

CNW Relays - 24/11/2024
Douglas Track and Field
Results

Girls 4x50 Meter Relay Grade 5

Team	Finals
Finals	
1 Waitakere City	45.19
2 Takapuna	49.20
3 Riverhead	51.23
4 Point Chevalier	51.83

Triathlon: #3 Girls Long Jump Grade 5 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	1.92m	9
2 Waitakere City Athlete	Waitakere City	1.58m	8
2 Point Chevalier Athlete	Point Chevalier	1.58m	8
4 Riverhead Athlete	Riverhead	1.41m	6

Triathlon: #1 Girls Shot Put Grade 5 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	3.44m	9
2 Riverhead Athlete	Riverhead	3.28m	8
3 Takapuna Athlete	Takapuna	2.25m	7
4 Point Chevalier Athlete	Point Chevalier	2.04m	6

Triathlon: #2 Girls Discus Throw Grade 5 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	4.85m	9
2 Riverhead Athlete	Riverhead	3.80m	8
3 Takapuna Athlete	Takapuna	3.69m	7
4 Point Chevalier Athlete	Point Chevalier	2.64m	6

Girls Triathlon Grade 5

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	26	
2 Takapuna Athlete	Takapuna	23	
3 Riverhead Athlete	Riverhead	22	
4 Point Chevalier Athlete	Point Chevalier	20	

Girls 4x50 Meter Relay Grade 6

Team	Finals
1 Waitakere City	41.37
2 North Harbour Bays	42.59
3 Hillsborough	42.79
4 Takapuna	43.45
5 Point Chevalier	44.10
6 Riverhead	46.05
7 Waitakere City 'B'	47.65



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Girls 4x50 Meter Relay Grade 6

8 Riverhead 'B' 49.66

Triathlon: #3 Girls Long Jump Grade 6 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	2.57m	9
2 Point Chevalier Athlete	Point Chevalier	2.39m	8
3 North Harbour Bays Athle	North Harbour Bays	2.32m	7
4 Riverhead Athlete	Riverhead	1.24m	6

Triathlon: #1 Girls Shot Put Grade 6 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	3.96m	9
2 Riverhead Athlete	Riverhead	2.91m	8
2 Point Chevalier Athlete	Point Chevalier	2.91m	8
4 North Harbour Bays Athle	North Harbour Bays	2.35m	6

Triathlon: #2 Girls Discus Throw Grade 6 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	7.47m	9
2 Waitakere City Athlete	Waitakere City	7.24m	8
3 Riverhead Athlete	Riverhead	6.65m	7
4 Point Chevalier Athlete	Point Chevalier	5.83m	6

Girls Triathlon Grade 6

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	26	
2 North Harbour Bays Athle	North Harbour Bays	22	
3 Point Chevalier Athlete	Point Chevalier	22	
4 Riverhead Athlete	Riverhead	21	

Girls 4x100 Meter Relay Grade 7

Team	Finals
1 Point Chevalier	1:13.92
2 Waitakere City	1:14.12
3 Hillsborough	1:17.18
4 Takapuna	1:17.35
5 Riverhead	1:17.91

Girls 4x200 Meter Relay Grade 7

Team	Finals
1 Point Chevalier	2:37.75
2 Takapuna	2:43.02
3 Waitakere City	2:44.51



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Girls 4x200 Meter Relay Grade 7

4 Hillsborough	2:48.98
5 Riverhead	2:54.17

Triathlon: #3 Girls Long Jump Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Point Chevalier Athlete	Point Chevalier	2.68m	9
2 Takapuna Athlete	Takapuna	2.62m	8
3 Waitakere City Athlete	Waitakere City	2.49m	7
4 Hillsborough Athlete	Hillsborough	2.47m	6
5 Riverhead Athlete	Riverhead	2.28m	5

Triathlon: #1 Girls Shot Put 1kg Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Point Chevalier Athlete	Point Chevalier	4.85m	9
2 Riverhead Athlete	Riverhead	4.30m	8
3 Takapuna Athlete	Takapuna	3.86m	7
4 Hillsborough Athlete	Hillsborough	3.64m	6
5 Waitakere City Athlete	Waitakere City	3.41m	5

Triathlon: #2 Girls Discus Throw 500g Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	12.20m	9
2 Waitakere City Athlete	Waitakere City	10.03m	8
3 Hillsborough Athlete	Hillsborough	6.52m	7
4 Riverhead Athlete	Riverhead	5.80m	6
-- Point Chevalier Athlete	Point Chevalier	FOUL	

