



## Contents:

### First up:

Timaru Ten/ National 10 km Championship- Congratulations to Oliver O'Sullivan (2<sup>nd</sup> M35) and our other participants.

This week- Senior Interclub Meet (including the 5,000m Otago Champs) and Children's meet.

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

### Weekly activities:

#### Calendar:

#### Results:

#### News:

#### Events:

#### Weekly Activity Recap:

## Contacts:

Senior Email-  
hcyharriers@gmail.com

Children's Email-  
hillcitychildrens@gmail.com

## **Timaru Ten/ National 10 km Championship- Congratulations to Oliver O'Sullivan (2<sup>nd</sup> M35) and our other participants.**

The Timaru Ten/ National 10 km Road Champs were held on Saturday 26 October in horrible conditions.

Congratulations to:

Oliver O'Sullivan 2nd M35-49 (27th overall) 32:46.11,

Alex Witt 14th 31:28.06, 3rd Otago 20-34 team (71 points), 6th club 20-34 team (62 points),

Giles Witt 32nd 33:01.03, 3rd Otago 20-34 team (71 points), 6th club 20-34 team (62 points),

Luke Geddes 60th 35:46.60, 6th club 20-34 team (62 points),

Finn Molloy 63rd 36:28.19, and

Mark Geddes 95th (17th M35-49) 41:23.28

Unfortunately, Kenzie Grey had to withdraw due to injury and Oli Chignell pulled out due to illness.

According to commentator, Cam Avery, it was "a shame with someone of his pedigree but hopefully, we'll see him later this summer". Winner, William Little also noted in his post-race interview that "Chignell pulled out with sickness this week so it would have been good to race against





### 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](#)

him, he's quality..." The Athletics NZ Recap likewise reported "Notably absent was Hill City University's Oli Chignell, who withdrew due to illness".

Prior to the race, [The Press reported](#) "the top contender in the race is expected to be Oli Chignell (Hill City, University), of Dunedin, a 2023 World Cross Country representative who has a best time of 27m 52s".

Also of note, Harry Witt (brother of Alex and Giles) of New Brighton placed 3<sup>rd</sup> in the men's U20 10km in 32.13.38.

[Livestream](#). [Full Results](#). [Athletics NZ Recap](#). [2024 Photos](#). [Event website](#).

### This week- Senior Interclub Meet (including the 5,000m Otago Champs) and Children's meet.

Coming up this week is a senior interclub meet which includes the Otago 5,000m Champs/ 3000m Walk (Please provide a lap scorer if possible).

Entries close at 12 noon on Friday 1st November 2024. [Enter here](#).

A Children's interclub meet is also available (Grade 7-9 9:00-10:30, Grade 10-14 10:30-12:30). For Children's Interclub you do not need to pre-enter. Just Turn Up on the Day. [More info](#).



### 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



#### OTAGO MASTERS ATHLETICS

No experience needed, just enthusiasm. Are you 30+, then come along, even if you didn't make the earlier Have A Go.

#### HAVE a GO Follow Up

Sunday 3 November, 4-5pm  
at the Caledonian



For more info see <https://www.otagomastersathletics.co.nz>



**Weekly Newsletter 28/10/2024**

[hillcity.org.nz](http://hillcity.org.nz)



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](#).

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](#).

---

## **November**

---



Saturday 2 November	<a href="#">Children's Interclub</a> (Grade 7-9 9:00-10:30, Grade10-14 10:30-12:30)	The Caledonian Ground	9:00 am- 12:00 pm
Saturday 2 November	<a href="#">Senior Interclub, 5,000m Otago Champs, Masters Weight Throw</a>	The Caledonian Ground	1:00 pm- 4:00 pm
Sunday 3 November	<a href="#">Otago Masters Athletics- Have a Go, follow-up session</a>	The Caledonian Ground	4:00 pm- 5:00 pm
Saturday 9 November	<a href="#">Children's Interclub</a> Country Club Meet Grade7-14	Alexandra	10:00 am- 4:00 pm
Saturday 9 November	Senior Interclub- Southland Combined Meet	Invercargill	1:00 pm- 4:00 pm
Saturday 16 November	<a href="#">Children's Interclub</a> (Grade7-9 9:00-10:30, Grade10-12 10:30-12:30, 13+ with seniors)	The Caledonian Ground	9:00 am- 12:00 pm
Saturday 16 November	<a href="#">NZ Masters 10,000m Champs</a>	Wellington	4:00 pm- 8:00 pm
16-17 November	<a href="#">Yvette Williams Memorial Interclub Meeting and Ness Cup (South Island Combined Events Championships)</a>	The Caledonian Ground	11:00 am- 4:00 pm, 8:40 am- 1:15 pm
Saturday 23 November	<a href="#">Children's Combined Interclub</a> (Grade7-9 9:00-10:30, Grade10-12 10:30-12:30, 13+ with seniors)	The Caledonian Ground	9:00 am- 12:00 pm
Saturday 23 November	Senior Combined Otago/ Southland/ Children's Interclub Meet, 1 Mile Otago Champs	The Caledonian Ground	12:00 pm- 3:00 pm



