



2016 Secondary School Weightlifting League - Round 3 (May)

A total of 22 lifters in Round 3! This marks half way in the school weightlifting league!!

There continues to be a strong battle going on in the Teams Division between Rangitoto College and Macleans College. Rangitoto College has pushed ahead in the overall standings with 84 points with Macleans College only 9 points behind them with 75. We also have a tie in 3rd place with 65 overall points from Kings College & Western Heights High School.

3 more rounds to go (June, July & August) which will prepare these lifters well for the 2016 Secondary School National Championships on the 3rd of September! OWNZ will be looking to announce hosting clubs and locations for this event sometime within the next month.

Keep training hard and welldone!

Results as follows:

Kind regards,

Emma Pilkington
General Manager - Olympic Weightlifting New Zealand

School Weightlifting League - Female Division Round 3 (May)

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		
44kg (Youth) Class	Birkenhead College	Izzy Tobeck	2002	39.3	11	13	15	13	15	17	15	17	32	28
58kg Class	Epsom Girls Grammar	Kohu Kawiti	1999	55	50	53	56	60	64	70	56	64	120	28
63kg Class	Kerikeri High School	Evie Green	2002	62.4	35	40	42.5	55	60	62.5	42.5	62.5	105	28
	Wa Ora Montessori	Samara Wright	2001	60.7	38	-40	-40	50	53	56	38	56	94	25
69kg Class	St Dominics College	Kanah Andrews-Nahu	2001	68.8	65	70	73	75	82	86	73	86	159	28
	Dustin High School	Nikita Parker	1998	88.9	47	48	48	60	64	64	47	60	107	25
75kg + Class	Epsom Girls Grammar	Manine Lynch	1999	103	60	65	65	75	80	85	65	80	145	28
													1st Place	
													2nd Place	
													3rd Place	

School Weightlifting League - Male Division Round 3 (May)

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		
50kg (Youth) Class	Rangitoto College	Tom GAZE	2001	48	30	32	32	37	40	42	32	42	64	28
56kg Class	Rangitoto College	Dan TRA	2000	55.9	40	45	50	60	65	70	50	70	120	28
	HIBS	William Bahler	2000	53.7	43	46	48	55	58	60	46	60	106	25
	Western Heights	Riley Martin	2002	55	45	45	no lift	55	57	no lift	45	57	102	23
62kg Class	Rangitoto College	Kieren HEMPSEY	1999	61.8	62	65	70	81	81	81	65	81	146	28
	Western Heights	Bayley Martin	2000	61	62	no lift	62	70	72	72	62	72	134	25
	Rangitoto College	Taine OLLERSHAW	2000	59	45	50	52	60	62	65	52	65	117	23
69kg Class	Rangitoto College	Simon VAN DEN BERG	1999	66	40	43	49	50	55	60	50	60	110	28
	Macleans College	Harry Beal	2001	68	35	38	41	43	50	50	41	43	84	25
77kg Class	Westlake Boys HS	Troy Brophy	2001	76.4	65	70	75	91	95	97	75	97	172	28
	Rangitoto College	Donovan REA	2000	75	60	65	70	72	77	80	70	80	150	25
	Macleans College	Leetham Beat	2001	75	60	65	65	78	81	81	65	81	146	23
	Macleans College	Pedro Cao Peng	2000	76	55	60	63	66	70	75	63	75	138	22
	Rangitoto College	John KWON	1998	71	30	35	40	40	45	50	40	50	90	21
	Macleans College	Ben Davis-Young	1999	70	25	30	30	31	40	43	30	43	73	20
85kg Class	Palmerston North Boys HS	Mason Murrow	1999	82	70	80	90	110	115	120	90	115	205	28
	Kings College	Kaustubh Chavan	1998	84	90	95	95	100	105	110	90	110	200	25
	St Patricks College	Jake Bassett	1999	80	77.5	80	80	90	95	95	80	95	175	23
	Kings College	Jack Francis	1998	84	65	70	72	75	80	85	72	85	157	22
	Macleans College	Jullan Quevedo	1999	84	25	25	28	30	30	40	28	40	68	21
94	Macleans College	Jun Park	2001	90	35	40	40	45	45	50	40	50	90	28
105+	Auckland Grammar	Benet Kumreoa	2000	106.5	95	101	106	120	125	131	106	131	237	28
													1st Place	
													2nd Place	
													3rd Place	

School Weightlifting League - Team Division Round 3 (May)

Secondary School	Number of Lifters (6 maximum)	Total Team Points	Points towards overall standings
Rangitoto College	6	160	28
Macleans College	6	139	25
Epsom Girls Grammar	2	56	23
Western Heights High School	2	48	22
Kings College	2	47	21
Birkenhead College	1	28	20
Westlake Boys HS	1	28	20
Auckland Grammar	1	28	20
Palmerston North Boys High School	1	28	20
St Dominics College	1	28	20
Kerikeri High School	1	28	20
Wa Ora Montessori	1	25	14
Dustan High School	1	25	14
HIBS	1	25	14
St Patricks College	1	23	13
Wellington High School	0	0	0
Rosmini College	0	0	0

Overall Team Standings 2016

Secondary School	Number of Rounds	Points	Placing
Rangitoto College	3	84	1st
Macleans College	3	75	2nd
Kings College	3	65	3rd=
Western Heights High School	3	65	3rd=
Westlake Boys HS	3	55	5th
Palmerston North Boys High School	3	54	6th
Wa Ora Montessori	3	53	7th
Epsom Girls Grammar	2	45	8th
Auckland Grammar	2	41	9th
Birkenhead College	2	38	10th=
St Dominics College	2	36	11th
Dustan High School	2	35	12th
HIBS	2	33	13th
St Patricks College	2	31	14th
Wellington High School	1	23	15th
Kerikeri High School	1	20	16th
Rosmini College	1	13	17th