Girls Triathlon Grade 7

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	24	
2 Waitakere City Athlete	Waitakere City	20	
3 Riverhead Athlete	Riverhead	19	
4 Hillsborough Athlete	Hillsborough	19	
5 Point Chevalier Athlete	Point Chevalier	18	

Girls 4x100 Meter Relay Grade 8

Team	Finals
1 Waitakere City	1:10.37
2 Takapuna	1:10.81
3 Owairaka	1:12.10
4 Riverhead	1:12.69
5 Point Chevalier	1:13.59
6 North Harbour Bays	1:17.05
7 Ellerslie	1:18.70
8 Hillsborough	1:31.22



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Girls 4x200 Meter Relay Grade 8

Team	Finals
1 Takapuna	2:23.92
2 Waitakere City	2:26.11
3 Owairaka	2:38.56
4 Riverhead	2:41.66
5 Point Chevalier	2:43.63
6 North Harbour Bays	2:46.52
7 Ellerslie	2:51.76
8 Hillsborough	3:19.34

Triathlon: #3 Girls Long Jump Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	3.48m	9
2 Waitakere City Athlete	Waitakere City	3.18m	8
3 North Harbour Bays Athle	North Harbour Bays	2.80m	7
4 Ellerslie Athlete	Ellerslie	2.77m	6
5 Owairaka Athlete	Owairaka	2.67m	5
6 Riverhead Athlete	Riverhead	2.63m	4
7 Point Chevalier Athlete	Point Chevalier	2.40m	3
8 Hillsborough Athlete	Hillsborough	1.88m	2

Triathlon: #1 Girls Shot Put 1kg Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Owairaka Athlete	Owairaka	5.22m	9
2 Point Chevalier Athlete	Point Chevalier	4.20m	8
3 Waitakere City Athlete	Waitakere City	4.18m	7
4 Ellerslie Athlete	Ellerslie	4.05m	6
5 North Harbour Bays Athle	North Harbour Bays	3.41m	5
6 Hillsborough Athlete	Hillsborough	3.35m	4
7 Takapuna Athlete	Takapuna	2.99m	3
-- Riverhead Athlete	Riverhead	FOUL	

Triathlon: #2 Girls Discus Throw 500g Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	17.07m	9
2 Waitakere City Athlete	Waitakere City	11.27m	8
3 Hillsborough Athlete	Hillsborough	10.30m	7
4 Owairaka Athlete	Owairaka	8.92m	6
5 North Harbour Bays Athle	North Harbour Bays	7.78m	5
6 Ellerslie Athlete	Ellerslie	7.67m	4
7 Riverhead Athlete	Riverhead	7.38m	3
8 Point Chevalier Athlete	Point Chevalier	5.81m	2

Girls Triathlon Grade 8

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	23	



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Girls Triathlon Grade 8

2 Takapuna Athlete	Takapuna	21
3 Owairaka Athlete	Owairaka	20
4 North Harbour Bays Athle	North Harbour Bays	17
5 Ellerslie Athlete	Ellerslie	16
6 Hillsborough Athlete	Hillsborough	13
7 Point Chevalier Athlete	Point Chevalier	11
8 Riverhead Athlete	Riverhead	7

Girls 4x100 Meter Relay Grade 9

Team	Finals
1 Takapuna	1:05.65
2 Riverhead	1:08.88
3 Point Chevalier	1:09.80
4 Hillsborough	1:10.23
5 North Harbour Bays	1:10.26
6 Waitakere City	1:10.42

Girls 4x200 Meter Relay Grade 9

Team	Finals
1 Takapuna	2:19.70
2 North Harbour Bays	2:20.54
3 Waitakere City	2:30.50
4 Point Chevalier	2:30.92
5 Riverhead	2:31.77
6 Hillsborough	2:36.73

Triathlon: #3 Girls Long Jump Grade 9 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	3.61m	9
2 Riverhead Athlete	Riverhead	3.49m	8
3 Waitakere City Athlete	Waitakere City	2.97m	7
4 Takapuna Athlete	Takapuna	2.85m	6
5 Hillsborough Athlete	Hillsborough	2.71m	5
6 Point Chevalier Athlete	Point Chevalier	2.41m	4