Sunday 24 November	Athletics Otago Development Squad- Coaching Day-All Grade12-14	The Caledonian Ground	10:00 am- 3:00 pm
Saturday 30 November	Senior Interclub Morning	The Caledonian Ground	9:00 am- 12:00 pm
30-31 November	Children's mini multis- Southland invited 2-day event	The Caledonian Ground	1:00 pm- 5:00 pm, 9:00 am- 12:30 pm

## **Results:**

Track and Field. Harriers. Dunedin Parkrun. Leith Harbour Free.

Harriers:	Track and Field:
<p><a href="#">Shunters and Grunters 2024</a>  <a href="#">Lovelock Trials 20/04/2024</a>  <a href="#">Lovelock Relays 27/04/2024</a>  <a href="#">Leith Cross Country Relays (Race 1, Race 3, Race 4) and Ponydale Challenge 11/05/2024</a>  <a href="#">TK Cowan Race 18/05/2024</a>  <a href="#">Joe Cowie Memorial 25/05/2024</a>  <a href="#">Barnes Cross Country (1.25km, 2.5km, 5km) 9/06/2024</a>  <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></p>	<p><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>  <a href="#">Dunedin Interclub Twilight 25/10/2024</a></p>



Weekly Newsletter 28/10/2024

[hillcity.org.nz](http://hillcity.org.nz)

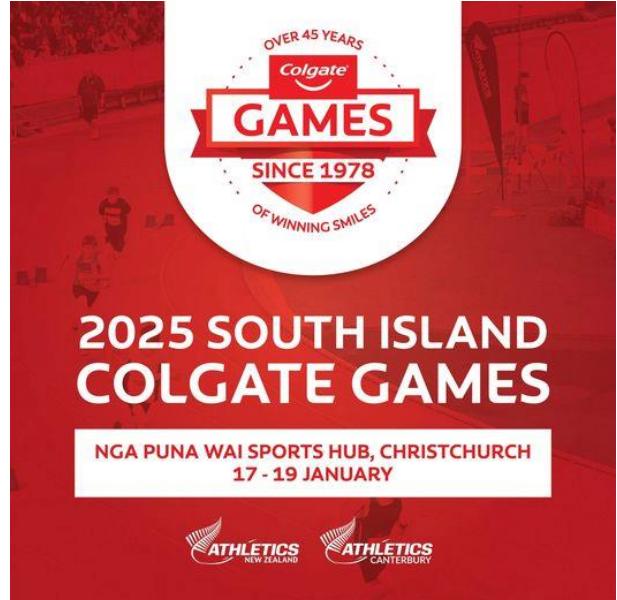


## News:

### 2025 South Island Colgate Games- 17-19 January (Christchurch).

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.



Standard entries close Fri 8 November, Late entries close Mon 11 November, and Relay entries close Mon 18 November.

[Event website](#). [Event info](#). [Register here](#).

### HCU Children's Updates:

Kia ora whanau

We hope you had a good weekend and the sun shone wherever you were. The weather looks ok for training tomorrow but bring a jacket as it may be cool.

Remember training starts at 5.30pm sharp for the 6-9's and 6.30pm for the 10-14's. Please feel free to come out in the field and help with the little athletes - it's surprisingly a lot of fun and the kids enjoy having their parents involved.

Please check the notice board for groups as there have been some changes in the Grade 6-9 groups due to increased numbers. If your little athlete isn't on the list come see Linda and she will arrange a squad. Competitive race numbers and singlets will be available upstairs in the clubrooms.





Weekly Newsletter 28/10/2024

[hillcity.org.nz](http://hillcity.org.nz)



If a weather cancellation occurs it will be posted here by 4pm on the day of training.

## 2024 Alexandra Athletics Children's Country Meet.

Entries for the 2024 Alexandra Athletics Country Meet (Nov 9th) are NOW OPEN!

