

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 1 Women 100 Meter Dash Open**

Name	Year Team	Prelims	H#
Preliminaries			
1 Anzia Tere	Mauke	13.50q	3
2 Jordayn Matutu	Puka Puka	13.56q	1
3 Silia Aunei	Mauke	13.64q	2
4 Emma Papalii	Mangaia	13.68q	3
5 Tatjiana Areaki	Mangaia	13.87q	1
6 Melvina Weilert	Mitiaro	13.92q	3
7 Nicol Tiaore	Rarotonga	J13.92	2
8 Esther Mona-Liza David	Aitutaki	14.21	1
9 Kuramaeva Mose	Aitutaki	14.28	3
10 Tinapa Vailoa	Puka Puka	14.99	2
11 Esther Aumata	Mitiaro	15.28	2
12 Rose Ringia Akava	Manihiki	16.84	1
13 Brittney Reekie	Rarotonga	17.11	3
14 Sisilia Nadore	National entry	17.96	3
15 Memory Taripo	Manihiki	20.31	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 1 Women 100 Meter Dash Open**

Name	Year	Team	Finals
Finals			
1 Emma Papalii		Mangaia	13.55
2 Silia Aunei		Mauke	13.69
3 Jordayn Matutu		Puka Puka	13.88
4 Melvina Weilert		Mitiaro	14.11
-- Anzia Tere		Mauke	DQ

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 2 Men 100 Meter Dash Open**

Name	Year Team	Prelims	H#
Preliminaries			
1 Daniel Tolosa	Mangaia	11.00q	2
2 Nathaniel Nabou	Mangaia	11.31q	1
3 Tamaiva Mateariki	Atiu	11.44q	2
4 Tikove Piira	Puka Puka	11.57q	1
5 Piritau Nga	Rakahanga	11.61q	2
6 Teauga Etuete	Rakahanga	11.79q	1
7 Ngatokotoru Mateariki	Mauke	12.02	2
8 Julius David	Aitutaki	12.26	2
9 Kotimoa Rubena Vailoa	Puka Puka	12.40	2
10 Nukumaea Mokoroa	Mitiaro	12.51	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 2 Men 100 Meter Dash Open**

Name	Year Team	Finals
Finals		
1 Daniel Tolosa	Mangaia	11.13
2 Nathaniel Nabou	Mangaia	11.36
3 Tikove Piira	Puka Puka	11.55 A
4 Tamaiva Mateariki	Atiu	11.75
5 Piritau Nga	Rakahanga	12.13
6 Teauga Etuete	Rakahanga	12.65

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 3 Women 200 Meter Dash Open**

Name	Year Team	Prelims	H#
Preliminaries			
1 Anzia Tere	Mauke	28.25q	2
2 Silia Nat Aunei	National entry	28.50q	2
3 Jordayn Matutu	Puka Puka	28.90q	2
4 Tehinnah Tatuava	Mauke	29.39q	1
5 Kuramaeva Mose	Aitutaki	29.40q	2
6 Melvina Weilert	Mitiaro	30.04q	3 A
7 Esther Mona-Liza David	Aitutaki	30.81	3 A
8 Kimberly Tangirere	Mangaia	31.83	2
9 Brittney Reekie	Rarotonga	32.00	2
10 Tinapa Vailoa	Puka Puka	32.81	1
11 Esther Aumata	Mitiaro	34.34	1
12 Vainelisa Tetu-Aroita	Atiu	34.74	1
13 Rose Ringia Akava	Manihiki	38.71	1
14 Memory Taripo	Manihiki	39.01	3

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 3 Women 200 Meter Dash Open**

Name	Year	Team	Finals
Finals			
1 Anzia Tere		Mauke	27.90
2 Tehinnah Tatuava		Mauke	28.01
3 Silia Nat Aunei		National entry	28.53
4 Kuramaeva Mose		Aitutaki	28.82
5 Jordayn Matutu		Puka Puka	29.26

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 4 Men 200 Meter Dash Open**

Name	Year Team	Prelims	H#
Preliminaries			
1 Daniel Tolosa	Mangaia	22.81q	1
2 Tamaiva Mateariki	Atiu	23.56q	3
3 Nathaniel Nabou	Mangaia	23.85q	3
4 Nukumaea Mokoroa	Mitiaro	24.61q	2
5 Edward Tepake Nga	Rakahanga	24.83q	2
6 Bernadi Ngaro Wuatai	Puka Puka	25.03q	1
7 Julius David	Aitutaki	25.16	2
8 Kotimoa Rubena Vailoa	Puka Puka	25.41	2
9 Ngatokotoru Mateariki	Mauke	25.51	2
10 Davida Christie David	Aitutaki	25.75	3
11 Fredrick Holmes	Manihiki	27.25	3
12 Osea Dasalusalu	Mitiaro	27.85	1
13 Serafino Oariki	Mauke	30.14	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 4 Men 200 Meter Dash Open**

Name	Year Team	Finals
Finals		
1 Daniel Tolosa	Mangaia	22.74
2 Nathaniel Nabou	Mangaia	23.44
3 Tamaiva Mateariki	Atiu	24.30
4 Edward Tepake Nga	Rakahanga	24.55
5 Nukumaea Mokoroa	Mitiaro	24.74
6 Bernadi Ngaro Wuatai	Puka Puka	25.33

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 5 Women 400 Meter Run Open**

Name	Year Team	Finals	H#
1 Tehinnah Tatuava	Mauke	1:06.75	2
2 Tatjiana Areai	Mangaia	1:08.64	2
3 Danielle Simone Adendorf	Aitutaki	1:09.12	1
4 Teoumate Jacob	Aitutaki	1:09.38	2
5 Aniva Pierre	Mauke	1:09.48	1
6 Maya Postrycaz	Mangaia	1:10.24	1
7 Lauren Turner	Manihiki	1:10.67	2
8 Lucile Meyer	Manihiki	1:19.54	1
9 Adriana Postrycaz	Mangaia	1:27.91	1
-- Iti Takaiti	Mitiaro	DNF	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 6 Men 400 Meter Run Open**

Name	Year Team	Finals	H#
1 Daniel Tolosa	Mangaia	53.34	1
2 Zarrian Heather-Rau	Mangaia	55.95	2
3 Daniel Taokia	Atiu	59.54	1
4 Yalioa Papitai	Puka Puka	59.56	2
5 Hiwian Wuatai	Puka Puka	1:02.07	1
6 Tuakanamoe Marsters	Palmerston	1:02.11	2
7 Fredrick Holmes	Manihiki	1:03.31	2
8 David Street	Rarotonga	1:06.67	1
9 Oceania Mataiti	Aitutaki	1:11.34	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 7 Women 800 Meter Run Open**

Name	Year Team	Finals	H#
1 Maya Postrycaz	Mangaia	2:36.22	2
2 Tehinnah Tatuava	Mauke	2:43.00	2
3 Scarlett Barnes	Palmerston	2:48.90	1
4 Teoumate Jacob	Aitutaki	2:54.54	2
5 Lauren Turner	Manihiki	2:58.22	2
6 Danielle Simone Adendorf	Aitutaki	3:05.57	1
7 Zoe Twigg	Mauke	3:09.32	1
8 Reeana Aviu-Nelio	Atiu	4:10.30	1
-- Iti Takaiti	Mitiaro	DNF	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 8 Men 800 Meter Run Open**

