

Cross Country and Road 2026

Newsletter 9: 20th May



1. Weekend News

MEMORIAL DAY: In remembrance of members no longer with us, a small crew took to the cross country course with others gathering in the clubhouse. Hoping to be closest to their estimated times, **Hannah Brown** won the women's Brenda Ames Cup with just over 3 minutes off her estimate, and **Fred Burke** won the men's cup with a mere 17 seconds off his! Thank you to Tania for giving a memorial speech.

ORATIA JUNIOR RELAY: We had six teams compete on the challenging and fun course. Thankfully the sun was out keeping the mud at bay and smiles all around for athletes and spectators alike. Although we didn't come away with any medals, all teams made the club proud with many of our runners up against much older junior athletes. Special thanks to Fletcher O'Brien who filled in to run a leg for a second team. The next relay event is at the end of the month at Lynndale, at which it would be great to get as many juniors as possible to cheer on.

2. Cross Country News – School, College and Beyond

No news this week. Please email us with results and news so that we can celebrate the success of our members.

3. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga are in 2nd place after Race 2 of the Senior Winter League. Remember, the more runners from a club, the more points scored. Next up is Grand Prix 2 (Senior League Race 3) at Pakuranga this Saturday 23rd May.

CLUB POINTS: Accumulation of points for the end-of-season awards. The next club points building event is this Saturday's GP2.

Seniors use the 2km yellow course. Distances 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.

4. Hoodies and Uniform

Have you got your snug Pakuranga hoodie to keep you warm 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.

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



6. Call For Volunteers

Thank you to Eamonn O'Brien for offering to assist in transporting the club gazebo to Grand Prix events. This is much appreciated by the committee and will be by everyone if the rain clouds appear overhead 😊



Kitchen help needed

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.

7. Club Cross Country Course



8. Upcoming Events

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

Pakuranga Athletics Club is hosting the second of the Grand Prix Race Series. **This is an Athletics Auckland event and requires registering. If you have entered the full Grand Prix Series you do not need to enter each race individually and therefore no further action is required.**

To enter the Grand Prix 2 individual event, please click [here](#). Entries close 11.59pm TONIGHT Wednesday 20th May. Please note: Registrations for the U7 Fun Run are done on the day.

This event is an important fundraiser for the club. The more members we have competing, the more funding we receive from Auckland Athletics, so please support this event. Home turf, weather is looking fine, let's get out there! Please arrive with sufficient time to park, collect your bib number, and warm up. Ensure correct club uniform is worn – club singlet with either black or navy shorts. The club cross country course will be used – see map.

We welcome runners from all over Auckland and need some extra help to ensure the event runs smoothly. Thank you to those who have already put their hand up - we will be in touch with details. Duties are:

Marshaling

12.45 - 2.00pm
2.00 - 3.25pm



Finish Chute

12.45 - 2.00pm - Chute Marshals, Callers, Starters Assistant
2.00 - 3.25pm - Chute Marshals, Callers, Starters Assistant
12.45 - 3.25pm - Recorders

Race 1:	Senior Men, Masters Men Men U18, Men U20	1.00pm	8km 6km
Race 2:	Senior Women Masters Women, Women U18, Women U20	1.40pm	8km 6km
Race 3:	Fun Run (Boys U7 & Girls U7) Fun Run (all ages)	2.10pm	1km 2km or 4km
Race 4:	Boys U8, Girls U8	2.30pm	2km
Race 5:	Boys U10, Girls U10	2.35pm	2km
Race 6:	Boys U12, Girls U12	2.40pm	2km
Race 7:	Boys U14, Girls U14, Men U16, Women U16	2.45pm	4km

Kitchen

It gets super busy 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.

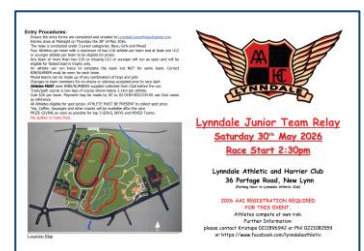
Please email pakxcr@gmail.com if you can spare us some time on the day.

SATURDAY 30TH MAY – LYNNDALE JUNIOR RELAY

There will be no club-based run for juniors as we encourage juniors to take part in the Lynndale Relay. The race starts at 2.30pm at Lynndale Athletic & Harrier Club, 36 Portage Road, New Lynn. Open to all members U8 to U16.

The XCR Committee will register athletes and pay the entry fees.

If you would like to be included in a team, please email us at pakxcr@gmail.com by Monday 25th May.



SATURDAY 4TH JULY – NORTH ISLAND CROSS COUNTRY CHAMPS

The North Island Cross Country Championships will be held in Taupo again this year, on the beautiful course at Spa Thermal Park. It really is one of the best cross country courses in the country and a great reason for a weekend away during the school holidays.

Event information and programme can be found [here](#).

The Club will make a club team entry and pay entry fees. Entry is for all club members, fully registered or club only. If you wish to enter or have any queries, please email pakxcr@gmail.com by **Sunday 28th June** with FIRST and LAST NAMES and AGE GROUP.



9. Club Registration Reminder – 26/27 Season

Runners must be a registered club member if they want to participate in a club-based event, Athletics Auckland event or National Championship. Online registration at <https://pakurangaathletics.co.nz/>

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.

Non-members may enjoy **two free** trials prior to registering.

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

DATE	EVENT	LOCATION
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)	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