

SPORTS NEWSLETTER

GYMNASTICS - Michelle Crawford

and Sophia Cosson attended the artistic gymnastics nationals in Invercargill over the holidays. The girls met the qualifying standings during the year to be eligible for selection. Unfortunately Michelle had an injury but still bravely competed. Despite this she placed 15th overall from 27 competitors, Sophia had a strong competition placing 11th in the all-round competition. Great results girls.

ASB SECONDARY SCHOOLS SPORTS AWARD FINALISTS -

Congratulations to the following finalists for the ASB Awards: Samantha Bailey, Sarah Barnes, Steph Bracey, Michelle Crawford, Olivia Crum, Yvette Hendrikse, MacKenzie Johnson, Alex Kelly, Paige Lawgun, Jade Litchfield, O'Shea MacMillan, Fern Manning, Jaimee Mason, Hayley McIntosh, Jasmine Milton, Emma Moscrip, Grace Pevats, Jessica Pilmer, Cailyn Prisk, Maia Prochazka, Caitlin Reed, Teina Rihari, Krystal Robson, Kelena Roughan, Tia Saunders, Aimee-Leigh Scott, Billie Scott, Soktaera Sean, Soktaerodh Sean, Mihi Shepherd, Samantha Skovlund, Lauryn Smith, Makayla Templeton, Abbey Venmore, Sarah White, Courtney Williams and Nicola Wilson.

The winners of the ASB Secondary Schools Sports Awards categories are: Caitlin Reed - Sports Woman of the Year, Samantha Skovlund - Air Pistol Shooting, Courtney Williams - Water Skiing, Aimee-Leigh Scott - Athletics, Lauryn Smith - Badminton, Stephanie Bracey - Cheerleading, Caitlin Reed - Clay Target Shooting, Tia Saunders - Cricket, Mihi Shepherd - Equestrian, Alex Kelly - Football, Jaimee Mason - Aerobics, Jessica Pilmer - Hockey, Cailyn Prisk - Hockey Umpire, Paige Lawgun - Weightlifting, Sarah White - Rowing, Nicola Wilson - Sailing, Billie Scott - Surfing, Hayley McIntosh - Swimming and Jasmine Milton and Teina Rihari - Volleyball. Congratulations girls, well deserved with the hard work you all put in.

GYMSPORTS AEROBICS - Maia

Prochazka placed in the top 10 in the ADP4 category which is an extremely competitive category. Maia had beaten other athletes who have been in that category for 3 years to secure her spot. Her score of 17.30 gained her a proficiency pin.

WGHS SPORTS AWARDS - A

great night all round for everyone who attended the awards. Congratulations to all those competitors who got their well deserved prize. Also a huge thank you to all the coaches, managers and parents/caregivers for another successful season in sport for WGHS. Without you this would not happen. The Special Awards this year went to:

Meg Clements for Soccer, Mia Gordon for Netball, MacKenzie Johnson for Squash, Alex Kelly for Soccer, Jamie Lindsay for Hockey, Te Rangimarie Manukau for Rugby, McKenzie Morris for Netball, Piper Mortimer for Hockey, Emma Moscrip for Hockey, Serai Murray-Wihongi for Netball, Geneva Overwater for Adventure Racing, Cailyn Prisk for Hockey, Caitlin Reed for Shooting, Lil Reihana for Touch, Teina Rihari for Volleyball, Tia Saunders for Cricket, Leihana Shelford-Tito for Netball, Lauryn Smith for Badminton, Makayla Templeton for Cricket and Taylor Wyatt-Logan for Soccer. Well done



**Summit Chartered Accountants
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A HUGE THANK YOU TO OUR SPONSORS FOR THE WGHS SPORTS AWARDS.



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ADVENTURE RACING - SPRING CHALLENGE AND LACTIC TURKEY ROGAINE

- During the last weekend of the holidays the Whangarei Adventure Racing Teams competed in two races around the country. Our senior girls team consisting of **Alesha Ahrens, Geneva Overwater and Macey Polwart** competed in the 3 hour Spring Challenge all female Adventure Race in Rotorua. This event was part of the prize won by the team for their first place in the Hillary Challenge earlier in the year. The race was through some spectacular scenery and combined navigation, mountain biking, rafting and mountain running. The girls showed why they are not only the best school team in New Zealand but also one of the best overall, beating over 50 adult teams to win the race outright by 15 minutes. A fantastic effort.

Also three teams competed in the 3 hour Lactic Turkey Rogaine in Auckland during the same weekend. The team of Renee Topp and Nicole Robinson won this event outright, again beating all the adult teams.

Thanks to Regent New World and Educare for their continued support of the Whangarei Adventure Racing teams to make our success possible.

AIR PISTOL SHOOTING - WGHS took out the competition in the McMillan Cup Air Pistol Team Champs. Team 1: **Samantha Skovlund, Colleen O'Brien and Fern Manning** placed 1st and Team 2: **Sabrina Teoh, You Jin Kim and Holly Edmeades** placed 2nd. In the Individual Champs Samantha Skovlund place 2nd overall, You Jin Kim 3rd overall and YouJin Kim also won the trophy for Best New Shooter. What great results.



