

Cross Country and Road 2026

Newsletter 23: 26th August



1. Weekend News

CLUB ROAD RUN

The 'Earn Your Tiger Stripes' Road event was fun, with 20 Juniors taking part and a handful of Seniors. Always fantastic to see runners give it their Saturday best, especially after morning team fixtures and park runs.



MOIRE PARK RELAY

Thank you to Sarah Davies for managing the teams and providing this summary of the event. Two teams headed out to Moire Park to take part in the relay. The young athletes did an amazing job tackling a challenging, muddy course that took them across grass and through the bush. Despite the tough conditions, both teams showed great effort, determination and team spirit. Well done to everyone who took part!

2. Upcoming Events

SATURDAY 29TH AUGUST – CLUB ROAD RUN

Register in the clubrooms from 2pm, race starts on the track at 2.30pm. Juniors will be using the 1km loop only. Seniors can choose laps of the 1km or 2km road courses - please note that the 2km route will not be coned or marshalled.

SATURDAY 5TH SEPTEMBER – TE HĀORA | THE HOUR RACE (U18+) (SNR LEAGUE RACE 8)

2 - 3pm - Lovelock Track, 744 Sandringham Road, Wesley, Auckland 1041

This is an U18 and older event involving teams of three or four taking turns to complete as many 1.1km laps as possible within an hour. The lap starts and finishes on the track and involves running on a sealed footpath.

The club will register and pay for the team entries. Please email us your interest by next Monday 31st August -> pakxcr@gmail.com For more information -> <https://athleticsauckland.co.nz/competition/events/>

SATURDAY 12TH OR SUNDAY 13TH SEPTEMBER - AUCKLAND ROAD RELAY CHAMPS (SNR LEAGUE RACE 9) FOLLOWED BY AUCKLAND ATHLETICS JUNIOR PRIZEGIVING

Venue: Mt Smart. More information to follow. The committee will put teams together and submit registrations. Please email us if you're interested in entering -> pakxcr@gmail.com

SATURDAY 19TH OR SUNDAY 20TH SEPTEMBER - AUCKLAND 5KM ROAD CHAMPS FOLLOWED BY AUCKLAND ATHLETICS SENIOR PRIZEGIVING

Venue: Mt Smart. More information to follow.

SATURDAY 26TH SEPTEMBER - CLUB ROAD CHAMPS

Register in the clubrooms from 2pm, race starts on the track at 2.30pm. More information to follow.

3. Cross Country News – School, College and Beyond

No news this week. Please email us with results and news so that we can celebrate the success of our members -> pakxcr@gmail.com

4. Seniors (U18+) News

SENIOR WINTER LEAGUE: Pakuranga remain in 5th place overall after Round 7. The next points builder event is Te Hāora – The Hour Race, on Saturday 5th September.

CLUB POINTS: The next points builder event is this Saturday's Club Run.

5. Trophy Return

If you received a trophy at the 2025 Cross Country and Road prizegiving, please return by **Saturday 5th September** so we can start preparing for the 2026 end of season prizegiving. Trophies can be dropped off at the club during Saturday afternoon runs. Thank you.



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



2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
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, Wesley
Saturday 5 September	Club Road Event	PAC
Saturday 12 September	NZ Road 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
Nationals