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Cycling

Handbook 2021

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2019 Winners

Finals Day Winners

Due to Alert Level 2 restrictions in 2020 we were unable to hold the Finals Day Race and it was confirmed as cancelled. As a result the following finals days awards were not allocated for 2020: U14 Girls & Boys, Junior Girls Merv Harland Shield, Junior Boys , Senior Girls Kingsford Cup & Senior Boys Bigwood Trophy.

Grade	Gold	Silver	Bronze
U14 Girls	Baradene Junior E	Baradene Junior F	Baradene Junior G
U14 Boys	Westlake Boys Junior E	Saint Kentigern Junior D	St Peter's Junior D
Junior Girls Merv Harland Shield	Epsom Girls Senior A	Baradene Junior A	Saint Kentigern Junior A
Junior Boys	Westlake Boys Junior A	Auckland Grammar Junior A	Takapuna A
Senior Girls Kingsford Cup	Epsom Girls Senior A	Baradene Senior A	Saint Kentigern Senior A
Senior Boys Bigwood Trophy	Auckland Grammar Senior A	Saint Kentigern Senior A	Westlake Boys Senior A

2020 Winners

Championship Series – Overall

Grade	Gold	Silver	Bronze
Junior Girls	**=** Epsom Girls Grammar Junior A Baradene College Junior A	-	Saint Kentigern A Girls
Junior Boys	Auckland Grammar Junior A	**=** Auckland Grammar Junior B Westlake Boys High School Junior A	-
Senior Boys	Auckland Grammar Senior A	Westlake Boys HS Senior A	King's College Senior A
Senior Girls	Epsom Girls Grammar Senior A	Baradene College Senior A	Saint Kentigern Prem Girls

Championship Series – Most Improved

Grade	Gold	Silver	Bronze
Most Improved Junior Girls	Baradene College Junior G	Baradene College Junior H	Baradene College Junior E
Most Improved Junior Boys	Sacred Heart College Junior B	St Peter's College (Akld) Junior B	Macleans College Junior A
Most Improved Senior Girls	Epsom Girls Grammar Senior C	Baradene College Senior A	Baradene College Senior C
Most Improved Senior Boys	Takapuna Grammar School Senior B	Auckland Grammar Senior E	Sacred Heart College Senior A

Championship Series – Fastest Time

Grade	Fastest Time
Fastest Time Senior Girls Partridge Cup	Epsom Girls Grammar Senior A 23:24.38
Fastest Time Senior Boys James Faulding Memorial Trophy	Auck Grammar Senior Boys A **New Record:** 21:14.72

Points Race 2020

Grade	Gold	Silver	Bronze
Girls U13	Dorothy ANDERSON Saint Kentigern College	Madeline BELL Baradene College	Darcie GRANWAL Diocesan School for Girls
Boys U13	Hunter BALLARD Saint Kentigern College	Benjamin ARCHER Saint Kentigern College	Alex BISHOP Saint Kentigern College
Girls U14	Kiera EVANS Baradene College	Sienna LUSHKOTT Baradene College	Freya HOLLAND Baradene College
Boys U14	Jonny BARCLAY Auckland Grammar School	Thomas DOLAN St Peter's College (Akld)	= Ethyn BROOKS Saint Kentigern College Ciaran FARRELL Saint Kentigern College
Girls U15	Jodie BLACKWOOD Takapuna Grammar School	Ava MADDISON Epsom Girls Grammar School	Sophia HYLAND Baradene College
Boys U15	Nate BONESS Auckland Grammar School	Lucas BHIMY Auckland Grammar School	Quinn GARDINER-HALL Auckland Grammar School
Girls U16	Ruby SPRING Saint Kentigern College	Maia BARCLAY Epsom Girls Grammar School	Bonnie RATTRAY Baradene College
Boys U16	Max PREECE St Peter's College (Akld)	Austin NORWELL Auckland Grammar School	Jack LLOYD Westlake Boys High School
Girls U17	Bee TOWNSEND Epsom Girls Grammar School	Alice HOPKINSON Baradene College	Ella MORTON Baradene College
Boys U17	Olano SCARLETT Auckland Grammar School	Joel DOUGLAS Sacred Heart College (Akld)	Lewis BOWER Westlake Boys High School
Girls U19	Ella WYLLIE Epsom Girls Grammar School	Jorja CLOUTH Baradene College	Scarlett BUISSINK Epsom Girls Grammar School
Boys U19	Jensen FOSTER Saint Kentigern College	Oliver SIMCOCK SMITH Auckland Grammar School	Jacob RACKHAM Auckland Grammar School

Race Day Contacts

Points Race

Race Director - CSA Collette Amai 027 493 5073

Race Manager Logan Townsend (ASC) 022 0979599

Team Time Trial (TTT)

Race Director - CSA Collette Amai 027 493 5073

Race Manager Logan Townsend (ASC) 022 0979599

Cycling Shed Allocations

School	Shed #
College Sport Auckland	1
St Mary's & St Cuthbert's Colleges	5
Takapuna Grammar School	6
Selwyn College & Glendowie	7
Macleans College	8 & 9
King's College	10
ACG Parnell College	11
Diocesan School for Girls	12
Westlake Boys High School	13 & 14
Saint Kentigern College	15 & 16
St Peter's College (Akld)	19
Sacred Heart College (Akld)	20
Baradene College of the Sacred Heart	21 & 22
Auckland Grammar School	Under stand equiv. 4
Epsom Girls Grammar School	Under stand equiv. 4

