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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Track and Field Opening Day- 12 October.

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

Entries close at 12 noon on Friday 11th October 2024. There will be no late entries.

To view the meet event programme and to enter [see here](#).



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.

The Draft Track and Field Programme can be [found here](#).

The weekly event grid can be [found here](#).

2023-24 HCU Winter Season Closing Run/Walk.

We had a loyal and brave group at the HCU Winter Season Closing Run/Walk for the 2023-24 season, held on Saturday.

We're looking forward to the Summer season starting soon.

We encourage our winter members to give summer





Useful HCU links:

[HCU Website](#)

[Register With Us](#)

[HCU Children's Athletics](#)

[Senior Uniforms](#)

[Clubroom Hire](#)

[HCU Facebook](#)

[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](#)

athletics a go- there are plenty of walking and running events on offer alongside jumps and throws which you may wish to try too.

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.](#)

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

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

Saturday 12 October	Track and Field Interclub Opening Day (Senior)	The Caledonian Ground	1-4 pm
Saturday 12 October	Track and Field Interclub Opening/ have a go Day (Children's)	The Caledonian Ground	9 am-12 pm
Saturday 12 October	Balclutha Half Marathon (Otago Half Marathon Champs)	Balclutha	TBC
Sunday 13 October	Athletics Otago Development Squad- Coaching Day- All Grade 12-14	The Caledonian Ground	10 am- 3 pm



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 Grade7-9 and Grade 10-14– HAVE A GO	The Caledonian Ground	Grade7-9: 9- 10:30, Grade 10- 14:10:30-12:30
Saturday 19 October	Clyde Classic	Clyde	TBD
Sunday 20 October	NZ Mountain Running Championships	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	NZ 10km Road Champs (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:
<p><u>Colin Holmes/Alice Baker Memorial Handicap 28/09/2024</u></p> <p><u>Dunedin Marathon Events 15/09/2024</u></p> <p><u>Winding Vine Relay 7/09/2024</u></p> <p><u>Otago Road Championships 24/08/2024</u></p> <p><u>Big Easy Hill Climb Time Trial 10/08/2024</u></p> <p><u>Brighton to Green Island Road Race 27/07/2024</u></p> <p><u>Otago Cross Country Championships 14/07/2024</u></p> <p><u>Edmond Cup 22/06/2024</u></p> <p>Barnes Cross Country (<u>1.25km</u>, <u>2.5km</u>, <u>5km</u>) 9/06/2024</p> <p><u>Joe Cowie Memorial 25/05/2024</u></p> <p><u>TK Cowan Race 18/05/2024</u></p> <p>Leith Cross Country Relays (<u>Race 1</u>, <u>Race 3</u>, <u>Race 4</u>) and <u>Ponydale Challenge 11/05/2024</u></p> <p><u>Lovelock Relays 27/04/2024</u></p> <p><u>Lovelock Trials 20/04/2024</u></p> <p><u>Shunters and Grunters 2024</u></p>	<p><u>Otago Spring 3000m Challenge 19/09/2024</u></p>

News:

Gus Gannon- AAC Men's Athlete of the Week.

Following his performance at the Gans Creek Classic last week, Gus Gannon was named the American Athletic Conference (AAC) Men's Athlete of the Week: "In a field of 37 schools and 326 athletes, Gannon was the top finisher for the [Rice] Owls at the Gans Creek Classic at Missouri. He ran the 8,000-meter run with a time of 23:50.6."

BVM Sports wrote: ""Gus' race was one where he ran both smart and very hard against a great field on a great course," said head coach Jon Warren. It was a good weekend for him."





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[AAC Post.](#) [BVM Sports Post.](#)

[Full results.](#) [Full video.](#) [BVM Sports Release.](#)

HCU Uniforms Donated to Le Amosa Preparatory School in Apia, Samoa.

Kia ora whanau - not long now and Otepoti's weather perfect for athletics!

Those new to the club may not be aware that HCU childrens has a very large catchment area. We have athletes all over the globe with Zara (super coach) at Harvard University and country club members in Samoa!

Recently we donated some of our excess running kit to Le Amoa Preparatory School in Apia. The school wore HCU colours with pride at the local triathlon.

In future, we may see some of these students at HCU when they come to University (or maybe Kaikorai Rugby).

Dont forget Registrations are now open for the upcoming season!

[More Photos.](#)



Limited availability of the Caledonian Ground.

Heads-up that access to the track is limited over the school holidays due to annual cleaning. Will only affect weekdays and business hours.

For those who train during the day, make sure you check out our online calendar to see when schools have booked the track out.

[See more.](#) [Track calendar.](#)

Caledonian Track Cleaning

30th September to 4th October 2024

7th to 11th October 2024

During the school holidays the Caledonian track will undergo it's annual clean. The track will be unavailable for training during business hours. Please plan ahead.



School Bookings

At times the track is booked for school events. Please check our online calendar.





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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.

Thomas Weatherall is among several athletes featured by Hive Energy this week.

In the social media post, Thomas endorses the products, stating: "I can't imagine training without HiveEnergy now. The difference it makes is astounding."

We love seeing our members being supported – thanks, HiveEnergy!

[HiveEnergy Post](#). [HiveEnergy Website](#).



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.



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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!



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!





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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.

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





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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. (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.

This week, one group went along the harbour to Vauxhall before doing an upper loop around Waverly and Shiel Hill, briefly stopping off at Rotary Park along the way. This group returned to the clubrooms back along the harbour on a beautiful Sunday morning.

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 a lap of the uni before heading up to the Woodhaugh Gardens, trying to avoid the worst of the weather. We did several loops around the gardens and local surrounds before returning to the uni via George Street.

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





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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), Oli Chignell, 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](#).