

1. Weekend News

NORTH ISLAND CROSS COUNTRY CHAMPS

A foggy, cold start for our Taupō runners turned into a stunning blue-sky day. Congratulations to the following club members who competed at the North Island Cross Country Champs. A special shout-out to our North Island Champion **Will Parkinson** who won the Boys U14 race, to our three second placers **Fred, Rachel** and **Imogen**, and to **Anya** for her podium place. For full results -> <https://my.raceresult.com/402860/>

Masters Men 80-84:	Fred Burke 2nd
Masters Men 70-74:	Richard Thomson 7th
Masters Women 50-54:	Rachel Penney 2nd
Women U20:	Imogen Barlow 2nd
Girls U16:	Olivia Stone 7th
Boys U14:	Will Parkinson 1st ; Fletcher O'Brien 22nd
Boys U12:	Vito Feng 7th; Kayno Kaitoa 13th; Jensen O'Meara 32nd
Boys U10:	Carter Flowers 5th
Girls U10:	Anya O'Meara 3rd ; Haydee Kaitoa 11th

CLUB RUN – THE GREAT JIGSAW CHALLENGE

Congratulations to everyone who took part in The Great Jigsaw Challenge. We ran 48km to collect jigsaw pieces then worked together in our teams to put them together in record time. Special congratulations to the pink team who collected all their pieces in and completed their puzzle first.

It was great to see some new faces at the club this afternoon too - we hope you'll join us again next Saturday afternoon - same time.

Many thanks to Sarah D, Sarah B, Errol and Jessie who helped run the event today, to James for helping with the warmup, Neil for being our race starter, and Maddy for running the kitchen. Fabulous teamwork everyone!

Photos [here](#) on our Facebook page.

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 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 the club run this Saturday.

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 11TH JULY – CLUB RUN



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

Make an afternoon of it and stay on for the Mike Murray Corner Dedication and the rugby.

ALL WELCOME!

The kitchen will be open with a full menu on offer.

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 25TH JULY – CLUB XC CHAMPS

Register in clubrooms from 2pm on the day, race at 2.30pm.

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 11 July	Club Run – Pairs Race	PAC
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