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## Contacts:

Senior Email-  
hcyharriers@gmail.com

Children's Email-  
hillcitychildrens@gmail.com

## First up:

### Senior Interclub Meet 12/10/2024 (Opening Day)

The 2024-25 Summer  
Opening Day was held on  
Saturday 12 October.

Well done to everyone who  
participated in this meet!

A HCU results summary can  
be [found here](#).



Congratulations also to Phoebe Laker (Aspiring) who set an Otago record in the women's 15 400m sprint with a time of 56.93. This time is quicker than the current W15, W16, and W17 records. Well done, Phoebe!

A reminder also to please ensure you have registered for the 2024-25 'season'. You should have received a confirmation email from Gameday with the subject: 'Successful Registration for Hill City-University Athletic Club Inc'. Confirm the date of this is after 1 April 2024.

If you cannot find this email, you can contact us to check whether you are currently registered.

[Full results](#). [Otago Women's Records](#) (as of 1st May 2024).

[Photo album](#).

### Cross Recreation Centre Balclutha Events and Cromwell Half Marathon.

HCU Results Summary-  
Congratulations to:

Half-Marathon (Otago  
Championships):

Brad Trebilcock 6th overall,  
5th OM 1:24:10.7 (3rd  
Otago Champs)





## Useful HCU links:

[HCU Website](#)  
[Register With Us](#)  
[HCU Children's Athletics](#)  
[Senior Uniforms](#)  
[Clubroom Hire](#)  
[HCU Facebook](#)  
[Photos](#)  
[HCU Children's Facebook](#)  
[HCU Instagram](#)  
[HCU Strava Club](#)

## Useful websites:

[Athletics Otago](#)  
[Athletics NZ](#)  
[OSSSA](#)  
[NZSSAA](#)  
[Otago Masters Athletics](#)  
[NZ Masters Athletics](#)  
[Para-Athletics NZ](#)  
[Paralympics NZ](#)  
[Sport Otago](#)  
[Sport NZ](#)  
[HPSNZ](#)  
[Sport Integrity Commission](#)

Mark Geddes 18th overall,  
2nd VM40-49 1:36:31.4  
(3rd Otago Champs)

Anita Dunbier 32nd overall,  
1st MW45-59 1:54:11.8 (4th  
Otago Champs)

10km Run (closer to 11km  
apparently):

Luke Geddes 1st overall, 1st  
OM 43:23.8

Connor Broom 11th overall,  
3rd U18M 55:33.5

Helen Collins 64th overall,  
13th MW45-59 1:34:06.3

5km Run:

Giles Witt 1st overall, 1st  
OM 17:28.5

Zac Broom 3rd overall, 2nd  
U18M 22:43.6

Melissa Broom 8th overall, 1st VW35-44 26:16.3

Martyn Solomon 9th overall, 1st MM50-59 27:20.4

Emma Solomon 30th overall, 2nd U19W 38:09.1

[Full Results](#). [Full Otago Half-Marathon Champs Results](#). [Event Website](#).

Individual photos from [Si Leeds Sports Photography](#), team photo courtesy of Giles Witt.

Congratulations also to Esther Fogarty who was 31st open, 9th Female at the Cromwell Half Marathon today in 1:47:32.92

[Full Results](#). [Event Website](#).

Please let us know if we've missed so we can add them to our online post.





## Ten of the Best Images from Paris 2024- Paralympics NZ

Anna Grimaldi features twice on Paralympics NZ's list of Best Images from Paris 2024:

### 1. Paralympian #195 Anna Grimaldi

Anna Grimaldi claimed a bronze medal in the Women's 100m T47 to kick start her Paralympic Games with a podium spot.

"I love this shot because she seemed both shocked and delighted with the result," explains Fiona. "Anna is always a delight to photograph because her every reaction is so genuine. She is never afraid of showing emotion. This image not only captures the emotions, but her disability is visible too, which to me clearly shows the journey she has had overcome to be there."

