

Sports Newsletter

ADVENTURE RACING SPRING CHALLENGE



(All Women's Adventure Race) - **Courtney Crum, Nicole Robinson and Renee Topp** competed in the North Island Schools grade Spring Challenge held in Auckland in October. It was a 4 part multisport race that consisted of white water rafting,



mountain biking and 2 orienteering legs. They found the biking the most challenging event but managed to pull through to 6th place overall in the mountain biking race. They finished the course in 3 hrs 27 mins and placed first in the School Division and 4th overall against all the other 3hr women's teams. Congratulations girls, what an amazing achievement.

AKSS ROGAINE - 17 Whangarei teams competed in this event held in Stoney Brook Farm in Auckland. Geneva Overwater took out 1st place in the Senior Girls and Emma Hainsworth and Paris Thompson placed 2nd in the Junior Girls. Congratulations girls, well done.

COMMONWEALTH & OCEANIA SHOOTING FEDERATION CHAMPIONSHIPS

Photo shows Fern Manning competing in the 10m Women's Air Pistol event in Brisbane. Look



out for results in next news letter.

NSSA Volleyball

Three WGHS teams competed in the Junior Volleyball Tournament. They had a lot of fun and had some good results playing against 13 other Northland schools. WGHS Gold team placed 1st in Division 1. Well done.

PISTOL SHOOTING - Several WGHS students competed in the Northland ISSF Pistol competition in September and came away with some good results. Fern Manning placed 1st in the Junior Sport and the Junior Women's Air 40, Sabrina Teoh 4th, Fern Manning 5th, Michelle Skovlund 6th, You Jin Kim 7th, Kayla Aylward 8th and Xiaobai Tan 10th. The Junior Women's Air 40 also had three grade breaks by Sabrina Teoh, Kayla Aylward and Michelle Skovlund. Great effort girls.

McMILLAN CUP - Fern Manning, Samantha Skovlund and Kayla Aylward attended the Secondary Schools Air Pistol Postal Match with some exceptional results for their team. They won the Teams Medals for 1st overall, 1st Teams and the McMillan Cup and the new record College Teams score of 1074.

Individuals: Snr - Kayla Aylward 2nd - Score of 360; Fern Manning 3rd - Score of 357; Int - Michelle Skovlund 2nd and scored 321. Best new shooter trophy was awarded to Kotori Kuihara. Well done girls and congratulations.

Inside this issue

Adventure Racing	1
Rogaine.....	1
Volleyball	1
Pistol Shooting	1
Swimming	1
BMX	1
Sports Awards Finalists and Winners	2
Gymnastics	2
Touch Rugby	2
Cricket	2

SWIMMING - Madeline Whittam competed in the New Zealand Short Course Championships in Auckland in early October. Madeline won 2 silver medals, one for 100m breaststroke and one for 200m breaststroke. She also qualified for both 100m and 200m Open breaststroke finals. Well done.

BMX - At the end of October the 2017 BMX North Island Titles were held in Whangarei. **Emily Darroch** rode in the 2 day event and did extremely well. Emily rode in the 13 year old girls category and placed 5th in the final. There were riders from Australia and throughout New Zealand including Olympic riders Sara Walker and Maynard Peel, so there were some of the best BMX riders at the event. Well done Emily. Number 117 in the photo.



WGHS SPORTS AWARDS SPONSORS - WGHS Sports Department would like to thank all our sponsors for their generosity.



