

Sports Newsletter

WGHS ATHLETICS DAY - A successful day with a few records broken.

Jnr Shot Put - Mateja Matijevich - 11.04m
 Jnr High Jump - Jenna Johnston - 1.51m
 Int Shot Put - Aimee-Leigh Scott - 10.84m
 Int Discus - Aimee-Leigh Scott - 31.10m
 Jnr 100m, 200m & 300m - Holly Rule Jnr 800m - Nellie Clark
 Int 100m - Caitlin Ahlers, 200m Aria Chapman, 400m Jorja Swain, 800m Natasha Hewson
 Snr 100m, 200m, 400m, 800m - Courtney Crum
 1500m Jnr - Ayden Dudley, Int - Aimee-Leigh Scott & Snr - Courtney Crum

NSSA ATHLETICS - WGHS had a very successful day competing against other Northland secondary schools.

Track Events -

Open Girls 300m Hurdles - 2nd Jenna Johnston, 3rd Caitlin Ahlers
 SG 3000m - Courtney Crum
 JG 800m - 2nd Nellie Clark
 IG 800m - 1st Jorja Swain, 2nd Natasha Hewson
 JG 70m Hurdles - 2nd Jenna Johnston
 IG 80m Hurdles - 1st Jorja Swain
 JG 200m - 1st Holly Rule
 IG 400m - 2nd Jorja Swain
 JG 100m - 1st Holly Rule

Field Events -

IG Hammer - 1st Aimee-Leigh Scott
 Junior Girls High Jump - 1st Jenna Johnston
 Intermediate Girls High Jump - 1st Natasha Hewson
 JG Triple Jump - 2nd Jenna Johnston, 3rd Terina Hauraki
 IG Triple Jump - 3rd Michelle Crawford
 JG Shot Put - 1st Mateja Matijevich-Wiki
 IG Shot Put - 3rd Aimee-Leigh Scott
 JG Discus - 2nd Mateja Matijevich-Wiki, 3rd Akasha Hannah
 IG Discus - 1st Aimee-Leigh Scott

2017 EDUCARE NORTHLAND SPORTS TALENT HUB - This program aims to provide support services to talented young Northland based athletes to better prepare and support them to enter the high performance sport system. 7 WGHS students have been selected nationally for the Pathway to Podium programme: **Olivia Crum, Karate - Abbey Venmore, Football - Caitlin Alabaster, Football - Cailyn Prisk, Hockey Umpire - Jaimee Mason, Aerobics/Gymsport - Aimee-Leigh Scott, Athletics - Kelena Roughan, Volleyball.** Congratulations girls.



NISS ATHLETICS - Holly Rule and Jenna Johnston travelled to Auckland to compete in the North Island Athletics. They came away with some great experience. Holly competed in the 100m and Jenna Johnston in the high jump.



HOCKEY NORTHLAND U18 REPRESENTATIVES -

Congratulations to the following girls who have been selected in the U18 Northland Hockey team: **Monique Beasley, Pauline Bechmann, Liv Crum, Hollie Hunt, Portia Olney-Kemp, Geneva Overwater, Ella Parr, Jess Pilmer and Casey Rapana.**

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NZSS TEAM SAILING - Georgia Harris, Kaea Neville, Monica Neville, Skye Sigley, Michelle and Samantha Skovlund competed in the National Championships held at Algies Bay in Albany. The girls achieved 5th place in the bronze fleet.

RNZYS - Royal NZ Yacht Squadron Youth Training Program - Samantha Skovlund has been selected to attend this program for a year. This is a huge opportunity for her and a great achievement. Well done Sam.



NZSS WAKA AMA - The Waka Ama NSSA regatta was held at the Blue Lake in Rotorua. WGHS entered a record number of teams this year with x2 J16's and x2 J19s. The J16s came away with a bronze medal in both the plate and the bowl finals and the J19s gained a silver medal in the 250 and 500m champ finals. A big thank you to the coaches who have worked tirelessly throughout the season.