Name	Year Team	Finals	H#
1 Rupeni Mataitoga	Atiu	2:05.78	2
2 Wesley Roberts	Atiu	2:19.47	1
3 Tuakanamoe Marsters	Palmerston	2:28.37	1
4 Fredrick Holmes	Manihiki	2:32.49	2
5 Oceania Mataiti	Aitutaki	2:33.04	2
6 Thomas Henderson	Mitiaro	2:38.47	2
7 David Street	Rarotonga	2:41.75	2
8 Abela Vaasa	Aitutaki	2:45.64	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 9 Women 1500 Meter Run Open**

Name	Year	Team	Finals
1 Maya Postrycaz		Mangaia	5:29.65
2 Scarlett Barnes		Palmerston	5:43.75
3 Danielle Simone Adendorf		Aitutaki	5:54.41
4 Lauren Turner		Manihiki	6:11.67
5 Adriana Postrycaz		Mangaia	6:18.83
6 Zoe Twigg		Mauke	6:34.25
7 Lucile Meyer		Manihiki	6:38.05

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 10 Men 1500 Meter Run Open**

Name	Year Team	Finals
1 Rupeni Mataitoga	Atiu	4:33.89
2 Wesley Roberts	Atiu	4:47.06
3 Tuakanamoe Marsters	Palmerston	5:26.18
4 Fredrick Holmes	Manihiki	5:28.33
5 David Street	Rarotonga	5:35.61
6 Thomas Henderson	Mitiaro	5:35.78
7 Roland Neururer	Mangaia	5:36.55
8 Abela Vaasa	Aitutaki	5:54.98
9 Maunga Teaka	Mauke	6:23.93
10 Oceania Mataiti	Aitutaki	6:31.21

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 11 Women Long Jump Open**

Name	Year Team	Finals	
1 Estelle Short	Rakahanga	4.55m	
2 Tatjiana Areai	Mangaia	4.51m	
3 Nicol Tiaore	Rarotonga	4.33m	
4 Melvina Weilert	Mitiaro	4.29m	
5 Jordayn Matutu	Puka Puka	4.27m	
6 Silia Aunei	Mauke	4.22m	
7 Anzia Tere	Mauke	4.16m	
8 Kuramaeva Mose	Aitutaki	4.10m	A
9 Esther Mona-Liza David	Aitutaki	3.94m	
10 Esther Aumata	Mitiaro	3.77m	
11 Vainelisa Tetu-Aroita	Atiu	3.65m	
12 Memory Taripo	Manihiki	3.02m	
13 Angelia Williams-Tangapi	Atiu	2.93m	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 12 Men Long Jump Open**

Name	Year	Team	Finals	
1 Piritau Nga		Rakahanga	6.21m	
2 Nukumaea Mokoroa		Mitiaro	6.09m	
3 Edward Tepake Nga		Rakahanga	6.03m	
4 Zarrian Heather-Rau		Mangaia	6.01m	
5 Nathaniel Nabou		Mangaia	5.81m	
6 Tamaiva Mateariki		Atiu	5.53m	A
7 Kitione Rokosuka		Mitiaro	4.89m	
8 Davida Christie David		Aitutaki	4.87m	
9 Tony Jenkins		Mauke	4.51m	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 13 Women High Jump Open**

Name	Year	Team	Finals
1 Tatjiana Areai		Mangaia	1.55m
2 Esther Mona-Liza David		Aitutaki	1.46m
3 Aniva Pierre		Mauke	1.40m
4 Rakiki Brown		Mangaia	1.35m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 14 Men High Jump Open**

Name	Year	Team	Finals
1 Nukumaea Mokoroa		Mitiaro	1.92m
2 Piritau Nga		Rakahanga	1.82m
3 Zarrian Heather-Rau		Mangaia	1.70m
3 Edward Tepake Nga		Rakahanga	1.70m
5 Turuariki Baxter		Mangaia	1.65m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 15 Women Shot Put Open**

Name	Year	Team	Finals
1 Emma Papalii		Mangaia	11.17m
2 Sharne Pupuke Robati		Rakahanga	11.00m
3 Samantha Lockington-Toto		Mangaia	10.23m
4 Akatu Tupuna		Mauke	9.75m
5 Tamira Metuangaro		Atiu	9.49m
6 Noema Tuavai		Mitiaro	9.07m
7 Tatiana Linda Naomi Sher		Aitutaki	9.02m
8 Elleana Rima		Mitiaro	7.84m
9 Rangina Akava		Mauke	6.90m
10 Vaai Basnet		Puka Puka	6.79m
11 Ngatono Joseph		Atiu	6.25m
12 Rereao Vano		Palmerston	6.22m
-- Siniva Marsters		Rarotonga	X6.28m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 16 Men Shot Put Open**

Name	Year Team	Finals
1 Elijah Poila	Mangaia	13.39m
2 John Penu	Rarotonga	12.66m
3 Mau George	Aitutaki	12.61m
4 Rangi Ivaiti	Rarotonga	11.85m
5 Metuaiviivi Tepai	Mangaia	11.75m
6 Koroseta Veni	Atiu	11.33m
7 Daniel Tutai	Aitutaki	11.14m
8 Athanazio Tararo	Mauke	9.66m
9 Phillip Ngatoko	Mitiaro	9.30m
10 Junior Tapoki	Mauke	9.09m
11 Li Ponini	Mitiaro	8.95m
12 Tamaiti Samson	Manihiki	8.88m
13 Eugene Kaina	Manihiki	8.09m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 17 Women Discus Throw Open**

Name	Year Team	Finals
1 Ana Ellison-Lupena	Mangaia	37.54m
2 Tamira Metuungaro	Atiu	33.25m
3 Emma Papalii	Mangaia	30.36m
4 Phyllica Maruariki	Manihiki	29.60m
5 Sharne Pupuke Robati	Rakahanga	28.22m
6 Tatiana Linda Naomi Sher	Aitutaki	24.63m
7 Nooroa Apera	Mitiaro	21.43m
8 Vasie Poila	Mitiaro	20.66m
9 Akatu Tupuna	Mauke	19.78m
10 Anna Matapo	Atiu	19.16m
11 Siniva Marsters	Rarotonga	16.61m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 18 Men Discus Throw Open**

Name	Year Team	Finals
1 Metuaiviivi Tepai	Mangaia	43.29m
2 Elijah Poila	Mangaia	42.16m
3 Daniel Tutai	Aitutaki	36.04m
4 Rangi Ivaiti	Rarotonga	33.01m
5 Junior Tapoki	Mauke	31.02m
6 Mau George	Aitutaki	29.97m
7 Phillip Ngatoko	Mitiaro	29.87m
8 Li Ponini	Mitiaro	28.50m
9 Leki Vahefoou	Atiu	28.19m
10 Koroseta Veni	Atiu	28.02m
11 Toru Katuke	Rarotonga	26.58m
12 Eugene Kaina	Manihiki	19.11m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 19 Women Javelin Throw Open**

Name	Year	Team	Finals
1 Samantha Lockington-Toto		Mangaia	33.93m
2 Tatiana Linda Naomi Sher		Aitutaki	30.72m
3 Tamira Metuungaro		Atiu	26.47m
4 Esther Mona-Liza David		Aitutaki	24.14m
5 Uwiloa Taikakala		Puka Puka	23.61m
6 Elena Mataora		Puka Puka	23.06m
7 Vaihere Anthony		Atiu	22.61m
8 Ana Ellison-Lupena		Mangaia	21.98m
9 Nooroa Apera		Mitiaro	20.21m
10 Nichole Kimiora		Mitiaro	15.60m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 20 Men Javelin Throw Open**

