

# Cross Country and Road 2026

Newsletter 19: 29<sup>th</sup> July



## 1. Weekend News

### CLUB CROSS COUNTRY CHAMPS

Congratulations to the 59 athletes who faced the wind, rain and mud in Saturday's annual club cross country champs. A big thank you to all those who braved the elements to assist with marshalling, handing out race cards and directing the little ones – it is very much appreciated. Special mention to the following place getters:

|                                                                                     |                                                                                         |                                                                                      |                                                                               |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>U7 Girls</b><br>1st: Amber Chen<br>2nd: Harper Chen                              | <b>U7 Boys</b><br>1st: Mathew Ye<br>2nd: Harrison Or<br>3rd: Austin Pond                | <b>U8 Girls</b><br>1st: Haydee Kaitao<br>2nd: Julie Blake<br>3rd: Evelyn Su          | <b>U8 Boys</b><br>1st: Millen Shaw                                            |
| <b>U10 Girls</b><br>1st: Anya O'Meara<br>2nd: Tia Yeung<br>3rd: Olivia Davies       | <b>U10 Boys</b><br>1st: Hadley Shaw<br>2nd: Carter Flowers<br>3rd: Logan Biggelaar      | <b>U12 Girls</b><br>1st: Emily Biggelaar<br>2nd: Amelia Davies<br>3rd: Theresa Yeung | <b>U12 Boys</b><br>1st: Vito Feng<br>2nd: Kayno Kaitao<br>3rd: Jensen O'Meara |
| <b>U14 Girls</b><br>1st: Ilona Richards<br>2nd: Mila Henison<br>3rd: Arabella Green | <b>U14 Boys</b><br>1st: Matthew Horwood<br>2nd: Fletcher O'Brien<br>3rd: Andrew Horwood | <b>U16 Girls</b><br>1st: Anabelle Warner                                             | <b>U16 Boys</b><br>1st: Leo Green<br>2nd: Alastair Clapperton                 |
| <b>U16 Girls</b><br>1st: Anabelle Warner                                            | <b>U20 Women</b><br>1st: Imogen Barlow                                                  | <b>Senior Men</b><br>1st: James Trathen                                              | <b>Masters Women 50</b><br>1st: Rachel Penney                                 |
| <b>Masters Men 55</b><br>1st: Dave McLoughlan                                       | <b>Masters Men 75</b><br>1st: Paul Taylor                                               | <b>Masters Men 80+</b><br>1st: Fred Burke                                            | <b>Walkers Women</b><br>1st: Hannah Brown                                     |
| <b>Walkers Men</b><br>1st: Jim Dunn<br>2nd: Don Hitchings<br>3rd: Stephen Brown     |                                                                                         |                                                                                      |                                                                               |



## 2. Upcoming Events

### SATURDAY 1<sup>ST</sup> AUGUST – CLUB ROAD RUN

The first road run of the season is this Saturday. Please take note of the maps and distances. Register in clubrooms from 2pm, race at 2.30pm.



