

1. Weekend News

The incoming weather didn't deter runners from joining the time trial run last weekend. Plenty of happy faces and interest from new runners for this Saturday's first relay of the season. Bodes well for the coming season and all the fun racing and relays we have ahead.

2. Cross Country News – School, College and Beyond

Please email us with results and news so that we can celebrate the success of our members.

Impressive results from the Christchurch Marathon last weekend with members **Fionn Cullinane** 2nd overall in 2:26.31 and **Rodwyn Isaacs** 3rd overall in 2:26.54.

3. Welcome to the 2026 Cross Country and Road season

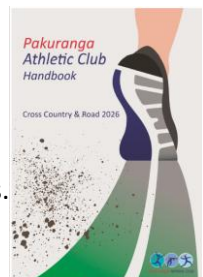
The season is well and truly underway, and we would like to remind members new and old how the season works. It runs from April to September, catering for athletes aged 5 years and up, of all abilities. The season is split into two parts: cross country events from April to August, followed by road running 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](#).



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. 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) and 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

6. Upcoming Events

SATURDAY 18TH APRIL - SOUTHLAND CENTENNIAL RELAYS

NEW VENUE: Rugby League Field, Puriri Dr, Epsom. This is on the Showgrounds side of Green Lane West, **not** One Tree Hill. Teams and information will be sent out to all participants.

- U18's and older race at 1pm, please meet no later than **12.30pm**
- U16's and below race at 2.30pm, please meet no later than **1.45pm**

SUNDAY 19TH APRIL - AUCKLAND & CLUB HALF MARATHON CHAMPS

The postponed Waterfront Half Marathon doubles up as our Club Half Marathon Champs (for registered club members who wear the club singlet with plain dark blue or black shorts or leggings. Shorts or leggings with subtle manufacturer logos can be worn, but please no sports club or school branding as these are not permitted). 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.

SATURDAY 25TH APRIL - ROTARY WALKWAY FUN RUN

Join us for a Fun Run. Meet at 2:15pm for a 2:30pm start at Snakes & Ladders Park. Choose 1, 2 or 3km turnaround points. Bring a \$2 coin for lolly bags & choc bars to replenish your spent energy!

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.

SATURDAY 2ND MAY - CLUB XC EVENT – RUN A MARATHON

Ever wanted to run a marathon? How about actually win one?? Well this is your big day!

Come and join us at the club to run a team marathon - 42.2 1km laps around the top field. Fastest team to complete their 42 laps is the winner. EVERYONE is welcome as every 1km lap is important. We'd love to see juniors, youth, seniors, masters and walkers all taking part. Prospective members and parents are also very welcome to join in. Please check in at the clubrooms by 2pm to give us time to make up the teams. Warm-up from 2.20pm. Marathon hooter goes at 2.30pm. See you then!

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

DATE	EVENT	LOCATION
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
Sunday 19 April	Auckland and Club Half Marathon Champs	Auckland Waterfront
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 OR Sun 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sat 19 OR 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.