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## Contacts:

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## Congratulations to Rupert Lambert- Otago Records.

A big congratulations to Rupert Lambert who set an Otago M50 record in the 60m Sprint in 7.75s (the previous record was 7.84 set in 2020 by fellow HCU athlete Tony Tan) and the 100m Sprint in 12.15s (the previous record was 12.34 set in 2019 by fellow HCU athlete Tony Tan).

Congratulations also to Jim Blair (Otago Masters Athletics) who set a NZ M90 record in the 60m Sprint in 15.65s- awesome stuff. Well done, Rupert and Jim!



[Full Results.](#) [HCU Results Summary.](#)

[Otago men's masters' records.](#) [NZ men's masters' records.](#)

Photo credit: Pablo @guy\_with\_c4mera

## This week- Senior Twilight Meet (Thursday) and Children's meet (Saturday).

This week's senior interclub track and field meet is a twilight meet to be held on Thursday from 5:45 pm.

Entries close at 12 noon on Thursday 24 October 2024.

For more info, and to enter, [see here.](#)

A Children's meet is scheduled for Saturday 26 October (Labour weekend) between 9 am and 12 pm.

## Timaru Ten/ National 10 km Championship (Saturday 26 October).

While entries have closed for the Timaru Ten/ National 10 km Championships, late entries for the 5 km and Children's Mile will be taken until Friday.



### 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

There are nearly 300 entries across all events so it's going to be a great morning of racing!

Good luck to all our members who are taking part!

Please remember to wear club uniforms.

[Event website](#). [Enter here](#). [2023 HCU Photos](#).



### Otago Masters Athletics- Have a Go, follow-up session (3/11/2024).

Following the success of the Otago Masters Athletics- Have a Go Day, there will be a follow-up session held on 3 November.

This is a great opportunity to try out athletics in a supportive and social environment. All ages and abilities are welcome!

This event will be held at the Caledonian Ground, Dunedin (the Facebook event location is in error).

[Facebook event](#). [Otago Masters Athletics](#).



### 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](#).



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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, Iby- [ibyvirag@gmail.com](mailto: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**

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: 10.30, Grade 10- 14:10.30-12:30



## Results:

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

<b>Harriers:</b> <a href="#">Shunters and Grunters 2024</a> <a href="#">Lovelock Trials 20/04/2024</a> <a href="#">Lovelock Relays 27/04/2024</a> Leith Cross Country Relays ( <a href="#">Race 1</a> , <a href="#">Race 3</a> , <a href="#">Race 4</a> ) and <a href="#">Ponydale Challenge</a> 11/05/2024 <a href="#">TK Cowan Race 18/05/2024</a> <a href="#">Joe Cowie Memorial 25/05/2024</a> Barnes Cross Country ( <a href="#">1.25km</a> , <a href="#">2.5km</a> , <a href="#">5km</a> ) 9/06/2024 <a href="#">Edmond Cup 22/06/2024</a> <a href="#">Otago Cross Country Championships 14/07/2024</a> <a href="#">Brighton to Green Island Road Race 27/07/2024</a> <a href="#">Big Easy Hill Climb Time Trial 10/08/2024</a> <a href="#">Otago Road Championships 24/08/2024</a> <a href="#">Winding Vine Relay 7/09/2024</a> <a href="#">Dunedin Marathon Events 15/09/2024</a> <a href="#">Colin Holmes/Alice Baker Memorial Handicap 28/09/2024</a>	<b>Track and Field:</b> <a href="#">Dunedin Interclub 12/08/2024</a> <a href="#">Otago Spring 3000m Challenge 19/09/2024</a> <a href="#">Dunedin Interclub 19/08/2024</a> <a href="#">Masters Weight Pentathlon 19/08/2024</a>
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## **Sport Otago's Night 'n Day Rainbow Run 20/10/2024**

George Solomon, Connor Broom, and Luie Broom (all HCU) took part in yesterday's Night 'n Day Rainbow Run, hosted by Sport Otago. Way to go guys!

"The 3km run or walk raised money for Sporting Chance, which provides financial assistance to children from disadvantaged circumstances to help them take part in sport."

[ODT Article](#). [Event info](#).

Photo credit: Linda Robertson/ ODT.





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## Gus Gannon Performs well at the Arturo Barrios Invitational.

Gus Gannon has continued to race well for Rice University with a strong performance at the Arturo Barrios Invitational race in Texas on Friday.

Gus placed an impressive 25<sup>th</sup> (in a field of 370) completing the 8km course in 23:23.2.

"The Rice Owls men's cross country competed in another competitive and massive field at the Arturo Barrios Invitational at Texas A&M. Gus Gannon paced the Owls once again, leading the team to an 18th-place finish as a team."

Head Coach, Jon Warren, commented: "It was a very solid overall performance. eight guys under 25 minutes is really impressive. This was a good step towards conference..."

Gannon continued to shine, finishing 25th with a time of 23:23.2 for the 8k race..."

[Full results. Rice Race Report.](#)

[Photo Credit:](#) @fotos.mendoza



## Clyde Classic.

The inaugural Clyde Classic was held on Saturday.

