



# 2016 SECONDARY SCHOOL WEIGHTLIFTING LEAGUE

**1<sup>st</sup> Place: Rangitoto College (168 points)**

2<sup>nd</sup> Place: Western Heights High School (128 points)

**3<sup>rd</sup> Place: Palmerston North Boys High School (111 points)**





### **Overall Standings & Round 6 (August) of the 2016 Secondary School Weightlifting League**

As we had the 2016 National Secondary School Weightlifting Championships on at the end of August/start of September, we included all of the results from Auckland, Wellington & Dunedin into Round 6 of the School Weightlifting League.

This brought in a tight battle between Rangitoto College and One Tree Hill College as both teams had 6 + students competing. Rangitoto came out on top by 1 point to take first place in Round 6 of the league. Wellington High School also had a great performance with 6 students competing and placed 3<sup>rd</sup> in this round.

In the overall standings it was clear that a 1<sup>st</sup> place finish in EVERY round of the league would ensure that your school would be named the Champion of the 2016 School Weightlifting League. A massive congratulations to Rangitoto College for an outstanding performance throughout the year, the hard work that Nicole & the students have put in has not gone unnoticed!

A special mention has to go out to Western Heights High School & Palmerston North Boys High School as they were the other schools that participated in all 6 rounds of the league. Western Heights placed 2<sup>nd</sup> in the overall standings with 128 points and Palmerston Boys placed 3<sup>rd</sup> with 111 points.

Well done to everyone that participated in this years school weightlifting league, a big thank you to all of the coaches and teachers that have support this initiative and have exposed our sport of weightlifting to school students around New Zealand. Bring on 2017!

Results as follows:

Kind regards,

Emma Pilkington  
General Manager - Olympic Weightlifting New Zealand

## School Weightlifting League - Male Division Round 6 (August)

Weight Class	Secondary School	First Name	Last Name	YOB	Body Weight (kg)	Best		TOTAL	POINTS
						Snatch	C & J		
50kg	Howick College	Avery	Fesolai	2002	42.2	39	50	89	28
	Rangitoto College	Thomas	Gaze	2001	48.7	37	49	86	25
	Wellington HS	Ryan	Mohibi	2002	46.9	20	30	50	23
	Wellington HS	Ibrahim	Al-Rulyu	2002	46.2	16	20	36	22
56kg	One Tree Hill	Dean	Par	2000	52.8	66	85	151	28
	Heretaunga College	Harvey	Davies	2001	55.8	51	64	115	25
	Katikati College	Jayden	Double	2002	55.2	47	65	112	23
	Southland BHS	Sam	Bodger	2000	54.2	45	65	110	22
	Kings High School	Ryan	Evans	2002	53.15	42	55	97	21
	Wellington HS	Cooper	Russell-Hale	2003	52.3	25	40	65	20
	Kavanagh College	Sam Kepler	Sherriff	2001	54.25	30	34	64	19
	Wellington HS	Daniel	Loader	2002	51.6	18	25	43	18
62kg	Wellington HS	Quincy	Johnston	2002	51.6	10	15	25	17
	Kavanagh College	Owen	Webb	1999	60.3	71	92	163	28
	Rangitoto College	Kieren	Hempsey	1999	60.8	70	89	159	25
	Rangitoto College	Dan	Tra	2000	60.4	56	79	135	23
	Western Heights	Riley	Martin	2000	60	57.5	72.5	130	22
	Hillmorton HS	Andrew	Elkington	1999	60.65	50	65	115	21
	St.Pat's SS College	Danyon	Sievers	2002	57.2	43	58	101	20
69kg	Whangarei BHS	Isaac	Lawgun	2000	64.4	90	98	188	28
	Western Heights	Bayley	Martin	2000	64	80	100	180	25
	Sacred Heart College-AK	Sasha	Rowell	1998	69	65	85	150	23
	St.Pat's SS College	Isaac	Whitaker	2000	65.6	58	73	131	22
	Rangitoto College	Simon	Van Den Berg	1999	68	50	64	114	21
	Rangitoto College	Suughun (John)	Kwon	1998	69	48	63	111	20
	Southland BHS	Maison	Bennett-Young	2000	65.85	50	55	105	19
	One Tree Hill	An	Son	2001	65.3	35	50	85	18
77kg	Southern Cross	Uaealesi	Funaki	1998	76.8	85	118	203	28
	Rathkeale College	Vincent	Capes	1998	76.4	83	105	188	25
	Rongotai College	Sen	Chut	1999	73.1	74	91	165	23
	Rangitoto College	Donovan	Rea	2000	75	66	80	146	22
	Southland BHS	Connor	Warnock	2000	71.65	64	78	142	21
	Kings High School	Toby	Evans	2001	74.65	62	75	137	20
	Westlake BHS	Caleb	Barr	2001	74.3	50	70	120	19
	Rangitoto College	Daniel	Dickson	2001	76.7	50	60	110	18
85kg	Auckland Grammar	Alexander	Farmiloe	2000	84	100	121	221	28
	Kings College	Kaustubh	Chavan	1998	83.6	100	120	220	25
	St.Patricks College-WN	Jake	Bassett	1999	84.8	86	107	193	23
	Rosmini College	Hank	Trenton	2000	82.6	70	80	150	22
	Parnell	Ieyan	Sargent	1998	80.7	55	72	127	21
	One Tree Hill	Logan	Parangi	1998	83.4	50	67	117	20
	Hutt IBS	Ethan	Sullivan	1999	78.5	41	61	102	19
	Wellington HS	Josh	Stewart	1999	85	42	55	97	18
94kg	Palmerston North BHS	Mason	Murrow	1999	86.9	90	120	210	28
	Kings College	Jack	Francis	1998	86.2	69	82	161	25
	One Tree Hill	Ezael	Maea-Brown	1999	86.3	71	90	161	23
94kg+	Papatoetoe HS	Joachim	Setefano	1998	157.4	135	165	300	28
	Rutherford College	Montel	Tivoli	1998	107.4	121	160	281	25
	Auckland Grammar	Benet	Kumeroa	2000	106.2	108	130	238	23
	Papatoetoe HS	Kesniel	Setefano	2000	100.3	88	110	198	22
	One Tree Hill	David	Tatafu	1999	137.4	50	67	117	21
	Pompallier Catholic	Raven	Kinita	2002	134.8	48	62	110	20
	Hutt Valley HS	Timothy	Noakes	1998	101.8	85	110	195	19

1st Place	
2nd Place	
3rd Place	

## School Weightlifting League - Female Division Round 6 (August)

Weight Class	Secondary School	First name	Last Name	YOB	Body Weight (kg)	Best		TOTAL	POINTS
						Snatch	C & J		
<b>44kg</b>	Birkenhead College	Izzy	Tobek	2002	43.7	18	26	44	28
<b>53kg</b>	Whangarei GHS	Paige	Lawgun	1999	50.7	56	61	117	28
<b>58kg</b>	Freyberg HS	Renae	Miller	2000	56.5	62	68	130	28
	Wa Ora Montessori	Samara	Wright	2001	56.2	48	62	110	25
	Howick College	Zoe	Virgin	2002	53.8	40	57	97	23
	One Tree Hill	Tiffany	Gunn	2001	53.5	21	29	50	22
	One Tree Hill	Esther	Prakash	2001	56.8	24	25	49	21
<b>63kg</b>	Epsom GC	Kohu	Kawiti	1999	61.7	54	67	121	28
	Samuel Marsden-Karori	Ruby	Straugheir	1999	61.1	46	67	113	25
<b>69kg</b>	Manawatu College	Samantha	Hansen	1999	64.9	63	80	143	28
	Sacred Heart College-WN	Piper	Gwyn	2000	63.9	53	74	127	25
<b>69kg+</b>	St.Dominiques College	Kanah	Andrews-Nahu	2001	78.1	75	101	176	28
	Epsom GC	Makare	Tavanavanua	2000	77.7	60	74	134	25
	Heretaunga College	Mabel	Davies	2003	72.4	43	56	99	23
	Kapiti College	Matanoko	McDonald	2000	77.1	37	56	93	22
	Upper Hutt College	Sharntay	Baxendale	2000	76.5	40	50	90	21
	Otago GHS	Jasmine	Philp	2001	83.35	36	47	83	20
	Chilton St.James	Molly	Rodgers	2000	76.1	32	43	75	19
								1st Place	
								2nd Place	
								3rd Place	

