

# Sports Newsletter

## WGHS CROSS COUNTRY

A good turn out with just over 90 runners this year with a mixture of sunshine and heavy rain. Good on everyone that gave it a go. Results are:

1st Senior - **Shannon Cox**

1st Intermediate - **Jessica Pilmer**

1st Junior - **Mia Gordon**.

Overall result - 1st - **Jessica Pilmer**,  
2nd - **Mia Gordon** and 3rd - **Madi Doar**



## NSSA CROSS COUNTRY

Congratulations to the girls who attended the NSSA Cross Country event on Tuesday 9th June. WGHS gained the following outstanding results:

### Year 9 Girls

1st - Mia Gordon

6th - Natasha Hewson

10th - Alice Donelley

17th - Genevieve Morris

### Junior Girls

1st - Jessica Pilmer

3rd - Maddy Gordon

4th - Courtney Crum

7th - Olivia Crum

8th - Nicole Robinson

10th - Macey Polwart

12th - Zoe Robinson

20th - Yiyang Yu

### Senior Girls

1st - Madi Doar

3rd - Geneva Overwater

4th - Shannon Cox

6th - Billy Scott

9th - Olivia Lobb

## GYMSPORT

**Maia Prochazka** placed first at ZM Classic Series 2 and 3 sanctioned competition in Auckland for Step 6 Aerobic Gymnastics. Maia placed 1st at the Aspire Aerobix & College Sport Auckland Champs achieving a personal best score of 17.55.

Maia also attended the NZSS Gymsport Champs in Auckland and placed 1st in Step 6 aerobics, which was the second highest score of the competition out of 75 individual athletes and also 5th place in the A grade tumbling.

You are doing very well, Maia. Keep up the good work.



## Inside this issue

Cross Country .....	1
Gymsport .....	1
Squash .....	2
Shooting.....	2
Surfing .....	2
Basketball .....	2
Rugby.....	2
Karate .....	3
Table Tennis .....	3
Weightlifting .....	3
Get2Go Challenge.....	3
Hockey Rep Team .....	3

## NZSS GYMSPORT CHAMPS

There were some great results at the Championship competition in Auckland in the beginning of August for WGHS students who entered. Step 4 Aerobics 12-14yr olds—**Jaimee Mason** 1st and **Gemma Lawton** 2nd; Step 4 Aerobic 15+ yr olds—**Whitney Mills** 5th and **Adrienne Gardiner** 6th; Elite Grade Tumbling—**Genie Blasingame** 4th; Step 6 Aerobic 15+ - **Genie Blasingame** 6th; Step 4 pairs—**Jaimee & Gemma** 2nd, **Adrienne & Whitney** 3rd; Step 4 team - **Jaimee, Gemma and Hanna Webb** 2nd. Well done girls.

**NSSA SQUASH TEAMS** - WGHS had three teams participating in Division 1 and two teams in Division 2. There were many teams that entered this year with a lot of YR9 students participating. The WGHS entries outnumbered all other schools. The Division 2 teams had a great time and placed 2nd and 4th. In total 4 teams were entered in Division 1, so the team to beat was Otamatea. Our top team played them - **Iyra Stewart, Hayley Green and Gemma Turketo**. Gemma was first to play and she won convincingly. Top seed Iyra was next with the pressure on her. Her first game was point for point, very exciting to watch and Iyra finally won the game. Hayley was next up and played well and won her game. Results for Division 1 were: WGHS - 1st, Otamatea - 2nd and WGHS - 3rd & 4th. All teams played fairly and represented our school well.

**SHOOTING** - A small number of WGHS students had the pleasure of experiencing Greg Yelavich's (Commonwealth Game medallist) advice and expertise at the Whangarei Pistol Club. The McMillan Cup (an annual youth tournament) is coming up in September and Greg will front several training events. What a great opportunity for these girls.



**SURFING** - **Emily Bruncker, Grace Pevats** and **Billie Scott** headed up to Ahipara at the end of June for their final surfing event. Conditions were great and the girls did very well. **Billie Scott** and **Grace Pevats** have been selected to represent Northland at the 2015 Surfing NZ National Scholastic Champs held in Gisborne at the end of September. **Portia Olney-Kemp** has also been selected as a travelling reserve for the U16 division. Well done girls and good luck. The NSSS Series results after 3 events proved to be very successful for WGHS students. Under 14 girls - **Grace Pevats** 1st, **Natalie Newbold & Nicole Robinson** 2nd=, Under 16 girls - **Billie Scott** 1st, **Portia Olney-Kemp** 2nd, **Meg Robinson** 4th, **Macey Polwart** 6th, **Emily Rose Hamilton** 7th and **Jess Pilmer** 9th. Under 18 girls - **Emily Bruncker** 1st.

## TE TAI TOKERAU U15 BASKETBALL

In April, six WGHS girls travelled to Tauranga for a basketball tournament. They played extremely well and placed 6th overall. Well done girls. **Tahlia Poasa, Lily Murray - Wihongi, Quincel Nathan-Hita, Rochelle Fourie, Portia Makiri and Puawai Moses** are members of this team.

