

Cross Country and Road 2026

Newsletter 28: 30th September



1. Weekend News

CLUB ROAD CHAMPS

And that's a wrap for our club-based cross country and road events this season folks! Well done to all athletes who participated in the Club Road Champs on Saturday – awesome running everyone. Big thank you to the volunteer marshals who stepped forward to help, your support was very much appreciated.

Congratulations to the following athletes who were eligible for a podium place (have attended three or more club runs this season):



U7 Girls <i>No runners</i>	U7 Boys 1st: Harrison Or 2nd: Austin Pond 3rd: Andrew Lan	U8 Girls 1st: Haydee Kaitao 2nd: Julie Blake 3rd: Evelyn Su	U8 Boys 1st: Millen Shaw 2nd: Austin Cheng
U10 Girls 1st: Anya O'Meara 2nd: Tillie Koloamatangi 3rd: Olivia Davies	U10 Boys 1st: Logan Biggelaar 2nd: Hadley Shaw 3rd: Henry Drummond	U12 Girls 1st: Emily Biggelaar 2nd: Tui Hutchinson 3rd: Amelia Davies	U12 Boys 1st: Vito Feng 2nd: Kayno Kaitao 3rd: Jensen O'Meara
U14 Girls 1st: Ilona Richards 2nd: Mila Henison	U14 Boys 1st: Matthew Horwood 2nd: Andrew Horwood 3rd: Oscar Cheng	U16 Girls <i>No eligible runner</i>	U16 Boys 1st: Elijah Lee
U18 Boys 1st: Kade McLoughlan	U20 Women 1st: Imogen Barlow 2nd: Olivia Strang	Senior Men 1st: James Trathen	Masters Men 55-59 1st: Dave McLoughlan
Masters Men 70-74 1st: Richard Thomson	Masters Men 75 1st: Paul Taylor	Masters Men 80+ 1st: Fred Burke	Walkers Men 1st: Scott Dean 2nd: Steve Brown 3rd: Jim Dun
Walkers Women 1st: Hannah Brown			

2. Upcoming Events

SATURDAY 3RD OCTOBER – NEW ZEALAND ROAD RELAY CHAMPS

The 2026 Road Relays is the biggest team race on the calendar. All the best to the three club teams travelling down to Whanganui this weekend for the ultimate team run.

A huge thank you to the Four Winds Foundation for its generous funding towards this event, and to **Anna** for her invaluable committee support in making it all possible.



We look forward to sharing news on Facebook and in next week's newsletter.

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

The Cross Country and Road Annual General Meeting will take place on **Saturday 17th October** at **2.30pm** in the clubrooms. The AGM will be followed by the prizegiving for both juniors and seniors. All members and their families are invited to celebrate the successes of the past season with us.

SATURDAY 1ST MAY 2027 – RED STAG ROTORUA MARATHON

Super early bird price ends 6th October -> register [here](#)

3. Cross Country and Road News – School, College and Beyond

Congratulations to the following club members in the Whangamatā Half Marathon, 10k and 5k on Saturday:

Dion Wallwork	Half	1 st male	1:12:13
Eammon O'Brien	10km	6 th male	39:34
Fletcher O'Brien	5km	9 th male	19:58
Tobias Crowhurst	5km	1 st male	16:59
Toby Barlow	5km	5 th male	18:46

Please email us with results and news so that we can celebrate the success of our members -> pakxcr@gmail.com

4. Celebrating Caleb Wagener at the Junior World Triathlon Champs



Club member Caleb Wagener finished just two seconds off the podium at the World Triathlon Junior (U19) Championships in Spain last Thursday. He was in the sprint distance race from the get-go, fifth out of the water and later off the bike before fighting all the way to the finish line in a blistering 5km run to claim a brave 4th.

We are so excited to see what the future holds for Caleb. A world class swim, bike and run prodigy to cheer into the future with. CONGRATULATIONS CALEB!

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. 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 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