



Contents:

First up:

HCU Senior Prizegiving (Summer and Winter).

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

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

Weekly activities:

Calendar:

Results:

News:

Events:

Weekly Activity Recap:

Contacts:

Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

HCU Senior Prizegiving (Summer and Winter).

The 2024 Hill City-University Senior Summer and Winter Prizegiving was held on Sunday 10 November.

We were delighted with the turnout to celebrate . Congratulations to all award-winners (listed as an appendix at the end of today's newsletter).



[2024 Winter Prizegiving award winners](#). [2024 Winter Prizegiving photos](#). [Facebook event](#).

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.

[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](#).

The image contains two promotional banners. The left banner is for the 'DAME YVETTE WILLIAMS MEMORIAL MEET 16 & 17 NOVEMBER'. It features the 'ATHLETIC OTAGO' logo, a QR code, and text about online entries being open, the event being a World Athletics Permitted Event, and a draft programme available. The right banner is for the 'NESS CUP HANDICAP MILE'. It features the 'ATHLETIC OTAGO' logo and a photo of a race starting line with a referee and several runners.



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

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

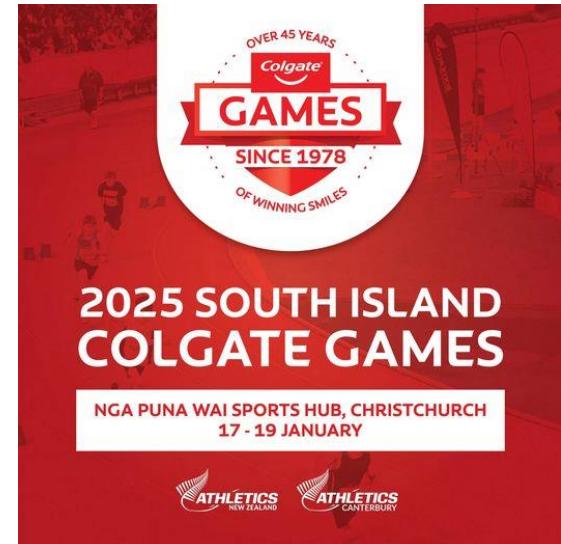
The Colgate Games are held in January every year and are made up of two events, one in the North Island and one in the South Island. It's the biggest athletics event for children, with the games attended by hundreds of athletes aged 7-14 years old.

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.

Late entries close Mon 11 November, and Relay entries close Mon 18 November.

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



Updated Coastal Classic HCU Results Summary.

Tom Weatherall 1st junior male 12km (2nd overall) 54:10, Special local award Dylans Memorial Dash (local up-and-coming athlete)

Aly Craigie 1st Open Female Half (7th overall) 1:44:00

George Solomon 2nd U14 Male (2nd overall) 22:35

Esther Fogarty 6th Open Female Half (27th overall) 1:59:23

Amanda Church 6th Masters Female 12km (60th overall) 1:25:16

Shelby Thomson 7th Open Male Half (11th overall) 1:46:33

Congratulations, everyone! Please let us know if we missed anyone!

[Full Results](#).



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](#). This will be our last week of the year- we will resume in semester 1 2025.

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](#).

November

Saturday 16 November [Children's Interclub](#) (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 [NZ Masters 10,000m Champs](#) Wellington 4:00 pm- 8:00 pm



Weekly Newsletter 11/11/2024

hillcity.org.nz



| | | | |
|-------------------------|--|-----------------------|-------------------------------------|
| 16-17 November | Yvette Williams Memorial Interclub Meeting and Ness Cup (South Island Combined Events Championships) | The Caledonian Ground | 11:00 am- 4:00 pm, 8:40 am- 1:15 pm |
| Saturday 23 November | Children's Combined Interclub (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: |
|---|--|
| Shunters and Grunters 2024 Lovelock Trials 20/04/2024 Lovelock Relays 27/04/2024 Leith Cross Country Relays (Race 1, Race 3, Race 4) and Ponydale Challenge 11/05/2024 TK Cowan Race 18/05/2024 Joe Cowie Memorial 25/05/2024 Barnes Cross Country (1.25km, 2.5km, 5km) 9/06/2024 Edmond Cup 22/06/2024 | Dunedin Interclub 12/08/2024 Otago Spring 3000m Challenge 19/09/2024 Dunedin Interclub 19/08/2024 Masters Weight Pentathlon 19/08/2024 Dunedin Interclub Twilight 25/10/2024 Dunedin Interclub 2/11/2024 Southland-Otago Interclub 8/11/2024 |



