

# Cross Country and Road 2026

Newsletter 12: 10<sup>th</sup> June



## 1. Weekend News

A slice of sunshine at just the right time for the club run at Eastern Beach on a rather wet Saturday. Many thanks to James Trathen and Imogen Barlow for leading and making sure everyone enjoyed themselves and got back safe and sound.



## 2. Cross Country News – School, College and Beyond

The Quax name returns to the black singlet. **Theo Quax**, club member and son of NZ running legend Dick Quax, has been selected for the World Road Running Champs in Copenhagen in September. Forty-eight years after his dad won Olympic silver over 5000m, Theo gets his shot on the world stage.

"It's an honour to don the black singlet for the first time," Quax said on his selection.

Huge congratulations Theo – let's go!

## 3. Seniors (U18+) News

**SENIOR WINTER LEAGUE:** The next points builder event is Auckland Cross Country Teams Champs at Ambury Park this Saturday 13<sup>th</sup> June.

**CLUB POINTS:** The next points builder event is this Saturday's event at Ambury Park. Alternatively, if you'd like to run at the club, please wear your singlet, pick your own course and distance and let Richard Thomson know [thomosam@xtra.co.nz](mailto:thomosam@xtra.co.nz)

## 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 3<sup>rd</sup> 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](mailto: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](mailto: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](mailto: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](mailto:mtandtb@xtra.co.nz)



## 7. Upcoming Events

### SATURDAY 13<sup>TH</sup> JUNE – AUCKLAND CROSS COUNTRY TEAMS CHAMPS - AMBURY PARK, MĀNGERE BRIDGE

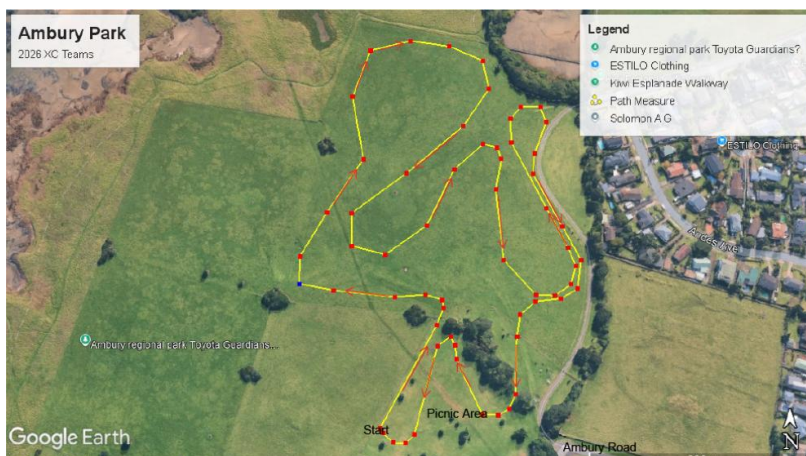
**ATHLETICS AUCKLAND**

**Auckland Teams Cross Country Championships**  
Junior League Race 4  
Senior League Round 4

**Saturday 13<sup>th</sup> June 2026**

Venue: Ambury Park, Māngere Bridge

|                                                 |        |            |
|-------------------------------------------------|--------|------------|
| Race 1: Senior Men, Masters Men                 | 1.00pm | 8km        |
| Race 2: Senior Women, Masters Women             | 1.45pm | 6km        |
| Race 3: Women U18, Women U20                    | 2.15pm | 4km        |
| Race 4: Fun Run (all ages)                      | 2.35pm | 2km or 4km |
| Race 5: Men U18, Men U20                        | 2.55pm | 6km        |
| Race 6: Boys U8, Girls U8, Boys U10, Girls U10  | 3.15pm | 2km        |
| Race 7: Boys U12, Girls U12                     | 3.25pm | 2km        |
| Race 8: Boys U14, Girls U14, Men U16, Women U16 | 3.35pm | 4km        |



### SATURDAY 13<sup>TH</sup> JUNE

Senior members not running at Ambury are welcome to run at the club. Please wear your singlet, pick your own course and distance and let Richard Thomson know [thomosam@xtra.co.nz](mailto:thomosam@xtra.co.nz)

### SATURDAY 20<sup>TH</sup> JUNE – CLUB CROSS COUNTRY RUN

Sign in at the clubrooms from 2pm, race starts at **2.30pm**.

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

All the best to our college athletes taking part.

### SATURDAY 27<sup>TH</sup> JUNE – GRAND PRIX 3 (SENIOR LEAGUE RACE 5)

GP3 race takes us back to the stunning setting at Long Bay Regional Park.

**This is an Athletics Auckland event and requires registering. If you have entered the full Grand Prix Series you do not need to enter each race individually and therefore no further action is required.**

**To enter the Grand Prix 3 individual event, please click [here](#). Entries close 11.59pm Wednesday 24<sup>th</sup> June.**

Please note: Registrations for the U7 Fun Run are done on the day.

### SATURDAY 4<sup>TH</sup> 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](mailto:pakxcr@gmail.com) by **Sunday 28<sup>th</sup> June**.

## 2026 XCR Calendar (subject to change)

| DATE                              | EVENT                                                                       | LOCATION            |
|-----------------------------------|-----------------------------------------------------------------------------|---------------------|
| Saturday 13 June                  | Auckland Cross Country Teams Champs (Jnr League Race 4 / Snr League Race 4) | Ambury Park         |
| <b>20 – 21 June</b>               | <b>NZ Secondary Schools Cross Country Champs and Relays Champs</b>          | <b>Wellington</b>   |
| Saturday 20 June                  | Club Event                                                                  | PAC                 |
| Saturday 27 June                  | Grand Prix 3 (Snr League Race 5)                                            | Long Bay            |
| <b>Saturday 4 July</b>            | <b>North Island Cross Country Champs</b>                                    | <b>Taupo</b>        |
| <b>Saturday 18 July</b>           | <b>Grand Prix 4 incl. Auckland Cross Country Champs (Snr League Race 6)</b> | <b>Barry Curtis</b> |
| Saturday 25 July                  | Club XC Champs                                                              | PAC                 |
| Saturday 1 August                 | Club Road Event                                                             | PAC                 |
| <b>1 – 2 August</b>               | <b>NZ Cross Country Champs AND NZ Cross Country Teams Champs</b>            | <b>Christchurch</b> |
| 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                 |
| <b>Saturday 29 August</b>         | <b>NZ 10km Road Champs</b>                                                  | <b>New Plymouth</b> |
| 3 – 4 September                   | NZ Secondary Schools Road Relay Festival                                    | TBC                 |
| Saturday 5 September              | Te Hāora – The Hour Race (U18+) (Snr League Race 8)                         | Ōwairaka            |
| <b>Saturday 12 September</b>      | <b>NZ 1 Mile Champs</b>                                                     | <b>Dunedin</b>      |
| 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                 |
| <b>Saturday 3 October</b>         | <b>NZ Road Relay Champs</b>                                                 | <b>Whanganui</b>    |
| Sunday 1 November                 | Auckland Marathon (incl. Club Marathon Champs)                              | Auckland CBD        |
| <b>Sunday 1 November</b>          | <b>NZ 100km Champs</b>                                                      | <b>Christchurch</b> |
| <b>Saturday 7 November</b>        | <b>NZ 50km Champs (part of Legend of the Peaks)</b>                         | <b>Rotorua</b>      |
| <b>Saturday 29 November</b>       | <b>NZ Marathon Champs</b>                                                   | <b>Whanganui</b>    |
| <b>Saturday 5 December</b>        | <b>NZ Long Trail Champs and NZ 5km Champs</b>                               | <b>Nelson</b>       |

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relay

Nationals