURE RACING - Over the summer tournament week, WGHS & WBHS Senior Go-4-12 team travelled to Kaiteriteri in Nelson to compete in this authentic race consisting of mountain biking, walking/running, tube rafting, rope skills and navigation taking 12 hours. WGHS placed 2nd overall in this Championship.

NSSA ROGAINE - **Geneva Overwater and Macey Polwart** placed 1st and **Zoe Heswall and Milly Barton-Smith** placed 2nd in the Senior Girls Rogaine. Geneva and Macey have been selected to go the NZSS Rogaine Championships in Christchurch at the end of May. Good luck.

NZ KARATE - **Yvette Hendrikse, Tynika Lafaele-Edwards and Liv Crum** entered the NZ Open in Christchurch in the holidays bringing home some great medals. Yvette earned her bronze medal in the female Kata and Liv a silver in Kumite. The tournament was followed by a two day NZ camp which all 3 attended and they wait for the announcement of the NZ team to go to Oceania in September. Well done and good luck girls.

2016 NORTHLAND U18 WOMEN'S HOCKEY SQUAD - Congratulations to the following players on being selected into the squad that will train towards National U18 Tournament held in Palmerston North in July - **Amy Horn, Ella Parr, Emma Moscrip, Geneva Overwater, Georgia Browne, Hollie Hunt, Jade Litchfield, Jessica Pilmer, Liv Crum, Maria Lovelace, Portia Olney-Kemp, Sarah Barnes, Shian Cottam and Taylor Ball**.

NSSA HOCKEY 6 ASIDE TOURNAMENT



WGHS entered 5 teams with WGHS Salmon team (**Charlette Overwater, Spohie Ball, Sam Reed, Ruby Collins, Rosemary Reed and Alice Donelley**) placing 1st = with Kamo High School. WGHS other teams placed 3rd & 4th. Great effort all round girls.

CRICKET - WGHS A Cricket team won the Leaf Cup Cricket beating both Kerikeri High and Kamo High. They then attended the Northern Districts Qualifying Tournament in Hamilton in Summer Tournament Week and placed 4th. Well done girls. Thanks to Coach, Gary Saunders and Manager, Julie Crum.

1st XI FOOTBALL - WGHS team played Howick College in a qualifier for the NZ Premier Secondary Schools tournament and won 3-0 so WGHS will now be attending the Premier tournament in Nelson in September.

FOOTBALL - U17 Eastern Suburbs Girls' Football team. **Jaimee Twichel** pursued her football passion by joining the Auckland based Football Club, Eastern Suburbs AFC. Through this Club she trialed and qualified for entry into the Auckland Football Federation Talen Centre squad. In March Jaimee was selected to join an Eastern Suburbs U17 Squad to compete in the National Youth U17 tournament at Western Springs. Her team won the tournament, beating local rivals Three Kings Utd 1-0 in a tight final. What a great achievement Jaimee.

OCEANIA GRAND PRIX AIR PISTOL CHAMPS - In December 2015, **Colleen O'Brien** attended the championships in Australia and placed 1st in the Junior 10m Air Pistol event. Great result Colleen.