Cycling Points Race
Competition Information 2021

Overview
A race briefing is held for each grade in the pit lane. Riders are led out by the follow car. Only once the car leaves, does the race begin. The circuit is used in clockwise direction.
There are 6 boys and 6 girls grades races. One boys and one girls race will compete on the circuit at the same time. The second race can start just before riders from the first race complete their first lap.
Races vary in length from 4 laps for U13 grades to 12 laps for U19 grades.

Ages are taken at 31 December 2021. e.g. A competitor who is 15 on 31 Dec 2021 races in the Under 16 grade.
During the race, every second lap is a sprint lap. Points are awarded for 1st, 2nd, 3rd and 4th placing on each sprint lap. Points are 10, 8, 6, 4, 2.
On the final lap points are awarded for the first 10 finishers – these are 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

The competitor with the highest sum of points wins the race. The intent is to reward riders who work hard for intermediate sprints, rather that those who save everything for the final lap. It also encourages some to try to break away from the bunch.

Riders will NOT be removed from the track if they drop from the main bunch, however lapped riders will not be able to start a lap once the race has finished (ie the winner has crossed the finish line). This is to keep racing to time.

Date
Sunday 16th May 2021, Pukekohe Park

Grades
- U13, U14, U15, U16, U17, U19 girls and boys (as at 31 Dec 2021)

Race Start
- The Race track will open for practice from 7:00am to 7:30am
- First race will start at 8am. From there the next race will start once all competitors from the previous race have been cleared from the track. THE TIMES IN THE SCHEDULE ARE INDICATIONS ONLY. YOU NEED TO KEEP AWARE OF WHAT GRADES ARE RACING TO TIME YOUR WARM-UP AND RACE START.

Registration
- The TIC in charge must collect their schools race pack from the registration desk which will be open from 6.30am. They will need to make sure the students are given the correct transponder – numbers will be assigned to each student.
- Please make sure all Marshall's (Except spotters) check in with College Sport staff and collect clipboard and high vis vest by 7:30am, to be out on track at 7:50am.

Rules
- The race will be run under Cycling New Zealand Schools rules, or where there is no ruling detailed Cycling New Zealand Road and Track Rules apply.
- National school gearing applies: 6.61m up to U16, 7.0m for U17, 7.93m for U19
- Points are awarded for sprint laps and for the final lap.
- Wear a helmet at all times when on your bike at the venue (including adults).

Racing

- Know your race distance.
- Know your sprint laps (whistle for sprint laps).
- Bell for last lap.
- Respect other riders.
- Remain civil when racing.

Prizes
Medals will be awarded at the Team Time Trial (TTT) finals day.

Uniforms
All riders should be wearing their school riding kit

Team Management
All schools must have a teacher or adult with them. This person is to be aware of any medical problems of riders, implement the rules of the race, and supervise the riders. Riders without supervision may be withdrawn from race.

Safety first
- Be observant, be considerate of all those around you
- Helmets are firm around the head and one finger gap under the chin strap

Drafting
- Do not draft off any other bunch that is not in your race

Mechanicals and punctures
- Due to the size of the lap we cannot allow a lap out
- If you have a mechanical issue you are most welcome to re-join the race a lap later, but your actual placing will be the number of laps you have ridden
- If you are lapped – stay to the outside of the track as the faster line tends to be the inside line

Transponders
- No transponder, no racing, no reading = no race result
- The transponder needs to be attached to your bike, not down a sock or in a pocket

Rollout checks
- If you believe you scored any points in the race you need to report immediately to rollout.
- No rollout = no points = no result
- Turn up to rollout more than 5 minutes after you finish = no points

Transition
- The lead out car will take you slowly down the pit lane and out onto the track
- The car will continue on the track until the driver sees you all in order
- When the car accelerates away, only then does your race begin

End of the Race
- At the end of the race marshals will guide you off the track just after the end of the pit line (on the right hand side of the track). DO NOT RIDE BEYOND THIS POINT AND START ANOTHER LAP – YOU MAY BE DISQUALIFIED
- Your transponder will be taken at this point.
- This is also the point to access the rollout.