Triathlon: #1 Girls Shot Put 1.5kg Grade 9 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	7.70m	9
2 Waitakere City Athlete	Waitakere City	6.44m	8
3 North Harbour Bays Athle	North Harbour Bays	5.66m	7
4 Hillsborough Athlete	Hillsborough	5.59m	6
5 Riverhead Athlete	Riverhead	5.19m	5
6 Point Chevalier Athlete	Point Chevalier	4.73m	4



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #2 Girls Discus Throw 500g Grade 9 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	15.18m	9
2 North Harbour Bays Athle	North Harbour Bays	14.64m	8
3 Point Chevalier Athlete	Point Chevalier	13.47m	7
4 Hillsborough Athlete	Hillsborough	10.28m	6
5 Riverhead Athlete	Riverhead	6.45m	5
-- Takapuna Athlete	Takapuna	FOUL	

Girls Triathlon Grade 9

Name	Year Team	Finals	H#
1 North Harbour Bays Athle	North Harbour Bays	24	
1 Waitakere City Athlete	Waitakere City	24	
3 Riverhead Athlete	Riverhead	18	
4 Hillsborough Athlete	Hillsborough	17	
5 Takapuna Athlete	Takapuna	15	
5 Point Chevalier Athlete	Point Chevalier	15	

Girls 4x100 Meter Relay Grade 10

Team	Finals
1 Waitakere City	1:01.85
2 North Harbour Bays	1:03.19
3 Takapuna	1:05.78
4 Waitakere City 'B'	1:06.68
5 Point Chevalier	1:09.43
6 Ellerslie	1:11.75

Girls 4x400 Meter Relay Grade 10

Team	Finals
1 North Harbour Bays	4:57.56
2 Waitakere City	5:14.16
3 Takapuna	5:17.85
4 Ellerslie	5:40.64
5 Point Chevalier	5:53.55

Triathlon: #3 Girls Long Jump Grade 10 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	3.68m	9
2 Waitakere City Athlete	Waitakere City	3.50m	8
3 Takapuna Athlete	Takapuna	3.22m	7
3 Point Chevalier Athlete	Point Chevalier	3.22m	7
5 Ellerslie Athlete	Ellerslie	3.07m	5



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #1 Girls Shot Put 2kg Grade 10 Triathlon

Name	Year Team	Finals	Points
1 Ellerslie Athlete	Ellerslie	8.91m	9
2 Waitakere City Athlete	Waitakere City	6.51m	8
3 North Harbour Bays Athle	North Harbour Bays	6.32m	7
4 Point Chevalier Athlete	Point Chevalier	5.42m	6
5 Takapuna Athlete	Takapuna	5.15m	5

Triathlon: #2 Girls Discus Throw 750g Grade 10 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	12.35m	9
2 Takapuna Athlete	Takapuna	11.98m	8
3 Waitakere City Athlete	Waitakere City	11.02m	7
4 Point Chevalier Athlete	Point Chevalier	7.59m	6
-- Ellerslie Athlete	Ellerslie	FOUL	

Girls Triathlon Grade 10

Name	Year Team	Finals	H#
1 North Harbour Bays Athle	North Harbour Bays	25	
2 Waitakere City Athlete	Waitakere City	23	
3 Takapuna Athlete	Takapuna	20	
4 Point Chevalier Athlete	Point Chevalier	19	
5 Ellerslie Athlete	Ellerslie	14	

Girls 4x100 Meter Relay Grade 11

Team	Finals
1 Waitakere City	58.49
2 North Harbour Bays	1:03.22
3 Hillsborough	1:04.92
4 Point Chevalier	1:04.99
5 Riverhead	1:11.47

Girls 4x400 Meter Relay Grade 11

Team	Finals
1 Waitakere City	4:52.70
2 North Harbour Bays	5:11.65
3 Hillsborough	5:21.93
4 Point Chevalier	5:34.12
5 Riverhead	6:10.88

Triathlon: #3 Girls Long Jump Grade 11 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	4.05m	9
2 North Harbour Bays Athle	North Harbour Bays	3.68m	8
3 Hillsborough Athlete	Hillsborough	3.52m	7



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Triathlon: #3 Girls Long Jump Grade 11 Triathlon