Name	Year Team	Finals
1 Willynn Karika	Aitutaki	46.88m
2 Hiwian Ngaro	Puka Puka	46.52m
3 Leki Vahefoou	Atiu	44.64m
4 Elijah Poila	Mangaia	44.36m
5 Jnr James Auora	Puka Puka	43.84m
6 Kitione Rokosuka	Mitiaro	40.34m
7 Metuaiviivi Tepai	Mangaia	39.30m
8 Ioane Purua	Aitutaki	37.71m
9 Athanazio Tararo	Mauke	34.19m
10 Kora Christian Kora	Manihiki	33.26m
11 Daniel Tutai	Aitutaki	4.65m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 22 Men 4x100 Meter Relay Open**

Team	Prelims	H#
Preliminaries		
1 Puka Puka 'A'	45.72q	2
1) Tikove Piira	2) Bernadi Ngaro Wuatai	
3) Hiwian Wuatai	4) Yalioa Papitai	
2 Mangaia 'A'	46.15q	1
1) Daniel Tolosa	2) Nathaniel Nabou	
3) Zarrian Heather-Rau	4) Tevita Yamaraki	
3 Atiu 'A'	47.31q	2
1) Rupeni Mataitoga	2) Tamaiva Mateariki	
3) Daniel Taokia	4) Francis Terepo	
4 Mitiaro 'A'	49.22q	1
1) Viiga Reupena	2) Periti Ioana	
3) Nukumaea Mokoroa	4) Osea Dasalusalu	
5 Rarotonga 'A'	49.97q	1
1) John Penu	2) Kaleb Chase	
3) Peti Senibiakula	4) Jarrod Pomare	
6 Manihiki 'A'	49.98q	2
1) Okirua Eliu	2) Colati Ravula	
3) Raphael Simiona	4) Julius Vaetaru	
7 Aitutaki 'A'	50.24	2
1) Hugh Jerome Tangaroa Henry	2) Davida Christie David	
3) Jacque Henry	4) Abela Vaasa	
8 Mauke 'A'	51.37	1
1) Rouru Moekaa	2) Brian Akava	
3) Edwin Tauira	4) Ngatokotoru Mateariki	
-- Rakahanga 'A'	DQ	2
1) Albert Etuete	2) Edward Tepake Nga	
3) Piritau Nga	4) Brayden Kamana	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 22 Men 4x100 Meter Relay Open**

Team	Finals
Finals	
1 Puka Puka 'A'	45.63
1) Tikove Piira	2) Bernadi Ngaro Wuatai
3) Hiwian Wuatai	4) Yalioa Papitai
2 Atiu 'A'	46.68
1) Rupeni Mataitoga	2) Tamaiva Mateariki
3) Daniel Taokia	4) Francis Terepo
3 Manihiki 'A'	48.66
1) Okirua Eliu	2) Colati Ravula
3) Raphael Simiona	4) Julius Vaetaru
4 Mitiaro 'A'	48.98
1) Viiga Reupena	2) Periti Ioana
3) Nukumaea Mokoroa	4) Osea Dasalusalu
5 Rarotonga 'A'	49.72
1) John Penu	2) Kaleb Chase
3) Peti Senibiakula	4) Jarrod Pomare
-- Mangaia 'A'	DQ
1) Daniel Tolosa	2) Nathaniel Nabou
3) Zarrian Heather-Rau	4) Tevita Yamaraki

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 23 Women 4x400 Meter Relay Open**

Team	Finals
1 Aitutaki 'A'	4:51.15
1) Teoumate Jacob	2) Esther Mona-Liza David
3) Danielle Simone Adendorff	4) Kuramaeva Mose
2 Mauke 'A'	4:56.35
1) Anzia Tere	2) Tehinnah Tatuava
3) Silia Aunei	4) Tatiana Fatialofa
3 Mangaia 'A'	5:19.60
1) Maya Postrycaz	2) Tatjiana Areai
3) Adriana Postrycaz	4) Rakiki Brown
4 Manihiki 'A'	5:27.77
1) Lauren Turner	2) Tia-Marie Strickland
3) Lucile Meyer	4) Rose Ringia Akava

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 24 Men 4x400 Meter Relay Open**

Team	Finals
1 Mangaia 'A'	3:44.58
1) Daniel Tolosa	2) Nathaniel Nabou
3) Zarrian Heather-Rau	4) Tevita Yamaraki
2 Atiu 'A'	3:47.14
1) Wesley Roberts	2) Francis Terepo
3) Rupeni Mataitoga	4) Tamaiva Mateariki
3 Puka Puka 'A'	3:58.93
1) Bernadi Ngaro Wuatai	2) Kotimoa Rubena Vailoa
3) Yalioa Papitai	4) Hiwian Wuatai
4 Mauke 'A'	4:13.93
1) Ngatokotoru Mateariki	2) Alex Beddoes
3) Thomas Toa	4) Maunga Teaka
-- Manihiki 'A'	DQ
1) Okirua Eliu	2) Fredrick Holmes
3) Colati Ravula	4) Raphael Simiona

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 25 Boys 14 & Under 60 Meter Dash Under 14s**

Name	Year Team	Prelims	H#
Preliminaries			
1 Terepai Karan	Aitutaki	7.65Q	4
2 Henry Taivero	National entry	7.84Q	3
3 Teraeuna Rauteiti Tuakeu	Aitutaki	7.98Q	1
4 Samuel Ravuaceva	Mitiaro	8.03Q	2
5 Repaio Williams	Manihiki	8.17q	4
6 Dee Akava	Manihiki	8.28q	2
7 Temaeva George	Atiu	8.30	3
8 Teariki Williams	Palmerston	8.52	3
9 Logan Ahau	Mauke	8.63	1
10 Nelson Tamaka	Mauke	8.64	2
11 Teurukura Tutai	Mitiaro	8.73	3
12 Akatauirā Tapena	Rakahanga	8.78	1 A
13 David Petero	Rakahanga	9.11	2
13 Numangatini Halston	Mangaia	9.11	4 A
15 HenryMichael William	Mangaia	9.13	1
16 Jade Cowan	Rarotonga	9.96	4
17 Denzel Tkv Tupa-Nicholas	Puka Puka	10.23	3
18 Arera Tupa	Palmerston	10.53	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 25 Boys 14 & Under 60 Meter Dash Under 14s**

Name	Year Team	Finals
Finals		
1 Terepai Karan	Aitutaki	7.83
2 Henry Taivero	National entry	8.00
3 Teraeuna Rauteiti Tuakeu	Aitutaki	8.20
4 Repaio Williams	Manihiki	8.31
5 Samuel Ravuaceva	Mitiaro	8.59
6 Dee Akava	Manihiki	8.78

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 26 Girls 14 & Under 60 Meter Dash Under 14s**

Name	Year	Team	Prelims	H#
Preliminaries				
1 Mii Purua		Aitutaki	8.31Q	2
2 Benine Vavia		Mitiaro	8.49Q	3
3 Gabrielle Tolosa		Mitiaro	8.60Q	1
4 Mele Pasina		Mangaia	8.91Q	4
5 Anilia Heather-Marsters		Mangaia	8.54q	2
6 Klaasje Nia		Palmerston	8.75q	2
7 Gracedece Touna		Atiu	8.85	3
8 Irangiata Tepuretu		Puka Puka	9.06	3
9 Kuraono Irei Messine		Aitutaki	9.16	4
9 Athlyene Savage		Mauke	9.16	2
11 Matanoko Marsters		Palmerston	9.35	3
12 Mahana Ioane Emile		Manihiki	9.36	1
13 Aumoana Inamata		Mauke	9.41	4
14 Rima Murare		Atiu	9.72	2
15 Anetailor Ravarua		Puka Puka	10.15	1
16 Maeva Taliulu		Rakahanga	11.09	4
17 Hinaarii Taulu		Rakahanga	11.47	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 26 Girls 14 & Under 60 Meter Dash Under 14s**