## School Weightlifting League - Team Division Round 6 (August)

Secondary School	Number of Lifters (6 maximum)	Total Team Points	Points towards overall
Rangitoto College	6	136	28
One Tree Hill	6	135	25
Wellington High School	6	118	23
Epsom GC	2	83	22
Southland BHS	2	62	21
Auckland Grammar	2	51	20
Howick College	2	51	20
Kings College	2	50	18
Papatoetoe HS	2	50	18
Heretaunga College	2	48	16
Western Heights	2	47	15
Kavanagh College	2	47	15
St.Pat's SS College	2	43	14
Kings High School	2	41	13
Birkenhead College	1	28	12
Freyberg HS	1	28	12
Manawatu College	1	28	12
Palmerston North BHS	1	28	12
Southern Cross	1	28	12
St.Dominiques College	1	28	12
Whangarei BHS	1	28	12
Whangarei GHS	1	28	12
Rathkeale College	1	25	4
Rutherford College	1	25	4
Sacred Heart College-WN	1	25	4
Samuel Marsden-Karori	1	25	4
Wa Ora Montessori	1	25	4
Sacred Heart College-AK	1	23	0
Katikati College	1	23	0
Rongotai College	1	23	0
St.Patricks College-WN	1	23	0
Kapiti College	1	22	0
Rosmini College	1	22	0
Hillmorton HS	1	21	0
Parnell	1	21	0
Upper Hutt College	1	21	0
Otago GHS	1	20	0
Pompallier Catholic	1	20	0
Chilton St.James	1	19	0
Hutt IBS	1	19	0
Hutt Valley HS	1	19	0
Westlake BHS	1	19	0

## Overall Team Standings 2016

Secondary School	Number of Rounds	Overall Points	Placing
Rangitoto College	6	168	1st
Western Heights High School	6	128	2nd
Palmerston North BHS	6	111	3rd
Wa Ora Montessori	5	101	4th
Macleans College	4	100	5th
Kings College	4	83	6th
Epsom GC	3	67	7th
Auckland Grammar	3	61	8th
Westlake BHS	4	55	9th
Birkenhead College	3	50	10th
St.Dominiques College	3	48	11th
Wellington High School	2	46	12th
St.Pat's SS College	3	44	13th
Kerikeri High School	2	40	14th
Rosmini College	2	35	15th =
Rosmini College	1	35	15th =
Dustan High School	2	35	15th =
HIBS	3	33	18th
Samuel Marsden-Karori	2	26	19th
One Tree Hill	1	25	20th
Southland BHS	1	21	21st
Howick College	1	20	22nd
Papatoetoe HS	1	18	23rd
Heretaunga College	1	16	24th
Kavanagh College	1	15	25th
Kings High School	1	13	26th
Freyberg HS	1	12	27th
Manawatu College	1	12	27th
Southern Cross	1	12	27th
Whangarei BHS	1	12	27th
Whangarei GHS	1	12	27th
Rathkeale College	1	4	32nd
Rutherford College	1	4	32nd
Sacred Heart College-WN	1	4	32nd
Sacred Heart College-AK	1	0	36th
Chilton St.James	1	0	36th
Hillmorton HS	1	0	36th
Hutt Valley HS	1	0	36th
Kapiti College	1	0	36th
Katikati College	1	0	36th
Otago GHS	1	0	36th
Parnell	1	0	36th
Pompallier Catholic	1	0	36th
Rongotai College	1	0	36th
St.Patricks College-WN	1	0	36th
Upper Hutt College	1	0	36th