

Cross Country and Road 2026

Newsletter 15: 1st July



1. Weekend News

GRAND PRIX 3 @ LONG BAY

It was a hot and sunny mid-winter run for the 42 club members who took on the stunning Long Bay course.

Full results are available here -> <https://my.raceresult.com/404843/>

Congratulations to everyone who made the journey — and a special shout-out to our top 10 finishers:

U8 Girls 1 st - Haydee Kaitao 3 rd - Julie Blake 8 th - Evelyn Su	U8 Boys 1 st - Millen Shaw	U10 Girls 6 th - Tillie Koloamatangi 8 th - Ryalie Spurdle	U10 Boys 4 th - Logan Biggelaar 5 th - Carter Flowers
U12 Girls 1 st - Riley McKay 8 th - Emily Biggelaar	U12 Boys 1 st - Vito Feng 2 nd - Kayno Kaitao	U14 Girls 7 th - Ilona Richards 8 th - Mila Henison	U16 Girls 3 rd - Hayley Whiteman 4 th - Olivia Stone 7 th - Olivia McLean
U16 Boys 4 th - Tobias Crowhurst 10 th - Alistair Clapperton	U18 Women 9 th - Leah Marais	U18 Men 7 th - Kade McLoughlan	U20 Women 5 th - Imogen Barlow
Senior Men 5 th - Ryan Surynt	Men 35 1 st - Jake Hendrickx	Women 45 1 st - Dale Berrill	Women 50 1 st - Rachel Penney
Men 45 2 nd - Paul Crowhurst	Men 55 7 th - Richard Wagener 10 th - Dave McLoughlan	Men 60 4 th - Andrew McKay	Men 65 2 nd - Ian Wright
Men 70 4 th - Richard Thomson	Men 80 2 nd - Fred Burke		

CLUB RUN – RUN FOR THE BALL CHALLENGE!

Members clocked up extra kilometres in the Run For The Ball Challenge — a fantastic effort from everyone involved! Thank you to everyone who joined us in the clubrooms to watch the All Whites. While the result wasn't what we were hoping for, the atmosphere was brilliant and it was a great way to spend a Saturday afternoon together. We're also all set with our teams for the Round of 32. Who will take home the FIFA ball and bar tab? It's shaping up to be an exciting competition!



2. Cross Country News – School, College and Beyond

Congratulations to **Ilona Richards** who won the Farm Cove Intermediate School girls' Year 8 cross country race.

3. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga remain in 5th place overall after Round 5. The next points builder event is the Grand Prix 4 (Senior League Race 6) on 18th July at Barry Curtis.

CLUB POINTS: The next points builder event is anyone who runs this Saturday, either in Taupo or at the club.

4. Request For Help With Training Runs

We are reaching out to find a guide for a blind man who needs assistance on training runs. His previous guide is no longer available, and he is looking for a guide or guides to accompany him for 10-20km runs, 2-3 times a week. He lives in Botany and would prefer to run in the East Auckland area. He has entered the Auckland Marathon on 1st November and will have access to a guide then so will need help with the stamina training beforehand. His average run pace is 5:30 per km and is aiming to finish the marathon in 4 hours.

Please email pakrun@gmail.com if you know of anyone from the club or beyond who might be able to help.

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. 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 is.

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

7. Upcoming Events

SATURDAY 4TH JULY – THE GREAT JIGSAW RACE!

It's back this Saturday! Join us for a fun team challenge as we race around the top field collecting jigsaw pieces, then head into the clubrooms to work together and complete the puzzle. The first team to finish their jigsaw wins the treats! Everyone is welcome — juniors, youth, seniors and masters. Please meet in the clubrooms at around 2pm so we can organise teams before heading to the top field for a warm-up. Once the hooter goes, the challenge begins!

SATURDAY 4TH JULY – NORTH ISLAND CROSS COUNTRY CHAMPS

Good luck to our 15 club members heading to Taupo this weekend for the [North Island Cross Country Champs](#)
Look out for our club gazebo to drop your bags and stay dry.

SATURDAY 11TH JULY – CLUB RUN

For anyone who is not out of town and would like a run, please come down around 2pm for a 2.30pm start.

SATURDAY 18TH JULY – GRAND PRIX 4 INCL. AUCKLAND CROSS COUNTRY CHAMPS (SENIOR LEAGUE RACE 6)

Venue: Barry Curtis Park, East Tamaki (Chapel Road by church)

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 4 individual event, please click [here](#). Entries close 11.59pm Wednesday 15th July.

SATURDAY 31ST JULY – NZ CROSS COUNTRY CHAMPS AND TEAMS CHAMPS - CHRISTCHURCH

Entry fees increase on 21 July and entries close at 11.59pm on 24 July. For more information and to enter -> <https://raceroster.com/events/2026/129710/2026-new-zealand-cross-country-championships>



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 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