Name	Year	Team	Finals
Finals			
1 Benine Vavia		Mitiaro	8.65
2 Mii Purua		Aitutaki	8.84
3 Gabrielle Tolosa		Mitiaro	8.98
4 Anilia Heather-Marsters		Mangaia	9.17
5 Mele Pasina		Mangaia	9.73
6 Klaasje Nia		Palmerston	10.17

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 27 Boys 14 & Under 100 Meter Dash Under 14s**

Name	Year Team	Prelims	H#
Preliminaries			
1 Terepai Karan	Aitutaki	12.40Q	1
2 Henry Taivero	National entry	12.55Q	2
3 Dee Akava	Manihiki	13.76Q	3
4 William Rani	Mangaia	12.81q	1
5 Teraeuna Rauteiti Tuakeu	Aitutaki	12.96q	2
6 Repaio Williams	Manihiki	13.35q	1
7 Josua Ravuaceva	Mitiaro	13.52	1
8 Teariki Williams	Palmerston	13.97	3
9 Temaeva George	Atiu	14.01	2
10 Logan Ahau	Mauke	14.28	2
11 Tzemis Tuara	Mangaia	14.81	3
12 Touariki Herman	Mitiaro	14.83	1
13 Kuki Kamikamica	Puka Puka	16.60	3
14 Te best Ravarua	Puka Puka	17.29	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 27 Boys 14 & Under 100 Meter Dash Under 14s**

Name	Year	Team	Finals
Finals			
1 William Rani		Mangaia	12.58
2 Henry Taivero		National entry	12.76
3 Teraeuna Rauteiti Tuakeu		Aitutaki	13.02
4 Repaio Williams		Manihiki	13.95
5 Dee Akava		Manihiki	14.25
-- Terepai Karan		Aitutaki	DQ

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 28 Girls 14 & Under 100 Meter Dash Under 14s**

Name	Year Team	Prelims	H#
Preliminaries			
1 Akirata Short	Rakahanga	13.32Q	2
2 Anilia Heather-Marsters	Mangaia	13.75Q	1
3 Vaine Moeroa Tauira	Mauke	14.14Q	3
4 Mae-Arii Opuariki	Mauke	13.53q	2
5 Tashi Kopu	Mitiaro	13.74q	2
6 Vaihere Mitchell	Mitiaro	14.04q	1
7 Mele Pasina	Mangaia	14.21	3
8 Mii Purua	Aitutaki	14.22	2
9 Nikita Tutai	Atiu	14.75	1
10 Talitha Tapurau	Atiu	14.79	2
11 Kuraono Irei Messine	Aitutaki	14.88	3
12 Parekura Philip	Puka Puka	15.24	3
13 Hefrani Narsimulu	Puka Puka	15.29	1
14 Matanoko Marsters	Palmerston	15.53	3
15 Mahana Ioane Emile	Manihiki	15.86	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 28 Girls 14 & Under 100 Meter Dash Under 14s**

Name	Year Team	Finals
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Finals

1 Akirata Short	Rakahanga	13.67
2 Mae-Arii Opuariki	Mauke	13.75
3 Anilia Heather-Marsters	Mangaia	14.14
4 Tashi Kopu	Mitiaro	14.40
5 Vaine Moeroa Taurira	Mauke	14.62
6 Vaihere Mitchell	Mitiaro	14.79

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 29 Boys 14 & Under 800 Meter Run Under 14s**

Name	Year	Team	Finals	H#
1 Henry Taivero		National entry	2:34.18	2
2 Michael Taureka Messine		Aitutaki	2:35.22	2
3 Enrique Scott Samuel Jos		Aitutaki	2:36.80	1
4 Chris Pedersen		Mauke	2:42.11	2
5 Tuatarangi Herman		Mitiaro	2:45.50	1
6 Temaeva George		Atiu	2:50.11	1
7 Leo Nand		Manihiki	2:51.75	1
8 Augustine Teraitua		Mangaia	2:53.03	2
9 Jade Cowan		Rarotonga	2:54.47	1
10 Tyler Ioane Emile		Manihiki	2:55.19	2
11 Aporo Dean		Rakahanga	2:56.50	2
12 Edmund Postrzygacz		Mangaia	3:03.86	1
13 Rereao-Dennis Logova Hea		Rakahanga	3:24.28	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 30 Girls 14 & Under 800 Meter Run Under 14s**

Name	Year Team	Finals	H#
1 Elledy Harawira	National entry	2:45.43	1
2 Benine Vavia	Mitiaro	2:54.89	1
3 Edon Teraitua	Mangaia	2:59.96	2
4 Olivia Postrzygacz	Mangaia	3:05.28	1
5 Pharissa Williams	Mauke	3:08.92	2
6 Gracedece Touna	Atiu	3:12.56	2
7 Nikita McDonald	Mauke	3:25.02	1
8 Mii Purua	Aitutaki	3:29.81	2
-- Terina Williams	Rakahanga	DNF	2
-- Rima Murare	Atiu	DNF	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 31 Boys 14 & Under Long Jump Under 14s**

Name	Year Team	Finals
1 Henry Taivero	National entry	5.06m
2 Terepai Karan	Aitutaki	5.02m
3 Teraeuna Rauteiti Tuakeu	Aitutaki	4.88m
4 William Rani	Mangaia	4.84m
5 Aiganalua Samania	Mitiaro	4.34m
6 Dee Akava	Manihiki	4.28m
7 Nelson Tamaka	Mauke	4.18m
7 Tuatarangi Herman	Mitiaro	4.18m
9 Tyler Ioane Emile	Manihiki	4.15m
10 Makea Pauka Jnr	Rarotonga	4.01m
11 Edmund Postrzygacz	Mangaia	3.72m
12 Sebastian Torget	Palmerston	2.97m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 32 Girls 14 & Under Long Jump Under 14s**

Name	Year Team	Finals
1 Benine Vavia	Mitiaro	4.09m
2 Mii Purua	Aitutaki	4.08m
3 Vaitea Crocombe-Ama	Rarotonga	4.05m
4 Mae-Arii Opuariki	Mauke	3.76m
5 Akirata Short	Rakahanga	3.75m
6 Parekura Philip	Puka Puka	3.66m
7 Gabrielle Tolosa	Mitiaro	3.61m
8 Ngatamaine Teaka	Mangaia	3.55m
9 Gracedece Touna	Atiu	3.48m
10 Mahana Ioane Emile	Manihiki	3.37m
11 Hefrani Narsimulu	Puka Puka	3.25m
12 Edon Teraitua	Mangaia	3.22m
12 Klaasje Nia	Palmerston	3.22m
14 Vaine Moeroa Taurira	Mauke	3.19m
15 Matanoko Marsters	Palmerston	2.82m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 33 Boys 14 & Under Shot Put Under 14s**

Name	Year Team	Finals
1 Terepai Karan	Aitutaki	9.57m
2 Calvyn Valoa	Puka Puka	9.55m
3 Brendon Tepuretu	Puka Puka	9.49m
4 Maevarangi Banaba Ki Kir	Aitutaki	8.71m
5 Augustine Teraitua	Mangaia	8.15m
6 Emmanuel Tuteru	Manihiki	7.35m
7 Tokoa Pepe	National entry	7.26m
8 Aiganalua Samania	Mitiaro	6.57m
9 Kamoeau Mataroa	Mitiaro	6.54m
10 Aporo Dean	Rakahanga	6.12m
11 Jade Cowan	Rarotonga	5.23m
12 Sebastian Torget	Palmerston	4.01m
13 Avaiki Williams	Rakahanga	3.87m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 34 Girls 14 & Under Shot Put Under 14s**