Race Format

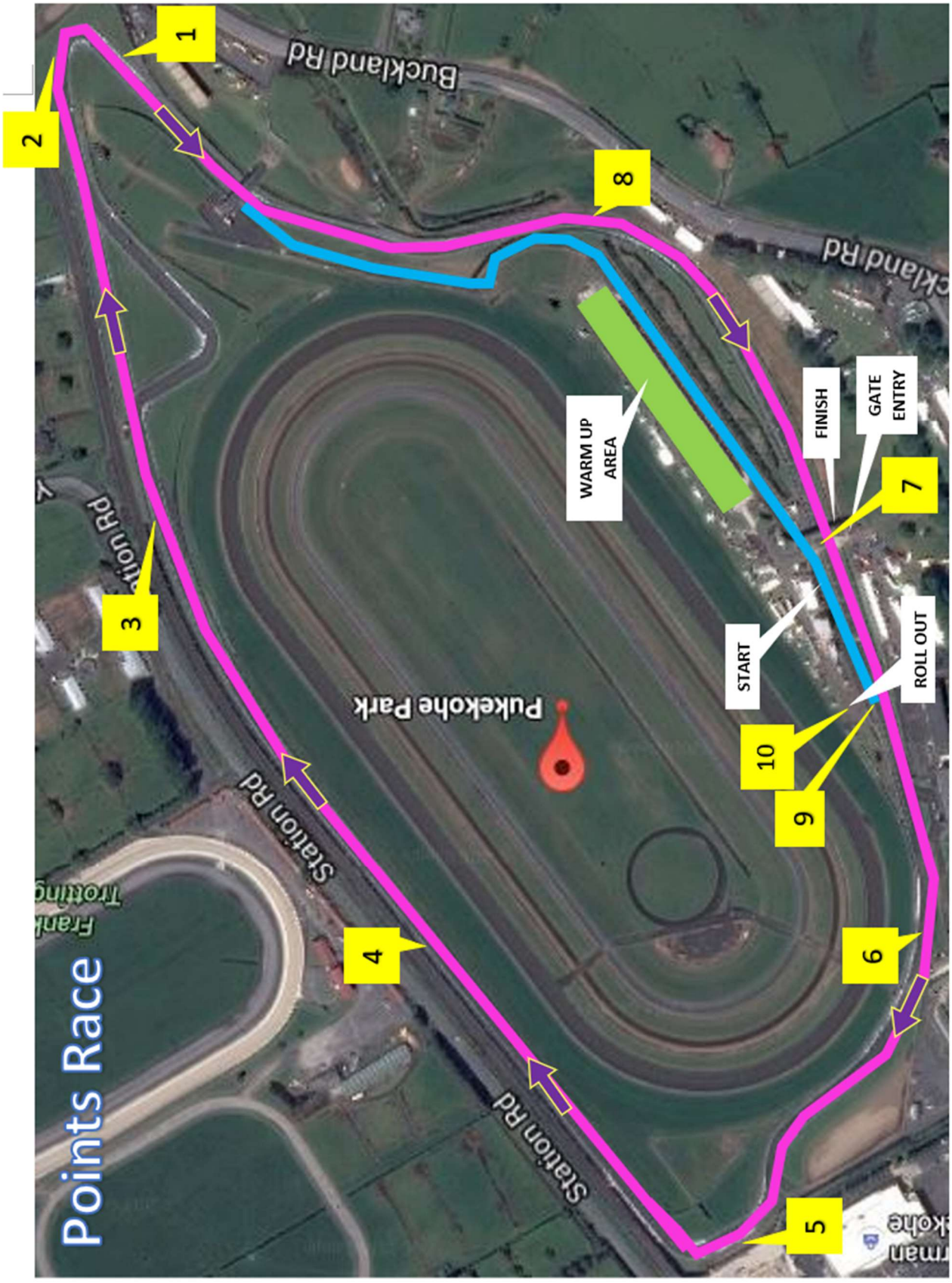
Age Group	Laps	Distance (km)	Estimated Start Time	Sprint laps
Girls U13	4	11.64	8:00 am	2, final
Boys U13	4	11.64	8:06 am	2, final
Girls U14	5	14.55	8:35 am	2, 4, final
Boys U14	5	14.55	8:40 am	2,4, final
Girls U15	7	20.37	9:10 am	2, 4, 6, final
Boys U15	7	20.37	9:15 am	2, 4, 6, final
Girls U16	9	26.19	10:00 am	2, 4, 6, 8, final
Boys U16	9	26.19	10:05 am	2, 4, 6, 8, final
Girls U17	11	32.01	10:55 am	2, 4, 6, 8, 10, final
Boys U17	11	32.01	11:00 am	2, 4, 6, 8, 10, final
Girls U19	12	34.92	12:00 pm	2, 4, 6, 8, 10, final
Boys U19	12	34.92	12:05 pm	2, 4, 6, 8, 10, final

Points Race Marshal Allocation

Job Allocation	Description	School	Number
Race Director on Day	Logan Townsend	ASC	
1st Aid (RT)	Event Medic – Chris Griggs		1
Lead Car (RT)	Start each race and then come off the track	TBA – Driver College Sport - Car	1
Spotter	Spotters – Spotting at Finish line for sprint laps **Please meet for briefing at 7:40am at finish line**	Baradene College/ Auckland Grammar	3 each school
Roll Out	Check bikes are set	Epsom Girls Grammar	5
#1 50m prior to sharp bend (RT)	Check riders safety– Folder with instructions	Kings College	1
#2 Sharp bend (RT)	Check riders safety– Folder with instructions	Saint Kentigern	1
#3 Along back straight (RT)	Check riders safety– Folder with instructions	Diocesan	1
#4 Along back straight (RT)	Check riders safety– Folder with instructions	Saint Kentigern	1
#5 Corner off back straight (RT)	Check riders safety– Folder with instructions	Saint Kentigern	1
#6 Corner finish chute (RT)	Check riders safety– Folder with instructions	Macleans College	1
#7 Main Gate	Monitor gate access – No Folder	St Peters College	1
#8 Front Straight	Check riders safety – Folder with instructions	Kings College	1
#9 & 10 Pit Lane	Collecting transponders from riders and marshalling riders off the track at the end of racing	Takapuna Grammar	2
Car Parking	Marshalling cars into car park/ keeping cars off grass	Westlake Boys	3

- Please make sure all Marshall's (Except spotters) check in with College Sport staff and collect clipboard and high vis vest by 7:30am, to be out on track at 7:50am.

