

# Cross Country and Road 2026

Newsletter 6: 29<sup>th</sup> April



## 1. Weekend News

A glorious day for a Rotary Walkway Fun Run. Well done to the 30+ who took part and to the three runners who made it out to the 3km turnaround point. We hope you all had fun.

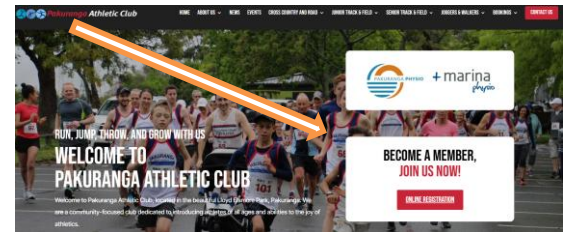
## 2. Club Registration Reminder

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 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.



Membership Fees for 2026/27 Season	
Children	• 2-6 years annual membership (XCR+T&F): \$120
	• 2-6 years winter membership (XCR): \$105
	• 7-14 years annual membership (XCR+T&F): \$220
• 7-14 years winter membership (XCR): \$185	
Youth	• 15-19 years annual membership (XCR + T&F): \$220
	• 15-19 years winter membership (XCR): \$200
Competitive Seniors	• 20-59 years annual membership: \$210
	• Masters (60 years +) annual membership: \$195
Non-Competitive Seniors	• Senior 'club only' annual membership: \$185
	• Joggers and Walkers/social/non-competing member: \$ 75

## 3. Useful Information Sources

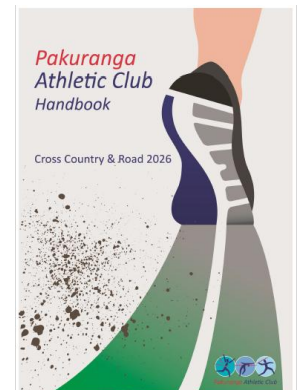
CLUB WEBSITE -> [here](#)

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. Seniors News

POSITION	CLUB	POINTS
1	Pakuranga	63
2	Owairaka	50
3	TTT	43
4	Oratia	35
5	Glen Eden	27
6	ACA	24

Accumulation of points is underway for the end-of-season awards. Pakuranga are in 1<sup>st</sup> place after Round 1 – a strong start! 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.

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

Tobias Crowhurst      1<sup>st</sup> Intermediate Boy, Macleans College  
Riley McKay            1<sup>st</sup> Year 7 Girl, Baradene College

## 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 2<sup>ND</sup> MAY - CLUB CROSS COUNTRY EVENT – RUN A MARATHON

Come and join us at the club this Saturday to run a team marathon - 42.2 1km laps around the top field. First 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** Click [here](#) for further information.

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

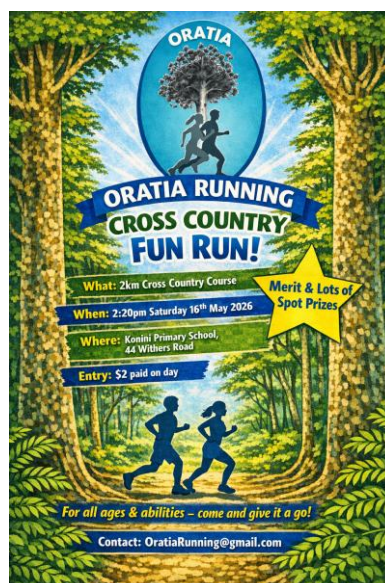
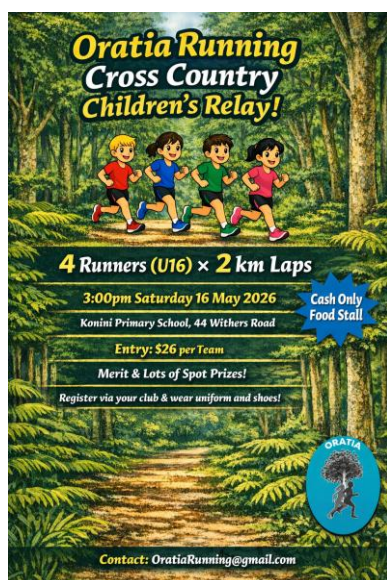
### SATURDAY 16<sup>TH</sup> MAY - CLUB CROSS COUNTRY EVENT – MEMORIAL DAY

More information in next week's newsletter.

### SATURDAY 16<sup>TH</sup> 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](mailto:pakxcr@gmail.com) by **Monday 11<sup>th</sup> 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 enter your child in the Fun Run if they're comfortable running 2km on a hilly course. Shoes need to be worn.



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

DATE	EVENT	LOCATION
Saturday 2 May	Club XC Event – Run A Marathon	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 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	Barry Curtis
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
<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 Relay	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 <u>OR</u> Sun 13 September	Auckland Road Relay Champs (Snr League Race 9) followed by Jnr Prizegiving	Mt Smart
Sat 19 <u>OR</u> 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

School & Public Holidays

Events held at Pakuranga Athletic Club (PAC)

Secondary School Events

Athletics Auckland Events

Relay

Nationals