Name	Year Team	Finals
1 Pam Metuakore	Mangaia	9.45m
2 Anilia Heather-Marsters	Mangaia	9.21m
3 Ellenoah Oti	Mauke	8.09m
4 Moerai Ngametua	Mauke	8.08m
5 Antonia Wearing	National entry	8.06m
6 Teau Goldsworthy	Mitiaro	7.42m
7 Arihiana Toru	Atiu	6.54m
8 Parekura Philip	Puka Puka	5.27m
9 Hefrani Narsimulu	Puka Puka	5.00m
10 Maeva Taliulu	Rakahanga	4.09m
11 Ngamata Ahiao	Rakahanga	3.25m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 45 Girls 14&U 4x100 Meter Relay 7-14yrs Under 14s**

Team	Finals	H#
1 Mitiaro 'A'	57.11	1
1) Tashi Kopu	2) Gabrielle Tolosa	
3) Vaihere Mitchell	4) Benine Vavia	
2 Mangaia 'A'	58.47	1
1) Mele Pasina	2) Anilia Heather-Marsters	
3) Ngatamaine Jnr Teaka	4) Ngatungane Tearii	
3 Mauke 'A'	58.68	2
1) Mae-Arii Opuariki	2) Vaine Moeroa Tauira	
3) Aumoana Inamata	4) Moerai Ngametua	
4 Aitutaki 'A'	1:00.99	1
1) Kuraono Irei Messine	2) Tyler Ngaata	
3) Geoffreyna Taumatina Henry	4) Mii Purua	
5 Rarotonga 'A'	1:01.26	2
1) Vaitea Crocombe-Ama	2) Raetea Rongo	
3) Aumea Nepia	4) Reva Hunter	
5 Atiu 'A'	1:01.26	1
1) Rima Murare	2) Alander Nana Ngaroi	
3) Talitha Tapurau	4) Nikita Tutai	
7 Puka Puka 'A'	1:05.25	2
1) Anetailor Ravarua	2) Hefrani Narsimulu	
3) Parekura Philip	4) Elani Narsimulu	
8 Rakahanga 'A'	1:12.51	2
1) Akirata Short	2) Liarni Purua	
3) Hinaarii Taulu	4) Terina Williams	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 46 Boys 14 & Under 4x100 Meter Relay 7-14yrs Under 14s**

Team	Finals	H#
1 Mitiaro 'A'	54.33	2
1) Josua Ravuaceva	2) Samuel Ravuaceva	
3) Tuatarangi Herman	4) Aiganalua Samania	
2 Aitutaki 'A'	54.53	2
1) Terepai Karan	2) Michael Taureka Messine	
3) Enrique Scott Samuel Joseph	4) Teraeuna Rauteiti Tuakeu	
3 Manihiki 'A'	55.53	2
1) Eli Topui	2) Repaio Williams	
3) Dee Akava	4) Tyler Ioane Emile	
4 Rakahanga 'A'	56.64	2
1) Tahitoa Webb	2) Eliakima Webb	
3) Tangitoru Heather	4) Akatauirā Tapena	
5 Mauke 'A'	57.06	1
1) Nelson Tamaka	2) Jacob Toa	
3) Derek Aerepo	4) Logan Ahau	
6 Mangaia 'A'	57.98	1
1) William Rani	2) Numangatini Halston	
3) HenryMichael William	4) Augustine Teraitua	
7 Rarotonga 'A'	1:01.98	1
1) Makea Pauka Jnr	2) Noovao Noovao-Blake	
3) Jade Cowan	4) Claude Simpson	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 72 Girls 14 & Under Discus Throw 7-14yrs Under 14s**

Name	Year Team	Finals
1 Antonia Wearing	Mangaia	21.19m
2 Pam Metuakore	Mangaia	19.66m
3 Ellenoah Oti	Mauke	19.52m
4 Eden Teraitoa	National entry	19.51m
5 Anillia Nat Heather-Mars	National entry	16.96m
6 Teau Goldsworthy	Mitiaro	16.11m
7 Arihiana Toru	Atiu	14.87m
8 Raya Pirangi	Mauke	13.43m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 73 Boys 14 & Under Discus Throw 7-14yrs Under 14s**

Name	Year Team	Finals
1 Calvyn Valoa	Puka Puka	28.35m
2 Maevarangi Banaba Ki Kir	Aitutaki	27.96m
3 Emmanuel Tuteru	Manihiki	24.76m
4 Tokoa Pepe	National entry	21.43m
5 Brendon Tepuretu	Puka Puka	21.29m
6 Augustine Teraitua	Mangaia	20.97m
7 Aporo Dean	Rakahanga	18.66m
8 Jade Cowan	Rarotonga	12.21m
9 Kaena Takau George T Sho	Rakahanga	11.18m
10 Sebastian Torget	Palmerston	7.60m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 74 Girls 18 & Under 100 Meter Dash Under 18s**

Name	Year Team	Prelims	H#
Preliminaries			
1 Kaitlyn Karika	Mitiaro	13.49Q	2
2 Mavis Makara	Mitiaro	13.66Q	1
3 Mere-Jean Piri	Rarotonga	13.95q	2
4 Tailei Noovao-Blake	Rarotonga	14.34q	1
5 Filisi Ngatuaaine Tuv Hau	Aitutaki	14.67q	1
6 Luvai Tuaeu	Puka Puka	15.07q	2
7 Twinny Tamiau	Atiu	15.42	2
8 Tupuna Tamaka	Mauke	15.60	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 74 Girls 18 & Under 100 Meter Dash Under 18s**

Name	Year Team	Finals
Finals		
1 Kaitlyn Karika	Mitiaro	13.34
2 Mere-Jean Piri	Rarotonga	13.65
3 Mavis Makara	Mitiaro	14.22
4 Tailei Noovao-Blake	Rarotonga	14.51
5 Filisi Ngatuaiane Tuv Hau	Aitutaki	14.76
6 Luvai Tuaeu	Puka Puka	16.06

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 75 Boys 18 & Under 100 Meter Dash Under 18s**

Name	Year	Team	Prelims	H#
Preliminaries				
1 Aurametua Vavia		Mitiaro	11.56Q	1
2 Arani Henry		Aitutaki	11.63Q	3
3 Romeo George Papali'i		Mangaia	12.29Q	2
4 Thomas Makimare		Aitutaki	11.84q	1
5 Arikitoa Kiriau		Manihiki	11.93q	1
6 Roma Daniels		Atiu	12.16q	3
7 Timi Kiriau		Manihiki	12.51	2
8 Manea Opo		Puka Puka	12.73	1
9 Harry Taripo		Mangaia	12.75	3
10 Teina Ngametua		Mauke	13.03	3
11 Teneticola Wuatai		Puka Puka	13.29	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 75 Boys 18 & Under 100 Meter Dash Under 18s**

Name	Year	Team	Finals
Finals			
1 Aurametua Vavia		Mitiaro	11.64
2 Arani Henry		Aitutaki	11.77
3 Thomas Makimare		Aitutaki	11.99
4 Arikitoa Kiriau		Manihiki	12.24
5 Romeo George Papali'i		Mangaia	12.51

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 76 Girls 18 & Under 200 Meter Dash Under 18s**