Points Race Map



Team Time Trials (TTT)

Competition Information 2021

Grades

- Senior competitions are for teams of 5 riders who are Under 19 years as at 31st December in the year of competition.
- Junior competitions are for teams of 4 riders who are Under 16 years as at 31st December in the year of competition.

Eligibility

Refer to the College Sport Auckland By-laws.

Start Lists

After the draft start lists have been sent out race alterations/feedback will be due back by midday the Thursday prior to the race date, see below:

Event	Race date:
Team Time Trial 1	23rd May
Team Time Trial 2	13th June
Team Time Trial 3	20th June
Team Time Trial 4	4th July
Team Time Trial 5	1st Aug
Finals Day	15th Aug

Championship Series

The purpose of these championships is to find, in ranked order, the ten best teams (Senior Boys & Girls and Junior Boys & Girls) over the entirety of the season's racing and involves allocating points for the race time placing at each event throughout the season.

The accumulated points from best four performances of the five events determine the overall placing. Points will be awarded in the following manner; 1 point for 1st place, 2 points for second place and so on until the end of that category. All teams are automatically entered upon completion of the correct entry procedure.

Senior competitions are for teams of 5 riders who are under 20 years on 31st December in the year of competition.
Junior competitions are for teams of 4 riders who are under 16 years on 31st December in the year of competition.

Junior Gear restriction: 6.61 metres.
Senior Gear restriction: 7.00 metres.

NB. Please be aware that rollout is a complicated outcome based on the wheel circumference and gear ratio. The circumference is affected by rim width, tire diameter and tire pressure. Gear charts are only helpful up to a point. The best mechanism to check is a tape measure on the ground. On the day if you roll over there is no point is discussing how the gear chart said it would be OK. Over is over.

Most Improved Series

The purpose of this competition is to give less competitive teams a chance at competing for well-deserved rewards. It is designed to encourage inexperienced and/or beginning teams. Handicaps are based on the biggest difference in time between your average race time and your fastest time. To must have completed 4 races to be included in the handicap at the end of the season.

Team Management
All teams must have a teacher or adult with them at every race. This person must be aware of any medical problems of students in the team, implement the rules of the competition, and supervise the students. Teams without supervision may be scratched.

Results
Results will be available live on the CSA App on the day and will also be uploaded to the website after each race

Officials
- Each team from each school must provide an adult to be an official on the day. Teams may nominate more than one person for the officials' duty to be shared amongst them throughout the season.
- Each school must provide a contact person who organises this duty.

Transponders
Team Time Trial transponders will be given out on the day of the race and collected by the schools teacher in charge each race.
- Points Race transponders will be issued on the day.
- Transponder holders can be purchased through College Sport prior to the season.

Responsibilities of Schools
Responsibilities of schools with teams entered in the College Sport Team Time Trial competitions are: -

- To have a team manager present for each team entered.
- To ensure all competitors and supporters are aware of the rules of competition and adhere to them.
- To provide a minimum of one marshal or official for each team entered.These designated officials may be parents but may not also be the team coach/manager.

TTT Marshal Allocation

School/Marshals' duties are:

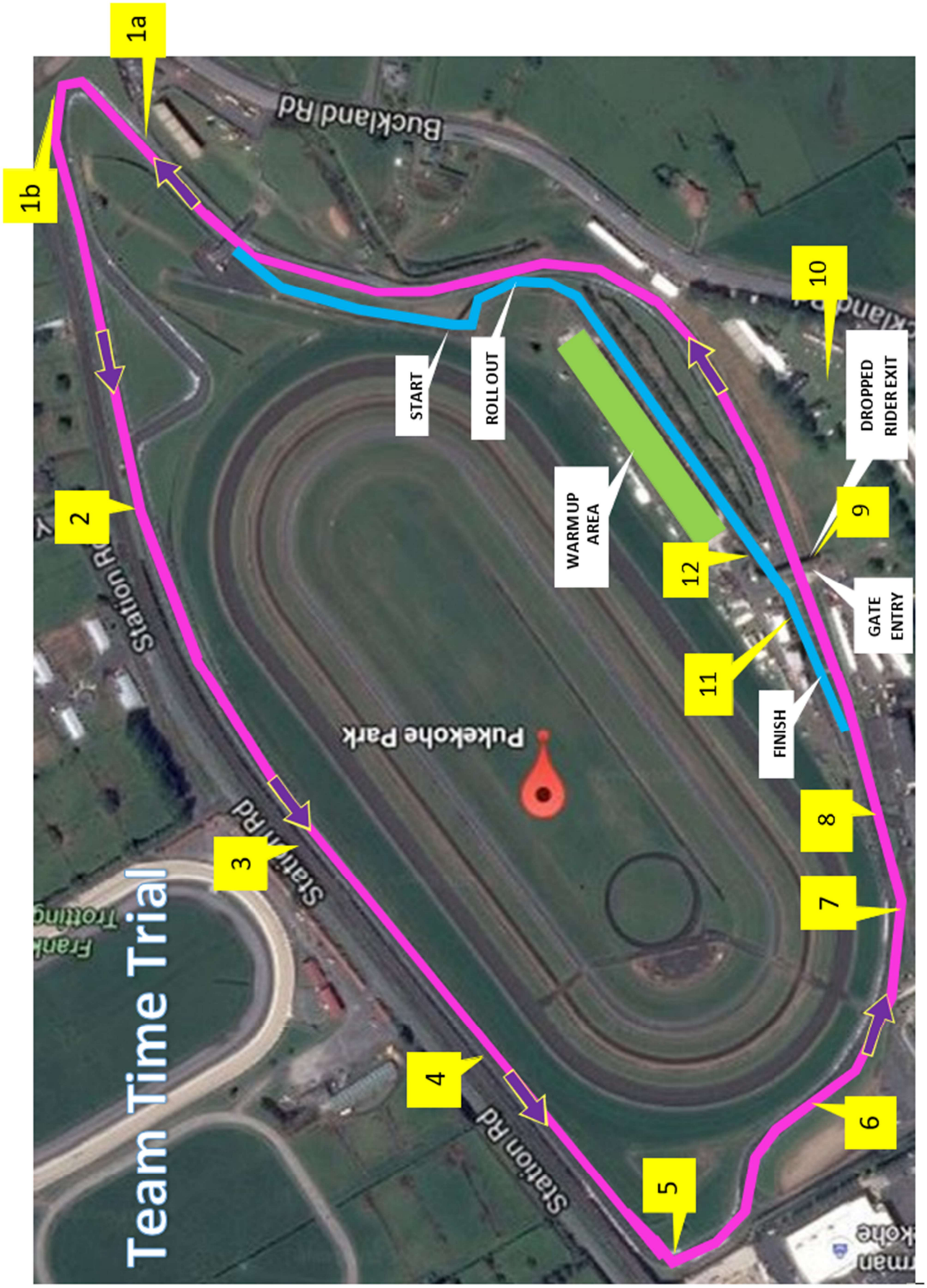
- School to collect all marshal folders & vests along with transponders from Shed 1 before/by 7:30am
- Marshals to collect folders & vests from school shed
- Marshalls 2, 3, 4, 5 to be at Shed 1 7.40am for pick up
- All marshals to be in position by 7.45am.
- Once in location, check track surface. Report any concerns to Race Manager on walkie talkie (RT)
- Remain in location until the Race Manager gives the all clear for the race to end.

Gear Check Officials, Roll Out Officials, Start Officials & Time Keeper Officials

- Report to area at 7.35am to be allocated tasks.

Job Allocation & Location	Description	School	Number
Mustering/Bike Check		Saint Kentigern	5
Roll Out (RT)	Check bikes are set	Westlake Boys	5
Starter	Ensure riders in correct order and get off on time. Bring Marquee & table	Kings College	2
#1a Sharp bend (RT)	Check riders safety & any dropped riders.	Macleans College	1
#1b Sharp bend (RT)	Check riders safety & any dropped riders.	Takapuna College	1
#2 Along back straight (RT)	Check riders safety & any dropped riders	Macleans College	1
#3 Along back straight (RT)	Check riders safety & any dropped riders	Selwyn College	1
#4 Along back straight (RT)	Check riders safety & any dropped riders	ACG Parnell College	1
#5 Corner off back straight (RT)	Check riders safety & any dropped riders	Glendowie College	1
#6 Bend after corner (RT)	Check riders safety & any dropped riders	Sacred Heart College	1
#7 Corner before finish chute	Check riders safety & any dropped riders	Diocesan	1
#8 Entrance of finishing chute	Warn dropped riders that they are about to be removed from course and to move right (outside of track)	Diocesan	1
#9 Main Gate – Outside track	Removing dropped riders off the course	Baradene	1
#10 Main Gate – Outside track	Monitor gate access – remains closed at all times	Epsom Girls	1
#11 After finish	Slowing down cyclists & making sure chute is clear from spectators/whistle warning	Epsom Girls	2
#12 After finish	Stopping cyclists & collecting transponders	Baradene	3
Car Parking (no folder to be collected)	Marshalling cars into car park/ keeping cars off grass	Takapuna Grammar	2
Course Set Up	Putting out cones on course	Auckland Grammar	4
Course Pack up	Packing up cones and returning to shed	St Peters	3
Race Director (RT)	Mob: 027 4935 073	Collette Amai	
Race Manager (RT)	Mob: 022 0979599	Logan Townsend	
Race Administration		College Sport	

TTT Race Map


1a
1b
2
3
4
5
6
7
8
9
10
11
12
START
ROLL OUT
WARM UP AREA
DROPPED RIDER EXIT
GATE ENTRY
FINISH
Buckland Rd
Station Rd
Pukekohe Park
Team Time Trial

Team Time Trial Competition Rules

Introduction

These rules are intended to create an environment for fair competition between all teams provide safety and protection

This event is administered under the bylaws of College Sport. Please refer to the College Sport website or app for further information on their bylaws and policies www.collegesport.co.nz

Racing will be run under Cycling New Zealand Schools Rules. You can access these rues via the QR code on this page or by visiting Cycling New Zealand School website.

