

1. Weekend News

A perfect day to host our fellow clubs from around Auckland with another great turnout in the Grand Prix Series. We were very proud to see all 54 Pakuranga singlets out there, with 36 Juniors and 18 Seniors taking to their home course. With far fewer members running this year compared to last, we still managed to equal our 22 podium places from last year - fantastic efforts Pakuranga!

A HUGE thank you to our wonderful volunteers for making the event happen, days like this are not possible without the fabulous individuals that give their time.

Full results for the day can be found here -> <https://my.raceresult.com/400097/>

Results of the runners who finished in the Top 10 of their races:

U8 Girls 1 st - Haydee Kaitao 3 rd - Julie Blake 4 th - Evelyn Su 10 th - Quinne Niu	U8 Boys 1 st - Millen Shaw	U10 Girls 1 st - Anya O'Meara 5 th - Tillie Koloamatangi 6 th - Tia Yeung	U10 Boys 3 rd - Carter Flowers 7 th - Theo Mackie
U12 Girls 1 st - Riley McKay 10 th - Emily Biggelaar	U12 Boys 1 st - Vito Feng 2 nd - Kayno Kaitao	U14 Girls 2 nd - Ilona Richards 8 th - Mila Henison	U14 Boys 8 th - Fletcher O'Brien
U16 Girls 4 th - Olivia Stone	U16 Boys 2 nd - Tobias Crowhurst	U18 Men 2 nd - William Moulder 9 th - Kade McLoughlan	U20 Women 2 nd - Imogen Barlow 3 rd - Olivia Strang
U20 Men 1 st - Matthew Watkins	Senior Women 3 rd - Madeleine Hamer	Senior Men 9 th - Ryan Surynt 10 th - Ben Watkins	Men 35 1 st - Jake Hendrickx
Women 45 1 st - Dale Berrill	Women 50 1 st - Rachel Penney	Men 55 3 rd - Dave McLoughlan	Men 60 1 st - Andrew McKay
Men 65 3 rd - Ian Wright	Men 70 4 th - Richard Thomson	Men 80 1 st - Fred Burke	

2. 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 Glendowie College cross country races:

Imogen Barlow	1 st Senior Girl AND broke the college record
Toby Barlow	1 st Intermediate Boy
Hayley Whiteman	1 st Junior Girl
Larissa Vicars	4 th Junior Girl
Leo Green	1 st Junior Boy

Congratulations to the following athletes in the College Sport Auckland Cross Country Championships:

Senior Girls (58 runners):	6 th Imogen Barlow
Intermediate Girls (89 runners):	4 th Rachel Wagener; 12 th Olivia McLean; 73 rd Anabelle Warner
Intermediate Boys (135 runners):	10 th Kade McLoughlan; 16 th Tobias Crowhurst; 68 th Toby Barlow; 103 rd Alistair Clapperton; 111 th Luke McLaughlin
Junior Girls (128 runners):	1 st Olivia Stone; 6 th Hayley Whiteman; 20 th Saraya Daley
Junior Boys (143 runners):	4 th Will Parkinson; 32 nd Elijah Lee

A big thank you to committee member Errol for all his hard work in ensuring this event ran smoothly, and to Claire, Melissa, Paul and Tania for firing up the sausage sizzle BBQ and opening the bar. Thank you for your support.

Full results [here](#).

3. Seniors (U18+) News

SENIOR WINTER LEAGUE: The next points builder event is Auckland Cross Country Teams Champs at Ambury Park on Saturday 13th June. We do not yet know if our 2nd position on the league table has changed following GP2 but hope to provide news of this in next week's newsletter.

CLUB POINTS: The next points builder event is Saturday 6th June Club Run at Eastern Beach.

Seniors, please familiarise yourself with the attached spreadsheet which documents all the points building events thus far this season and lists the four upcoming. Please check that this information is correct for you. Any changes or if you would like more details on how the system works, please email Richard Thomson thomosam@xtra.co.nz

4. 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



5. Upcoming Events

SATURDAY 30TH MAY – LYNNDALE JUNIOR RELAY

Race starts at 2.30pm this Saturday at Lynndale Athletic & Harrier Club, 36 Portage Road, New Lynn. Teams will be emailed by Friday. **Please arrive no later than 2pm** and meet between the clubroom building and the running track – look out for the committee members for your race number and instructions. Please remember this is a team event – arrive in good time to meet your teammates, collect your bib and warm up. **Runners need to wear shoes (but no spikes).** Have fun!

PLEASE NOTE: THERE IS NO CLUB-BASED RUN THIS SATURDAY

SATURDAY 6TH JUNE – CLUB CROSS COUNTRY RUN AT EASTERN BEACH

Come join us for a lap or two of the 2.5km (ish) of running along Eastern Beach as the tide is on its way out. Meet at the southern (park) end of Eastern Beach from 2pm with the run starting at 2.30pm. Everyone is welcome - all ages and abilities. Parents – dig out those old running shoes and come join us. Children will run on the beach side so no roads to cross. You don't need to be a registered club member to join us - but if you have a club singlet please wear it with pride.

SATURDAY 13TH JUNE – AUCKLAND CROSS COUNTRY TEAMS CHAMPS – AMBURY PARK, MĀNGERE BRIDGE

Athletes need to enter this event individually. It is not covered by the Grand Prix Series entry this year. The event is open to everyone U8 and above, and all runners contribute to their team's placing.
For entry link, programme and rules -> [click here](#). Entries close 11.59pm Wednesday 10th June.

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. **The committee will make a club team entry and pay entry fees.** If you wish to enter or have any queries, please email pakxcr@gmail.com by **Sunday 28th June**.

6. 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. 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.

2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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 <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
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