Name	Year Team	Prelims	H#
Preliminaries			
1 Mere-Jean Piri	Rarotonga	29.37Q	2
2 Kaitlyn Karika	Mitiaro	29.56Q	1
3 Mahana Sijp	Mitiaro	29.73q	2
4 Maihanarei Short	Rakahanga	30.32q	1
5 Twinny Tamiau	Atiu	31.45q	1
6 Filisi Ngatuaine Tuv Hau	Aitutaki	31.93q	2
7 Victoria Fatiaki	Mangaia	32.22	1
8 Jacelene Pukerua	Manihiki	34.11	1
9 Luvai Tuaeu	Puka Puka	34.36	1
10 Tara Williams	Atiu	39.73	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 76 Girls 18 & Under 200 Meter Dash Under 18s**

Name	Year Team	Finals
Finals		
1 Kaitlyn Karika	Mitiaro	28.35
2 Mere-Jean Piri	Rarotonga	29.31
3 Mahana Sijp	Mitiaro	29.62 A
4 Maihanarei Short	Rakahanga	30.78
5 Filisi Ngatuaine Tuv Hau	Aitutaki	31.25
6 Twinny Tamiau	Atiu	42.61

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 77 Boys 18 & Under 200 Meter Dash Under 18s**

Name	Year	Team	Prelims	H#
Preliminaries				
1 Aurametua Vavia		Mitiaro	24.23Q	1
2 Thomas Makimare		Aitutaki	24.90Q	3
3 Romeo George Papali'i		Mangaia	25.31Q	2
4 Arani Henry		Aitutaki	24.63q	1
5 Arikitoa Kiriau		Manihiki	25.36q	2
6 Nuku Koroa		Mangaia	26.92q	2
7 Paul Ngaroi		Atiu	27.09	1
8 Manea Opo		Puka Puka	27.22	3
9 Ernest Taripo		Mauke	28.15	2
10 Teneticola Wuatai		Puka Puka	29.00	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 77 Boys 18 & Under 200 Meter Dash Under 18s**

Name	Year	Team	Finals
Finals			
1 Aurametua Vavia		Mitiaro	24.16
2 Arani Henry		Aitutaki	24.38
3 Thomas Makimare		Aitutaki	24.62
4 Romeo George Papali'i		Mangaia	24.80
5 Arikitoa Kiriau		Manihiki	25.27
6 Nuku Koroa		Mangaia	26.71

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 78 Girls 18 & Under 800 Meter Run Under 18s**

Name	Year Team	Finals	H#
1 Mahana Sijp	Mitiaro	2:57.04	1
2 Aleida Tere	Rarotonga	3:02.15	1
3 Anna Kamicamika	Puka Puka	3:06.25	2
4 Jacelene Pukerua	Manihiki	3:13.28	2
5 Tupuna Tamaka	Mauke	3:28.39	1
6 Josephine Pasina	Mangaia	3:35.61	2
7 Twinny Tamiau	Atiu	3:43.78	1
-- Ina Tuaine	Atiu	DQ	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 79 Boys 18 & Under 800 Meter Run Under 18s**

Name	Year	Team	Finals	H#
1 Daniel Akavi		Mitiaro	2:32.17	1
2 Roma Daniels		Atiu	2:33.66	1
3 Ngatama Tuakanangaro		Mauke	2:35.81	2
4 Nuku Koroa		Mangaia	2:37.09	2
5 Kenya Enoke		Aitutaki	2:37.85	1
6 Cameron Teopenga		Puka Puka	2:38.10	1
7 Tumaiaata Tutai Manea Cru		Aitutaki	2:39.34	2
8 Paul Ngaroi		Atiu	3:01.45	2
9 Robert Jnr Savage		Mauke	3:25.01	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 80 Girls 18 & Under Long Jump Under 18s**

Name	Year Team	Finals
1 Victoria Fatiaki	Mangaia	4.26m
2 Tailei Noovao-Blake	Rarotonga	4.00m
3 Jacelene Pukerua	Manihiki	3.79m
4 Tara Williams	Atiu	3.76m
5 Mavis Makara	Mitiaro	3.75m
6 Tereapii Akavi	Mitiaro	3.36m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 81 Boys 18 & Under Long Jump Under 18s**

Name	Year Team	Finals
1 Tumaiaata Tutai Manea Cru	Aitutaki	5.31m
2 Aurametua Vavia	Mitiaro	5.24m
3 Timi Kiriau	Manihiki	5.02m
4 Daniel Akavi	Mitiaro	4.88m
5 Roma Daniels	Atiu	4.55m
6 Harry Taripo	Mangaia	4.38m
7 Paul Ngaroi	Atiu	4.37m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 82 Girls 18 & Under Shot Put Under 18s**

Name	Year Team	Finals
1 Emii Akava	Manihiki	10.63m
2 Tuaana Mitchell	Mitiaro	10.47m
3 Temarii Koroa	Mangaia	8.34m
4 Teama Tearaitoa	Atiu	8.28m
5 Tehani Aberahama	Mauke	8.05m
6 Feliza Nicholas	Mangaia	7.54m
7 Carlie Masters	Palmerston	7.36m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 83 Boys 18 & Under Shot Put Under 18s**

Name	Year Team	Finals
1 Nelio George	Aitutaki	11.18m
2 Tevii Ngametua	Mauke	11.06m
3 Zion Ioane Emile	Manihiki	10.80m
4 Ulukalala'ata Pasina	Mangaia	10.72m
5 Romeo George Papali'i	Mangaia	9.99m
6 Quinton Alan Schofield	Aitutaki	9.43m
7 Duke Tokorangi	Mitiaro	9.23m
8 Robert Jnr Savage	Mauke	9.07m
9 Charlie Ngatoko	Mitiaro	7.13m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 84 Girls 18 & Under Discus Throw Under 18s**

Name	Year Team	Finals
1 Emii Akava	Manihiki	25.72m
2 Feliza Nicholas	Mangaia	23.29m
3 Tuaana Mitchell	Mitiaro	20.84m
4 Temarii Koroa	Mangaia	20.05m
5 Josatnna Okirua	Atiu	19.54m
6 Tehani Aberahama	Mauke	18.83m
7 Carlie Masters	Palmerston	14.58m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 85 Boys 18 & Under Discus Throw Under 18s**

Name	Year Team	Finals
1 Nelio George	Aitutaki	33.71m
2 Romeo George Papali'i	Mangaia	30.60m
3 Quinton Alan Schofield	Aitutaki	30.23m
4 Michael Heather	Atiu	26.17m
5 Zion Ioane Emile	Manihiki	26.04m
6 Tevii Ngametua	Mauke	23.86m
7 Brett George	Mangaia	22.32m
8 Duke Tokorangi	Mitiaro	21.12m
9 Robert Jnr Savage	Mauke	20.26m
10 Campbell Nicholls	Atiu	20.17m
11 Charlie Ngatoko	Mitiaro	19.20m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 86 Girls 18 & Under Javelin Throw Under 18s**

Name	Year Team	Finals
1 Temarii Koroa	Mangaia	26.45m
2 Tuaana Mitchell	Mitiaro	23.96m
3 Tehani Aberahama	Mauke	13.68m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 87 Boys 18 & Under Javelin Throw Under 18s**

Name	Year Team	Finals
1 Nuku Koroa	Mangaia	41.33m
2 Nelio George	Aitutaki	39.66m
3 Quinton Alan Schofield	Aitutaki	38.99m
4 Tevii Ngametua	Mauke	28.92m
5 Duke Tokorangi	Mitiaro	18.36m
6 Teakatauvira Tamaka	Mauke	15.35m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 88 Girls 18 & Under 4x100 Meter Relay Under 18s**