### 10. Paralympian #195 Anna Grimaldi

The defending champion may not have been pleased with a finishing position of fourth in the Women's Long Jump T47 – but Fiona is delighted with capturing the body shape of Anna flying through the air.

"I hadn't done long jump photography before, so before the event I chatted to a pair of Getty photographers regarding where I should position myself," explains Fiona. "They suggested I sit alongside the TV camera in front of the pit and get really low. I took images of all the athletes in the competition almost to practice for Anna. I was happy with this shot because it shows the energy she has put into getting into that body position and the determination on her face."



## Weekly activities:

Mondays at 6:00 am The [03 Run Club Dunedin](#) is aimed at bringing as many of the running community together for an easy run to start off Monday, and the week the right way. It is all-inclusive, and will be on every week at 6 am Monday, from the Esplanade, regardless of the weather!



Mondays at 4:00 pm from the clubrooms is a HCU kids Middle Distance and Cross-Country training group. This children's group trains all year round. For more info, see their [Facebook group here](#).

Wednesdays at 7:30 am Student runs from the statues by the [Union Bridge, North Dunedin](#)- an easy social group run. They are intended to be primarily fun rather than designed to maximise a training benefit. For more info, see our [event page here](#).

Thursdays 5:45 pm Yoga is back on Thursdays at the HCU Clubrooms. Please RSVP with your phone number and email. Warm regards, lby- ibyvirag@gmail.com

Fridays at 6:30 am from the Fluid Espresso Cafe (138 Union Street East), [Femmi Run Club](#)- focused on getting more women into running. With 3-5km options, the group cruises at a comfortable pace for the majority.

Saturdays, typically, an interclub track and field meet at the Caledonian (see below for details).

Sundays at 8:00 am at the Clubrooms are the HCU Sunday Long Runs. Several packs for different speeds/ distances. All are welcome (and encouraged to attend). For more info, see our [event page here](#).

## Calendar:

[Senior Programme.](#) [Senior Event Grid.](#)

[Children's Programme.](#)

### October

Wednesday 16 October	Para Athletes HAVE A GO, development for coaches, club leaders and parents	The Caledonian Ground	4 pm- 6 pm
Saturday 19 October	Senior Interclub Meet, Masters Weight Pentathlon	The Caledonian Ground	1pm- 4pm
Saturday 19 October	Children's Interclub Grade 7-9 and Grade 10-14- HAVE A GO	The Caledonian Ground	Grade 7-9: 9-10:30, Grade 10-14: 10:30-12:30



Saturday 19 October	<a href="#">Clyde Classic</a>	Clyde	TBD
Sunday 20 October	<a href="#">NZ Mountain Running Championships</a>	Hansen Park, Christchurch	10:15 am
Thursday 24 October	Twilight Modified Meet	The Caledonian Ground	5:30- 7 pm
Thursday 24 October	Senior Interclub Twilight Meet	The Caledonian Ground	Grade 12-14- TBA
Saturday 26 October	<a href="#">NZ 10km Road Champs</a> (Timaru 10)	Timaru	TBC
Saturday 26 October	Children's Interclub Grade7-9 and Grade 10-14- HAVE A GO	The Caledonian Ground	Grade7-9:9- 10.30, Grade 10- 14:10.30-12:30

## Results:

[Track and Field.](#) [Harriers.](#) [Dunedin Parkrun.](#) [Leith Harbour Free.](#)

Harriers:	Track and Field:
<a href="#">Colin Holmes/Alice Baker Memorial Handicap 28/09/2024</a> <a href="#">Dunedin Marathon Events 15/09/2024</a> <a href="#">Winding Vine Relay 7/09/2024</a> <a href="#">Otago Road Championships 24/08/2024</a> <a href="#">Big Easy Hill Climb Time Trial 10/08/2024</a> <a href="#">Brighton to Green Island Road Race 27/07/2024</a> <a href="#">Otago Cross Country Championships 14/07/2024</a> <a href="#">Edmond Cup 22/06/2024</a>	<a href="#">Dunedin Interclub 12/08/2024</a> <a href="#">Otago Spring 3000m Challenge 19/09/2024</a>