4	Point Chevalier Athlete	Point Chevalier	3.24m	6
5	Riverhead Athlete	Riverhead	2.90m	5

Triathlon: #1 Girls Shot Put 2kg Grade 11 Triathlon

Name	Year Team	Finals	Points	
1	Waitakere City Athlete	Waitakere City	8.24m	9
2	Hillsborough Athlete	Hillsborough	7.12m	8
3	North Harbour Bays Athle	North Harbour Bays	5.30m	7
4	Point Chevalier Athlete	Point Chevalier	5.18m	6
5	Riverhead Athlete	Riverhead	4.08m	5

Triathlon: #2 Girls Discus Throw 750g Grade 11 Triathlon

Name	Year Team	Finals	Points	
1	North Harbour Bays Athle	North Harbour Bays	14.40m	9
2	Hillsborough Athlete	Hillsborough	14.38m	8
3	Waitakere City Athlete	Waitakere City	14.00m	7
4	Riverhead Athlete	Riverhead	13.83m	6
5	Point Chevalier Athlete	Point Chevalier	10.27m	5

Girls Triathlon Grade 11

Name	Year Team	Finals	H#
1	Waitakere City Athlete	Waitakere City	25
2	North Harbour Bays Athle	North Harbour Bays	24
3	Hillsborough Athlete	Hillsborough	23
4	Point Chevalier Athlete	Point Chevalier	17
5	Riverhead Athlete	Riverhead	16

Girls 4x100 Meter Relay Grade 12

Team	Finals
1 Waitakere City	56.98
2 Takapuna	57.65
3 Waitakere City 'B'	1:03.81

Girls 4x400 Meter Relay Grade 12

Team	Finals
1 Takapuna	4:37.83
2 Waitakere City	4:43.69

Triathlon: #3 Girls Long Jump Grade 12 Triathlon

Name	Year Team	Finals	Points	
1	Takapuna Athlete	Takapuna	4.13m	9
2	Waitakere City Athlete	Waitakere City	4.06m	8
3	Hillsborough Athlete	Hillsborough	3.38m	7



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #1 Girls Shot Put 3kg Grade 12 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	8.10m	9
2 Takapuna Athlete	Takapuna	6.32m	8
3 Hillsborough Athlete	Hillsborough	4.52m	7

Triathlon: #2 Girls Discus Throw 750g Grade 12 Triathlon

Name	Year Team	Finals	Points
1 Hillsborough Athlete	Hillsborough	18.22m	9
2 Waitakere City Athlete	Waitakere City	16.06m	8
3 Takapuna Athlete	Takapuna	15.42m	7

Girls Triathlon Grade 12

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	25	
2 Takapuna Athlete	Takapuna	24	
3 Hillsborough Athlete	Hillsborough	23	

Girls 4x100 Meter Relay Grade 13

Team	Finals
1 Takapuna	53.92
2 North Harbour Bays	58.41
3 Waitakere City	59.38

Girls 4x400 Meter Relay Grade 13

Team	Finals
1 Takapuna	4:37.26
2 Waitakere City	4:53.10

Triathlon: #3 Girls Long Jump Grade 13 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	4.74m	9
2 North Harbour Bays Athle	North Harbour Bays	3.85m	8
3 Waitakere City Athlete	Waitakere City	3.40m	7

Triathlon: #1 Girls Shot Put 3kg Grade 13 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	9.83m	9
2 Takapuna Athlete	Takapuna	6.48m	8
3 Waitakere City Athlete	Waitakere City	5.70m	7



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #2 Girls Discus Throw 1kg Grade 13 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	15.62m	9
2 North Harbour Bays Athle	North Harbour Bays	15.26m	8

Girls Triathlon Grade 13

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	26	
2 North Harbour Bays Athle	North Harbour Bays	25	

Girls 4x100 Meter Relay Grade 14

Team	Finals
1 Takapuna	55.94

Girls 4x400 Meter Relay Grade 14

Team	Finals
1 Takapuna	4:27.68

Triathlon: #3 Girls Long Jump Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	4.37m	9

Triathlon: #1 Girls Shot Put 3kg Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	7.01m	9

Triathlon: #2 Girls Discus Throw 1kg Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	19.53m	9

Girls Triathlon Grade 14

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	9	



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Boys 4x50 Meter Relay Grade 5

Team	Finals
1 Waitakere City	48.35
2 Riverhead	49.82
3 North Harbour Bays	50.04
4 Takapuna	50.16
5 Point Chevalier	50.49