Entries close 5pm Monday 4th November.

There will be no children's athletics in Dunedin on the 9/11/24.

Come along to sunny Alexandra and run on the best grass track around... Guaranteed to be a great day out for the family. There will be coffee and ice Cream Carts as well as our fantastic club canteen and BBQ.

This event is FREE to enter and is open to all Grade 6-14 Club registered Athletes. This year athletes can choose the number of events they enter in. (We recommend 5 events, just make sure you have a look at the proposed programme) Relays will be sorted at the end of the day for those who wish to participate.

Please follow the link below to register now. Don't leave it too late and miss out! Entries close 5pm Monday 4th November.

[Enter here.](#)



## Anna Grimaldi- 'About belief' ODT Article

Anna Grimaldi has overcome self-doubt to embrace her identity and success, recognising her disability as a source of pride. Reflecting on her achievements, she now looks forward to competing in Los Angeles in 2028, while also enjoying a well-deserved holiday after the Paris Paralympic Games:

"Paralympic gold medallist Anna Grimaldi is holidaying in Europe but thinking ahead to four years from now. "I've committed to LA in 2028 so yeah, you'll be seeing a bit more of me,' she says..."



A former Bayfield High School student who received a Class Act award 10 years ago, Grimaldi delighted New Zealand fans by winning gold in the 200m in Paris. She also won bronze in the 100m and missed a long jump medal by only 1cm after being the Paralympic champion in Rio and Tokyo...



**Weekly Newsletter 28/10/2024**

[hillcity.org.nz](http://hillcity.org.nz)



'I've achieved far more than I thought I would when I finished school. My career as an athlete has been beyond my wildest dreams. Even that it is my full-time job is something I never fully imagined."

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

Also see- 'Class Act of 2014- Where are they now?'

ANNA GRIMALDI (Bayfield High School).

2014: Grimaldi was one of New Zealand's top para-athletes. She held New Zealand age-group and open women's Paralympic records for the 100m, 200m 400m and long jump and hoped to compete at the 2016 Paralympics in Rio.

2024: A three-time Paralympic champion, Grimaldi won gold in the T47 women's long jump in 2016 and 2020 and in the T47 women's 200m last month. She also won bronze in the 100m in Paris and was a flag-bearer for the New Zealand team. A Member of the New Zealand Order of Merit, she has a diploma in quantity surveying and spent a year working for Naylor Love.

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

## **Otago Children's Athletics Updates.**

This week we begin our Registered Athletes only competitions. This means you need to be "competitive registered" with a club to be able to compete and you must be wearing your registration number that has been allocated to you by your club. If you do not have one yet, please see your club leaders. They will have them for you. Please remember to bring your number with you. No number, no time in your race. Athletes also need to be in club uniform.

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.

Some other reminders/ updates:

- We need parents to help run the events. Please volunteer to help at your club's assigned event (HCU- Discus, Shot Put).
- 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.



Weekly Newsletter 28/10/2024

[hillcity.org.nz](http://hillcity.org.nz)



- Club uniforms and numbers are required, please see your club lead first. Numbers must be worn on the front of the singlet and be visible when competing (hoodies/jackets off)
- 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.
- Hurdles is on for the Grade 10-14. We will need additional parent help to move the hurdles.

### **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!



Weekly Newsletter 28/10/2024

[hillcity.org.nz](http://hillcity.org.nz)



## 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  
MEMORIAL MEET  
16 & 17 NOVEMBER**

ONLINE ENTRIES  
NOW OPEN

WORLD ATHLETICS  
PERMITTED  
EVENT

DRAFT PROGRAMME  
NOW  
AVAILABLE



 **NESS CUP  
HANDICAP MILE**



First Otago Registered Member past the post takes the trophy  
Sat 16 Nov 2.30pm - Day 1 Yvette Williams Meet - Register online

### **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](#).



Weekly Newsletter 28/10/2024

[hillcity.org.nz](http://hillcity.org.nz)



## 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 had a smaller group with poor weather and a Leith Harbour Free event on. One group did a brave run to the Big Easy Plateau before running through Ravensbourne to the harbour where they did an out and back to St Leonards.



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 through the uni and the Botanic Garden to the Woodhaugh Gardens where we did various loops (and a stop off at the slide) before returning.

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 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.



**Weekly Newsletter 28/10/2024**

[hillcity.org.nz](http://hillcity.org.nz)



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](#).