

Cross Country and Road 2026

Newsletter 24: 2nd September



1. Weekend News

CLUB ROAD RUN

A hardy group of 12 runners braved the Saturday rain at the club, proving that a bit of bad weather is no match for club spirit. Well done! Thank you to Errol, James and Paul Bruce for their help in setting up, and to the extra helpers who supported.



2. Upcoming Events

SATURDAY 5TH SEPTEMBER – CLUB ROAD RUN

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

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

SUNDAY 13TH SEPTEMBER **TBC** – AUCKLAND ROAD RELAY CHAMPS (SNR LEAGUE RACE 9) FOLLOWED BY AUCKLAND ATHLETICS JUNIOR PRIZEGIVING

Venue: Mt Smart. For more event information -> <https://athleticsauckland.co.nz/competition/events/>

The committee will put teams together and submit registrations. Please email us by this **Sunday 6th September** if you'd like to enter -> pakxcr@gmail.com

Race 1 @ 1pm (U18/U20 Men, Senior Men, Masters Men 35, Masters Men 50)

Race 2 @ 1.15pm (U18/U20 Women, Senior Women, Masters Men 60+, Masters Women, Composite, Walks)

Race 3 @ 2.30pm (U16 Boys and Girls)

Junior Prizegiving (U8 to U16 grades) will start at approximately 3.30pm.

SUNDAY 20TH SEPTEMBER – AUCKLAND 5KM ROAD CHAMPS FOLLOWED BY AUCKLAND ATHLETICS SENIOR PRIZEGIVING

Venue: Mt Smart. More information to follow.

SATURDAY 26TH SEPTEMBER – CLUB ROAD CHAMPS

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

3. Cross Country News – School, College and Beyond

Some great results from the NZ 10km Road Champs in New Plymouth on Saturday - Clinton Loveday 1st MM40 33:30; Samuel Rickerby 2nd MU20 32:59; Madeleine Hamer 4th SW 36:50

Congratulations to the following athletes:

Ilona Richards placed 3rd in the Auckland Interzone for Year 8 Girls.

Hadley Shaw placed 1st in the Year 5 Boys race at the Cornwall Park District School cross country, while his younger brother, **Millen**, also claimed 1st place in the Year 2 Boys event.

Mila Henison placed 2nd in the Eastern Zone cross country for Year 8 Girls.

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 7. The next points builder event is Te Hāora – The Hour Race, this Saturday 5th September.

CLUB POINTS: The next points builder event is this Saturday's Hour Race or Club Run.

5. Trophy Return

If you received a trophy at the 2025 Cross Country and Road prizegiving, please return by this **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
3 – 4 September	NZ Secondary Schools Road Relay Festival	Hamilton
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
Sunday 13 September *TBC*	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sunday 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

Nationals