General conduct of competitors

Competitors will:

- Practice sporting behaviour at all times.
- Be responsible for their own safety and the safety of others: obey instructions from race officials.
- Treat other competitors, officials, and spectators with respect and courtesy.
- Be responsible for knowing and following the rules.
- Wear issued numbers on right shoulder. Please ensure these are placed on the front of the shoulder so they are visible to the spotters as teams are approaching them.
- Any instance of dangerous riding or breach of race rules will incur a penalty.

Parking/Pit Lane

Parking is available in the designated carpark. Please follow carpark marshal instructions.
Pit lane will be closed at 7:30am to allow for cyclists to warm up and will not be opened again until racing has finished.

Race entry procedures

- Senior competitors must be under the age of 20 on 31st December in the year of competition: Junior competitors must be under 16 years on 31st December in the year of competition.
- Current attendance at the school entering the team is mandatory for all team members.
- Each team entry must include the names and date-of-birth of each rider.
- Each team entry must include the name and phone contact of a designated official for that team to perform marshalling duties.
- All schools are to have their team ride in correct uniforms / colours.
- Composite teams must be submitted to College Sport prior to any racing.
- N.B. These teams will not be eligible for points

Equipment

- Standard approved safety helmets must be worn securely fastened when warming up, racing and warming down. Aero Helmets are permitted. Helmets must comply with CNZ School rules.
- Conventional drop handlebars only are permitted; triathlete type bars including clip-ons and/or bull bars are not permitted.
- Disc, composite and tri-spoke wheels are not permitted.
- Wheels must have a minimum of 16 spokes and be no deeper than 45mm.
- The maximum gear restriction is Junior TTT 6.610m, Senior TTT 7.0m on roll out
- Roll out will be completed in the biggest or only chain ring.

- There will be random Bike/Equipment Checks at Every Race. A fail means a No ride. A list of Bike/Equipment Check standards will be posted on www.collegesport.co.nz.

The Race

- Senior teams consist of no more than 5 riders. The team's time is taken when the front of the fourth rider's front wheel crosses the finish line. Teams may start with only four riders but teams finishing with three or fewer riders will not receive a time.
- Junior teams are to consist of no more than 4 riders. The team's time is taken when the front of the third rider's front wheel crosses the finish line. Teams may start with only three riders but teams finishing with two or fewer riders will not receive a time.
- Gears will be checked at the race start no later than 10 minutes before a team races. Over-geared teams may receive an unofficial start, at the discretion of the race manager.
- The event start time is **8:00am**. Teams leave at 1-minute intervals. Seeding is based on the results of the previous team time trial with the fastest team leaving first.
- **Teams will be completing 6 laps this race, on the 6th lap teams will go into the finish chute.**
- Schools/teams will be responsible for counting their own laps, an area opposite the start line will be roped off for any school lap counters. Or they can position themselves anywhere on the grass verge by the finish area.
- Teams must stay in a straight line, no swerving or changing lines on the track as teams will be passing more often.
- Dropped riders to stay well to the outside of the track and to come off at the designated point. A designated marshal will be overseeing this on the home straight.
- There will be a no passing zone on the first tight left-hand turn. Signs and marshals will be standing at the entrance and exit to the no passing zone.
- Teams cannot lap off on the corner (hairpin) just after the start. They can at all other corners.

Start

- Each rider will start with one foot on the ground in the defined starting area. Held starts are not permitted.
- Any team that misses its start may receive an unofficial start, at the discretion of the race manager, after the last team has departed, time permitting.
- Outside help during the race, unless for acceptable safety measures, will result in disqualification.

Overtaking

- When overtaking a clear 2-metre-wide gap should be maintained between all of the riders, in both teams, all of time.
- The passing team must call the side they are passing on, calling ofovertaking/passing must be loud.
- The passed team must call "clear" when the last rider of the team overtaking has passed the lead rider of the overtaken team.
- The passed team must not speed-up to prevent an overtaking maneuver and must not draft the passing team.
- Any overtaking must be undertaken cleanly without any danger to either team.
- Interference with another team will result in penalties.
- Riders are encouraged to talk to each other during the race to facilitate their best time,

Finish

At least 4 of the 5 for seniors and 3 of the 4 Juniors of the team members must complete the entire length of the race and all finish in proximity.

