

Cross Country and Road 2026

Newsletter 3: 8th April



1. Open Day

Great to see so many new faces at our Open Day on Saturday and to welcome back members. A big thank you to our older athletes who assisted with warming up and leading the younger ones. We hope you got a feel for the course and are keen to join us this Saturday for another club run. The kitchen will be fully open with Chef Liam back from holiday and serving up the best hot chips in town, snacks and soft drinks. If you couldn't join us last weekend, please come along this Saturday.

2. Welcome to the 2026 Cross Country and Road season

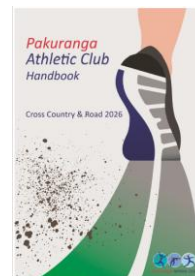
The season runs from April to September, catering for athletes aged 5 years and up, of all abilities. The season is split into two parts: cross country events from April to August, followed by road running events from August to September. **Club events** are held on Saturday afternoons at Pakuranga Athletic Club, 36/38 Cascades Rd. Participants register from 2pm, with the run beginning at 2.30pm after a warm-up. After the run, there is a spot prize draw for the juniors, and food and drinks are available for purchase in the clubrooms. The Joker Draw will also be back this season.

Please note that events are not held every Saturday, as the committee strongly supports **external events** held at other locations. These offer great opportunities to run on different terrain and compete with other clubs.

Distances range from 1km for 5 to 6-year-olds, up to 10km for senior athletes.

Runners compete within their age groups and accumulate points throughout the season for the club.

A weekly newsletter keeps members updated with news and registration information for upcoming events. For more information, please refer to the club [handbook](#).



3. The cross country course at Pakuranga

Juniors wear a colourful bib according to their age. This determines the distance and route they take.

U7	6 or under on 31 st December 2026	BLUE BIB	1km course
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U8	7 or under on 31 st December 2026	PINK BIB	2km course
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U10	9 or under on 31 st December 2026	RED BIB	2km course
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U12	11 or under on 31 st December 2026	YELLOW BIB	2km course
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U14	13 or under on 31 st December 2026	ORANGE BIB	3km (1km course, then 2km course)
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U16	15 or under on 31 st December 2026	NO BIB	4km (2 x 2km course)
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U18	17 or under on 31 st December 2026	NO BIB	Women 5km (1 km course, then 2 x 2km course) Men 6km (3 x 2km course)
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Senior division cross country distances

Walkers	4km (2 x 2km course)
Masters Women	6km (3 x 2km course)
Master Men 70+	6km (3 x 2km course)
U20 Women	6km (3 x 2km course)
Senior Women	8km (4 x 2km course)
U20 Men	8km (4 x 2km course)
Masters Men 35-69	8km (4 x 2km course)
Senior Men	10km (5 x 2km course)



4. Registration now open

Registration is now open for Juniors who have the option to register for winter cross country and road only, or for the full 12 months which includes the summer track and field. Seniors can register at any time of the year, and membership will be for 12 months. Register through our website [here](#).

Please note that there are **two free trials** before registration is required.

5. Upcoming Events

SATURDAY 11TH APRIL - CLUB CROSS COUNTRY EVENT

Sign in at the clubrooms from 2pm, race starts at **2.30pm**. You do not need to be a registered club member. This will be a time trial which will help us select teams and estimate times for the Southland Centennial Relays.

SUNDAY 12TH APRIL - AUCKLAND & CLUB HALF MARATHON CHAMPS

The Waterfront Half Marathon doubles up as our Club Half Marathon Champs (for registered club members who wear club singlet). If you have entered, please remember to email office@athleticsauckland.co.nz so they are aware of your participation when working through Athletics Auckland results at the conclusion of the event.

WEATHER WARNING: Organisers have issued a statement regarding the potential weather on Sunday. Worst case scenario the event will be postponed to the following Sunday 19th April. A decision will be made no later than Noon on Friday. Entrants should keep an eye on the situation -> <https://waterfront.werun.nz/weekend-weather-outlook-its-rough/>

SATURDAY 18TH APRIL - SOUTHLAND CENTENNIAL RELAYS

NEW VENUE: Rugby League Field, Puriri Dr, Epsom. This is on the Showgrounds side of Green Lane Rd, **not** One Tree Hill.