"In the past there had been a road race from Clyde to Alexandra, which was cancelled in 2022..."

Clyde has some amazing tracks that I run daily and I started to plan a few routes that would showcase how beautiful Clyde is. Add in raising money for the local school where the event is hosted and it's a win-win for everyone."

[Event website.](#) [Full results.](#) [ODT Article.](#) [Photos.](#)



## News:

### Otago Children's Athletics Update:

This coming Saturday (Oct 26th) is the last weekend of our "Have a Go" sessions. This week we will start to provide results. If you are registered with a club you will get a result for your field events



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(as long as you are wearing your uniform and number). If you have not yet registered with a club you are still welcome to come along and try it out.

Unfortunately due to the long weekend and other events, our track team is unavailable this weekend so we will be unable to provide track times.

Numbers are now available if you have registered. Ariki, Hill City Uni, Caversham and Taieri, please collect your number from your Team Manager. Other clubs, please come to the Control Room.

Grade 7-9 will run from 9am - 10.30am,

Grade 11-14 will run from 10.30am to 12:30pm.

Club Officials and their helpers need to be at the ground by 8.30 for set up. The club events are the same as previous years:

Discus: TBC, Shot Put: Hill City Uni, Long Jump: Taieri, Vortex: Caversham, High Jump: Caversham, Track: Committee.

Some other reminders:

Interclub, 9am-12pm - Two Sessions		9.00am	9.40am	10.00am
Grade	FIELD	Grade	FIELD	Grade
Grade 7, 8 & 9		9.00am-10.30am		4 rounds (Boys and Girls separate)
Grade 10-14		10.30am-12.00am		4 rounds (Boys and Girls separate)

9.00am		9.20am		9.40am		10.00am	
ROUND 1	ROUND2	ROUND 1	ROUND2	ROUND 3	ROUND4	ROUND 1	ROUND2
Grade	FIELD	Grade	FIELD	Grade	FIELD	Grade	FIELD
6 G	Discus	6 B	Discus	6 G	Shot Put	6 B	Shot Put
7 G	Shot Put	7 B	Shot Put	7 G	Kit/Vortex	7 B	Kit/Vortex
8 G	Long Jump	8 B	Long Jump	8 G	Discus	8 B	Discus
9 G	Kit/Vortex	9 B	Kit/Vortex	9 G	Long Jump	9 B	Long Jump

9.00am		9.20am		9.40am		10.00am	
ROUND 1	ROUND2	ROUND 1	ROUND2	ROUND 3	ROUND4	ROUND 1	ROUND2
Grade	FIELD	Grade	FIELD	Grade	FIELD	Grade	FIELD
7.8 9 Boys	200m	7.8 9 Girls	200m	7.8 9 Boys	80m	7.8 9 Girls	80m

10.30am		11:00am		11.30am		12:00pm	
FIELD	EVENT	FIELD	EVENT	FIELD	EVENT	FIELD	EVENT
10 G	Long Jump	10 B	Long Jump	10 G	Discus	10 B	Discus
11 G	High Jump	11 B	High Jump	11 G	Shot Put	11 B	Shot Put
12 G	Shot Put	12 B	Shot Put	12 G	Long Jump	12 B	Long Jump
13 & 14 G	Discus	13 & 14 B	Discus	13 & 14 G	High Jump	13 & 14 B	High Jump

10.30am		11:00am		11.30am		12:00pm	
FIELD	EVENT	FIELD	EVENT	FIELD	EVENT	FIELD	EVENT
10 - 14 Boys	100m	10 - 14 Girls	100m	10 - 14 Boys	1500m	10 - 14 Girls	1500m

- We need parents to help run the events. Please volunteer to help at your club's assigned event. Clubs please make sure you have people to run your event. Some clubs are smaller and don't always have enough helpers, so we may ask parents of that age group to help out if that is the case.
- Athletes must have their parent/caregiver/trusted adult with them at the ground at ALL times, and young children should be taken around to the toilets at the back of the grandstand.
- No dogs please
- Athletes must be aged 6 by the 31st of December 2024 to be able to compete
- Athletes should only compete in the Grade which is their age at the 31st of December 2024. Athletes cannot run up a grade or compete in both sessions.
- Club uniforms are welcome, but not essential
- You do not need to belong to a club
- Numbers are not required.
- If you have a number please make sure it is visible.
- The announcer will call Athletes to their events, Athletes and parents helping need to go quickly to ensure we run on time and they get maximum turns.
- Parents should only be in the arena now if they are helping at an event, so help out, get close to the action.
- We have some big fields so we may need to run more than one Discus or Shot put circle or Long Jump pit, so please be ready to help out if called.

[Otago Children's Athletics Post](#)



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## Otago season gets underway in earnest- ODT.

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 \(subscription required\)](#). Photo Credit: Peter McIntosh/ ODT



## Kenzie Grey to compete in Timaru.

Way to go Kenzie (Hill City-University Children's) and Alex (Caversham)!

