

Cross Country and Road 2026

Newsletter 27: 23rd September



1. Weekend News – lots of it!

CLUB ROAD RUN

A turnout of 27 juniors braved a little rain at the start of the road race, with a handful of seniors joining in too. Thank you to Scott Davies for leading the warm-up, Dave McLoughlan for starting the race and running with the juniors, and Kade and Fred for marshaling.

We were short on committee members, as the inaugural Auckland 5km Champs were being held at the same time. This meant we did not have enough people available to set up and marshal the new 2km road course. Please consider putting your hand up to help on the day or join the committee for 2027. Every bit of support is needed, and our club days can only run with the help of volunteers. If your child/ren enjoy the races each weekend, we encourage you to get involved in the club. No training is needed — just a smile and a willingness to lend a hand.

AUCKLAND 5KM ROAD CHAMPS RESULTS – CONGRATULATIONS TO:

Men U16:	1 st Tobias Crowhurst, 5 th Elijah Lee	Men 40:	1 st Clinton Loveday
Women U16:	2 nd Olivia Stone	Men 45:	3 rd Paul Crowhurst
Men U20:	1 st Noah Crowhurst	Men 55:	2 nd Richard Wagener
Senior Men:	3 rd Dion Wallwork, 4 th Lucas Bulazio	Men 60:	6 th Andrew McKay
Men 35:	1 st Eammon O'Brien	Men 65:	3 rd Ian Wright
Men 70:	2 nd Richard Thomson		

AUCKLAND ATHLETICS SENIOR PRIZEGIVING CLUB RESULTS – CONGRATULATIONS TO:

AUCKLAND CROSS COUNTRY TEAMS CHAMPS

Senior Men: 3rd Alec Geddes, Ryan Surynt, Dion Wallwork, Ben Watkins, Paul Crowhurst, Richard Wagener, Andrew McKay

AUCKLAND CROSS COUNTRY CHAMPS

U20 Men:	1 st Caleb Wagener	2nd Samuel Rickerby
Masters Women 50:	1 st Rachel Penney	
Masters Men 35:	1 st Jake Hendrickx	
Masters Men 40:	2 nd Clinton Loveday	
Masters Men 80:	2 nd Fred Burke	

AUCKLAND ROAD CHAMPS

U20 Men:	1 st Samuel Rickerby	3rd Noah Crowhurst
Senior Men:	2 nd Ryan Surynt	
Masters Women 50:	1 st Rachel Penney	
Masters Men 35:	1 st Jake Hendrickx	
Masters Men 40:	1 st Clinton Loveday	
Masters Men 70:	3 rd Richard Thomson	

AUCKLAND GRAND PRIX SERIES

Masters Women 50:	1 st Rachel Penney
Masters Men 35:	1 st Jake Hendrickx
Masters Men 55:	3 rd Richard Wagener
Masters Men 65:	2 nd Ian Wright
Masters Men 80:	1 st Fred Burke

AUCKLAND ROAD RELAY CHAMPS

U18/U20 Men:	1 st Sam Rickerby, Alex Bishop, Jackson Pinique, Kade McLoughlan
Senior Men:	1 st Dion Wallwork, James Trathen, Clint Loveday, Alec Geddes
Walks:	1 st Scott Dean, Rodney Thorne

2. Upcoming Events

SATURDAY 26TH SEPTEMBER – CLUB ROAD CHAMPS

Register in the clubrooms from 2pm, race starts on the track at 2.30pm. Please let Amy at the registration desk know if you can help with marshaling – see map below for the marshal positions. A reminder that all members can participate but are required to have competed in **three** calendar events prior to be included in the Championship results. Some awesome **SPOT PRIZES** for juniors and seniors up for grabs!



