

1. Weekend News

Around 40 juniors and 6 seniors enjoyed the club run, and it was great to see some new faces trying cross country for the first time. The sunshine and ice creams made the afternoon even better. A big thank you once again to James for helping with the warm-up and start, especially as we were short on committee crew.

2. Cross Country News – School, College and Beyond

Congratulations **Mila Henison**, winner of the Saint Kentigern Girls' School year 8 cross country.

NEW ZEALAND SECONDARY SCHOOL CROSS COUNTRY AND RELAY CHAMPS

Wild winds, horizontal rain, mud slides, stream crossings, steeple chase hurdle, huge numbers on the start line - Wellington sure put on a proper cross country weekend for the Schools Nationals. Congratulations to club members:

SENIOR BOYS: Jackson Pinique 16th (St Peter's), Matthew Watkins 29th (Ruawai, Northland)

SENIOR GIRLS: Imogen Barlow 11th (9th excl. Aussie visitors) (Glendowie)

U17 BOYS: William Moulder 7th (St Peter's), Kade McLoughlan 31st (Botany Downs)

U17 GIRLS: Rachel Wagener 5th (St Cuthbert's)

JUNIOR GIRLS: Olivia McLean 21st (Baradene)

JUNIOR BOYS: Tobias Crowhurst 13th (Macleans)

YEAR 9 BOYS: Will Parkinson 4th (Sacred Heart)

YEAR 9 GIRLS: Olivia Stone 5th (Botany Downs)

Special mention goes to Jackson Pinique, who was spiked during the stream crossing on lap one, requiring stitches and two weeks off running. Despite that, he not only finished the race but also placed 16th in the Senior Boys' event! We wish him a speedy recovery.

The sun came out for the Sunday Regional Cross Country Relays with five of our club members taking part:

SENIOR BOYS: William Moulder (Auckland A team) - 3rd of 22 teams

SENIOR GIRLS: Rachel Wagener (Auckland A team) 4th, Imogen Barlow (Auckland B team) - 5th of 14 teams

JUNIOR GIRLS: Olivia McLean (Auckland B team) - 4th of 11 teams

YEAR 9 BOYS: Will Parkinson (Auckland A team) - 2nd of 11 teams

For full results: <https://www.webscorer.com/racealldetails?raceid=436872>

3. Seniors (U18+) News

SENIOR WINTER LEAGUE: The next points builder event is the Grand Prix 3 this Saturday 27th June at Long Bay.

CLUB POINTS: The next points builder event is GP3 or anyone who runs at the club run on Saturday.

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

This Saturday's GP3 race takes us to the stunning setting at Long Bay Regional Park. The course is a 2km loop - U8 to U16's run one loop, U18+ run two loops. If you have entered the full GP Series, no further action is required. To enter the GP3 individual event, please click [here](#). Entries close **TONIGHT 11.59pm Wednesday 24th June**. Please arrive with sufficient time to park, collect your bib number, and warm up. Ensure you wear correct club uniform – Pakuranga singlet with either black or navy shorts.



Race 1: Masters Men	1.30pm	4km
Race 2: Women U18 and U20, SW, MW	1.45pm	4km
Race 3: Men U18 and U20, Senior Men	2.00pm	4km
Race 4: Fun Run/Walk (register on the day)	2.15pm	2km or 4km
Race 5: Boys U8 and U10, Girls U8 and U10	2.30pm	2km
Race 6: Boys and Girls U12	2.35pm	2km
Race 7: Boys and Girls U14	2.40pm	2km
Race 8: Men and Women U16	2.45pm	2km

SATURDAY 27TH JUNE – RUN FOR THE BALL!

Not heading to Long Bay? Join us at the club for our World Cup Challenge Run!

Sign in at the clubrooms by 2.15pm for a 2.30pm start. Each athlete will choose how many 1km laps of the top field they want to complete. Complete your challenge and you'll earn the chance to pick a mystery envelope. Inside will be the name of one of the countries competing in the FIFA World Cup! Athletes will have their names displayed alongside their country in the clubrooms. When the World Cup is over, the athlete whose country lifts the trophy will take home a replica FIFA World Cup football plus a \$30 bar or tuck shop tab! Challenge yourself. Pick your team. Cheer them all the way to the final!



SATURDAY 4TH JULY – NORTH ISLAND CROSS COUNTRY CHAMPS

The [North Island Cross Country Championships](#) will be held in Taupo again this year. **The committee will make a club team entry and pay entry fees.** Please email pakxcr@gmail.com by this **Sunday 28th June**. If you miss the deadline, please enter individually and email your receipt to Richard Thomson at thomosam@xtra.co.nz. The club will reimburse you. This also applies if you have already entered individually.

BACK THE ALL WHITES!

FIFA WORLD CUP 2026™

NEW ZEALAND
(ALL WHITES)



VS



BELGIUM



**SATURDAY
27 JUNE**



**KICK-OFF
3:00PM**



PAKURANGA ATHLETIC CLUB CLUBROOMS



**BAR
OPEN!**



**FREE
SNACKS!**



**WATCH IT
LIVE**

ON THE BIG SCREEN!



RUNNING AT LONG BAY?

**COME BACK TO THE CLUBROOMS
AFTERWARDS AND CHEER ON
THE ALL WHITES WITH YOUR CLUB MATES!**



WEAR BLACK. | BRING THE NOISE. | BACK THE ALL WHITES!



ASPIRE WINTER ACADEMY

THURSDAY 16 JULY 2026

09:30am - 3:00pm

CORNWALL PARK CRICKET CLUB,
210 GREENLANE WEST, EPSOM

THEME: Develop your Cross Country Running Skills

Age Group: 10 - 14 year olds

Cost: \$30.00 per athlete

Enter via the website

www.athleticsauckland.co.nz

Open to all Club & School Athletes

For enquiries contact Neil Bartlett at
development@athleticsauckland.co.nz

2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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 OR Sun 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sat 19 OR 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