Triathlon: #3 Boys Long Jump Grade 5 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	2.05m	9
2 Takapuna Athlete	Takapuna	1.92m	8
3 Riverhead Athlete	Riverhead	1.69m	7
4 Point Chevalier Athlete	Point Chevalier	1.25m	6
5 North Harbour Bays Athle	North Harbour Bays	1.05m	5

Triathlon: #1 Boys Shot Put Grade 5 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	4.14m	9
2 Takapuna Athlete	Takapuna	3.45m	8
3 Waitakere City Athlete	Waitakere City	2.87m	7
4 Riverhead Athlete	Riverhead	1.99m	6
5 Point Chevalier Athlete	Point Chevalier	1.96m	5

Triathlon: #2 Boys Discus Throw Grade 5 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	7.97m	9
2 Takapuna Athlete	Takapuna	4.73m	8
3 Riverhead Athlete	Riverhead	4.08m	7
4 Point Chevalier Athlete	Point Chevalier	3.53m	6

Boys Triathlon Grade 5

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	25	
2 Takapuna Athlete	Takapuna	24	
3 Riverhead Athlete	Riverhead	20	
4 Point Chevalier Athlete	Point Chevalier	17	

Boys 4x50 Meter Relay Grade 6

Team	Finals
1 Waitakere City	40.94
2 Riverhead 'B'	42.92
3 Takapuna	43.23
4 Hillsborough	45.26
5 Riverhead	46.36



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Boys 4x50 Meter Relay Grade 6

6 Point Chevalier	46.92
7 Ellerslie	48.62

Triathlon: #3 Boys Long Jump Grade 6 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	2.71m	9
2 Waitakere City Athlete	Waitakere City	2.52m	8
3 Riverhead Athlete	Riverhead	2.41m	7
4 Ellerslie Athlete	Ellerslie	2.30m	6
4 Hillsborough Athlete	Hillsborough	2.30m	6
6 Point Chevalier Athlete	Point Chevalier	2.13m	5

Triathlon: #1 Boys Shot Put Grade 6 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	4.86m	9
2 Waitakere City Athlete	Waitakere City	4.77m	8
3 Point Chevalier Athlete	Point Chevalier	4.07m	7
4 Ellerslie Athlete	Ellerslie	3.56m	6
5 Riverhead Athlete	Riverhead	2.50m	5

Triathlon: #2 Boys Discus Throw Grade 6 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	8.75m	9
2 Ellerslie Athlete	Ellerslie	8.32m	8
3 Riverhead Athlete	Riverhead	6.11m	7
-- Point Chevalier Athlete	Point Chevalier	FOUL	
-- Takapuna Athlete	Takapuna	FOUL	

Boys Triathlon Grade 6

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	25	
2 Ellerslie Athlete	Ellerslie	20	
3 Riverhead Athlete	Riverhead	19	
4 Takapuna Athlete	Takapuna	18	
5 Point Chevalier Athlete	Point Chevalier	12	

Boys 4x100 Meter Relay Grade 7

Team	Finals
1 Waitakere City	1:10.58
2 Point Chevalier	1:13.43
3 Takapuna	1:14.23
4 Riverhead	1:15.62
5 Owairaka	1:16.13
6 Hillsborough	1:21.78
7 Riverhead 'B'	1:26.67



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Boys 4x200 Meter Relay Grade 7

Team	Finals
1 Point Chevalier	2:37.96
2 Takapuna	2:39.05
3 Waitakere City	2:41.43
4 Hillsborough	2:49.16
5 Riverhead	2:54.03
6 Owairaka	2:56.08
7 Riverhead 'B'	3:02.63

Triathlon: #3 Boys Long Jump Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	3.11m	9
2 Hillsborough Athlete	Hillsborough	2.62m	8
3 Waitakere City Athlete	Waitakere City	2.61m	7
4 Riverhead Athlete	Riverhead	2.55m	6
5 Owairaka Athlete	Owairaka	2.50m	8
6 Point Chevalier Athlete	Point Chevalier	2.33m	4

Triathlon: #1 Boys Shot Put 1kg Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	6.65m	9
2 Waitakere City Athlete	Waitakere City	5.53m	8
3 Hillsborough Athlete	Hillsborough	4.64m	7
4 Riverhead Athlete	Riverhead	4.15m	6
5 Point Chevalier Athlete	Point Chevalier	3.70m	5
6 Owairaka Athlete	Owairaka	2.86m	4