Kenzie Grey was 3rd South Islander (4th overall) at the South Island Colgate Games in January and now heads off to Timaru next weekend to compete in the U14 Girls 3km.

Pictured alongside her is her coach Alex Brown (Otago's top race walker and is fast making his name known at a national level), who is also going to compete in the Senior Mens 10km.

Alex runs free coaching sessions every Wednesday at 4:30pm (weather permitting) for all ages if you or your child would like to learn, you're all welcome to come along ([abrown8472@gmail.com](mailto:abrown8472@gmail.com)).

Good luck, Kenzie and Alex!

[Otago Children's Athletics Post](#).



## Children's Have a Go Day 19 October and Updates.

Hey Whanau, training will start on the 22nd not the 15th, apologies for not updating sooner, but please do come down tomorrow to pick up singlets and ask any questions (5.30pm until 7pm). We hope to have hoodies and training tops to try on for size as well. Remember there is another gave-



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a-go ribbon day this coming Saturday! 9 until 10.30 for 6 to 9's and 10.30 until 12 for the 10 to 14's. See you all soon.

Kia ora whanau, [See here](#) for the updated link to purchasing our hoodies and training tops.

Any Grade 12 to 14's athletes already registered can choose to enter the afternoon session with the seniors via the Otago Athletics webpage. Only register for events you want to compete in and important to remember that you are only racing against yourself and PB's and improvements should be your focus!

Weather permitting training will start this coming Tuesday. Details will be posted on this page in the coming days. Looking forward to seeing you soon and another massive HCU season!

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



### Sports Chat: Open day for budding young athletes.

The Otago Athletics season got under way on Saturday, with an open day for budding young athletes whether they were part of a club or not. *ODT Sports Chat* was there to capture some of the action.

PD spoke to Paula Cotter from Athletics Otago about the concept of the open day and what are the major highlights of the season.



He also caught up with Paralympian bronze medallist Holly Robinson, who was on deck handing out ribbons to all the kids and showing off her medal.

They discussed her role on Saturday and talked about her goals for the 2028 Paralympics in Los Angeles.

[Full article/ interview.](#)



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## Athletics professional development: LevelUp modules.

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](mailto: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:

### **Dame Yvette Williams Memorial Meet, South Island Combined Events Championships, and the Ness Cup- 16-17 November 2024.**

The Dame Yvette Williams Memorial Meet will be held between 16 and 17 November 2024.

The meet will include World Athletics Permitted Events as well as the famous Ness Cup- a 1-mile handicap race.

Entries are open now. [Enter here](#) for the Yvette Williams Memorial Meeting (including the Ness Cup). [Enter here](#) for the 2024 South Island Combined Events Championships.

Entries close at 12 noon on Friday 15th November 2024.

[Facebook event.](#)



Dame Yvette Williams Senior Meet & South Island Combined Events Championships  
16 & 17 November 2024  
Caledonian Track, Dunedin

U16,U18,U20,  
Senior & Masters

Online Entries Open

World Athletics  
Permitted Event



### **2025 South Island Colgate Games- 17-19 January 2025.**

Entries for this amazing event close in just over 3 weeks. [Enter here.](#)

The Colgate Games are held in January every year and are made up of two events, one in the North Island and one in the South Island. It's the biggest athletics event for children, with the games attended by hundreds of athletes aged 7-14 years old.

Entry is open to any child aged 7-14 years who is a member of an athletics club that is affiliated to Athletics New Zealand, and both events present an opportunity for children to compete in a fun and encouraging environment. You don't need to be selected or be a top athlete, though medals are awarded for 10-14 year old's in each event. For 7-9 year old's, the focus is on participation. In previous years we have also offered overseas entries which has seen children from all over the world compete at the Colgate Games while enjoying their time in New Zealand.





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## 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.

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

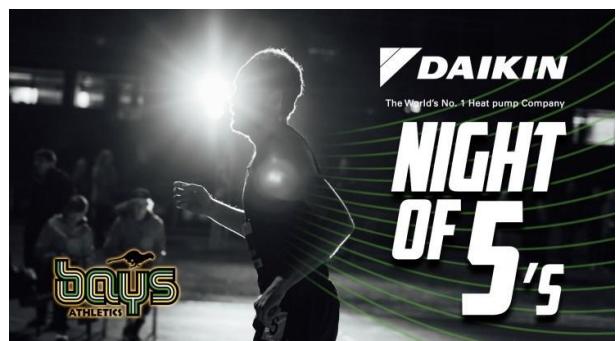


## Daikin Night of 5s- Entries are Open now.

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](#).

## 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





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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.](#)

## **Weekly Activity Recap:**

### **HCU Sunday Long Runs.**

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

This Sunday, we went through most of the Ross Creek tracks, into Redwoods & McGouns.

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 ran along the uni, across North Ground and up to the Ross Creek Reservoir. We did a loop at the top before returning past the Woodhaugh Gardens.

It was a pretty chilly start, but I think we all warmed up quickly enough. Thanks for a nice catch-up and run, team!

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



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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](#).