Placing

- In deciding the overall placings for the championship series of races, the worst result for each team will be dropped from all calculations.
- In the event of a tie - final placing on finals day wins – this applies to first three placings

Infringements and penalties

Infringements include	Penalties include
Deliberate interference with another team.	Warning
Drafting.	
Failure of marshals to attend.	Time penalty
Failure of teams to provide marshals.	
Failure to finish as a team.	Points penalty
Failure to keep left at all times.	
Overgearing.	Disqualification
Riding without both hands on handlebars	
Team being paced or followed during race.	Suspension
Too many riders in a team.	
Unsporting behaviour.	Expulsion
Use of inappropriate language and behaviour.	

Protest Procedures

- Any disputes or infringements are to be notified to the Collee Sport Manager within 30 minutes of alleged dispute or infringement.
- Penalties will be determined by the race manager and Disputes Committee dependent on the severity of the infringement and based upon all reports and precedent. The penalties will be displayed on the provisional results which will be online.
- Teams may appeal any penalty – a form can be downloaded from www.collegesport.co.nz and must be forwarded to College sport no later than 12 noon Monday after race day. It will be up to schools to provide sufficient information on the form to enable the Disputes Committee to make a reasoned decision. This protest form will need to be signed off by your school i.e TIC of Cycling/Sports Director, before being submitted.
- The Disputes Committee will review the appeal with relevant parties

Cancellation

- The Race Manager has the discretion to cancel racing at any time should he feel the safety of the riders is compromised due to the weather conditions and or any other factors he chooses to consider in conjunction with the Race Director.
- Sponsorship logo on school playing uniform
- School Cycling Teams may adopt sponsorship on their cycling uniforms referring to the following guidelines:
- The school's playing uniform should maintain its identity
- The size or position of any sponsorship logo must not dominate or detract from, that school's uniform's distinguishable nature.
- No alcohol, tobacco, night club or similar advertising may appear on any clothing worn by secondary school students while competing in a sanctioned secondary school sport.
- Teams' or individuals' sponsorship may not conflict with any sponsorship arrangements of the event or competition.

NB – These uniform rules are set by College Sport and will not conform the requirements of racing in CNZ Schools Rules. If you are designing your school kit please refer to these rules to avoid disappointment at CNZ Schools events.

Gear Chart

This chart is for guidance only. Individual bikes must be rolled out to ensure that they comply with the rollout requirement. Actual rollout will depend on tire width, rim width, tire pressure as well as gear ratio.

	Road 700c			2.096 circumference											
	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
12	6.81	6.99	7.16	7.34	7.51	7.69	7.86	8.03	8.21	8.38	8.56	8.73	8.91	9.08	9.26
13	6.29	6.45	6.61	6.77	6.93	7.09	7.26	7.42	7.58	7.74	7.90	8.06	8.22	8.38	8.55
14	5.84	5.99	6.14	6.29	6.44	6.59	6.74	6.89	7.04	7.19	7.34	7.49	7.64	7.79	7.93
15	5.45	5.59	5.73	5.87	6.01	6.15	6.29	6.43	6.57	6.71	6.85	6.99	7.13	7.27	7.41
16	5.11	5.24	5.37	5.50	5.63	5.76	5.90	6.03	6.16	6.29	6.42	6.55	6.68	6.81	6.94
17	4.81	4.93	5.06	5.18	5.30	5.42	5.55	5.67	5.79	5.92	6.04	6.16	6.29	6.41	6.53
18	4.54	4.66	4.77	4.89	5.01	5.12	5.24	5.36	5.47	5.59	5.71	5.82	5.94	6.06	6.17
19	4.30	4.41	4.52	4.63	4.74	4.85	4.96	5.07	5.18	5.30	5.41	5.52	5.63	5.74	5.85
20	4.09	4.19	4.30	4.40	4.51	4.61	4.72	4.82	4.93	5.03	5.14	5.24	5.34	5.45	5.55
21	3.89	3.99	4.09	4.19	4.29	4.39	4.49	4.59	4.69	4.79	4.89	4.99	5.09	5.19	5.29
22	3.72	3.81	3.91	4.00	4.10	4.19	4.29	4.38	4.48	4.57	4.67	4.76	4.86	4.95	5.05
23	3.55	3.65	3.74	3.83	3.92	4.01	4.10	4.19	4.28	4.37	4.47	4.56	4.65	4.74	4.83
24	3.41	3.49	3.58	3.67	3.76	3.84	3.93	4.02	4.10	4.19	4.28	4.37	4.45	4.54	4.63
25	3.27	3.35	3.44	3.52	3.61	3.69	3.77	3.86	3.94	4.02	4.11	4.19	4.28	4.36	4.44
26	3.14	3.22	3.31	3.39	3.47	3.55	3.63	3.71	3.79	3.87	3.95	4.03	4.11	4.19	4.27
27	3.03	3.11	3.18	3.26	3.34	3.42	3.49	3.57	3.65	3.73	3.80	3.88	3.96	4.04	4.11
28	2.92	2.99	3.07	3.14	3.22	3.29	3.37	3.44	3.52	3.59	3.67	3.74	3.82	3.89	3.97