NSSA ROGAINE - Great results from our Rogaine team with Macey Polwart and Geneva Overwater placed 1st and Nicole Robinson and Zoe Heswall 2nd in the Senior Girls. Pippa Croft, Adyn Dudley, Jemma Petty and Alysha Donovan placed 1st and Emelia Ruddell and Emma Hainsworth 2nd and Mia Venmore, Poppy McGlashan and Eila - Rose Jones 3rd in the Junior Girls. These results took the teams through to the NZSS Rogaine Champs in Havelock North.

NZSS ROGAINE - WGHS Junior girls team—Alysha Donovan, Phillipa Croft, Adyn Dudley and Jemma Petty won their 3 hour race making them the National Champs. WGHS Senior team—Geneva Overwater and Macey Polwart won their 4 hour race also making them National Champs. The map was very tough, so it was a case of which team made the



fewest mistakes. Well done girls, a clean sweep

NSSA VOLLEYBALL - WGHS Senior A team won the championships title by defeating Tikipunga 3-1 in a close contested final. By taking out the title, WGHS take the top Northland seed for the NZSS Championships in Palmerston North. WGHS B team had an awesome experience throughout the tournament, learning new skills and tactics along the way.

NZSS VOLLEYBALL - WGHS Senior A team travelled to Palmerston North to compete in the NZSS tournament. For the first time WGHS were seeded into the honours division of the championship. This put them in the top 32 Girls' teams in NZ. They did extremely well adjusting to the intensity and level of the competition. As each game progressed the team got stronger and more confident. Four of the players were identified in the VNZ Talent ID system so are starting on what we can hope is a performance pathway in volleyball. The leadership of the senior players in the team again both on and off the court, **Leihana Shelford-Tito, Manaia Puklowski and Kelena Roughan**, (captain), made significant contributions to the playing performance as well as the positive approach and organisation outside the court. Kelena has been an outstanding leader and player demonstrating commitment and calamity under pressure. Well done volleyball girls.



NORTHLAND AVOCA KUMARA TRIATHLON - The event was held at Kai Iwi Lakes in Dargaville and consisted of a 350m swim, 9km bike ride and 3.8km run. Jorja Swain won the female adults open short course. There were various athletes competing from all of Northland ranging from Kaitaia to Takapuna. Jorja has recently started doing triathlons and will be joining the Whangarei Tri Club. She hopes to improve on her previous performances as a triathlete. Well done Jorja and keep up the good results.

GO KARTS - Kelsey Hannan & Caitlin Withers joined a team of Northland kart drivers in Taranaki to represent Northland. They have only been driving less than a year but are improving in leaps and bounds. The track was challenging with the rain but both girls did very well placing 4th (Caitlin) and 5th (Kelsey) after 5 races. Great results girls, well done.



RUGBY 7s U15s - This year so far has been very exciting for our WGHS team. We played and qualified at the Moerewa Tournament where we played very fast and skilful Kerikeri and Kaitaia teams. When we got to the final tournament we played a round robin and made the final. The girls played as a unit and made great tackles and runs to secure us the win against a challenging Kerikeri team. The Open Girls' Rugby team are still in training and welcome anyone who would like to participate in rugby to come along. Well done Under 15's Rugby Team!!



NZSS MAADI CUP ROWING - WGHS students competed in the Championship Regatta at Lake Karapiro near Hamilton and did extremely well. U16 dbles in the D final, Samantha Bailey and Emma Hutchinson placed 7th and U17 dbles D final, Isobel Hume and Anna Adams placed 5th. A great result as both teams managed to be in the top 32 rowers in NZ for U16 & U17 doubles. The girls had an awesome experience and paraded the WGHS banner at the Maadi.

Coming Up

- Futsal results
- Hillary Challenge
- Orienteering
- Rogaine
- Cross Country
- Squash
- Surfing
- And lots more