

Cross Country and Road 2026

Newsletter 22: 19th August



1. Weekend News

CLUB ROAD RUN

The 'Add a km' road event was fun, with 32 young runners taking part. It was fantastic to see so many of our little athletes rise to the challenge and add an extra kilometre to their usual distance. Determined faces, big smiles and plenty of red cheeks were on display throughout the event. Parents also enjoyed being able to watch their children along the whole route, cheering them on and giving high-fives as they completed each loop.

GRAND PRIX 5 – AUCKLAND ROAD CHAMPS (SNR LEAGUE RACE 7)

Congratulations to the 41 club members who headed down to Takanini for the GP5/Auckland Road Champs.

Full results are available here -> <https://my.raceresult.com/408951/> A special shout-out to our top 10 finishers:

U8 Girls 1 st - Haydee Kaitao 3 rd - Julie Blake 9 th - Ella Hu	U8 Boys 1 st - Millen Shaw	U10 Girls 2 nd - Anya O'Meara	U10 Boys 1 st - Logan Biggelaar 6 th - Carter Flowers
U12 Girls 1 st - Riley McKay 8 th - Emily Biggelaar	U12 Boys 1 st - Vito Feng 4 th - Kayno Kaitao	U14 Girls 3 rd - Ilona Richards 10 th - Mila Henson	U14 Boys 8 th - Matthew Horwood 9 th - Fletcher O'Brien
U16 Girls 3 rd - Olivia McLean 5 th - Olivia Stone	U16 Boys 3 rd - Leo Green	U20 Men 1 st - Samuel Rickerby 3 rd - Noah Crowhurst	Senior Men 2 nd - Ryan Surynt 5 th - Dion Wallwork 8 th - James Trathen 10 th - Ben Watkins
Men 35 1 st - Jake Hendrickx	Men 40 1 st - Clinton Loveday	Men 45 4 th - Paul Crowhurst	Women 50 1 st - Rachel Penney
Men 55 5 th - Richard Wagener	Men 65 4 th - Ian Wright	Men 70 3 rd - Richard Thomson	

2. Upcoming Events

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

Venue: Moire Park, 53 Granville Dr, Massey. Junior teams will be emailed with their team details by Thursday.

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

SATURDAY 22ND AUGUST – CLUB ROAD RUN

Register in the clubrooms from 2pm, race starts on the track at 2.30pm. Juniors will be using the 1km loop only.

Seniors can choose laps of the 1km or 2km road courses - please note that the 2km route will not be coned or marshalled.



Please keep off the grass on the inside of the track. This area, including the shot-put sand, may be in use by other athletes with throwing implements. We also share the track with other athletes, so once members have finished their race, please return to the clubrooms via the grass on the outside of the track. Thank you.

SATURDAY 22ND AUGUST – CLUB ROAD RUN

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

SATURDAY 29TH AUGUST – NZ 10KM ROAD CHAMPS

Lake Rotomanu, New Plymouth. For more information -> click [here](#). Late entries close 11.59pm 21st August.

SATURDAY 5TH SEPTEMBER – TE HĀORA | THE HOUR RACE (U18+) (SNR LEAGUE RACE 8)

2 - 3pm - Lovelock Track, 744 Sandringham Road, Wesley, Auckland 1041

This is an U18 and older event involving teams of three or four taking turns to complete as many 1.1km laps as possible within an hour. The lap starts and finishes on the track and involves running on a sealed footpath.

The club will register and pay for the team entries. Please email us your interest by **31st August** -> pakxcr@gmail.com For more information -> <https://athleticsauckland.co.nz/competition/events/>

3. Cross Country News – School, College and Beyond

Congratulations to **Ryalie Spurdle** who placed **1st** in the Elim School year 5 girls' race.

The morning session results from the **HPPA Schools Cross Country** races last week produced some strong results in large competition fields. Congratulations to the following members:

Year 6 Girls **Tūi Hutchinson 1st (Pakuranga Heights)**

Year 5 Girls Ryalie Spurdle 5th (Elim)

Year 5 Boys **Kayno Kaitao 1st (Macleans Primary)**

Year 4 Boys Henry Drummond 18th (Howick Primary)

Results in from the **AAIMS South East Zone Cross Country**, congratulations to:

Year 8 Girls **Ilona Richards 1st (Farm Cove Intermediate)**

Year 8 Boys **Matthew Horwood 3rd (St Kents)**

Andrew Horwood 22nd (St Kents)

Year 7 Girls **Sienna Marnewick 1st (BBI)**

4. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga remain in 5th place overall after Round 7. The next points builder event is Te Hāora – The Hour Race, on Saturday 5th September.

CLUB POINTS: The next points builder event is this Saturday's Moire Park Trail run or club run.

5. Trophy Return

If you received a trophy at the 2025 Cross Country and Road prizegiving, please return by **Saturday 5th September** so we can start preparing for the 2026 end of season prizegiving. Trophies can be dropped off at the club during Saturday afternoon runs. Thank you.



6. 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



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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