

# Cross Country and Road 2026

Newsletter 5: 22<sup>nd</sup> April



## 1. Weekend News

What a fun relay to kick off Cross Country 2026 season. Thank you to ACA for hosting the Southland Centennial Relays on Saturday. The predicted rain kindly stayed away, and the new electronic timing system worked well.

Pakuranga had a fantastic 18 teams entered (7 Juniors, 4 Senior Men, 1 Senior Women, 1 Masters Women, 3 Masters Men, 2 Walkers), and quite a few running for the first time in the Pakuranga singlet. Thank you to Olivia and Ruby for jumping in at last minute, and to Toby and Tobias for running twice. Congratulations to our place getters:

- 🥇 1<sup>st</sup> Masters Men team: Jake Hendrickx, Paul Crowhurst, Ben Jackson & Hamish Robertson
- 🥈🥉 2<sup>nd</sup> Walkers team: Don Hitchings & Stephen Brown (and 1st closest to predicted time)
- 🥉 3<sup>rd</sup> U16 Cheetahs team: Tobias Crowhurst, Olivia McLean, Fletcher O'Brien & Mila Henison
- 🥈🥉 3<sup>rd</sup> Masters Women team: Kirsty MacFarlane, Gina Miles, Rachel Penney & Juliann Te Young (and 2nd closest to predicted time)

Photos free to download on the ACA website <https://www.acaclub.co.nz/photo-albums>.

There is also a full list of Adult Race 1 Photos <https://scsports.pixieset.com/acasouthlandcentennialrela.../> and Junior Race 2 Photos <https://scsports.pixieset.com/photosforacasouthland.../taken> by SCSports.

Finally, online you can find Results by Place [https://my.raceresult.com/392928/#0\\_598F0F](https://my.raceresult.com/392928/#0_598F0F) and Results by Predicted Time [https://my.raceresult.com/392928/#0\\_3292DB](https://my.raceresult.com/392928/#0_3292DB)

Big congratulations to the following club members who took to the postponed **Waterfront Half Marathon**:

- Fred Burke 11<sup>th</sup> Male 70+ division in 2:34:38
- Richard Thomson 12<sup>th</sup> Male 70+ division in 2:36:01
- Andrew McKay 4<sup>th</sup> Male 60-69 division in 1:36:29
- Clinton Loveday 1<sup>st</sup> Male 40-49 division in 1:14:45
- Jake Hendrickx 1<sup>st</sup> Male 30-39 division in 1:11:33
- Dion Wallwork 6<sup>th</sup> Male 20-29 division in 1:14:17
- Kirsty MacFarlane 16<sup>th</sup> Women 40-49 division in 1:41:13



## 2. Club Registration Reminder

A reminder to those who have not 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.**

Juniors have the option to join the winter cross country and road season only or take up an Annual Membership which includes the track & field season too. 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.



### 3. Useful Information Sources

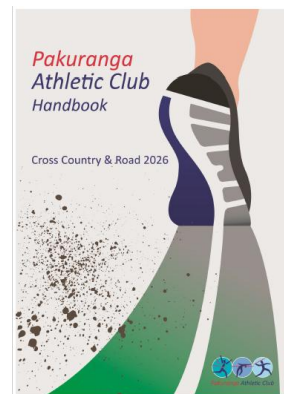
CLUB WEBSITE -> [here](#)

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. Seniors News

Accumulation of points is underway for the end of season awards. Most weeks members can earn points for calendared events that they take part in. This applies to U18 grade and above. The next points building events are 2<sup>nd</sup> May club run, 9<sup>th</sup> May Grand Prix race 1 at Pukekohe, and 16<sup>th</sup> May Memorial Day at the club.

### 5. Cross Country News – School, College and Beyond

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

### 6. 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](mailto: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](mailto:mtandtb@xtra.co.nz)

### 7. Upcoming Events

#### SATURDAY 25<sup>TH</sup> APRIL - ROTARY WALKWAY FUN RUN

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

#### SATURDAY 2<sup>ND</sup> 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!

## SATURDAY 2<sup>ND</sup> 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 9<sup>TH</sup> 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 Pukekohe are now open and will close **11.59pm Wednesday 6<sup>th</sup> May**. To register, please click [here](#).

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

DATE	EVENT	LOCATION
Saturday 25 April	Rotary Walkway Fun Run	Snakes & Ladders Park
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>
<b>Saturday 7 November</b>	<b>NZ 50km Champs (part of Legend of the Peaks)</b>	<b>Rotorua</b>
<b>Saturday 29 November</b>	<b>NZ Marathon Champs</b>	<b>Whanganui</b>
<b>Saturday 5 December</b>	<b>NZ Long Trail Champs and NZ 5km Champs</b>	<b>Nelson</b>

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relays

Nationals