Triathlon: #2 Boys Discus Throw 500g Grade 7 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	11.00m	9
2 Waitakere City Athlete	Waitakere City	7.77m	8
3 Hillsborough Athlete	Hillsborough	7.43m	7
4 Riverhead Athlete	Riverhead	6.71m	6
-- Owairaka Athlete	Owairaka	FOUL	
-- Point Chevalier Athlete	Point Chevalier	FOUL	

Boys Triathlon Grade 7

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	27	
2 Waitakere City Athlete	Waitakere City	23	
3 Hillsborough Athlete	Hillsborough	22	
4 Riverhead Athlete	Riverhead	18	
5 Owairaka Athlete	Owairaka	12	
6 Point Chevalier Athlete	Point Chevalier	5	



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Boys 4x100 Meter Relay Grade 8

Team	Finals
1 Waitakere City	1:06.55
2 Takapuna	1:07.11
3 Point Chevalier	1:11.53
4 North Harbour Bays	1:12.28
5 Riverhead	1:17.07

Boys 4x200 Meter Relay Grade 8

Team	Finals
1 Waitakere City	2:21.13
2 Takapuna	2:22.64
3 Point Chevalier	2:37.72
4 North Harbour Bays	2:40.26
5 Riverhead	2:46.63

Triathlon: #3 Boys Long Jump Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	3.26m	9
2 Point Chevalier Athlete	Point Chevalier	3.20m	8
3 Takapuna Athlete	Takapuna	3.04m	7
4 North Harbour Bays Athle	North Harbour Bays	3.02m	6
5 Riverhead Athlete	Riverhead	2.40m	5

Triathlon: #1 Boys Shot Put 1kg Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	7.28m	9
2 Point Chevalier Athlete	Point Chevalier	5.72m	8
3 North Harbour Bays Athle	North Harbour Bays	5.69m	7
4 Waitakere City Athlete	Waitakere City	5.59m	6
5 Riverhead Athlete	Riverhead	4.89m	5

Triathlon: #2 Boys Discus Throw 500g Grade 8 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	12.69m	9
2 Takapuna Athlete	Takapuna	11.73m	8
3 Point Chevalier Athlete	Point Chevalier	11.31m	7
4 North Harbour Bays Athle	North Harbour Bays	9.47m	6
5 Riverhead Athlete	Riverhead	8.21m	5

Boys Triathlon Grade 8

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	24	
2 Takapuna Athlete	Takapuna	24	
3 Point Chevalier Athlete	Point Chevalier	23	



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Boys Triathlon Grade 8

4 North Harbour Bays Athle	North Harbour Bays	19
5 Riverhead Athlete	Riverhead	10

Boys 4x100 Meter Relay Grade 9

Team	Finals	H#
1 Hillsborough	1:03.35	1
2 Takapuna	1:04.06	2
3 North Harbour Bays	1:04.19	1
4 Point Chevalier	1:04.41	1
5 Waitakere City	1:06.07	2
6 Riverhead	1:07.63	1
7 North Harbour Bays 'B'	1:09.18	2
8 Hillsborough 'B'	1:10.13	2
9 Owairaka	1:12.03	2

Boys 4x200 Meter Relay Grade 9

Team	Finals	H#
1 Point Chevalier	2:13.67	2
2 Hillsborough	2:14.84	2
3 North Harbour Bays	2:16.84	1
4 Takapuna	2:20.92	1
5 Waitakere City	2:21.63	2
6 North Harbour Bays 'B'	2:25.81	2
7 Hillsborough 'B'	2:29.36	2
8 Riverhead	2:29.43	1
9 Owairaka	2:37.77	1

Triathlon: #3 Boys Long Jump Grade 9 Triathlon

Name	Year Team	Finals	Points
1 Point Chevalier Athlete	Point Chevalier	4.16m	9
2 Hillsborough Athlete	Hillsborough	4.06m	8
3 North Harbour Bays Athle	North Harbour Bays	3.96m	7
4 Takapuna Athlete	Takapuna	3.33m	6
5 Riverhead Athlete	Riverhead	3.28m	5
6 Waitakere City Athlete	Waitakere City	3.18m	4
7 Owairaka Athlete	Owairaka	2.97m	3

