



### **2016 Secondary School Weightlifting League - Round 1 (March)**

A fantastic turnout for the first round of the OWNZ School League with 32 lifters representing 13 secondary schools across the country.

Congratulations and well done to Rangitoto College who took out first place closely followed by Macleans College and Wellington High School.

Good luck to all schools and lifters for the remainder of the year, train hard!

Results as follows:

Kind regards,

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## School Weightlifting League - Female Division Round 1 (March)

Weight Class	Secondary School	Full Name	YOB	Body Weight (kg)	Snatch			Clean & Jerk			Best		TOTAL	POINTS
					1	2	3	1	2	3	Snatch	C & J		
<b>44kg (Youth) Class</b>	Birkenhead College	Izzy Tobeck	2002	39.3	9	11	13	9	12	14	13	14	27	28
<b>58kg Class</b>	Epsom Girls Grammar	Kohu Kawiti	1999	58kg	48	51	53	60	65	67	51	65	116	28
<b>63kg Class</b>	Wa Ora Montessori	Samara Wright	2001	61	30	32	34	40	42	44	34	44	78	28
<b>69kg Class</b>	Macleans College	Elizabeth Mosefi	2002	65kg	17	18	18	18	19	21	18	21	39	28
<b>75kg+ Class</b>	Epsom Girls Grammar	Manine Lynch	1999	90kg	60	63	63	78	82	85	60	85	145	28

## School Weightlifting League - Male Division Round 1 (March)

Weight Class	Secondary School	Full Name	YOB	Body Weight (kg)	Snatch			Clean & Jerk			Best		TOTAL	POINTS
					1	2	3	1	2	3	Snatch	C & J		
<b>50kg (Youth) Class</b>	Rangitoto College	Tom Gaze	2001	32.5	27	30	32	37	40	42	32	42	74	28
<b>56kg Class</b>	Rangitoto College	Dan Tra	2000	55.7	52	56	58	71	74	78	58	74	132	28
	HIBS	William Bahler	2000	54.5	43	45	47	52	55	57	45	57	102	25
	Western Heights High School	Riley Martin	2002	55	45	45	45	55	55	55	45	55	100	23
	HIBS	Josh Williams	2001	54	28	30	30	40	43	45	30	45	75	22
	Macleans College	Teras Charles	2000	55	20	23	26	30	35	40	23	40	63	21
	Wellington High School	Daniel Loader		47.8	7	12	17	7	17	17	12	7	19	20
	Wellington High School	Neo Sillcock		45.7	7	7	No Lift	7	12	No Lift	7	12	19	19
<b>62kg Class</b>	Rangitoto College	Kieran Hempsey	1999	61.4	60	65	70	80	83	85	70	85	155	28
	Western Heights High School	Bayley Martin	2000	61	60	60	60	70	70	70	60	70	130	25
	Rangitoto College	Taine Ollershaw	2000	59	30	35	40	55	60	65	40	65	105	23
<b>69kg Class</b>	Rangitoto College	Simon Vanderberg	1999	65	40	43	47	55	60	65	47	65	112	28
	Macleans College	Harry Beal	2001	66	30	35	40	35	40	45	35	40	75	25
	Macleans College	Bevan Morris	1998	66	25	30	35	25	30	35	30	35	65	23
<b>77kg Class</b>	St Patricks College	Jake Bassett	1999	77	70	75	80	80	85	90	70	90	160	28
	Westlake Boys HS	Troy Brophy	2001	74.6	60x	60	64	85x	85	90	64	90	154	25
	Rangitoto College	Donovan Rea	2000	74	52	55	58	68	71	71	58	71	129	23
	Rosmini College	Han Trenton	2000	75.8	55	59x	59	64	66	68	59	68	127	22
	Macleans College	Daniel Woo	2001	75	30	40	42	40	45	50	42	50	92	21
Wellington High School	Daniel Dowse		71.1	7	12	17	17	No Lift	No Lift	17	17	34	20	
<b>85kg Class</b>	Palmerston North Boys High School	Mason Murrow	1999	83	75	80	85	105	112.5	115	115	85	200	28
	Kings College	Kaustubh Chavan	1998	84	85	90	95	100	105	110	90	110	200	25
	Kings College	Jack Francis	1998	84	68	72	75	82	85	86	72	86	158	23
	Macleans College	Aisea Tonga	2002	80	25	30	35	30	35	40	35	40	75	22
	Wellington High School	Knute Skagen		77.6	20	25	25	20	20	25	25	25	50	21
<b>94kg Class</b>	Macleans College	Jun Park	2001	86	25	27	30	30	34	40	30	40	70	28
<b>105kg Class</b>	Macleans College	Thomas LeSueur	1998	105	40	47	60	50	60	70	60	60	120	28

1st Place	
2nd Place	
3rd Place	

## School Weightlifting League - Team Division Round 1 (March)

Secondary School	Number of Lifters (6 maximum)	Total Team Points	Points towards overall standings
Rangitoto College	6	158	28
Macleans College	6	154	25
Wellington High School	4	80	23
Epsom Girls Grammar	2	56	22
Kings College	2	48	21
Western Heights High School	2	48	20
HIBS	2	47	19
Birkenhead College	1	28	18
Wa Ora Montessori	1	28	17
St Patricks College	1	28	16
Palmerston North Boys High School	1	28	15
Westlake Boys HS	1	25	14
Rosmini College	1	22	13