RODNEY WAYNE



ASB SECONDARY SCHOOLS SPORTS AWARD FINALISTS

Congratulations to the following finalists for the ASB Awards:

Jane Heapy, Jaimee Mason, Paige Parkinson, O'Shea MacMillan, Aimee-Leigh Scott, Lauryn Smith, Quincel Nathan-Hita, Gemma Lawton, Makayla Templeton, Olivia Crum, Jorja Swain, Isabelle Jameson, Abbey Venmore, Caitlin Alabaster, Soktaera Sean, Soktaerodh Sean, Michelle Crawford, Jessica Pilmer, Sarah Barnes, Cailyn Prisk, Tayah Kaipo, Serai Murray-Wihongi, Nicola Wilson, Billie Scott, Grace Pevats, Madeline Whittam, Tara-Leigh Turner, Kelena Roughan, Leihana Shelford-Tito, Manaia Puklowski, Zane Heta, Courtney Williams, Hana Gilbert, Rosa Harper, Malia Gottsdanker, Jaylyn Campbell-Kamariera, Tia Sakey, Zara Collings, Te Arawa Tumai, Keala Kjeldsen, Alia Kjeldsen, Alesha Ahrens, Courtney Crum, Geneva Overwater, Macey Polwart, Nicole Robinson, Phillipa Croft, Alysha Donovan, Adyn Dudley and Jemma Petty.

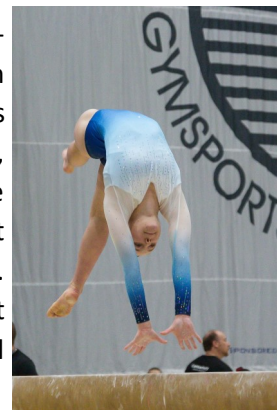
The winners of the ASB Secondary Schools Sports Awards categories are: Cailyn Prisk - Hockey Umpire, Gemma Lawton - Coaching, Nicola Wilson - Sailing, Billie Scott - Surfing, Zane Heta - Waka Ama, Courtney Williams - Water Skiing, Aimee-Leigh Scott - Athletics, Jorja Swain - Duathlon, Tayah Kaipo - Weightlifting, Jaimee Mason - Aeorbics, Michelle Crawford - Gymnastics, O'Shea MacMillan - AFL, Quincel Nathan-Hita - Basketball, Makayla Templeton - Cricket, Serai Murray-Wihongi - Rugby, Tara-Leigh Turner - Touch, Kelena Roughan - Volleyball

WGHS SPORTS AWARDS - Congratulations to all those competitors who received 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: Jessie Taylor, Carly Job, Ricco Niha, Genevieve Morris, Tara-Leigh Turner and Leihana Shelford-Tito for Netball - Abbey Venmore, Paige Ihaka and Taylor Wyatt-Logan for Football - Olivia Crum, Makayla Templeton and Jessica Pilmer for Hockey - Serai Murray-Wihongi for Rugby and for Touch - Lauryn Smith for Badminton - Kelena Roughan for Volleyball - Geneva Overwater for Adventure Racing - Pippa Saunders for Squash - Fern Manning for Shooting - Tayah Kaipo for Weight Lifting - Well done girls.

SENIOR PRIZEGIVING - Congratulations to the following girls who won the Special Sports Trophies at our Senior Prizegiving: Kelena Roughan and Fern Manning for Sportswoman of the Year - Zane Heta for Team Sport Achievement - Geneva Overwater for Fair Play and Sportsmanship and also Sports All Rounder of the Year.

GYMNASTICS

Michelle Crawford competed at the Nationals in Nelson over the holidays and won gold on vault, silver on bar and bronze All Round, giving her a set of medals to bring home. Well done Michelle, great results for a National competition.



TOUCH RUGBY - Tara-Leigh Turner played in the U16 NZ Touch Team in Australia and was awarded the Most Valuable Player of the competition. Congratulations, what a huge achievement.

CRICKET - Leah Andrews, Ella Beehre, Bailey Mounter, Anchal Nautiyal, Makayla Templeton, Laika Tutu, Jess Wech and Paige Witten competed in the John Bruce cricket Tournament played at Kensington Park. WGHS played an amazing three games against Bream Bay College, Kamo High School and then Kerikeri High School and won all games by a high margin of points. They now go forward to play in the Northern districts Junior Cricket tournament. Great team work girls. Good luck for the next tournament.

WGHS SPORTS DEPARTMENT would like to thank everyone that participated and helped in any way throughout the year. We hope you have a great Christmas break and a happy and safe new Year.

