

Cross Country and Road 2026

Newsletter 7: 6th May



1. Weekend News

Not one, not two but THREE marathons were run at the club on Saturday - amazing work and lots of fun! Some mega efforts, particularly from the little ones who ran double and some triple distances of what they would normally run in their age category! We loved seeing the team collective enthusiasm! Special congratulations to Team Radcliffe (yellow) who were the first to complete their 42.2km loops of the upper field, followed by Team Kipchoge (red), with Team Sawe (blue) not far behind.

A victorious weekend for some of our Seniors at the Rotorua Marathon. Big congratulations to:

Clinton Loveday	1 st MM40 and 5 th overall with a debut 2:36:20
Dion Wallwork	1 st M18-24 and 23 rd overall in 2:53:17
Paul Taylor	3 rd M75-79 in 6:33:48 in the NZ Masters Marathon Champs



In other weekend news:

Richard Thomson	1 st M70 in 1:17:00 in the Pursuit In Paradise Aitutaki 10km
Caleb Wagener	Set a new course record of 14:52 at the Orakei Bay 5km Parkrun

2. Club Registration Reminder

A reminder to those who have not yet registered that online registration for the 2026/27 season is done through the club website.

Runners must be a registered club member if they want to participate in a club-based event, Athletics Auckland event or National Championship.

Children and Youth have the option to join the winter cross country and road season only or take up an Annual Membership which also includes the track & field season. Seniors can register at any time of the year and membership is for 12 months.

Please note that non-members may enjoy **two free** trials prior to registering.



Membership Fees for 2026/27 Season	
Children	<ul style="list-style-type: none">• 2-4 years annual membership (XCR + T&F): \$120• 2-4 years winter membership (XCR): \$105• 7-14 years annual membership (XCR + T&F): \$220• 7-14 years winter membership (XCR): \$185
Youth	<ul style="list-style-type: none">• 15-19 years annual membership (XCR + T&F): \$220• 15-19 years winter membership (XCR): \$200
Competitive Seniors	<ul style="list-style-type: none">• 20-59 years annual membership: \$210• Masters (60 years +) annual membership: \$195
Non-Competitive Seniors	<ul style="list-style-type: none">• Senior 'club only' annual membership: \$185• Joggers and Walkers/social/non-competing member: \$75

3. Useful Information Sources

CLUB WEBSITE -> [here](#)

CROSS COUNTRY & ROAD HANDBOOK -> [here](#)

WEEKLY NEWSLETTER -> [here](#). Sent every Wednesday evening.

FACEBOOK -> regularly updated with event posts, photos and news. Please [follow](#) us.

ATHLETICS AUCKLAND WEBSITE -> [here](#)

4. Cross Country News – School, College and Beyond

Congratulations to the following athletes in their recent college cross country races:

Rachel Wagener	1 st Intermediate Girl and 1 st overall, St Cuthbert's
Fletcher O'Brien	1 st Year 8 Boys, Sacred Heart

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

5. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga are in 1st place after Race 1 of the Senior Winter League. A strong start - keep it going team PAC! Remember, the more runners from a club, the more points scored. Next up is Race 2 this Saturday 9th May with the GP1 at Pukekohe, followed by GP2 at Pakuranga on 23rd May.

CLUB POINTS: Accumulation of points is underway for the end-of-season awards. The next club points building event is this Saturday 9th May GP1 at Pukekohe, followed by the club Memorial Day on 16th May.

Seniors use the 2km yellow course – see map. The club cross country distances for the Seniors division are:

Walkers	4km
Masters Men 70+	6km
U20 Women	6km
Senior Women	8km
U20 Men	8km
Masters Men 35-69	8km
Senior Men	10km

Please note that these distances are **optional** except for the Club Champs on 25th July. We encourage participation at a level runners feel comfortable with.

6. Club Cross Country Course



7. 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



8. Call For Volunteers

Gazebo

We are looking for volunteers to take the club gazebo to the Grand Prix events this season. The gazebo helps members stay dry and have somewhere to meet. The committee needs your assistance transporting it to and from the events, preferably a Senior/Masters runner to take to the event and a Junior parent to return to the clubrooms. The gazebo has a 3x3m frame plus a black box for the cover and sides. Please email us if you're able to help pakxcr@gmail.com

Grand Prix 2 event

Pakuranga Athletic Club is hosting the Athletics Auckland Cross Country GP2 event on Saturday 23rd May and we're looking for help. These events run because of volunteers, so please, even if you could spare an hour, it would very much appreciated. Duties are:

Marshaling

12.45 - 2.00pm
2.00 - 3.25pm

Finish Chute

12.45 - 2.00pm - Chute Marshals, Callers, Starters Assist, Lap Person
2.00 - 3.25pm - Chute Marshals, Callers, Starters Assist, Lap Person
12.45 - 3.25pm - Recorder

Kitchen

This event is usually busy with hundreds of runners arriving from clubs all over Auckland. It gets super busy when feeding hundreds of hungry athletes. We would love at least 2 extra sets of hands to help run the kitchen and BBQ. Ideal for college students needing service hours.

