



2016 Secondary School Weightlifting League - Round 4 (June)

Congratulations to those that lifted in the month of June!! We have had a slight drop off in this round but no doubt they will be back for Round 5 of July.

Rangitoto College have been consistent with 6 athletes lifting in the league each month and therefore they are taking the lead in the overall standings. Macleans are still right behind them though!

2 more rounds to go, July & August, which will help these athletes get ready for the 2016 Secondary School Nationals. We have 3 hosting clubs and 3 competition dates for this national event. More event details and entry forms are on our website.

Auckland – Saturday 27th August (Waitakere Olympic Weightlifting)

Dunedin – Saturday 3rd September (Uncut Olympic)

Wellington – Sunday 4th September (41 Degrees WC & Wellington WA)

Keep training hard and welldone!

Results as follows:

Kind regards,

Emma Pilkington

General Manager - Olympic Weightlifting New Zealand

School Weightlifting League - Female Division Round 4 (June)

Weight Class	Secondary School	Full Name	YOB	Body Weight	Snatch			Clean & Jerk			Best		TOTAL	POINTS
					1	2	3	1	2	3	Snatch	C & J		
63kg	Wa Ora Montessori	Samara Wright	2001	60.5	40	43	45	58	60	61	45	61	106	28
	Kerikeri High School	Evie Green	2001	62.4	35	40	42.5	55	60	62.5	42.5	62.5	105	25

School Weightlifting League - Male Division Round 4 (June)

Weight Class	Secondary School	Full Name	YOB	Body Weight	Snatch			Clean & Jerk			Best		TOTAL	POINTS
					1	2	3	1	2	3	Snatch	C & J		
50kg (Youth)	Rangitoto College	Tom GAZE	2000	48	27	32	35	37	40	45	35	45	80	28
56kg	Western Heights	Riley Martin	2002	60	45	47.5	50	65	70	70	50	70	120	28
	Rangitoto College	Dan TRA	2000	60	40	45	50	55	60	65	50	65	115	25
62kg	Rangitoto College	Kieren HEMPSEY	1999	61.2	65	70	72	80	85	90	72	90	162	28
	Western Heights	Bayley Martin	2000	64	60	62.5	65	82.5	87.5	90	65	90	155	25
	Rangitoto College	Taine OLLERSHAW	2000	62	30	40	45	45	50	55	45	55	100	23
69kg	Rangitoto College	Simon VAN DEN BERG	1999	66.1	45	50	52	60	65	68	50	68	118	28
	Macleans College	Harry Beal	2001	68	38	42	45	45	55	60	45	60	105	25
77kg	Rangitoto College	Donovan REA	2000	75.4	65	70	72	70	75	80	70	80	150	28
	Macleans College	Pedro Cao Peng	2000	76	60	60	60	60	65	70	60	70	130	25
	Rangitoto College	John KWON	1998	70	40	45	50	55	60	65	50	65	115	23
	Macleans College	Daniel Woo	2001	73	30	35	40	40	45	50	40	50	90	22
85kg	Palmerston North Boys HS	Mason Murrow	1999	83.8	80	81	85	110	110	116	81	110	191	28
	Macleans College	Jullan Quevedo	1999	84	30	32	32	30	35	40	30	40	70	25
94kg	Macleans College	Jun Park	2001	90	40	45	45	45	50	50	45	50	95	28
													1st Place	
													2nd Place	
													3rd Place	

School Weightlifting League - Team Division Round 4 (June)

Secondary School	Number of Lifters (6 maximum)	Total Team Points	Points towards
Rangitoto College	6	160	28
Macleans College	5	125	25
Western Heights High School	2	53	23
Palmerston North Boys High School	1	28	22
Wa Ora Montessori	1	28	21
Kerikeri High School	1	25	20
Epsom Girls Grammar	0	0	0
Kings College	0	0	0
Birkenhead College	0	0	0
Westlake Boys HS	0	0	0
Auckland Grammar	0	0	0
St Dominics College	0	0	0
Dustan High School	0	0	0
HIBS	0	0	0
St Patricks College	0	0	0
Wellington High School	0	0	0
Rosmini College	0	0	0

Overall Team Standings 2016

Secondary School	Number of Rounds	Points	Placing
Rangitoto College	4	112	1st
Macleans College	4	100	2nd
Western Heights High School	4	88	3rd
Palmerston North Boys High School	4	76	4th
Wa Ora Montessori	4	74	5th
Kings College	3	65	6th
Westlake Boys HS	3	55	7th
Epsom Girls Grammar	2	45	8th
Auckland Grammar	2	41	9th
Kerikeri High School	2	40	10th
Birkenhead College	2	38	11th
St Dominics College	2	36	12th
Dustan High School	2	35	13th
HIBS	2	33	14th
St Patricks College	2	31	15th
Wellington High School	1	23	16th
Rosmini College	1	13	17th