## WGHS JUNIOR BASKETBALL TEAM

**Renee Foster, Rochelle Fourie, Portia Makiri, Lily Murray-Wihongi, Quincel Nathan-Hita, Isabela Padonan, Tahlia Parangi, Jodie Rameka, Susan Rangiwai, Tayla Skinner and Ritia Turner** made up the Junior Basketball team. They won two games in the pool draw going through to the semis, unfortunately losing to Kerikeri. However, they played off for 3rd and 4th place winning against Broadwood in the final, placing 3rd overall. Dargaville won the final in overtime by 4 points against Kerikeri. Thank you to Sam Davidson for coaching.

## WGHS SENIOR BASKETBALL TEAM

**Monika Alexander, Myrtle Brown, Caja Clowes, Hana Gilbert, Malia Gottsdanker, Keala Kjeldsen, Grace Lockett, Phoebe Lockett and Yazmin Todd** made up the WGHS team. They placed 4th at the NSSA Senior Champs, a good result, team. Thank you to David Todd for coaching.

## 10 ASIDE GIRLS RUGBY

The 1st of July proved to be a very proud moment for WGHS at the Old Boys Rugby Union Club as 5 clubs played against each other in a fair and hard way. The teams came from Kaitaia, Okaihau and two teams from Canada. WGHS came away with two terrific wins and two narrow losses; however, they came away with a great reputation. The girls sang our school waiata and performed a haka for the Canadian teams to thank them for coming to play. The Coach, Peter Nock and Manager, Natalie Peyton, felt very privileged to be part of this team. Congratulations to **Charmaine Ace, Setareh Brown, Ngamihi Greenwood, Nikita Henare, Samantha Ley, Heavenly- Peace Manukau, Awaroa Mark, Riven Marsters, Zonier Oakes, Jessie Parr, Kataraina Pou-Hita, Susan Rangiwai, Kiara Simon, Caty Tualapini and Tylah Wiki-Ngaropo**.





## AUCKLAND OPEN AND SECONDARY SCHOOLS KARATE CHAMPIONSHIPS

**Yvette Hendrikse** won a silver medal in the secondary schools competition and a gold medal in the open competition for 12/13yr old girls premier Kata. **Olivia Crum** won bronze in the secondary schools and silver in the open comp for 14/15yr old girls premier Kata. Both girls have qualified to the National Karate Championships in Wellington and competed in the July school holidays.

Meanwhile **Holly Weber** won a bronze medal in Kumite in the 16/17yr old division and **Samantha Skovlund** won two gold medals in the 14/15yr old 'development' in Kumite and Kata. One gold in the Auckland Open Champs and one gold in the Secondary Schools Karate Champs. **Samantha** also won two silvers in the 14/15yr old 'development' Kumite and Kata divisions. **Tynika Lafaele Edwards** won gold in the 12/13yr Kumite and silver in the 12/13yr Kata in the Auckland Open Champs as well as collecting a gold for U14's Kumite and a bronze medal for U14's Kata in the Secondary Schools Champs. Samantha and Tynika have also gone to Wellington to compete. Well done girls for the great results and great effort.

## KARATE NATIONALS IN WELLINGTON

**Olivia Crum, Yvette Hendrikse, Tynika Lafaele-Edwards and Samantha Skovlund** have done extremely well in Wellington over the July holidays. In the KATA section **Olivia Crum** won bronze in the 14-15 yr and **Yvette Hendrikse** brought home a silver in the 12-13 yr old female individuals. Yvette also won a bronze in the Secondary schools 12-13 yr individual female.

**KUMITE - Tynika Lafaele-Edwards** won a silver in the 12-13yr and a gold in the Secondary schools 12-13 yr female section. What a great achievement for these girls.

## TABLE TENNIS

At the end of June WGHS entered the NSSSA Open Table Tennis Champs and **Olivia Lobb** placed 6th overall. Well done, Olivia. Hayley Green and Pippa Saunders also participated and played very well.

**WEIGHTLIFTING - Paige Lawgun** has been selected by the NZ Olympic committee to represent NZ at the Youth Commonwealth Games held in September. Paige has also attended the Oceania/Pacific games in Papua New Guinea in July. She placed 1st in U17/U53kg weightlifting and 3rd in Junior (U21yrs) in U53kg weightlifting.

## GET 2 GO

WGHS Get 2 Go Team (1) won the OPC Get 2 Go Regional Qualifier by a whopping 46 points which is the most they have won by in many years! Team members are: Nicole Robinson, Courtney Crum, Georgia Mack and Renee Topp. Please congratulate these girls if you see them. They will be off to Great Barrier in December to attend the National final. The WGHS Get 2 Go Team (2) consists of Zoe Hewall, Piper Mortimer, Ruby Parker and Grace Ruddell. This team placed 3rd which is a fantastic result. Well done to all.



## HOCKEY U18 REP TEAM

The Northland U18 Hockey Rep team went to tournament in the first week of the holidays to North Harbour with coach Alma Quirey. It was a very tough week with hard games but the team enjoyed the good hockey. One game was won in a shoot out then Northland lost to that team on the final day ending up in 8th place overall. The Northland U18 Rep team is: **Claudia Squire - Ella Parr - Ella Rose Kini - Emma Moscrip - Geneva Overwater - Katrina Howe - Madisen Hudspith - Madison Doar - Malin Nechwatal - Shian Cottam - Hayley Maunder**