

# *Pakuranga Athletic Club Handbook*

Cross Country & Road 2026



*Pakuranga Athletic Club*

# 2026 Committee and Contacts



The 2026 committee are very low on numbers. Our committee volunteers and their children take part in the same club and outside events that your child/children also run in. Without more volunteers, we will sadly not be able to run all the Saturday club events this year. Please come and get involved in your club. No experience is required; we just need more hands on deck to run events.

For more information, please email us on [pakxcr@gmail.com](mailto:pakxcr@gmail.com) or speak to one of us.



**Paul Crowhurst**  
Chair & Auckland Centre Delegate  
Senior Relays Coordinator



**Richard Thomson**  
Treasurer



**Amy Pratt**  
Secretary



**Liam O'Meara**  
Masterchef & Junior Relays Coordinator



**Rebecca Barlow**  
Communications & Uniform



**Errol Flynn**  
Schools Liaison & Assistant Course Manager



**Pat Hales**  
Course Manager



**Scott Dean**  
Marshal Coordinator &  
Assistant Course Manager

[pakxcr@gmail.com](mailto:pakxcr@gmail.com)

[pakurangaathletics.co.nz](http://pakurangaathletics.co.nz)

Pakuranga Athletic Club, Lloyd Elsmore Park, 36/38 Cascades Rd, Pakuranga 2010



## WHAT IS CROSS COUNTRY?

Running on grass and fields, and often (hopefully) some mud – just to make it a bit more fun! The season runs from April to August.

## WHAT IS ROAD RUNNING?

Running on a measured course over an established road or hard surface, such as a footpath. The season runs from August to October.

## HOW DO I REGISTER?

Registration opens on 1<sup>st</sup> April 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 online on our new website <https://pakurangaathletics.co.nz/>

## WHAT FOOTWEAR IS SUITABLE?

For cross country, children can run in shoes or bare feet. Running ‘spikes’ may be worn for cross country races for U12 and above. Spikes may be 6mm or longer. Athletes may run barefoot but be aware they will be running next to athletes wearing spikes and on a variety of surfaces. Shoes are recommended for all road races.

## WHAT HAPPENS IF IT RAINS?

Events will continue come rain or shine! We will email all members and post on social media should we ever need to cancel for safety reasons.

## WHERE DO RUNS HAPPEN?

Races are held at various locations across Auckland and New Zealand. Please refer to the calendar for more details.

## CAN I RUN WITH MY CHILD?

Parents are allowed to run with their children in fun runs. In fairness to all runners for competitive events, children must run independently. No one can ‘pace’, i.e. run alongside at any point in the event.

## DO YOU HAVE TO BE COMPETITIVE TO COMPETE?

No, these races cater for all levels of fitness and ability.

## WHAT HAPPENS IF I DO NOT TURN UP FOR AN OUTSIDE EVENT?

The entrance fees are generally non-refundable. You will also not score points for that event. For the relays, non-attendance is discouraged as this will affect the rest of the team.

## MY CHILD HAS SPECIAL NEEDS – CAN THEY RUN?

Everyone is welcome to run – please speak to one of the committee or email us so that we can plan how best to support and include your child.

### WHAT IS THE GRAND PRIX SERIES?

It is a race series hosted by Athletics Auckland and held at various locations around the region. The series consists of five races (4 x cross country and 1 x road race). Points are gained at each event. At the end of the season, the athletes with the highest accumulative points scored in their category are crowned the Grand Prix Champions. To be eligible for this, runners must have competed in four of the five races, and this must include either one of the Championship races (cross country or road). Registration is through the Athletics Auckland website.

### WHAT IS THE SENIOR WINTER LEAGUE SERIES?

It is a race series hosted by different clubs affiliated to Athletics Auckland. Marked on the calendar as 'Snr League', it consists of eight races at different venues. Anyone in U18+ age categories can enter. Points are gained at each event. There are four age categories for men and women:

- U18/U20
- Seniors (20-34)
- Junior Masters (35-50)
- Senior Masters (50-59)
- Masters (60+)

For the U18/U20 runners, the top two will contribute to overall team points for the club. For all other age categories, the top four will contribute.