U7	Age 6 on 31 st Dec 2026	1km course	BLUE BIB
U8	Age 7 on 31 st Dec 2026	2km course	PINK BIB
U10	Age 8 or 9 on 31 st Dec 2026		RED BIB
U12	Age 10 or 11 on 31 st Dec 2026		YELLOW BIB
U14	Age 12 or 13 on 31 st Dec 2026	4km (2 x 2km course)	ORANGE BIB
U16	Age 14 or 15 on 31 st Dec 2026	4km (2 x 2km course)	
U18 Women*	Age 16 or 17 on 31 st Dec 2026	5km (1km course, then 2 x 2km course) OR 6km (3 x 2km course)	
U18 Men		6km (3 x 2km course)	
U20 Women*	Age 18 or 19 on 31 st Dec 2026	5km (1km course, then 2 x 2km course) OR 6km (3 x 2km course)	
U20 Men		6km (3 x 2km course)	
Walkers	6km (3 x 2km course)		
Masters Men 70+			
Senior Women	8km (4 x 2km course)		
Masters Women			
Masters Men 60-69			
Senior Men	10km (5 x 2km course)		
Masters Men 35-59			

**U18 and U20 Women can choose either 5km or 6km on club days.
For club champs they will run 6km.*

*U18 and U20 Women can choose either 5km or 6km on club days. For club champs they will run 6km.

SATURDAY 3RD OCTOBER – NEW ZEALAND ROAD RELAY CHAMPS

Communications will continue to be sent out to members of the three teams going down to Halcombe, Whanganui.

SATURDAY 17TH OCTOBER – CROSS COUNTRY AND ROAD SECTION AGM FOLLOWED BY PRIZEGIVING

Starting at 2.30pm in the clubrooms.

3. Cross Country News – School, College and Beyond

Congratulations to Ilona and Hadley whose results were missing from the Auckland Athletics Junior Prizегiving results:

Ilona Richards (U14): 2nd in the Auckland Cross Country Champs and 3rd in the Auckland Road Champs

Hadley Shaw (U10): 1st in the Auckland Cross Country Champs



Huge congratulations to long-time club member **Theo Quax** who represented New Zealand for the first time in the World Road Running Champs in Copenhagen, with a lightening pace of 13:54 over the 5km!

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: After the final round, Pakuranga finished 5th overall out of 19 clubs — a fantastic club-wide result. Our Senior Men led the way with an outstanding 2nd place finish, while the U18/20 Men and Masters Men 60+ both claimed 3rd place. The Masters Men 35–49 finished 5th, Senior Women placed 7th, and Masters Women finished 8th.

CLUB POINTS: The Club Road Champs this Saturday is the last event of the season to gain points – earn extra points for this one!

5. 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



6. Keep Athletics Positive For Everyone

Sports environments thrive when everyone focuses on respect, camaraderie and positive encouragement. At Pakuranga Athletic Club, we know that everyone involved in athletics is here because of a shared passion for the sport and genuine care for the people who take part. Our aim is to provide a safe, inclusive and enjoyable environment for all athletes, parents, volunteers and supporters. We ask everyone involved in club activities to show respect and courtesy in their interactions with others.

Parents, athletes, volunteers and supporters are expected to:

- Be considerate, fair and inclusive in the way they treat people.
- Act as positive role models for athletes and the wider club community.
- Avoid behaviour that is discriminatory, bullying, harassing, or otherwise inappropriate.

7. Join The Committee – PAC needs You!



Thinking forward to our 2027 Pakuranga Athletic Club Cross Country and Road season, we would love to continue to offer club events and foster the club's community spirit. This can only happen if we have enough volunteers on the committee. Our committee member numbers this season have been low, the majority of whom take part in the events that your child/children also run in. We need more help next year for us to give the best club experience to our members.

Come and feel involved in your club. We meet once a month, alternating between in person at the club and online.

2026 XCR Calendar (subject to change)

DATE	EVENT	LOCATION
Saturday 26 September	Club Road Champs	PAC
Saturday 3 October	NZ Road Relay Champs	Whanganui
Saturday 17 October	AGM and Prizegiving	PAC
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)

Nationals