

Cross Country and Road 2026

Newsletter 26: 16th September



1. Weekend News

CLUB ROAD RUN

Members U8 and above enjoyed the new 2km road course, which brought a real buzz to the afternoon and added some welcome variety to the run. The course was very well marshaled, and we're grateful to everyone who helped, especially given how busy the area was with footballers and food trucks. Thank you to Kade, Tobias and Toby for giving your time and enthusiasm. A special thank you also goes to Dave, who ran with and led the juniors. We will use this new course for the remainder of the season.

AUCKLAND ROAD RELAY CHAMPS (SNR LEAGUE RACE 9) FOLLOWED BY AUCKLAND ATHLETICS JUNIOR PRIZEGIVING

Big shout out to our top podium placers and to our other teams who enjoyed the last regional relay of the season:

Pakuranga U18/U20	1 st	Sam Rickerby, Alex Bishop, Jackson Pinique, Kade McLoughlan
Pakuranga Senior Men	1 st	Dion Wallwork, James Trathen, Clinton Loveday, Alec Geddes
U16 Girls (PAC Gazelles)	8 th	Emily Biggelaar, Amelia Davies, Anya O'Meara,
U16 Girls (PAC Lionesses)	19 th	Olivia Davies, Evelyn Su, Julie Blake
U16 Boys (PAC Cheetahs)	6 th	Fletcher O'Brien, Jensen O'Meara, Kayno Kaitao
U16 Boys (PAC Antelopes)	25 th	Logan Biggelaar, Haydee Kaitao, Ella Hu

Junior Prizegiving Club Results

U8 Girls	Haydee Kaitao	1 st GP Series, 2 nd XC Champs, 1 st Road Champs
	Julie Blake	3 rd GP Series, 3 rd XC Champs, 3 rd Road Champs
U8 Boys	Millen Shaw	1 st GP Series, 1 st XC Champs, 1 st Road Champs
U10 Girls	Anya O'Meara	1 st GP Series, 2 nd XC Champs, 2 nd Road Champs
U10 Boys	Carter Flowers	3 rd GP Series, 3 rd XC Champs
	Logan Biggelaar	1 st Road Champs
U12 Girls	Riley McKay	1 st GP Series, 1 st XC Champs, 1 st Road Champs
U12 Boys	Vito Feng	1 st GP Series, 1 st XC Champs, 1 st Road Champs
	Kayno Kaitao	2 nd GP Series, 2 nd XC Champs
U14 Girls	Ilona Richards	3 rd GP Series
U16 Girls	Olivia Stone	3 rd GP Series, 2 nd XC Champs
	Olivia McLean	3 rd XC Champs
U16 Boys	Leo Green	3 rd Road Champs



TEAMS CROSS COUNTRY CHAMPIONS – Pakuranga Boys U8/U10
TURNCO SHIELD (Junior Relays Series) – Pakuranga Athletic Club 3rd

2. Upcoming Events

SATURDAY 19TH SEPTEMBER – AUCKLAND 5KM ROAD CHAMPS FOLLOWED BY AUCKLAND ATHLETICS SENIOR PRIZEGIVING

The inaugural Auckland 5km Road Champs is **this coming Saturday 19th September** at Mt Smart. The race will start at 2.30pm and will be followed by the Senior Prizegiving in the John Walker Lounge. The event is open to all club registered runners U16 and above and is the last local event for the Cross Country & Road season.

Entries close tonight Wednesday 16th September at 11:59pm. Athletes will need to enter themselves.

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

Senior prizegiving prizes will be awarded to the top 3 in the Grand Prix Series, Cross Country Champs, Road Champs, Team Champs, Road Relays, 5km Champs and Senior Winter League winners.

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. We will use the new course that was trialled last weekend. Please familiarise yourself with the map.



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.*

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

Starting at 2.30pm. More information to follow.

3. Cross Country News – School, College and Beyond

Congratulations to the following runners in the Auckland Catholic Primary Schools cross country race:

Year 4 Girls **1st Anya O'Meara, 2nd Tillie Koloamatangi**, 19th Olivia Davies

Year 6 Girls **2nd Amelia Davies**

Year 6 Boys **9th Jensen O'Meara**

They all did well running in large groups of around 75 in each race. The hills were an unpleasant feature at Monte Cecilia Park!

Congratulations to **Austin Pond** who came **2nd** in the Cockle Bay School Year 1 boys' cross country.

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 8.

CLUB POINTS: Two weekends left to earn points for this season – this Saturday's Club Road run *or* Auckland 5km Champs, and the Club Road Champs on the 26th (earning extra points for this event).

5. 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 19 September	Club Road Event	PAC
Saturday 19 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
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