ADVENTURE RACING AKSS ROGAINE CHAMPS

- In September the Adventure Racing squad entered 15 teams in the AKSS Rogaine Champs. This was a 90 minute race held at Shakespeare Park. The teams dominated the rest of the 300 strong field with podium finishes in every, but one, category. Geneva Overwater ran a stunning race and got all but one control—showing why she is one of the best racers in NZ. Our intermediate girls and boys teams were extremely consistent gaining four podium finishes between them and a win for Courtney Crum and Zoe Heswall. Senior girls: **Geneva Overwater** placed 1st. Intermediate Girls: **Courtney Crum & Zoe Heswall** - 1st. Macey Polwart & Alesha Ahrens - 3rd and Renee Topp & Nicole Robinson - 4th. Junior girls: **Alysha Donovan & Adyn Dudley** - 3rd. **Emma Hutchinson & Phillipa Croft** - 4th. Adventure Racing results just keep getting better and better. Keep up the good work girls.



SENIOR PRIZEGIVING RESULTS - The following students received the Special Sports Awards for the year:

Hayley McIntosh and Paige Lawgun won the Carol Hudson Cup for Sportswoman of the Year - Congratulations Hayley and Paige, well deserved.

Olivia Crum and Kelena Roughan won the Kensington Fitness Centre Trophy for Highest Achievement in Year 11 - **Jasmine Milton** won the Kensington Fitness Centre Trophy for Highest Achievement in Year 12 - **Teina Rihari** won the WGHS Trophy for Team Sport Achievement - **MacKenzie Johnson** won the Warriner & Watson Cup for sports All-Rounder of the Year - **Jade Litchfield and Natalie Dey** won the engraving Systems Award for Fair Play & Sportsmanship.

SQUASH - WGHS Squash Team won the Northland Squash Team of the Year 2016. Congratulations to **MacKenzie Johnson, Pippa Saunders, Tia Saunders, Brylee Chapman, Gemma Turketo and Iyra Stewart**.

SURFING - **Billie Scott and Grace Pevats** competed in the New Zealand Scholastic Surfing competition held in Gisborne. Billie placed 3rd overall in the U19's and Grace Pevats placed 5th in the U15's. Great surfing results girls.

BADMINTON - A group of WGHS students attended the NISS Badminton Individual Championships in September with some pleasing results. **Lauryn Smith** placed 1st and **Tara Barlow** 3rd. Well done.

WHANGAREI NETBALL CENTRE PRIZEGIVING

WGHS Year 10 teams and the Umpires did very well for the netball season this year and have been awarded the trophies below. Well done girls.

In the Championship Round:

College A1 Grade Winner was WGHS 10-1

College C1 Grade Runner-up was WGHS 10-5

The uniform trophy was won by WGHS 10-3

Umpire Awards

Centre awards: Connie Mason and Mary Mason

Zone Theory: Angela Bakker, Genevieve Morris and Caitlin Withers.

NSSA JUNIOR CRICKET TOURNAMENT - WGHS entered two teams in the tournament played at Kensington Park. Both teams played extremely well and came away from the tournament with great results. WGHS Team A won the tournament and WGHS Team B placed second.

Team A: Paige Witten, Makayla Templeton, Terina Hauraki, Kennedy Boswell-Smith, Gemma Brock, Livvy Potter, Mia Gordon, Meegan Soulsby, Rosemary Reed, Ruby Collins and Emma Illerbrun.

Team B: Sophie Ball, Maya Harold, Katie Jones, Jamie Lindsay, Sarah Maley, Grace Moscrip, Charlette Overwater, Grace Pevats and Lauren Rouse.



NSSA JUNIOR TOUCH TOURNAMENT - Our junior touch team travelled to Kaikohe to compete against other Northland School teams in the NSSA Touch Tournament. WGHS won the final round beating Bay of Islands College. Fantastic outcome girls.

NSSA KI-O-RAHI - Two WGHS teams competed in the Ki-O-Rahi tournament in Kaikohe last term. Both teams competed extremely well with the juniors placing 2nd in Division 2. The seniors were very competitive, playing so hard against the mixed teams in their Division. A great experience for our students.

JUNIOR BLACK STICKS 2016/2017 - Congratulations and well done to **Sarah Barnes, Geneva Overwater, Jess Pilmer and Emma Moscrip** who were one of many Northland U18 players picked for the Junior Black Stick Squad.

NSSA JUNIOR VOLLEYBALL - Three WGHS teams entered the junior volleyball tournament held at Kensington Stadium. All teams played very well against other Northland Secondary Schools, with two WGHS teams making it through to the final.

When it came to the finals, there was some fierce competition and great games played with all teams battling to win. WGHS Team Blue narrowly missed being in the top three but still played well as a team and placed 4th. WGHS Team White also played well with some hard competition and placed 6th.

Team Blue: Kiantie Beazley, Aimee Damerell, Heidyn Harrison, Terina Hauraki, Yara Musa, Grace Nikora, Sherron Dods, Pippa Saunders, Hazel Stolz and Jessie Taylor.

Team White: Leah Bucknell, Aleda Megchelse, Daniellah Patuawa, Eline Penaia, Taylar Riini, Amelie Tuato'o and Hinengaro Ua-Marsh and Huia Leau

SWIMMING - The New Zealand Short Course Championship event was a big success for **Mia Gordon and Hayley McIntosh**. Mia placed 2nd in the 14yr 50m breaststroke and 3rd in the 14yr 100m breaststroke. Well done Mia. **Hayley** placed 3rd in the 17 & 18yr 200m freestyle, 6th in the Open 200m freestyle, 1st in the 17 & 18yr 400m freestyle, 2nd in the Open 400m freestyle, 1st in the 17 & 18yr 800m freestyle and 2nd in the Open 800m freestyle. Well done girls, what fantastic results for swimming.

Last Sports Newsletter for 2016

*Hope you all have a great summer holiday with lots of fun and relaxation.
Join us next year - Be safe and enjoy.*