Barnes Cross Country ([1.25km](#), [2.5km](#), [5km](#))  
9/06/2024  
[Joe Cowie Memorial 25/05/2024](#)  
[TK Cowan Race 18/05/2024](#)  
Leith Cross Country Relays ([Race 1](#), [Race 3](#), [Race 4](#)) and [Ponydale Challenge](#) 11/05/2024  
[Lovelock Relays 27/04/2024](#)  
[Lovelock Trials 20/04/2024](#)  
[Shunters and Grunters 2024](#)

## Athletics Wellington Open Meeting 12/10/2024

Our Wellington branch also performed well over the weekend:

William Sew Hoy: 6<sup>th</sup> men's 60 Meter Dash 7.82a (3.5) PR, 10<sup>th</sup> men's 100 Meter 12.39 (0.2) PR, 6<sup>th</sup> men's 300 Meter 40.45 PR

Mate Poduje: 5<sup>th</sup> men's 100 Meter 11.58a (0.2), 1<sup>st</sup> High Jump 1.95m.

[Full results.](#)

## News:

### 'Otago season gets underway in earnest' - ODT article.

Track and Field is back!

"Youngster Phoebe Laker broke the first records of the season..."

Otago's season was "officially" opened with the spring challenge 3000m last month, but the weekend was the first time for athletes in the shorter distances, and in the field, to get back in action..."

The article continues by highlighting some key events in the local season including the national track and field championships, to be hosted in Dunedin, from March 6 to 9.

[Full article \(subscription required\).](#)



## HCU Children's Ribbon Day, Registration, and Singlet notice



Hey whanau, Ribbon Day Photos 10-14 year olds. An awesome sunny day at the Cale and great to see our little athletes back in action again! A big thank you to Jodie for photographs and our senior children's athletes, Eli, India, Ava and Nina for helping out with SP and Discus! Remember registration night and singlet pickup this Tuesday at the HCU clubrooms - 5.30 pm until 7 pm.

All going well we will have clothing for hoodie and training too sizing ready then as well.

Looking forward to seeing you soon and another massive HCU season!

[Photos \(10-14\)](#), [Photos \(7-9\)](#)



## 'Imported run club proves a local hit' - ODT article.

Great to see Oli Chignell and the 03 Run Club featured in today's ODT:

"[Oli] Chignell founded the 03 Run Club after a four-month stint in London — the run club mecca...

At 6 am each Monday runners journeyed from the Esplanade towards John Wilson Ocean Dr, roughly a 30-minute run there and back...

Like most other run clubs, runners had a coffee after the run, opting for the Starfish Cafe & Bar to get their brew.

"It creates an actual event out of it every week instead of just making it just like any other run."

[Full article](#). [Instagram page](#). [WhatsApp](#). [Strava club](#).



## 'Preparing now for future success' - ODT article.

About 20 Otago Academy of Sport athletes celebrated their achievements over the past year at a function at the Longroom at the University Oval last night.



"The academy, home to about 50 athletes overall, provided wrap-around support for young athletes based off the Te Whare Tapa Whā model, including an athlete's physical, mental, spiritual, family and social wellbeing...

The academy accepted 20 new athletes for the year one programme in 2024" [including in athletics]. Congratulations, everyone!

[Full ODT article \(subscription required\).](#)



## Para Sport could be for you- Paralympics NZ.

Do you have a disability? Were you inspired by the NZ Paralympic Team in Paris? Para sport could be right for you!

Whether you aspire to attend a future Paralympic Games, or you just want to meet new people and get active, everyone starts somewhere. Register your details to join us and get moving in Para sport!

[See here](#) for more details.

[Paralympics NZ Post.](#)



**HAVE A  
DISABILITY?**



**PARA SPORT  
COULD BE  
RIGHT FOR  
YOU**

## Athletics professional development: LevelUp modules.

Following the success of the New Zealand Paralympic Team in Paris, Athletics New Zealand wants to continue growing the support available for the coaching and development of para athletes.