### WHAT IS THE JUNIOR WINTER LEAGUE SERIES?

Marked on the calendar as 'Jnr League', this is for U16 and below only and consists of six races held at different venues across the season. Clubs compete for the Hansen Shield and Tunco Shield. Points are gained at each event and the overall winner is the club with the highest points at the end of the season. Entries for these races are usually done through the club.

### WHAT AGE CATEGORY IS MY CHILD?

Age categories are based on age as at 31<sup>st</sup> December in year of competition, e.g. a 6-year-old turning 7 in December will be an Under 8 (U8).

### WHAT DISTANCES ARE RUN?

Generally, the distances are between 1 – 4km for Juniors (depending on their age category) and 4 – 10km for Seniors. However, these may change depending on the event and venue. Coloured bibs are worn by the younger athletes at club events to identify their age category.

### HOW DO I ENTER EVENTS?

For clubs runs, register at the clubrooms on the day from 2pm. Race starts at 2.30pm. For outside events, pre-registration is usually required. Entry details and information is provided in our weekly newsletter.

### DOES THE CLUB PROVIDE REGULAR COMMUNICATIONS?

A weekly newsletter is sent to all members with news, results, event information and reminders. Our [Facebook page](#) is also regularly updated.

FOR MORE INFORMATION -> <https://athleticsauckland.co.nz/get-involved/cross-country-road/>

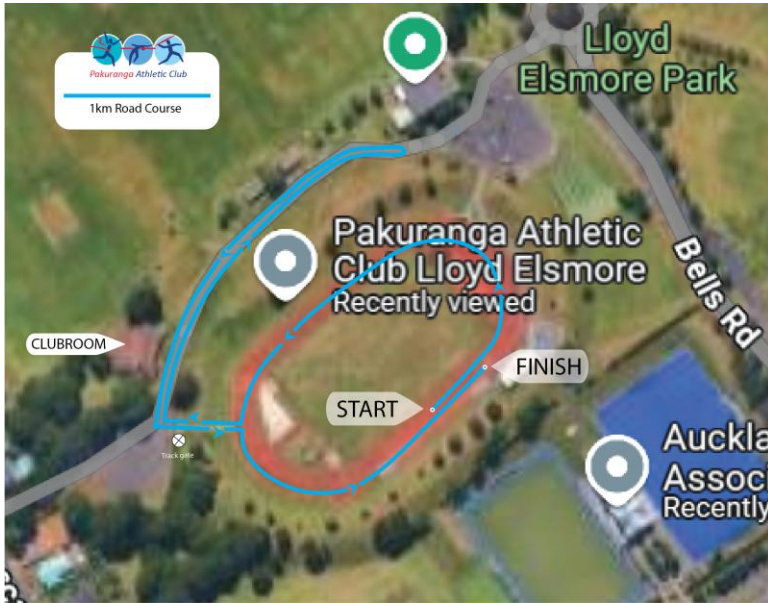
## STANDARD CLUB DAY CROSS COUNTRY COURSE



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

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)

## STANDARD CLUB DAY ROAD RACE COURSE



Junior division bibs and road running distances			
U7	6 or under on 31 <sup>st</sup> December 2026	BLUE BIB	1km course
U8	7 or under on 31 <sup>st</sup> December 2026	PINK BIB	2km course
U10	9 or under on 31 <sup>st</sup> December 2026	RED BIB	2km course
U12	11 or under on 31 <sup>st</sup> December 2026	YELLOW BIB	2km course
U14	13 or under on 31 <sup>st</sup> December 2026	ORANGE BIB	4km (2 x 2km course)
U16	15 or under on 31 <sup>st</sup> December 2026	NO BIB	4km (2 x 2km course)
U18 Women*	17 or under on 31 <sup>st</sup> December 2026	NO BIB	5km (1km course, then 2 x 2km course) <i>OR</i> 6km (3 x 2km course)
U18 Men	17 or under on 31 <sup>st</sup> December 2026	NO BIB	6km (3 x 2km course)

