



2016 Secondary School Weightlifting League - Round 5 (July)

Well done to those that lifted in the month of July!!

Rangitoto College have done it again with consistent performances from their 6 top lifters taking out Round 5. We have Western Heights College behind them in second place in Round 5 AND in the Overall standings, taking the spot off Macleans College who did not submit results for the month of July but are just behind by 3 points.

Also, make sure you head along to watch our student lifters compete in the 2016 National Secondary School Weightlifting Championships!!

Auckland – Saturday 27th August (Waitakere Olympic Weightlifting) (results will be included in Round 6 of the league)

Dunedin – Saturday 3rd September (Uncut Olympic)

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

All the best to those competing in this championship event and good luck to those competing in our last round, August!!

Results as follows:

Kind regards,

Emma Pilkington

General Manager - Olympic Weightlifting New Zealand

School Weightlifting League - Female Division Round 5 (July)

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	60.4	42	44	46	54	56	58	46	58	104	28
	Samuel Marsden Karori	Ruby Straugheir	1999	62	30	33	35	40	43	45	35	45	80	25

School Weightlifting League - Male Division Round 5 (July)

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	49	30	32	35	40	43	45	35	45	80	28
56kg	Western Heights	Riley Martin	2002	60	50	55	57.5	65	70	72.5	57.5	72.5	130	28
	Rangitoto college	Dan TRA	2000	60	45	50	55	60	65	70	50	70	120	25
62kg	Western Heights	Bayley Martin	2000	64	65	70	78	87	90	90	78	90	168	28
	Rangitoto college	Kieren HEMPSEY	1999	61	62	66	70	77	82	85	66	82	148	25
	Rangitoto college	Taine OLLERSHAW	2000	62	40	43	44	53	56	59	44	59	103	23
69kg	Rangitoto college	Simon VAN DEN BERG	1999	65	45	50	55	65	67	70	50	67	117	28
77kg	Rangitoto college	Donovan REA	2000	75	60	65	70	73	77	82	70	77	147	28
	Rangitoto college	John KWON		70	41	43	46	60	63	66	46	66	112	25
85kg	Palmerston North Boys High School	Mason Murrow	1999	83.4	85	90	95	110	120	120	95	120	215	28
	Rosmini College	Hank Trenton	2000	82.3	60	65	70	75	80	84	70	84	154	25
													1st Place	
													2nd Place	
													3rd Place	

School Weightlifting League - Team Division Round 5 (July)

Secondary School	Number of Lifters (6 maximum)	Total Team Points	Points towards
Rangitoto College	6	159	28
Western Heights High School	2	56	25
Palmerston North Boys High School	1	28	23
Wa Ora Montessori	1	28	23
Samuel Marsden Karori	1	25	22
Rosmini College	1	25	22

Overall Team Standings 2016

Secondary School	Number of Rounds	Points	Placing
Rangitoto College	5	140	1st
Western Heights High School	5	113	2nd
Macleans College	4	100	3rd
Palmerston North Boys High School	5	99	4th
Wa Ora Montessori	5	97	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
Rosmini College	2	35	13th
HIBS	2	33	15th
St Patricks College	2	31	16th
Wellington High School	1	23	17th
Samuel Marsden Karori	1	22	18th