Championship Series Honors Board

Senior Boys Championship	Year	Senior Girls Championship
Massey High School	1994	Massey High School
Massey High School	1995	Massey High School
Massey High School	1996	Epsom Girls Grammar
Auckland Grammar and Massey High School	1997	Epsom Girls Grammar
Auckland Grammar School	1998	Diocesan School
Auckland Grammar School	1999	Diocesan School
Auckland Grammar School	2000	Diocesan School
Auckland Grammar School	2001	Epsom Girls Grammar
Auckland Grammar School	2002	Diocesan School
Auckland Grammar School	2003	Diocesan School
Saint Kentigern College	2004	Diocesan School
Saint Kentigern College	2005	Diocesan School
Saint Kentigern College	2006	Diocesan School
Auckland Grammar School	2007	Diocesan School
Auckland Grammar School	2008	Diocesan School
Westlake Boys and Auckland Grammar	2009	Diocesan School
Westlake Boys High School	2010	St Cuthbert's College
Saint Kentigern College	2011	St Cuthbert's College
Auckland Grammar School	2012	St Cuthbert's College
Saint Kentigern College	2013	Saint Kentigern College
Saint Kentigern College	2014	Baradene College
Auckland Grammar School	2015	Saint Kentigern College
Auckland Grammar School	2016	Baradene College
Saint Kentigern College	2017	Baradene College
Auckland Grammar School	2018	Epsom Girls Grammar School
Auckland Grammar School	2019	Epsom Girls Grammar School
Auckland Grammar School	2020	Epsom Girls Grammar School
Junior Boys Championship	**Year**	**Junior Girls Championships**
Auckland Grammar School	2000	
Auckland Grammar School	2001	
Auckland Grammar School	2002	
Auckland Grammar School	2003	
Saint Kentigern College	2004	Diocesan School
Saint Kentigern College	2005	St Cuthbert's College
Auckland Grammar School	2006	Diocesan School
Auckland Grammar School	2007	Diocesan School
Saint Kentigern College	2008	Diocesan School
Auckland Grammar School	2009	Diocesan School
Auckland Grammar School	2010	St Cuthbert's College
Saint Kentigern College	2011	Westlake Girls High
Auckland Grammar School	2012	Takapuna Grammar School
Saint Kentigern College	2013	Baradene College
Takapuna Grammar School	2014	Baradene College
Takapuna Grammar School	2015	Baradene College
Takapuna Grammar School	2016	Takapuna Grammar School
Auckland Grammar School	2017	Baradene College
Auckland Grammar School	2018	Saint Kentigern College
Auckland Grammar School	2019	Epsom Girls Grammar School
Auckland Grammar School	2020	Epsom Girls Grammar School/Baradene College

Course record - PUKEKOHE			
Senior Boys	21:14.72	Auckland Grammar School A	2020
Senior Girls	23:17.22	Epsom Girls Senior A	2019
Junior Boys	22:18.00	Auckland Grammar School A	2018
Junior Girls	24:06.00	Saint Kentigern College	2018

Course record - WATERFRONT			
Senior Boys	20:06.07	Auckland Grammar School	2008
Senior Girls	22:52.90	St Cuthbert's College	2011
Junior Boys	21:31.90	Auckland Grammar School Jnr A	2008
Junior Girls	24:20.01	Diocesan School	2009

Course record - MANGERE			
Senior Boys	21:55.81	Massey High School	2014
Senior Girls	24:57.26	Saint Kentigern College A	2014
Junior Boys	22:41.80	Takapuna Grammar A	2014
Junior Girls	26:11.25	Baradene College A	2013

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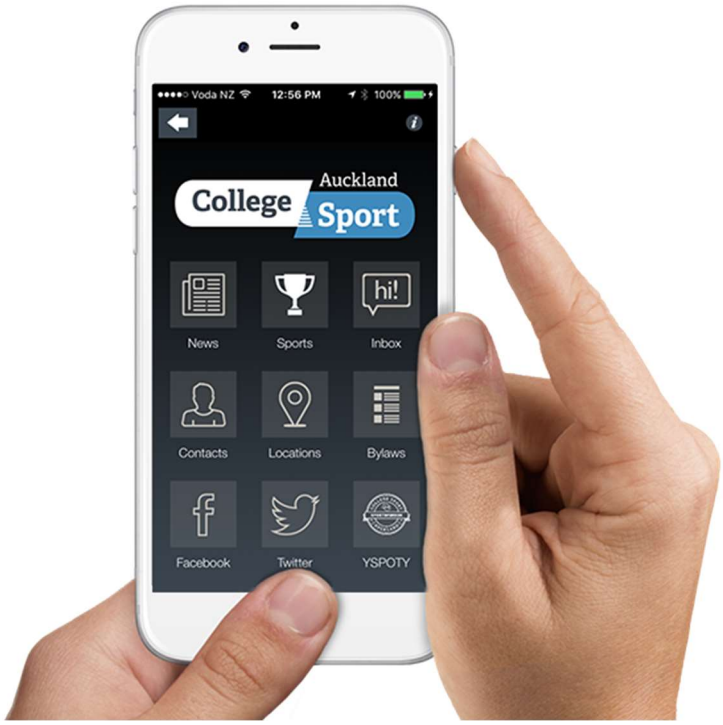
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