Please email pakxcr@gmail.com if you can spare us some time on the day.



Kitchen



Due to the club kitchen team having various commitments throughout the season that will take them away from the club, we will not always be able to have the full menu offerings every week. It would be great to get a regular adult volunteer (or two) trained up in the kitchen to support club days, especially for those days where the U7 athletes are too young to enter the outside events - we would love to be able to host more club days for them!

So, if hanging out in a nice warm kitchen during cold wet winter running sounds like your cup of tea, then please come and say hello to Liam in the kitchen.

9. Upcoming Events

SATURDAY 9TH MAY - GRAND PRIX 1 (SNR LEAGUE RACE 2) - PUKEKOHE

Register [here](#) to enter the 2026 Grand Prix Series (five races around Auckland region) for a discounted fee. **Athletes must be registered with the club for the current 2026-2027 season to enter the Series.** Alternatively, you can enter each GP race separately. Entries for GP1 are open and will close **TONIGHT 11.59pm Wednesday 6th May**. To register for GP1, please click [here](#).

PLEASE NOTE: THERE IS NO CLUB RUN THIS SATURDAY.

SATURDAY 16TH MAY - CLUB CROSS COUNTRY EVENT – MEMORIAL DAY

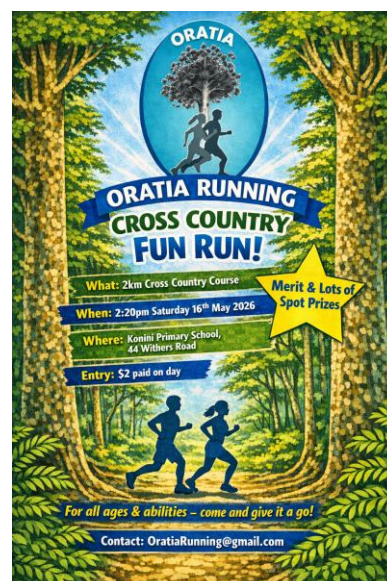
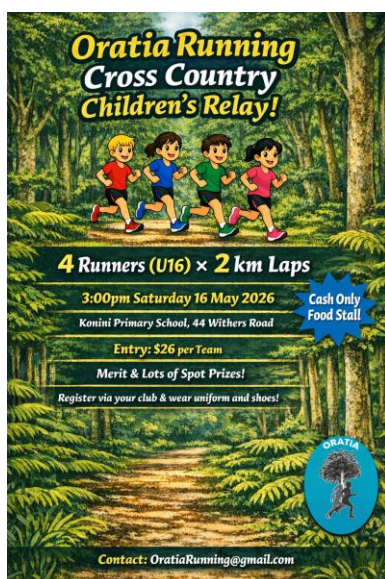


Junior members not at the Oratia Relay may join in the run and complete a distance of their choice. Please bear in mind that we will be short of committee members and volunteers as they will be at the relay.

SATURDAY 16TH MAY - ORATIA JUNIOR RELAY (JNR LEAGUE RACE 2)

The Oratia Junior Relay (for Grades U8 to U16) is at 3pm at Konini Primary School, 44 Withers Road, Glen Eden. The committee will make up teams and will submit and pay for all entries. Please email pakxcr@gmail.com by next **Monday 11th May** to let us know you would like to be included in a team. An email will be sent to confirm teams a few days prior. **We encourage all juniors to take part.**

For parents and younger runners, there is also a Fun Run at 2.20pm. Just turn up and give it a go. \$2 entry fee. Please note this distance is 2km, so please only join in the Fun Run if your child is comfortable running 2km on a hilly course. Shoes need to be worn.



SATURDAY 23RD MAY – GRAND PRIX 2 (SNR LEAGUE RACE 3) - PAKURANGA

More information in next week's newsletter.

10. Hoodies and Uniform

Have you got your soft and warm Pakuranga hoodie to keep you snug this winter?! We have samples to try on for size in the clubhouse. T-Shirts, Track jackets and Track pants are also available. These items are optional and can be personalised.

Please note: The club singlet and black/dark blue shorts or leggings should be worn at all club and outside events. Children's, ladies and men's singlets are available to purchase from the clubhouse.

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

DATE	EVENT	LOCATION
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 Relay (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	PAC
Wednesday 27 May	Club AGM	PAC
Saturday 30 May	Lynndale Junior Relay (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 Relay	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

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relay

Nationals