

Cross Country and Road 2026

Newsletter 17: 15th July



1. Weekend News

CLUB PAIRS RACE

Twenty pairs young and old(er) took to two opposing laps of the field, exchanging batons as they met. It was awesome to see so many kids push themselves to run further than they normally would. Thank you to James and Immy for helping with the registration and warmup, and to the older athletes who helped the little ones.

MIKE MURRAY CORNER DEDICATION

It was lovely to see so many people at the club for the dedication of the Mike Murray Corner - in honour of the irrepressible Mike Murray. Mike was such an important part of our club's history and held many roles over the years, culminating in being Pakuranga Athletic Club's first Life Member. The afternoon was a great opportunity to catch up, share some fond (and very amusing) memories and have a laugh together.

Many thanks to Rosalea and Murray for their lovely words and to Mike's family for taking time to celebrate with us. A perfect way to celebrate Matariki Weekend.

2. Cross Country News – School, College and Beyond

A few Pakuranga singlets were spotted at the [Run 21 Series](#) Onehunga Half Marathon (incl. 10km and 5km) last Sunday. Congratulations to:

Richard Thomson	10km	95 th male of 115	1:17
Kirsty MacFarlane	Half	23 rd female of 159	1:47
Clinton Loveday	10km	1 st male of 119	34:53
Riley McKay	5km	2 nd female of 70	19:08

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 remain in 5th place overall after Round 5. The next points builder event is the Grand Prix 4 this Saturday 18th July at Barry Curtis Park.

CLUB POINTS: The next points builder event is the GP4 this Saturday. Please email Richard Thomson if you have any queries regarding the points system -> thomosam@xtra.co.nz Age Group leaders at this point as follows:

MW 50 - 64	Rachel Penney	MM 65+	Fred Burke
MW 35 - 49	Hannah Brown and Dale Berrill	MM 50 - 64	Andrew McKay
SW	Madeleine Hamer	MM 35 - 49	Jake Hendrickx
WU20	Imogen Barlow	SM	James Trathen
		MU20 and MU20	Kade McLoughlan

4. Hoodies and Uniform

Have you got your Pakuranga hoodie to keep you snug this winter?! We have samples to try on for size in the clubhouse and orders can be taken by one of the committee or at the bar. T-Shirts, Track jackets and Track pants are also available. These items are optional and can be personalised.

A reminder that the club singlet and black/dark blue shorts or leggings should be worn at all club and outside events. Singlets are available to purchase from the clubhouse.

5. Support Our Kitchen Tuckshop

Please support the kitchen tuck shop on a Saturday. It has been very quiet this season. The income helps us to fund the spot prize draw which is now running very low of items. Chef Liam offers a selection of hot food, drinks, lollies, chocolate and other snacks.

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); 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



7. Upcoming Events

SATURDAY 18TH JULY – GRAND PRIX 4 INCL. AUCKLAND CROSS COUNTRY CHAMPS (SENIOR LEAGUE RACE 6)

Venue: Barry Curtis Park, East Tamaki (Chapel Road by church).

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 GP4 individual event, please click [here](#). Entries close 11.59pm TONIGHT Wednesday 15th July.

Please arrive with sufficient time to park, collect your bib number, and warm up. Ensure you wear correct club uniform – Pakuranga singlet with either black or navy shorts.

Race 1:	Senior Men	1.00pm	10km
	Men U20, Masters Men 35 - 64		8km
Race 2:	Senior Women	1.35pm	10km
	Masters Men 65+, Masters Women, Women U20, Men U18		6km
Race 3:	Boys and Girls U12	2.10pm	2km
Race 4:	Boys and Girls U10, Boys and Girls U8	2.25pm	2km
Race 5:	Women U18, Men and Women U16, Boys and Girls U14	2.40pm	4km

SATURDAY 18TH JULY – CLUB MINI WINTER PENTATHLON

Not running at GP4? Come and join us at the club - for not 1, not 2 but 5 runs! Yes, it's the Pakuranga Athletic Club Winter Pentathlon! We'll be doing some cross country running, hill reps, a track race, a handicapped sprint race - and a (traffic-free) road run to finish off. Juniors, youth, seniors, Masters - and parents all welcome. Juniors – collect a sticker for each run you complete. Those with all five stickers at the end get to choose a treat from the treat box. Sign in and collect your race card from 2pm; warm up and instructions at 2.20pm, first race at 2.30 pm.

New members very welcome.



SATURDAY 25TH JULY – CLUB XC CHAMPS

The last cross country event of the season before we move to the road race events.

Register in clubrooms from 2pm on the day, race at 2.30pm.

SATURDAY 31ST JULY – NZ CROSS COUNTRY CHAMPS AND TEAMS CHAMPS - CHRISTCHURCH

Entry fees increase on 21 July and entries close at 11.59pm on 24 July. For more information and to enter ->

<https://raceroster.com/events/2026/129710/2026-new-zealand-cross-country-championships>

8. New Zealand Road Relay Champs – Halcombe To Halcombe



Calling for expressions of interest to be part of a club team in the National Road Relays (U16 and above) on Saturday 3rd October in Halcombe (Manawatū-Whanganui region). This is always an awesome weekend away and a good way to cap off the winter season. Logistics are to travel down in team vans to Palmerston North, leaving the club on Friday morning and returning late afternoon on Sunday. We are hoping to send 8 teams again this year. Costs will be approximately \$100 - \$250 depending on how successful our current grant application is. Please email Athlete Name and Grade if interested -> pakxcr@gmail.com

2026 XCR Calendar (subject to change)		
DATE	EVENT	LOCATION
Saturday 18 July	Grand Prix 4 incl. Auckland Cross Country Champs (Snr League Race 6)	Barry Curtis
Saturday 18 July	Club Mini Winter Pentathlon	PAC
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