

Cross Country and Road 2026

Newsletter 13: 17th June



1. Weekend News

As the morning sun burned away the fog, the pack-start racers enjoyed the scenic yet challenging course through Ambury Park. A small turnout from our club with the below members contributing to the Auckland Cross Country Teams Champs. BIG congratulations to U8/U10 Boys (**Millen, Hadley, Carter and Logan**) who put us in 1st place in that age category, and to the Senior Men for taking 3rd place in theirs. For individual results -> [here](#).

U8 Boys (2km) 1 st - Millen Shaw	U10 Girls (2km) 3 rd - Tillie Koloamatangi 11 th - Olivia Davies	U10 Boys (2km) 2 nd - Hadley Shaw 3 rd - Carter Flowers 4 th - Logan Biggelaar	U12 Girls (2km) 6 th - Emily Biggelaar 10 th - Amelia Davies
U12 Boys (2km) 1 st - Wolfgang Brunt	U14 Boys (4km) 6 th - Fletcher O'Brien	U16 Girls (4km) 1 st - Olivia McLean	U16 Boys (4km) 1 st - Tobias Crowhurst
U18 Men (6km) 3 rd - Jackson Pinique	U20 Men (6km) 1 st - Matthew Watkins	Senior Men (8km) 8 th - Alec Geddes 9 th - Ryan Surynt 11 th - Dion Wallwork 14 th - Ben Watkins	Men 45 (8km) 5 th - Paul Crowhurst
Men 55 (8km) 1 st - Richard Wagener	Men 60 (8km) 1 st - Andrew McKay	Men 65 (8km) 2 nd - Ian Wright	Men 70 (8km) 1 st - Richard Thomson

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: The competition heated up in Round 4 of the Senior Winter League at Ambury last Saturday, as we were knocked out of the top three which now leaves us in 5th place. The next points builder event is the Grand Prix 3 on Saturday 27th June at Long Bay Regional Park.

CLUB POINTS: The next points builder event is this Saturday's club run.

SENIOR LEAGUE AFTER ROUND 4 - OVERALL			
POSITION	CLUB		POINTS
1	 Owairaka		179
2	 Night Ninjas		162
3	 ACA		153
4	 Lynndale		150
5	 Pakuranga		126
6	 TTT		82
7	 Glen Eden		79
8	 North Harbour Bays		65

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. 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



6. Upcoming Events

SATURDAY 20TH JUNE – CLUB CROSS COUNTRY RUN

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

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

All the best to our college athletes taking part this weekend.

SATURDAY 27TH 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 24th June.

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

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**.

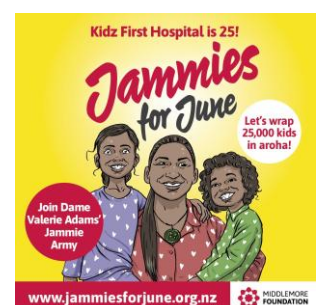
We will be emailing entrants shortly. There are currently only 13 members taking part - we would love to see more Pakuranga singlets out there running in Taupo.

7. 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!



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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