Triathlon: #1 Boys Shot Put 1.5kg Grade 9 Triathlon

Name	Year Team	Finals	Points
1 North Harbour Bays Athle	North Harbour Bays	8.86m	9
2 Takapuna Athlete	Takapuna	8.48m	8
3 Waitakere City Athlete	Waitakere City	6.86m	7
4 Point Chevalier Athlete	Point Chevalier	6.68m	6
5 Hillsborough Athlete	Hillsborough	6.25m	5
6 Riverhead Athlete	Riverhead	5.86m	4
7 Owairaka Athlete	Owairaka	4.73m	3



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #2 Boys Discus Throw 500g Grade 9 Triathlon

Name	Year Team	Finals	Points
1 Point Chevalier Athlete	Point Chevalier	17.04m	9
2 Waitakere City Athlete	Waitakere City	14.90m	8
3 Takapuna Athlete	Takapuna	14.61m	7
4 Riverhead Athlete	Riverhead	13.56m	6
5 Hillsborough Athlete	Hillsborough	13.15m	5
-- North Harbour Bays Athle	North Harbour Bays	FOUL	
-- Owairaka Athlete	Owairaka	FOUL	

Boys Triathlon Grade 9

Name	Year Team	Finals	H#
1 Point Chevalier Athlete	Point Chevalier	24	
2 Takapuna Athlete	Takapuna	21	
3 Waitakere City Athlete	Waitakere City	19	
4 Hillsborough Athlete	Hillsborough	18	
5 North Harbour Bays Athle	North Harbour Bays	16	
6 Riverhead Athlete	Riverhead	15	
7 Owairaka Athlete	Owairaka	6	

Boys 4x100 Meter Relay Grade 10

Team	Finals
1 Waitakere City	59.90
2 Point Chevalier	1:02.49
3 North Harbour Bays	1:02.83
4 Takapuna	1:04.14
5 Warkworth	1:07.04
6 Ellerslie	1:09.97
7 Hillsborough	1:10.60

Boys 4x400 Meter Relay Grade 10

Team	Finals
1 Waitakere City	5:05.96
2 North Harbour Bays	5:10.01
3 Point Chevalier	5:12.81
4 Takapuna	5:14.58
5 Warkworth	5:27.85
6 Ellerslie	5:53.12
7 Hillsborough	5:54.14

Triathlon: #3 Boys Long Jump Grade 10 Triathlon

Name	Year Team	Finals	Points
1 Point Chevalier Athlete	Point Chevalier	4.01m	9
2 Takapuna Athlete	Takapuna	3.91m	8
3 North Harbour Bays Athle	North Harbour Bays	3.60m	7
3 Waitakere City Athlete	Waitakere City	3.60m	7
5 Warkworth Athlete	Warkworth	3.27m	5



CNW Relays - 24/11/2024
Douglas Track and Field
Results

....Triathlon: #3 Boys Long Jump Grade 10 Triathlon

6 Ellerslie Athlete	Ellerslie	3.23m	4
---------------------	-----------	-------	---

Triathlon: #1 Boys Shot Put 2kg Grade 10 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	6.45m	9
2 Waitakere City Athlete	Waitakere City	5.73m	8
3 Point Chevalier Athlete	Point Chevalier	5.56m	7
4 North Harbour Bays Athle	North Harbour Bays	5.45m	6
5 Ellerslie Athlete	Ellerslie	5.35m	5
6 Warkworth Athlete	Warkworth	5.25m	4

Triathlon: #2 Boys Discus Throw 750g Grade 10 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	13.26m	9
2 Warkworth Athlete	Warkworth	11.53m	8
3 Waitakere City Athlete	Waitakere City	10.55m	7
4 Point Chevalier Athlete	Point Chevalier	9.85m	6
5 North Harbour Bays Athle	North Harbour Bays	9.73m	5
6 Ellerslie Athlete	Ellerslie	9.72m	4

Boys Triathlon Grade 10

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	26	
2 Point Chevalier Athlete	Point Chevalier	22	
3 Waitakere City Athlete	Waitakere City	22	
4 North Harbour Bays Athle	North Harbour Bays	18	
5 Warkworth Athlete	Warkworth	17	
6 Ellerslie Athlete	Ellerslie	13	

Boys 4x100 Meter Relay Grade 11

Team	Finals
1 Waitakere City	59.50
2 Takapuna	1:00.64
3 Waitakere City 'B'	1:03.16
4 Riverhead	1:05.00
5 Owairaka	1:08.20

