

Cross Country and Road 2026

Newsletter 21: 12th August



1. Weekend News

ACA PAIRS RACE

Thank you to Liam for organising and managing the teams. Twenty Pakuranga singlets took on the hills of Cornwall Park, tackling the 3km course with determination and plenty of smiles. While we didn't claim the top spots this time, our athletes did the club proud as they raced against some much older competitors.

Our top placing came from one of our girls' teams — Mila Hennison, Riley McKay, Sienna Marnewick and Anya O'Meara — who finished 4th.

Well done to all our athletes for taking on the tough cross country course and representing Pakuranga so proudly!

SCHOOL COURSE CROSS COUNTRY

A fantastic turnout of 135 athletes took the opportunity to trial the HPPA Cross Country Schools course ahead of Tuesday's event. The session was open to all ages, as well as both members and non-members. A BIG collective thank you goes to the members of the management, track and field, and cross country committees who helped ensure the event ran smoothly: Tania, Errol, Richard T, Jeff, Dave, Amy, Henry, James, Leo, Paul B, Maddy, Terry, and Claire. And thank you to those who helped with marshalling, much appreciated.

2. Upcoming Events

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, maps and entry -> [click here](#). Entries close TONIGHT 11.59pm Wednesday 12th August.

SATURDAY 22ND AUGUST – MOIRE PARK TRAIL RELAYS (JNR LEAGUE RACE 6)

The committee will put junior relay teams together and submit registrations. Please email us if you'd like to take part by **Monday 17th August** -> pakxcr@gmail.com

Note that the seniors is a straight 'mass' run this year rather than relay. Entry on the day by paying \$5 each at the registration table.



3. Cross Country News – School, College and Beyond

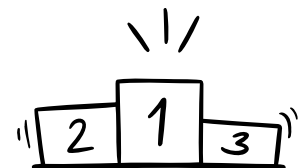
Congratulations to the following members in their school cross country races:

Amelia Davies placed 1st in the Star of the Sea School year 6 race.

Jensen O'Meara placed 2nd in the Star of the Sea School year 6 race.

A clean sweep of podium places for the year 4 girls from Star of the Sea School with **Anya O'Meara** placing 1st, **Tilly Koloamatangi** 2nd, and **Olivia Davies** 3rd.

Henry Drummond placed 1st in the Howick Primary School year 4 race.



Some strong results and large competition fields in the **HPPA Schools Cross Country** on Tuesday at Lloyd Elmore. We are still waiting for the morning race results and will add these into next week's newsletter. Congratulations to the following afternoon race runners:

Year 6 Girls race	Emily Biggelaar (Cockle Bay) 2nd Theresa Yeung (Point View) 3rd Amelia Davies (Star of the Sea) 5 th
Year 6 Boys race	Max Penman (Wakaaranga) 5 th Jensen O'Meara (Star of the Sea) 6 th
Year 5 Girls race	Tia Yeung (Point View) 6 th Loretta Richards (Wakaaranga) 10 th
Year 5 Boys race	Vito Feng (Botany Downs) 1st Theo Mackie (Shelly Park) 32 nd
Year 4 Girls race	Anya O'Meara (Star of the Sea) 1st Tillie Koloamatangi (Star of the Sea) 2nd Olivia Davies (Star of the Sea) 13 th
Year 4 Boys race	Logan Biggelaar (Cockle Bay) 3rd

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

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 'Add a km' race at the club or the road course of your choice.

Please email Richard Thomson if you have any queries regarding the points system -> thomosam@xtra.co.nz

Age Group leaders at this point as follows:

MW 50 - 64	Rachel Penney	MM 65+	Fred Burke
MW 35 - 49	Hannah Brown	MM 50 - 64	Dave McLoughlan
SW	Madeleine Hamer	MM 35 - 49	Jake Hendrickx
WU20	Imogen Barlow	SM	James Trathen
		MU18 and MU20	Kade McLoughlan

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. Run Jump Throw Workshops

In preparation for the Track & Field season, which is only 7 weeks away, Athletics New Zealand in conjunction with Athletics Auckland will be hosting 3 workshops for the Run Jump Throw and Get Set Go programmes.

Sunday 13 September - Papakura Athletics Club, Massey Park, Papakura

Sunday 20 September - AUT Millenium, North Shore

Sunday 27 September - Olympic Park, New Lynn

For more information and to register -> [here](#).

2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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 (Jnr League Race 6)	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