LevelUp is a series of FREE online modules for learning about coaching disabled athletes. No matter whether you are just starting out or if you want to grow your skills, these modules will help you gain confidence, knowledge, and capability to coach and support Para athletes.

If you're an athletics coach, parent, volunteer, supporter, or sports administrator, we encourage you to complete the LevelUp modules by 30 November 2024 – and not only will you LevelUp your coaching but you'll also help us to go into the draw to win a \$1,000 catering shout for our coaches!

- [See here](#) for all the details.
- Click on the LevelUp 'start now' button on the home page
- Create a log-in for the e-learning platform





- Click on the Introduction to Para Sport module and the Enrol button
- Start your learning journey and enjoy gaining new knowledge and understanding

Thanks to Raylene Bates for sharing this initiative, which will give all a better understanding of different disabilities.

## HCU Children's Section are Seeking Spikes, Throwing Shoes, and Coaches.

The Hill City-University Children's Section would happily accept any donations of old spikes or throwing shoes.

They are also seeking coaches for this coming season.

Please contact them at hillcitychildrens@gmail.com Thanks!

## TBI Health Dunedin Free Drop-In Physiotherapy Clinic.

Physiotherapists at TBI Health Dunedin are kindly offering a free drop-in clinic on Monday mornings from 9 am to 12 pm at their TBI Health Albany Street Clinic.

They have expertise in sports physio as well as women's health physio (including helping women return to sports after pregnancy).

Thank you to Rebecca McLeod-Singh, a Senior Physiotherapist at TBI Health, for making us aware of this clinic.

For more info, [see here](#). [Facebook Post](#).

## Events:

### Athletics New Zealand Para Athletics "Have A Go Day" in Dunedin.

Athletics New Zealand Para Athletics "Have A Go Day" in Dunedin to be held on Wednesday 16 October at 4:00-6:00 pm. For more info, and to register, [see here](#).

Further information will be sent to those who have registered in the week prior to the event.

Thanks to Raylene Bates, Athletics New Zealand's High Performance Programme's Para Lead, for this initiative!



**Para Athletics  
HAVE A GO  
Session**

+ Coaching & Coaching Development

📍 Caledonian Ground, Dunedin  
📅 Wednesday 16 October 2024  
🕒 4-6pm

*Kids can have a first go at athletics, or further existing skills.*

*Coaches, parents, and those with an interest in teaching para-athletics can be introduced to or upskill their para-athletics coaching.*

Find out more and sign up at <https://parahaveagotago.events.mygameday.app>  
Or contact Raylene Bates [raylene@athletics.org.nz](mailto:raylene@athletics.org.nz)

Photo Credit: Photograph © Patrick Green 2023

Logos: Athletics New Zealand, AO, parafed, ALBANY



## Athletics NZ Summer Athletics Calendar Unveiled.

With events spanning from December through March, the season promises to showcase the best of New Zealand athletics, alongside top-tier international athletes, as part of our World Athletics Continental Tour Bronze Meets.

The calendar kicks off with the iconic Night of 5s in Auckland in December, followed by a string of prestigious events, including the Cooks Classic in Whanganui, the Sir Graeme Douglas International (SGD) in Auckland, and the International Track Meet (ITM) in Christchurch. These marquee competitions are part of the World Athletics Continental Tour Bronze series, elevating New Zealand's profile on the global athletics stage.

A key highlight of the season will be the Jennian Homes New Zealand Track and Field Championships, set to take place in Dunedin from March 6-9, 2025. This national championship is the pinnacle of the domestic season, bringing together the country's top athletes to vie for national honours.

[Full Post and Events Dates.](#)



## Daikin Night of 5s- Entries are Open now.

The Daikin Night of 5s will be held on Saturday, 21st December 2024 at the AUT Millennium Stadium.

This year, athletes are invited to individually enter at the [link here](#). Entries close Wednesday, December 11, 2024 at 10:59 pm.

This is an iconic evening of 5000m racing hosted by Bays Athletics!

For more info, see the [event website here](#).



