

Cross Country and Road 2026

Newsletter 25: 9th September



1. Weekend News

CLUB ROAD RUN

The 'Tiger Stripes' Road event was enjoyed on a stunner of day, with a bunch of juniors taking part and a handful of seniors. Always fantastic to see runners give it their Saturday best. A special mention to young Logan who completed six laps of the 1km course, and to Millen who despite a nasty fall and scrape to the knee, continued for another two laps.

We admire your determination and spirit.

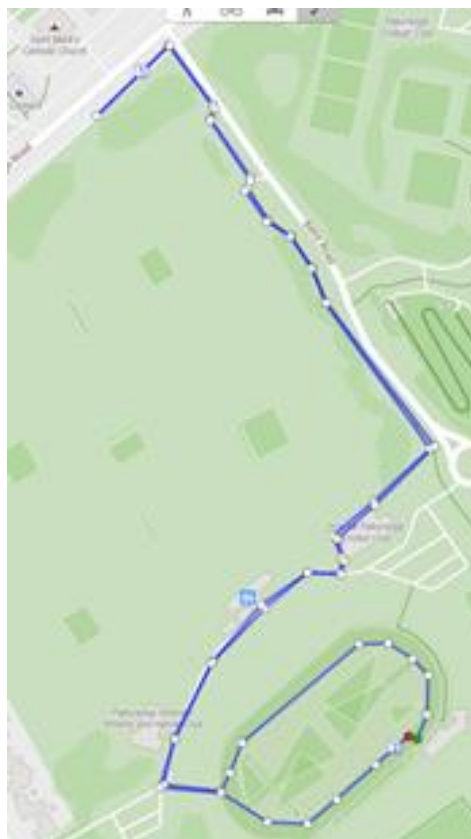
2. Upcoming Events

SATURDAY 12TH SEPTEMBER – CLUB ROAD RUN **NEW COURSE**

Register in the clubrooms from 2pm, collect your bib (U7-U14), race starts on the track at 2.30pm. We are trying a new 2km road course this week — please see the map for details. This is a there-and-back course, starting and finishing at the track finish line. Several marshals will be positioned along the route to make sure everyone knows where to go. Please note the 1km course will remain the same.

U7	Age 6 on 31 st Dec 2026	1km course	BLUE BIB
U8	Age 7 on 31 st Dec 2026	2km course	PINK BIB
U10	Age 9 on 31 st Dec 2026		RED BIB
U12	Age 11 on 31 st Dec 2026		YELLOW BIB
U14	Age 13 on 31 st Dec 2026	4km (2 x 2km course)	ORANGE BIB
U16	Age 15 on 31 st Dec 2026	4km (2 x 2km course)	
U18 Women*	Age 17 on 31 st Dec 2026	5km (1km course, then 2 x 2km course) <u>OR</u> 6km (3 x 2km course)	
U18 Men		6km (3 x 2km course)	
U20 Women*	Age 18 on 31 st Dec 2026	5km (1km course, then 2 x 2km course) <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.
For club champs they will run 6km*



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

Venue: Go Media Stadium (Mt Smart). Teams will be emailed by Friday. Good luck to our four junior and two senior teams. Parking is in the Athletics carpark, entry via O'Rorke Road only. Once this carpark is full patrons will need to park offsite. No other roads or car parks can be used within the stadium due to course lay out.

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 in the John Walker Lounge.

<https://athleticsauckland.co.nz/events/auckland-road-relay-champs-followed-by-junior-prizegiving-2/>

SATURDAY 19TH SEPTEMBER – CLUB ROAD EVENT

The clubrooms are going to be in use, so please meet down on the track from 2pm for a 2.30pm start.

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

Venue: Go Media Stadium (Mt Smart). Athletes will need to enter themselves – this will be available via Auckland Athletics website shortly. Age is limited to U16 and above.

SATURDAY 26TH SEPTEMBER – CLUB ROAD CHAMPS

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

SATURDAY 17TH OCTOBER – CLUB PRIZEGIVING

More information to follow.

3. Cross Country News – School, College and Beyond

AIMS GAMES CROSS COUNTRY

The famous hillside at Waipuna Park forced many competitors into a tough, lung-busting climb during the cross-country event at the 2026 Zespri AIMS Games in Tauranga on Sunday. Full results -> [link](#)

Congratulations to our members:

Year 8 Girls	Mila Henison	21 st out of 143 finishers
Year 8 Boys	Matthew Horwood	26 th out of 161 finishers
	Fletcher O'Brien	46 th
	Andrew Horwood	85 th
Year 7 Girls	Riley McKay	6 th out of 148 finishers
	Sienna Marnewick	27 th
	Arabella Green	47 th

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 the Auckland Road Relay Champs this Sunday.

CLUB POINTS: Three weekends left to earn points for this season (note only 1 event each weekend earns points) – this Saturday's Club Road run, this Sunday's Auckland Road Relay Champs, Saturday 19th Club Road run, Sunday 20th Auckland 5km Champs, and the Club Road Champs on the 26th (earning extra points for this event). 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



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
Saturday 12 September	Club Road Event	PAC
Saturday 12 September	NZ Road Mile Champs	Dunedin
Sunday 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Saturday 19 September	Club Road Event	PAC
Sunday 20 September *TBC*	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
Saturday 17 October	Club Prizegiving	PAC
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)

Athletics Auckland Events

Nationals