

Cross Country and Road 2026

Newsletter 11: 3rd June



1. Weekend News

Five junior teams took to the Lynndale Relays on Saturday, enjoying the course around Olympic Park. Pakuranga Cheetahs (**Riley McKay, Mila Henison, Kayno Kaitao, Wolfgang Brunt**) put in a fantastic run, picking up 1st place as a mixed team and 3rd overall. Special thanks to Mila Henison who ran in two teams. Well done for the great team efforts and to your parents and carers for making the journey.

2. Cross Country News – School, College and Beyond

No news this week. Please email us with results and news so that we can celebrate the success of our members.

3. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga have moved from 2nd place to joint 3rd following Round 3. It is still early days and anything can happen. Remember, the more runners taking part, the more points we will gain – simple!

The next points builder event is Auckland Cross Country Teams Champs at Ambury Park on Saturday 13th June. This requires individual entry, see Upcoming Events #7 for more info.

SENIOR LEAGUE AFTER ROUND 3 - OVERALL		
POSITION	CLUB	POINTS
1	Owairaka	146
2	Night Ninjas	130
3=	Pakuranga & ACA	107
5	Lynndale	94
6	TTT	80
7	Glen Eden	56
8	Orotia	53
9	North Harbour Boys	51
10	Y Marathon Club	31

CLUB POINTS: The next points builder event is this Saturday 6th June club run at Eastern Beach.

4. New Zealand Road Relay Champs - Expressions Of Interest

Calling for expressions of interest to be part of a club team in the National Road Relays (U16 and above) on Saturday 3rd October in Halcombe, Whanganui. This is always an awesome weekend away and a good way to cap off the winter season. Logistics are to travel down in team vans to Palmerston North, leaving the club on Friday morning and returning late afternoon on Sunday. We are hoping to send 8 teams again this year.

Costs will be approximately \$100 - \$250 depending on how successful our current grant application goes.

Please email Athlete Name and Grade if interested -> pakxcr@gmail.com

5. Jammies for June

Pakuranga Athletic Club is very proud to again be supporting Dame Valerie Adams' 'Jammies for June' fundraiser. Please donate a new and warm pair of jammies and drop them into the collection laundry basket in the clubrooms. For every pair donated, you go into the draw for a prize hamper. See our [Facebook page](#) for more info.

We're also happy to go jammies shopping for you - contact pakrun@gmail.com or see Tania at the bar about making a cash donation.

We're really looking forward to seeing the laundry basket overflowing again this year!



6. Winter Training Options

JUNIOR COACHING

What? Cross country on grass and track work
For Who? Registered members aged 7-10yrs
By Who? Mike Trathen
When? Tuesday (cross country); Friday (track)
4 - 4.45pm
Where? Yvette Williams Track
How much? \$15 per week
Members are encouraged to attend both sessions.
For more info: mtandtb@xtra.co.nz

DISTANCE & SPRINTS TRAINING

What? Stamina, Sprints, Hill Reps,
Middle Distance, Speed Development
For Who? Registered members aged 10yrs+
By Who? Mike Trathen
When? Monday to Friday, 5pm; Sat 10am
Where? Yvette Williams Track
How much? \$60 per month
For more info: mtandtb@xtra.co.nz



7. Upcoming Events

SATURDAY 6TH JUNE – CLUB CROSS COUNTRY RUN AT EASTERN BEACH

Come join us this Saturday for a lap or two of the 2.5km (ish) of running along Eastern Beach as the tide is on its way out. Meet at the southern (park) end of Eastern Beach from 2pm with the run starting at 2.30pm. Everyone is welcome – all ages and abilities. Parents – dig out those old running shoes and come join us. Children will run on the beach side so no roads to cross. You don't need to be a registered club member to join us - but if you have a club singlet please wear it with pride.

SATURDAY 13TH JUNE – AUCKLAND CROSS COUNTRY TEAMS CHAMPS - AMBURY PARK, MÄNGERE BRIDGE

Athletes need to enter this event individually. It is not covered by the Grand Prix Series entry this year. The event is open to everyone U8 and above, and all runners contribute to their team's placing.

For entry link, programme, map and rules -> [click here](#). Entries close 11.59pm next Wednesday 10th June.

20TH/21ST JUNE – NZ SECONDARY SCHOOLS XC CHAMPS AND RELAY CHAMPS - WELLINGTON

Entries are done through schools and close next 11.59pm next Wednesday 10th June. For more info -> [click here](#)

27TH JUNE – GRAND PRIX 3 (SENIOR LEAGUE RACE 5)

GP3 race takes us back to the stunning setting at Long Bay Regional Park. More information in next week's newsletter.

SATURDAY 4TH JULY – NORTH ISLAND CROSS COUNTRY CHAMPS

The [North Island Cross Country Championships](#) will be held in Taupo again this year, on the beautiful course at Spa Thermal Park. It really is one of the best cross country courses in the country and a great reason for a weekend away during the school holidays. **The committee will make a club team entry and pay entry fees.** If you wish to enter or have any queries, please email pakxcr@gmail.com by **Sunday 28th June**.

2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
Saturday 6 June	Club XC Event	Eastern Beach
Saturday 13 June	Auckland Cross Country Teams Champs (Jnr League Race 4 / Snr League Race 4)	Ambury Park
20 – 21 June	NZ Secondary Schools Cross Country Champs and Relays Champs	Wellington
Saturday 20 June	Club Event	PAC
Saturday 27 June	Grand Prix 3 (Snr League Race 5)	Long Bay
Saturday 4 July	North Island Cross Country Champs	Taupo
Saturday 18 July	Grand Prix 4 incl. Auckland Cross Country Champs (Snr League Race 6)	Barry Curtis
Saturday 25 July	Club XC Champs	PAC
Saturday 1 August	Club Road Event	PAC
1 – 2 August	NZ Cross Country Champs AND NZ Cross Country Teams Champs	Christchurch
Tuesday 4 August	College Sport Auckland Road Race Champs	Bruce Pulman
Saturday 8 August	ACA Pairs Race (Jnr League Race 5)	Cornwall Park
Sunday 16 August	Grand Prix 5: Auckland Road Race Champs (Snr League Race 7)	Bruce Pulman
Saturday 22 August	Club Road Event	PAC
Saturday 22 August	Moire Park Trail Relay	Moire Park
Saturday 29 August	Club Road Event	PAC
Saturday 29 August	NZ 10km Road Champs	New Plymouth
3 – 4 September	NZ Secondary Schools Road Relay Festival	TBC
Saturday 5 September	Te Hāora – The Hour Race (U18+) (Snr League Race 8)	Ōwairaka
Saturday 12 September	NZ 1 Mile Champs	Dunedin
Sat 12 <u>OR</u> Sun 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sat 19 <u>OR</u> Sun 20 September	Auckland 5km Road Champs followed by Snr Prizegiving	Mt Smart
Saturday 26 September	Club Road Champs	PAC
Saturday 3 October	NZ Road Relay Champs	Whanganui
Sunday 1 November	Auckland Marathon (incl. Club Marathon Champs)	Auckland CBD
Sunday 1 November	NZ 100km Champs	Christchurch
Saturday 7 November	NZ 50km Champs (part of Legend of the Peaks)	Rotorua
Saturday 29 November	NZ Marathon Champs	Whanganui
Saturday 5 December	NZ Long Trail Champs and NZ 5km Champs	Nelson

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relay

Nationals