Boys 4x400 Meter Relay Grade 11

Team	Finals
1 Riverhead	5:04.44
2 Waitakere City	5:06.31
3 Takapuna	5:07.41
4 Owairaka	5:28.71



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #3 Boys Long Jump Grade 11 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	3.89m	9
2 Riverhead Athlete	Riverhead	3.79m	8
3 Waitakere City Athlete	Waitakere City	3.70m	7
4 Owairaka Athlete	Owairaka	3.21m	6

Triathlon: #1 Boys Shot Put 3kg Grade 11 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	6.40m	9
2 Waitakere City Athlete	Waitakere City	6.23m	8
3 Riverhead Athlete	Riverhead	4.82m	7
3 Owairaka Athlete	Owairaka	4.82m	6
-- North Harbour Bays Athle	North Harbour Bays	FOUL	

Triathlon: #2 Boys Discus Throw 750g Grade 11 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	14.93m	9
2 Waitakere City Athlete	Waitakere City	14.46m	8
3 Riverhead Athlete	Riverhead	13.32m	7
-- Owairaka Athlete	Owairaka	FOUL	

Boys Triathlon Grade 11

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	27	
2 Waitakere City Athlete	Waitakere City	23	
3 Riverhead Athlete	Riverhead	22	
4 Owairaka Athlete	Owairaka	12	

Boys 4x100 Meter Relay Grade 12

Team	Finals
1 Waitakere City	54.40
2 Takapuna	56.39
3 Waitakere City 'B'	59.93
4 Hillsborough	1:00.58
5 Point Chevalier	1:03.29

Boys 4x400 Meter Relay Grade 12

Team	Finals
1 Waitakere City	4:36.67
2 Takapuna	4:46.53
3 Point Chevalier	5:16.65
4 Hillsborough	5:26.30



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #3 Boys Long Jump Grade 12 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	4.72m	9
2 Waitakere City Athlete	Waitakere City	4.48m	8
3 Point Chevalier Athlete	Point Chevalier	3.76m	7

Triathlon: #1 Boys Shot Put 3kg Grade 12 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	8.24m	9
2 Waitakere City Athlete	Waitakere City	7.20m	8
3 Point Chevalier Athlete	Point Chevalier	5.38m	7

Triathlon: #2 Boys Discus Throw 1kg Grade 12 Triathlon

Name	Year Team	Finals	Points
1 Takapuna Athlete	Takapuna	19.83m	9
2 Waitakere City Athlete	Waitakere City	18.94m	8
3 Point Chevalier Athlete	Point Chevalier	11.50m	7

Boys Triathlon Grade 12

Name	Year Team	Finals	H#
1 Takapuna Athlete	Takapuna	27	
2 Waitakere City Athlete	Waitakere City	24	
3 Point Chevalier Athlete	Point Chevalier	21	

Boys 4x100 Meter Relay Grade 13

Team	Finals
1 Waitakere City	52.36

Boys 4x400 Meter Relay Grade 13

Team	Finals
1 Waitakere City	4:19.15

Triathlon: #3 Boys Long Jump Grade 13 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	4.02m	9

Triathlon: #1 Boys Shot Put 4kg Grade 13 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	8.16m	9



CNW Relays - 24/11/2024
Douglas Track and Field
Results

Triathlon: #2 Boys Discus Throw 1kg Grade 13 Triathlon

Name	Year Team	Finals	Points
1 Waitakere City Athlete	Waitakere City	29.24m	9

Boys Triathlon Grade 13

Name	Year Team	Finals	H#
1 Waitakere City Athlete	Waitakere City	18	

Boys 4x100 Meter Relay Grade 14

Team	Finals
1 Owairaka	56.55

Triathlon: #3 Boys Long Jump Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Owairaka Athlete	Owairaka	4.98m	9

Triathlon: #1 Boys Shot Put 5kg Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Owairaka Athlete	Owairaka	7.37m	9 4kg

Triathlon: #2 Boys Discus Throw 1.25kg Grade 14 Triathlon

Name	Year Team	Finals	Points
1 Owairaka Athlete	Owairaka	24.16m	9

Boys Triathlon Grade 14

Name	Year Team	Finals	H#
1 Owairaka Athlete	Owairaka	27	