The first relay of the season and always a fun event for all ages of runners and walkers. We encourage parents to register their interest as well. You do not need to be a registered club member.

- ➔ New exciting course at Cornwall Park
- ➔ Electronic timing and batons
- ➔ 11 team prizes of Adidas gear
- ➔ 4 x 2km laps with up to 4 athletes per team
- ➔ Food, Coffee, Photos and Music

For the Juniors (U8 – U16), teams are made of 4 runners of different ages and abilities, and each runner runs a 2km lap. Senior teams vary depending on age grade. The committee will make up all relay teams and will submit and pay for all entries. Details [here](#).

Please email Amy on pakxcr@gmail.com by end of **Monday 13th April** if you would like to be included in a team.

SATURDAY 2ND MAY - NZ MASTERS MARATHON CHAMPS & ROTORUA MARATHON

The Red Stag Rotorua Marathon is an iconic major New Zealand event, which was first held in 1965. The headline event is the Red Stag Full Marathon, where participants complete the unique 42.2km 'lap of the lake' course around Lake Rotorua. The event caters for runners and walkers of all levels, with the Full Marathon (42.2km), NZCT Half Marathon (21km) as well as the 10km and Wai Ariki Hot Springs & Spa 5km events.

Click [here](#) for further information and to enter.

**Pakuranga Athletic Club Cross Country & Road
2026 Calendar**
subject to change

DATE	EVENT	LOCATION
Saturday 11 April	Club XC Event	PAC
Sunday 12 April	Auckland and Club Half Marathon Champs	Auckland Waterfront
Sunday 12 April	NZ Half Marathon Champs	Christchurch
Saturday 18 April	Southland Centennial Relays (Snr League Race 1 / Jnr League Race 1)	Rugby League Field, Puriri Dr, Cornwall Park, Epsom
Saturday 18 April	NZ Mountain Running Champs	Wellington
Saturday 2 May	Club XC Event	PAC
Saturday 2 May	NZ Masters Marathon Champs & Rotorua Marathon	Rotorua
Saturday 9 May	Grand Prix 1 (Snr League Race 2)	Pukekohe
Saturday 16 May	Club XC Event - Memorial Day	PAC
Saturday 16 May	Oratia Junior Relays (Jnr League Race 2)	Oratia
Saturday 23 May	Grand Prix 2 (Snr League Race 3)	PAC
Tuesday 26 May	College Sport Auckland Cross Country Champs	Barry Curtis
Saturday 30 May	Lynndale Junior Relays (Jnr League Race 3)	Lynndale
Saturday 6 June	Club XC Event	Eastern Beach
Saturday 13 June	Auckland Cross Country Teams Champs (Jnr League Race 4 / Snr League Race 4)	Barry Curtis or Ambury Park
20 – 21 June	NZ Secondary Schools Cross Country Champs and Relays Champs	Wellington
Saturday 20 June	Club Event	PAC
Saturday 27 June	Grand Prix 3 (Snr League Race 5)	Long Bay
Saturday 4 July	North Island Cross Country Champs	Taupo
Saturday 18 July	Grand Prix 4 incl. Auckland Cross Country Champs (Snr League Race 6)	Barry Curtis
Saturday 25 July	Club XC Champs	PAC
Saturday 1 August	Club Road Event	PAC
1 – 2 August	NZ Cross Country Champs AND NZ Cross Country Teams Champs	Christchurch
Tuesday 4 August	College Sport Auckland Road Race Champs	Bruce Pulman
Saturday 8 August	ACA Pairs Race (Jnr League Race 5)	Cornwall Park
Sunday 16 August	Grand Prix 5: Auckland Road Race Champs (Snr League Race 7)	Bruce Pulman
Saturday 22 August	Club Road Event	PAC
Saturday 22 August	Moire Park Trail Relays	Moire Park
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
Saturday 12 September	NZ 1 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

KEY

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relays

Nationals

Please be vigilant. Police have recently warned the clubs and groups that use Lloyd Elsmore Park of car keys being taken from bags and cars stolen.