Senior division road running distances	
U20 Women*	5km (1km course, then 2 x 2km course) <i>OR</i> 6km (3 x 2km course)
U20 Men	6km (3 x 2km course)
Walkers	6km (3 x 2km course)
Masters Men 70+	6km (3 x 2km course)
Senior Women	8km (4 x 2km course)
Masters Women	8km (4 x 2km course)
Masters Men 60-69	8km (4 x 2km course)
Senior Men	10km (5 x 2km course)
Masters Men 35-59	10km (5 x 2km course)

\*U18 and U20 Women can choose either 5km or 6km on club road race days - please advise on the day. For club road race championships they will run 6km.

# Uniform



The club singlet and black/dark blue shorts or leggings should be worn at all club and outside events. We have kids, ladies, and men's size singlets available to purchase from the clubhouse. Kids singlet sizes start at age 6. For those smaller than this we have a club branded white T-shirt sizes 2 to 8.



Club branded Hoodies, Training T-shirts, Tracksuit Jackets and Tracksuit Pants are available and can be personalised for an additional \$5. These are optional items and cannot be worn when competing. Samples are available to try on for size in the clubhouse. Please speak to a committee member.

Official Club Singlet	\$45
Junior White T-Shirt (sizes 2-8 yrs)	\$20
Supporter Hoodie Print on back	\$65 \$5
Training/Supporter T-Shirt Print on back	\$45 \$5
Alternative Option Singlet (only available to athletes U16+)	\$55
Tracksuit Jacket Print on back	\$85 \$5
Tracksuit Pant Print down right leg or up left leg	\$50 \$5
Crop Top (Athletes U15+)	Please ask for price

# 2026 Calendar



Subject to change

DATE	EVENT	LOCATION
Saturday 4 April	Club XC Event – Open Day	PAC
Saturday 11 April	Club XC Event	PAC
Sunday 12 April	Auckland and Club Half Marathon Champs	Auckland Waterfront
<b>Sunday 12 April</b>	<b>NZ Half Marathon Champs</b>	<b>Christchurch</b>
Saturday 18 April	Southland Centennial Relays (Snr League Race 1 / Jnr League Race 1)	Rugby League Field, Puriri Dr, Cornwall Park
<b>Saturday 18 April</b>	<b>NZ Mountain Running Champs</b>	<b>Wellington</b>
Saturday 2 May	Club XC Event	PAC
<b>Saturday 2 May</b>	<b>NZ Masters Marathon Champs &amp; Rotorua Marathon</b>	<b>Rotorua</b>
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
<b>20 – 21 June</b>	<b>NZ Secondary Schools Cross Country Champs and Relays Champs</b>	<b>Wellington</b>
Saturday 20 June	Club Event	PAC
Saturday 27 June	Grand Prix 3 (Snr League Race 5)	Long Bay
<b>Saturday 4 July</b>	<b>North Island Cross Country Champs</b>	<b>Taupo</b>
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
<b>1 – 2 August</b>	<b>NZ Cross Country Champs AND NZ Cross Country Teams Champs</b>	<b>Christchurch</b>
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
<b>Saturday 29 August</b>	<b>NZ 10km Road Champs</b>	<b>New Plymouth</b>
3 – 4 September	NZ Secondary Schools Road Relay Festival	TBC
Saturday 5 September	Te Hāora – The Hour Race (U18+) (Snr League Race 8)	Ōwairaka
<b>Saturday 12 September</b>	<b>NZ 1 Mile Champs</b>	<b>Dunedin</b>
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
<b>Saturday 3 October</b>	<b>NZ Road Relay Champs</b>	<b>Whanganui</b>
Sunday 1 November	Auckland Marathon (incl. Club Marathon Champs)	Auckland CBD
<b>Sunday 1 November</b>	<b>NZ 100km Champs</b>	<b>Christchurch</b>
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