| Club Road Race Age Categories and Distances                                                         |                                        |                                                                         |            |
|-----------------------------------------------------------------------------------------------------|----------------------------------------|-------------------------------------------------------------------------|------------|
| U7                                                                                                  | Age 6 on<br>31 <sup>st</sup> Dec 2026  | 1km course                                                              | BLUE BIB   |
| U8                                                                                                  | Age 7 on<br>31 <sup>st</sup> Dec 2026  | 2km course                                                              | PINK BIB   |
| U10                                                                                                 | Age 9 on<br>31 <sup>st</sup> Dec 2026  |                                                                         | RED BIB    |
| U12                                                                                                 | Age 11 on<br>31 <sup>st</sup> Dec 2026 |                                                                         | YELLOW BIB |
| U14                                                                                                 | Age 13 on<br>31 <sup>st</sup> Dec 2026 | 4km (2 x 2km course)                                                    | ORANGE BIB |
| U16                                                                                                 | Age 15 on<br>31 <sup>st</sup> Dec 2026 | 4km (2 x 2km course)                                                    |            |
| U18 Women*                                                                                          | Age 17 on<br>31 <sup>st</sup> Dec 2026 | 5km (1km course, then 2 x 2km course)<br><u>OR</u> 6km (3 x 2km course) |            |
| U18 Men                                                                                             |                                        | 6km (3 x 2km course)                                                    |            |
| U20 Women*                                                                                          | Age 18 on<br>31 <sup>st</sup> Dec 2026 | 5km (1km course, then 2 x 2km course)<br><u>OR</u> 6km (3 x 2km course) |            |
| U20 Men                                                                                             |                                        | 6km (3 x 2km course)                                                    |            |
| Walkers                                                                                             | 6km (3 x 2km course)                   |                                                                         |            |
| Masters Men 70+                                                                                     |                                        |                                                                         |            |
| Senior Women                                                                                        | 8km (4 x 2km course)                   |                                                                         |            |
| Masters Women                                                                                       |                                        |                                                                         |            |
| Masters Men 60-69                                                                                   |                                        |                                                                         |            |
| Senior Men                                                                                          | 10km (5 x 2km course)                  |                                                                         |            |
| Masters Men 35-59                                                                                   |                                        |                                                                         |            |
| *U18 and U20 Women can choose either 5km or 6km on club days.<br>For club champs they will run 6km. |                                        |                                                                         |            |

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## SATURDAY 1<sup>ST</sup> AUGUST – NZ CROSS COUNTRY CHAMPS AND TEAMS CHAMPS - CHRISTCHURCH

Good luck to our athletes taking part. The U18, U20 and Senior individuals races will be livestreamed on the Athletics New Zealand YouTube channel -> [here](#). Link to event page -> [here](#).

## TUESDAY 4<sup>TH</sup> AUGUST – COLLEGE SPORT AUCKLAND ROAD RACE CHAMPS

Good luck to our college athletes taking part.

## SATURDAY 8<sup>TH</sup> AUGUST – ACA PAIRS RACE - CORNWALL PARK

ACA Pairs Race at the Cornwall Park Cricket Ground, entry Greenlane West opposite Showgrounds entrance.

Teams will be organised by the committee, who will also submit and pay for all entries.

Please email us Athlete Name and Grade to register by this **Sunday 2<sup>nd</sup> August** -> [pakxcr@gmail.com](mailto:pakxcr@gmail.com)

We will pair younger runners with older runners so that the young ones don't need to run a long distance. Pairs of runners will run in opposite directions around the course until they meet each other, hand over the baton, and then turn around and run back the same way they came, before finishing together/passing the baton to the next pair. Shoes are recommended for all runners as the course is over farmland.

**Event 1:** 2:00pm ALL SENIOR GRADES FOR WOMEN & MEN (Combined U18/U20, Masters & Seniors) – each team comprises one pair of runners

**Event 2:** 2:30pm JUNIOR GIRLS (U8 – U16) - each team comprises two pairs of runners

**Event 3:** 3:10pm JUNIOR BOYS (U8 – U16) - each team comprises two pairs of runners

## 3. Thank you

A special thank you to Tania, who has organised and led some fantastic recent events at the club. These fun additions to our season calendar have been enjoyed particularly by younger members and would not be possible without the support of volunteers. We thank everyone who has supported Tania, and we especially acknowledge her experience, enthusiasm, and commitment in bringing these events to life.

## 4. Cross Country News – School, College and Beyond

Congratulations to **Lucas Kudrow** who placed **1st** in the Owairoa Primary School Year 4 Boys cross country race.

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

## 5. Seniors (U18+) News

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

**CLUB POINTS:** The next points builder event is this Saturday's club road race.

## 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. 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 3<sup>rd</sup> 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](mailto:pakxcr@gmail.com)

## 8. 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](mailto: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](mailto:mtandtb@xtra.co.nz)



### 2026 XCR Calendar (subject to change)

| DATE                       | EVENT                                                                      | LOCATION           |
|----------------------------|----------------------------------------------------------------------------|--------------------|
| 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 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