Team	Finals
1 Rarotonga 'A'	56.35
1) Mere-Jean Piri	2) Tailei Noovao-Blake
3) Alisthena Poila	4) Aleida Tere
2 Mitiaro 'A'	56.75
1) Kaitlyn Karika	2) Mavis Makara
3) Mama Teariki	4) Mahana Sijp
3 Mauke 'A'	1:00.90
1) Melody Tommy	2) Tarani Omao
3) Tupuna Tamaka	4) Zhane Marsters

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 89 Boys 18 & Under 4x100 Meter Relay Under 18s**

Team	Prelims	H#
Preliminaries		
1 Aitutaki 'A'	48.22q	2
1) Tumaiata Tutai Manea Cruize	2) Terii Haurua	
3) Arani Henry	4) Thomas Makimare	
2 Manihiki 'A'	50.05q	1
1) Tione Nand	2) Arikitoa Kiriau	
3) Timi Kiriau	4) Zion Ioane Emile	
3 Mangaia 'A'	50.22q	2
1) Ulukalala'ata Pasina	2) Harry Taripo	
3) Romeo George Papali'i	4) Nuku Koroa	
4 Mauke 'A'	51.37q	1
1) Ngatama Tuakanangaro	2) Teina Ngametua	
3) Tevii Ngametua	4) John Noovao	
5 Atiu 'A'	53.71q	2
1) Roma Daniels	2) Lopez Samuel	
3) Ngatupuna Kae	4) Aaron Marc Punua	
6 Rarotonga 'A'	57.84q	1
1) Anapa Nicholas	2) Maren Nicholas	
3) Mahuta Kainuku	4) Te Atawai Chase	
-- Puka Puka 'A'	DNF	1
1) Manea Opo	2) Kuki Kamikamica	
3) Cameron Teopenga	4) Teneticola Wuatai	

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 89 Boys 18 & Under 4x100 Meter Relay Under 18s**

Team	Finals
Finals	
1 Aitutaki 'A'	47.75
1) Tumaiata Tutai Manea Cruize	2) Terii Haurua
3) Arani Henry	4) Thomas Makimare
2 Manihiki 'A'	49.48
1) Tione Nand	2) Arikitoa Kiriau
3) Timi Kiriau	4) Zion Ioane Emile
3 Mangaia 'A'	49.78
1) Ulukalala'ata Pasina	2) Harry Taripo
3) Romeo George Papali'i	4) Nuku Koroa
4 Mauke 'A'	49.89
1) Ngatama Tuakanangaro	2) Teina Ngametua
3) Tevii Ngametua	4) John Noovao
5 Atiu 'A'	53.13
1) Roma Daniels	2) Lopez Samuel
3) Ngatupuna Kae	4) Aaron Marc Punua

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 90 Women 35+ 60 Meter Dash Masters**

Name	Year Team	Prelims	H#
Preliminaries			
1 June George	Aitutaki	9.80Q	2
2 Julianne Westrupp	Mitiaro	10.05Q	1
3 Sebon Nicholas-Will	Rarotonga	10.21q	2
4 Mere Short	Rarotonga	11.02q	1
5 Elizabeth Munro	Mangaia	11.44q	1
6 Curly Taripo	Manihiki	12.49q	2
7 Tuainekore Rota	Aitutaki	13.21	1
8 Ngatamaine Teaka	Mangaia	18.41	2
-- Iokopeta Ngari	Rakahanga	DNF	1

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 90 Women 35+ 60 Meter Dash Masters**

Name	Year Team	Finals
Finals		
1 June George	Aitutaki	9.60
2 Julianne Westrupp	Mitiaro	9.87
3 Sebon Nicholas-Will	Rarotonga	10.20
4 Mere Short	Rarotonga	10.70

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 91 Men 35+ 60 Meter Dash Masters**

Name	Year Team	Prelims	H#
Preliminaries			
1 Marama Nicholas	Rarotonga	8.03Q	2
2 Jack Ting	Puka Puka	8.44Q	3
3 Tomakanute Ritawa	Puka Puka	8.67Q	1
4 Andrew Iroa	Rarotonga	8.86Q	4
5 Pi Jnr David	National entry	8.18q	2
6 Terry Piri	Manihiki	9.03q	4
7 Adrian Hopwood	Manihiki	9.07	1
8 Logova Lotomau	Rakahanga	9.21	4
9 Richard Tanu	Mangaia	9.71	1
10 Scott Arlander	Rakahanga	9.75	2
10 Marukoi Kairua	Mauke	9.75	3
12 Micheal Mokai	Mauke	10.00	3
13 Junior Abraham	Mitiaro	10.56	4
14 Clerk Tangiura Turua	Puka Puka	11.03	2
15 Poto Ngaroi	Atiu	12.12	1
-- Ailoa Samania	Mitiaro	DQ	3

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 91 Men 35+ 60 Meter Dash Masters**

Name	Year Team	Finals
Finals		
1 Pi Jnr David	National entry	7.72
2 Jack Ting	Puka Puka	8.15
3 Tomakanute Ritawa	Puka Puka	8.20
4 Andrew Iroa	Rarotonga	8.65
5 Marama Nicholas	Rarotonga	8.70
-- Ailoa Samania	Mitiaro	DQ

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 92 Women 35+ 100 Meter Dash Masters**

Name	Year	Team	Prelims	
Preliminaries				
1		Julianne Westrupp	Mitiaro	16.15Q
2		June George	Aitutaki	16.40q
3		Sebon Nicholas-Will	Rarotonga	17.75q
4		Elizabeth Munro	Mangaia	20.25q

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 92 Women 35+ 100 Meter Dash Masters**

Name	Year	Team	Finals	
Finals				
1	Julianne	Westrupp	Mitiaro	16.15
2	June	George	Aitutaki	16.40
3	Sebon	Nicholas-Will	Rarotonga	17.75
4	Elizabeth	Munro	Mangaia	20.25

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 93 Men 35+ 100 Meter Dash Masters**

Name	Year Team	Prelims
Preliminaries		
1 Pi Jnr David	National entry	13.23Q
2 Ailoa Samania	Mitiaro	13.56q
3 Tomakanute Ritawa	Puka Puka	14.01q
4 Logova Lotomau	Rakahanga	14.80q
5 Richard Tanu	Mangaia	15.78q
6 Robert Savage	Mauke	16.67q

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 93 Men 35+ 100 Meter Dash Masters**

Name	Year Team	Finals
Finals		
1 Pi Jnr David	National entry	13.23
2 Ailoa Samania	Mitiaro	13.56
3 Tomakanute Ritawa	Puka Puka	14.01
4 Logova Lotomau	Rakahanga	14.80
5 Richard Tanu	Mangaia	15.78
6 Robert Savage	Mauke	16.67

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 94 Women 35+ 800 Meter Run Masters**

Name	Year	Team	Finals
1 Samantha Ivaiti		Rarotonga	3:31.57
2 Lucy McDonald		Mauke	3:37.75
3 Edith Nicholas		Palmerston	4:17.40

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 95 Men 35+ 800 Meter Run Masters**

Name	Year Team	Finals	H#
1 Andrew Logan	Atiu	2:46.06	1
2 Duane Malcom	Atiu	2:47.70	2
3 Ailoa Samania	Mitiaro	3:00.73	2
4 Jason Burgess	Mitiaro	3:05.66	1
5 Richard Tanu	Mangaia	3:11.26	1
6 Richard Piakura	Mangaia	4:21.41	2

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 96 Women 35+ 1500 Meter Run Masters**

=====			
Name	Year	Team	Finals
=====			
1	Lucy McDonald	Mauke	7:29.26
2	Ekura Justine Cook	Rarotonga	8:20.19

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 97 Men 35+ 1500 Meter Run Masters**