## The Clyde Classic- 19 October 2024.

A new event for 2024, set against the stunning backdrop of Central Otago's Historic Gold mining town of Clyde. Run or walk through the iconic old town, cross the Contact Energy Clyde Dam and through the picturesque river tracks along the mighty Clutha River.



**CLYDE**  
CLASSIC  
Half Marathon | 10km | 5km



The race promises breathtaking views, reflecting Clyde's unique character and the vibrant spirit of its community. Whether you're here for a personal challenge or simply enjoy the natural beauty, it's sure to be a memorable event for all.

[Event page.](#)

## Timaru Ten- 26 October 2024.

Whether you are running your first 10km, chasing a personal best or aiming for a national title, this event caters to all ambitions. It's also a fantastic family experience! Spectators are encouraged to cheer on participants, and the post-race spread is legendary. The course itself is a mix of one small lap and four 2.3km laps, offering a scenic and manageable route in the heart of the South Island. Don't forget the Kids' Mile, the Frontrunner 5km and Walks. A perfect opportunity for all to join the fun!

The event will incorporate the New Zealand 10km Road Championships where we would love to have a great Otago contingent.

Is there anyone who is interested in being a team manager for this event? They also need people over 25 who are prepared to be named as drivers of the vans (need at least 4 named van drivers).

Athletics Otago has booked the following for athletes (and others) who intend to compete, or officiate, or support, the Timaru Ten event:

Two 12 seater vans - cost \$10 per person - to leave Dunedin at 4.30pm (or later), on Friday 25 October, returning to Dunedin on Saturday afternoon

24 beds - cost \$70 per person - at Northpark Motel, 8A Washdyke Flat Road, Washdyke.

If you would like to be included as part of the Athletics Otago group booking please contact as soon as possible, by email: [athleticsotago@xtra.co.nz](mailto:athleticsotago@xtra.co.nz). (remember to include your first and last name) This opportunity is open to members from all clubs even if you don't think that you would be part of an Otago team. All costs for the trip are expected to be paid to Athletics Otago prior to travelling to the event.

[Event page.](#) [Athletics Otago Post.](#)



## Weekly Activity Recap:



## HCU Sunday Long Runs.

We host Hill-City University Long Runs each Sunday from the clubrooms at 8:00 am.

A big group split into three today. One (fast) group headed up & did the North Rd/Upper Junction/Sawyer's Bay loop. Another group went into Botans/Woodhaugh/Ross Creek/Redwoods/McGouns and up to Pineapple Point and back and the other group followed behind in a similar direction.

Photos can be found on the [Facebook event page](#).



## Wednesday HCU Student Runs.

All Students are warmly invited to attend our Wednesday morning runs! We meet at 7:30 am each Wednesday from the statues by the Union Bridge/ the Staff Club, North Dunedin. [Google Maps location](#).

This week, we started with an outer loop of the Gardens and Logan park. We carried along Anzac avenue past the Railway station for a quick photo op. We split into a couple of groups here with one going back to the uni via the Octagon/ CBD and another going around the back of the station.

For more info, see our [event page here](#). More [Photos](#).



## Please let us know if you're competing outside Dunedin.

We are keen to support our members and promote and share their successes. However, it is challenging to keep up with events held outside Dunedin. There is no automated system notifying us if our members enter events within NZ or abroad. Please let us know if you're competing outside Dunedin (particularly in 'notable' events/ meets) so we can look out for you and keep the club updated- thanks.



## Hill City-University Athletic Club Committee.

Mark Geddes (President), Tim Dawbin (Vice President), Richard Fogarty (Treasurer), Marion Harris (Track & Field Manager), John Hollows (Co-Children's Manager), Taryn McLean (Co-Children's Manager), Ingrid Roding, Nico Alvarez Rey-Virag, and Brad Trebilcock.

We are actively searching for volunteers for the Harrier Manager and Secretary roles, which remain vacant following the AGM. Please get in touch if you might be able to help or have further questions or feedback.

Hill City-University Athletic Club is proudly supported by [Shoe Clinic Dunedin](#).