

Cross Country and Road 2026

Newsletter 18: 22nd July



1. Weekend News

GRAND PRIX 4 INCL. AUCKLAND CROSS COUNTRY CHAMPS (SENIOR LEAGUE RACE 6)

With thanks to Richard Wagener, Dave McLoughlan, Eammon O'Brien and Errol Flynn for helping Auckland Athletics with the course set up.

Congratulations to the 43 club runners who ran in the 2026 Auckland Cross Country Championships at Barry Curtis Park. Full results can be found on the Athletics Auckland website [here](#). Special mention to the following runners who finished in the top 10 of their races:

U8 Girls 2 nd - Haydee KAITAO 3 rd - Julie BLAKE 4 th - Evelyn SU	U8 Boys 1 st - Millen SHAW	U10 Girls 2 nd - Anya O'MEARA 5 th - Tillie KOLOAMATANGI 8 th - Ryalie SPURDLE	U10 Boys 1 st - Hadley SHAW 3 rd - Carter FLOWERS 4 th - Logan BIGGELAAR
U12 Girls 1 st - Riley MCKAY 8 th - Emily BIGGELAAR	U12 Boys 1 st - Vito FENG 2 nd - Kayno KAITAO	U14 Girls 2 nd - Ilona RICHARDS 4 th - Mila HENISON	U14 Boys 9 th - Matthew HORWOOD
U16 Girls 2 nd - Olivia STONE	U18 Women 7 th - Rachel WAGENER	U18 Men 5 th - William MOULDER	U20 Men 1 st - Caleb WAGENER 2 nd - Samuel RICKERBY 4 th - Matthew WATKINS
Senior Men 8 th - Ryan SURYNT	Men 35 1 st - Jake HENDRICKX	Women 50 1 st - Rachel PENNEY	Men 40 2 nd - Clinton LOVEDAY
Men 55 5 th - Richard WAGENER 6 th - Dave MCLOUGHLAN	Men 80 2 nd - Fred BURKE		

CLUB MINI WINTER PENTATHLON

Well done to everyone who took part in the Winter Pentathlon event. It was great to welcome some new families to the club – we hope you had fun. We would love you to join us for the rest of the season. Please use the link on our home page to register - <https://pakurangaathletics.co.nz/> Many thanks to all the parents who supported, to Amy for helping to run the event, and to James for making sure everyone was warmed up, and got back safely after each race.

2. Upcoming Events

The season is split into cross country running which finishes this Saturday, and road running which starts 1st August.

SATURDAY 25TH JULY – CLUB CROSS COUNTRY CHAMPS

Register in the clubrooms from 2pm this Saturday, race at 2.30pm. Races will be timed to inform our end-of-season prizегiving. **Everyone is welcome to join.** Please note that to qualify, runners need to have completed in at least 3 events as a registered member (this does not apply to U7's due to the limited events they can run in). Correct uniform must also be worn - club singlet and black/dark blue shorts or leggings.

Juniors: U7: 1km / U8, U10, U12: 2km / U14: 3km / U16: 4km / U18: Women 5km, Men 6km

Seniors: Walkers: 4km / Masters Women, Masters Men 70+, U20 Women: 6km / Senior Women, U20 Men, Masters Men 35-69: 8km / Senior Men: 10km

Course map and further information can be found in the Handbook -> [here](#).

SATURDAY 1ST AUGUST – CLUB ROAD RUN

Register in clubrooms from 2pm, race at 2.30pm.

SATURDAY 1ST AUGUST – NZ CROSS COUNTRY CHAMPS AND TEAMS CHAMPS - CHRISTCHURCH

Entries close at 11.59pm on 24th July. For further information and to enter -> [here](#).

3. Support Our Kitchen Tuckshop

Please support the kitchen tuck shop on a Saturday. It has been very quiet this season. The income helps us to fund the spot prize draw which is now running very low of items. Chef Liam offers a selection of hot food, drinks, lollies, chocolate and other snacks.

4. Cross Country News – School, College and Beyond

Congratulations to siblings **Emily Biggelaar** (year 6) and **Logan Biggelaar** (year 4) who both **WON** their respective Cockle Bay School cross country races.

Please email us with results and news so that we can celebrate the success of our members -> pakrun@gmail.com

5. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga remain in 5th place overall after Round 6. The next points builder event is the GP5 incl. Auckland Road Race Champs on Saturday 16th August.

CLUB POINTS: The next points builder event is this Saturday's club cross country champs.

6. Hoodies and Uniform

Have you got your Pakuranga hoodie to keep you snug this winter? We have samples to try on for size in the clubhouse and orders can be taken by one of the committee or at the bar. T-Shirts, Track jackets and Track pants are also available. These items are optional and can be personalised.

A reminder that the club singlet and black/dark blue shorts or leggings should be worn at all club and outside events. Singlets are available to purchase from the clubhouse.

7. 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



8. New Zealand Road Relay Champs – Halcombe To Halcombe

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 (Manawatū-Whanganui region). 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



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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 Park
Saturday 22 August	Club Road Event	PAC
Saturday 22 August	Moire Park Trail Relay	Moire Park, Massey
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, Wesley
Saturday 12 September	NZ Road 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