Name	Year	Team	Finals
1 Andrew Logan		Atiu	5:45.77
2 Adrian Hopwood		Manihiki	5:54.73
3 Duane Malcom		Atiu	6:14.23
4 Kevin Henderson		Mitiaro	6:18.12
5 Greg Gustafson		Mauke	6:46.77
-- Anthony Will		Rarotonga	DNF

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 98 Women 35+ 2000 Meter Race Walk Masters**

Name	Year Team	Finals
1 Bernadette Raffe	Mangaia	14:35.20
2 Lawrencia Williams	Manihiki	14:52.70
3 Katherine Numanga-Wearin	Mangaia	15:02.18
4 Tukuau Unuia	Mauke	18:00.00
4 June Putere	Atiu	18:00.00
4 Tapiko Tou-Ariki	Mauke	18:00.00

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 99 Men 35+ 2000 Meter Race Walk Masters**

Name	Year Team	Finals
1 Kevin Henderson	Mitiaro	14:11.67
2 Anthony Will	Rarotonga	14:12.89
3 Uaongo Enoka	Aitutaki	14:25.58
4 Logova Lotomau	Rakahanga	16:00.00
5 Clerk Tangiura Turua	Puka Puka	17:00.00
5 Robert Savage	Mauke	17:00.00
7 Simiona Teiotu	Atiu	18:00.00

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 100 Women 45+ Long Jump Masters**

Name	Year	Team	Finals	
1	Julianne	Westrupp	Mitiaro	3.26m
2	Elizabeth	Munro	Mangaia	2.93m
3	Tuainekore	Rota	Aitutaki	1.68m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 101 Men 45+ Long Jump Masters**

Name	Year Team	Finals
1 Pi Jnr David	National entry	4.42m
2 Ailoa Samania	Mitiaro	4.36m
3 Tomakanute Ritawa	Puka Puka	4.07m
4 Richard Piakura	Mangaia	3.89m
5 Logova Lotomau	Rakahanga	3.80m
6 Mia Teaurima	Mangaia	2.94m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 102 Women 45+ Shot Put Masters**

Name	Year Team	Finals
1 Dawn Ngatokorua	National entry	10.06m
2 Jane Moananu	Palmerston	9.54m
3 Lawrencia Williams	Manihiki	9.20m
4 Sebon Nicholas-Will	Rarotonga	8.69m
5 Akaiti Maoate	Mitiaro	8.40m
6 Curly Taripo	Manihiki	8.09m
7 Teremoana Henderson	Mitiaro	7.99m
8 Iva Parima	National entry	7.97m
9 Teina Taulu	Rakahanga	7.87m
10 Benedicta Tamaka	Mauke	7.77m
11 Elizabeth Munro	Mangaia	7.63m
12 Pauline Rangī	Atiu	7.35m
13 Mary Strickland	Rarotonga	7.26m
14 Ngatamaine Teaka	Mangaia	7.09m
15 Tuainekore Rota	Aitutaki	6.94m
16 Ngatuaiane Maui	Rakahanga	6.88m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 103 Men 45+ Shot Put Masters**

Name	Year Team	Finals
1 Scott Arlander	Rakahanga	11.88m
2 Kevin Iro	Rarotonga	11.27m
3 Tomakanute Ritawa	Puka Puka	11.03m
4 Donald Munro	Mangaia	10.09m
5 Henry Tupa	Puka Puka	9.77m
6 Tani Tixer	Manihiki	9.15m
7 Junior Abraham	Mitiaro	9.10m
8 Micheal Mokai	Mauke	8.98m
9 Zio Tutai	Mitiaro	8.84m
10 Johnny Hosking	Atiu	8.53m
11 Robert Savage	Mauke	8.16m
12 Toka Basil Hagai	Rakahanga	7.35m
13 Makea Pauka	Atiu	6.93m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 104 Women 45+ Discus Throw Masters**

Name	Year Team	Finals
1 Iva Parima	National entry	29.39m
2 Ngatuaiane Maui	Rakahanga	21.22m
3 Jane Moananu	Palmerston	20.36m
4 Lotiola Mateariki	Mauke	19.39m
5 Chrissy Piakura	Mangaia	19.17m
6 Teina Taulu	Rakahanga	18.83m
7 Teremoana Henderson	Mitiaro	18.50m
8 Dawn Ngatokorua	National entry	17.46m
9 Elizabeth Munro	Mangaia	16.38m
10 Curly Taripo	Manihiki	15.30m
11 Mary Strickland	Rarotonga	15.19m
12 Akaiti Maoate	Mitiaro	14.90m
13 Benedicta Tamaka	Mauke	14.27m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 105 Men 45+ Discus Throw Masters**

Name	Year Team	Finals
1 Kevin Iro	Rarotonga	41.75m
2 Robert Heather	Rakahanga	36.61m
3 Donald Munro	Mangaia	30.29m
4 Tomakanute Ritawa	Puka Puka	29.97m
5 Robert Savage	Mauke	24.68m
6 Henry Tupa	Puka Puka	22.52m
7 Junior Abraham	Mitiaro	22.16m
8 Scott Arlander	Rakahanga	21.47m
9 Micheal Mokai	Mauke	20.66m
10 Simiona Teiotu	Atiu	19.37m
11 Johnny Hosking	Atiu	17.86m

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 106 Women 35+ 4x100 Meter Relay Masters**

Team	Finals
1 Mitiaro 'A'	1:16.47
1) Julianne Westrupp	2) Anna Glassie
3) Teremoana Henderson	4) Annie Bryson
2 Aitutaki 'A'	1:16.73
1) Mateara Pauka	2) Tuainekore Rota
3) Tanya Michelle Savage	4) Mary Ann Tiauna Kamana

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 107 Men 35+ 4x100 Meter Relay Masters**

Team	Finals
1 Rarotonga 'A'	56.84
1) Kevin Iro	2) Alfred Manu
3) Ilaitia Bideni	4) Andrew Iroa
2 Mitiaro 'A'	59.35
1) Junior Abraham	2) Ailoa Samania
3) Anthony McBride	4) Zio Tutai
3 Mangaia 'A'	1:00.08
1) Richard Tanu	2) Nia Brothers
3) Mia Teaurima	4) Richard Piakura
4 Aitutaki 'A'	1:15.67
1) Paepaerii Pauka	2) Teva Simiona
3) Vaeruarangi Unuka	4) Titiroa Tavai

Cook Islands Games 2022 - 01/10/2022 to 03/10/2022**Cook Islands National Champs 2022****National Stadium****Results****Event 108 Women 4x100 Meter Relay Open**

Team	Finals
1 Mauke 'A'	54.59
1) Anzia Tere	2) Tehinnah Tatuava
3) Silia Aunei	4) Tatiana Fatialofa
2 Aitutaki 'A'	57.94
1) Esther Mona-Liza David	2) Teoumate Jacob
3) Kuramaeva Mose	4) Cassandra Suzie Maen Maenuu
3 Mitiaro 'A'	59.98
1) Esther Aumata	2) Melvina Weilert
3) Iti Takaiti	4) Talia Browne
4 Atiu 'A'	1:01.79
1) Vainelisa Tetu-Aroita	2) Maeva Carr
3) Angelia Williams-Tangapiri	4) Susan Williams
5 Manihiki 'A'	1:05.71
1) Memory Taripo	2) Rose Ringia Akava
3) Gretta Remuera	4) Tia-Marie Strickland
-- Mangaia 'A'	DQ
1) Tatjiana Areai	2) Emma Papalii
3) Rebecca Tangiataua	4) Kimberly Tangirere