

Cross Country and Road 2026

Newsletter 20: 5th August



1. Weekend News

A correction to the Walkers Men results in last week's newsletter in the Club Cross Country Champs - the placings were Stephen Brown 1st, Jim Dun 2nd, Don Hitchings 3rd.

CLUB ROAD RACE

The event was well attended, with 50 athletes lining up at the start on the track. We would really appreciate more mums, dads and carers volunteering to wear a hi-vis vest and help keep runners safe in the car park area. This is not something the committee can manage alone, as our numbers are limited and some committee members also compete in these events.

NZ CROSS COUNTRY CHAMPS AND TEAMS CHAMPS – CHRISTCHURCH

Caleb Wagener (U20) celebrated another victory at Nationals after an exciting finish, holding off a late-race battle that saw four runners trading surges right to the end. It was very exciting to watch unfold on the livestream!

Congratulations to the following club members who also took to the very muddy course at Hagley Park:

Rachel Penney	MW50	2nd
Dale Berrill	MW35-49	4 th
Madeleine Hamer	SW	4 th
Ryan Surynt	SM	24 th
Samuel Rickerby	U20	10 th
Olivia Stone	U16	8 th

Please advise if any club members have been missed from this list -> pakxcr@gmail.com

2. Upcoming Events

SATURDAY 8TH AUGUST – ACA PAIRS RACE - CORNWALL PARK

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

Teams will be emailed by Thursday. **Please arrive no later than 1.30pm (for Seniors), 2pm (for Junior Girls) and 2.30pm (for Junior Boys).** Look out for committee members to receive your race number and instructions. Please remember this is a team event – arrive in good time to meet your team, collect your bib and warm up. Shoes (trainers or spikes) are recommended for all runners as the course is over farmland.

Contact for the day is Liam O'Meara 022 089 0517.

We have paired younger runners with older runners so that the young ones don't need to run as long a distance. Pairs of runners will run in opposite directions around the 3km course until they meet each other (at around the 1.5km mark if running at a similar speed), hand over the baton, and then turn around and run back the same way they came, before finishing together and passing the baton to the next pair.

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

SATURDAY 8TH AUGUST – SCHOOL COURSE CROSS COUNTRY

An addition to the calendar. With the HPPA School Cross Country event happening on 11th August, we are setting up the course to offer children a chance to try it out. This event is open to all ages, members and non-members.

Please note this will replace the usual club road run.



SATURDAY 15TH AUGUST – ‘ADD A KM’ ROAD RUN

An addition to the calendar. Run laps of the 1km road race course used by our youngest runners. Runners are encouraged to run an extra km further than their usual distance.

SUNDAY 16TH AUGUST – GRAND PRIX 5: AUCKLAND ROAD RACE CHAMPS (SNR LEAGUE RACE 7) - BRUCE PULMAN

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.

For event programme and entry -> [click here](#). Entries close 11.59pm Wednesday 12th August.

SATURDAY 22ND AUGUST – MOIRE PARK TRAIL RELAYS

More information to follow. The committee will put teams together and submit registrations. Please email us if you're interested in entering -> pakxcr@gmail.com

3. Cross Country News – School, College and Beyond

COLLEGE SPORT AUCKLAND ROAD RACE CHAMPS – TUESDAY 4TH AUGUST

Congratulations to all our college athletes on their fantastic results in large fields, including four podium finishes. Full results [here](#).

Junior Boys (88 runners):

Will Parkinson (Sacred Heart) 3rd, Leo Green (Glendowie) 6th,
Elijah Lee (St Kentigern) 54th

Junior Girls (82 runners):

Olivia Stone (Botany Downs) 3rd

Intermediate Girls (56 runners):

Rachel Wagener (St Cuthbert's) 2nd, Olivia McLean (Baradene) 4th,
Leah Marais (Pakuranga) 16th, Madeleine Du Toit (St Kentigern) 18th,
Anabelle Warner (Botany Downs) 37th

Intermediate Boys (95 runners):

William Moulder (St Peter's) 3rd, Kade McLoughlan (Botany Downs) 12th,
Tobias Crowhurst (Macleans) 13th, Toby Barlow (Glendowie) 51st,
Alistair Clapperton (Botany Downs) 68th

Senior Boys (53 runners):

Samuel Rickerby (King's) 3rd, Jackson Pinique (St Peter's) 9th

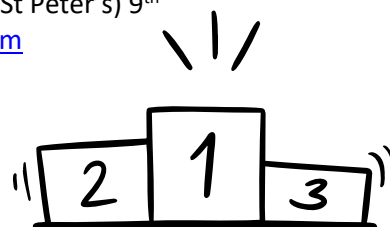
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Congratulations to the following members in their school cross country races:

Ryalie Spurdle placed 1st in the Elim School year 5 race.

Theresa Yeung placed 1st in the Point View School year 6 race.

Tia Yeung placed 2nd in the Point View School year 5 race.



4. 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 ACA Pairs race or the school course at the club or the road course of your choice.

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@extra.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@extra.co.nz



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
Saturday 8 August	ACA Pairs Race (Jnr League Race 5)	Cornwall Park
Saturday 8 August	Club School Course XC	PAC
Saturday 15 August	Club 'add a km' Road Run	PAC
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 5 September	Club Road Event	PAC
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