Weekly Newsletter 11/11/2024

hillcity.org.nz



| | |
|--|--|
| <u>Otago Cross Country Championships</u> <u>14/07/2024</u> | |
| <u>Brighton to Green Island Road Race</u> <u>27/07/2024</u> | |
| <u>Big Easy Hill Climb Time Trial</u> <u>10/08/2024</u> | |
| <u>Otago Road Championships</u> <u>24/08/2024</u> | |
| <u>Winding Vine Relay</u> <u>7/09/2024</u> | |
| <u>Dunedin Marathon Events</u> <u>15/09/2024</u> | |
| <u>Colin Holmes/Alice Baker Memorial Handicap</u> <u>28/09/2024</u> | |
| <u>Coastal Classic</u> <u>3/11/2024</u> | |

Senior Interclub Southland-Otago Meet (Invercargill- 8/11/2024)

Congratulations to our club members who competed in the Senior Interclub Southland-Otago Meet held in Invercargill on Saturday. It was good to see the HCU singlet well represented along with a Dunedin presence from Ariki, Taieri, Leith, Caversham. Remarkably, we were the best-represented club at the meet- including the local clubs.

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

News:

Applications are open now for the Otago Academy of Sport Talent Development Programs for 2025.

Applications are open now. If you think you fit into one of the below programs- [apply now here!](#)

Year 1:

- Year 13 in 2025 only or athletes who have left school but are a similar age to this school year, unless there are special circumstances.
- This program is for athletes in Otago (Including North Otago and Central Otago) who are developing in their sport and hoping to reach higher honours over the next few years.

Excel program

- 20+ years old and who have been out of school for a year or so.
- Athletes are competing at a high level for their region with aspirations to make national selection.

[Apply Here](#). [OAS website](#).





Weekly Newsletter 11/11/2024

hillcity.org.nz



2024 Winter Season Review.

There will be a 2024 winter season review held at our clubrooms on Wednesday 13 November at 7:30 pm. All are welcome.

We are keen to look at the past season and develop ideas for the future.

While originally intended just for club leaders, it has since been opened to a broader audience.

Feel free to email us with any feedback you would like us to anonymously raise at this meeting.

[More info.](#)

HCU Children's Updates:

There is a U16 heptathlon (girls) and octathlon (boys) event at the Cale on the weekend of the 15th/16th. If you are a Grade 13/14 athlete you should enter as it is a great event and the winner isn't always who you would expect. See Otago Athletics webpage for sign up details.

Unfortunately, we will have to close registrations for HCU this coming Sunday, it's a hard call to make but we are full and any larger we will struggle to provide a good level of coaching for our athletes. Other clubs still have space so if keen please take the opportunity to join a club!

Check out the photos' of recent happening but thanks to #harbourfish and #coffeeculture for their sponsorship of athlete of the week. [More photos.](#)



[Here's the link](#) to order Hoodies & Training Tees.

Orders close December 1st with delivery expected around December 16th.

There are sample sizes at the clubrooms for you to try on before ordering so pop upstairs before training on Tuesdays.



Weekly Newsletter 11/11/2024

hillcity.org.nz



Otago Children's Updates:

[Programme 16 November 2024](#)

[Information for Club Officials this weekend.](#)

There are a few Athletic events on this weekend:

Grade 7-12 will run as normal from 9:00m until 12:30. However parts of the competition will be run in conjunction with the Senior South Island Combined Events Champs. This will effect the Long Jump, Discus and Track. For Long Jump we will use whichever pit they don't want, they will have the first choice (as they have to go with the wind). Javelin is on at 12.00pm so we may need to change the Discus circle to accommodate this. We will decide on the day. The track program has also been crafted with the Combined Events races and some of ours will go before and after each race. Hopefully it all runs smoothly.

Grade 13-14 (and optionally Grade 12) are scheduled to only be with the Seniors. They can choose from doing the Combined Events Champs (2 days) or the interclub (including the Ness Cup). All of these events must be entered online. More information on this below

[Information for Athletes this weekend](#)

This weekend is the first of our Combined with Senior events. Grade 13 and 14 should enter the Senior competition as there are no programmed events for them in the Children's program. Please see your club officials if you are unsure how to do this.

Grade 7-12 will run as normal in two sessions from 9:00-10:30 (Grade 7-9) and 10:30-12:30 (Grade 10-12). Some Senior events will run alongside our children's events which will be fun to watch, but also very important that they all listen to the announcer and only go to the events when called by the official to cross the track.

Grade 13-14 (Grade 12 optional) have their events on in the afternoon with the Seniors. There is an interclub meet and also the Ness cup (Handicapped Mile). Athletes can only do 4 events in one day. All entries for this must be done [online here](#). Entries close at 12 noon on Friday 15th November 2024. No Late Entries.

Grade 13-14 have the option of doing the South Island Combined Events Champs this weekend and can enter the Octathlon (Boys) or Hexathlon (Girls) over the Saturday and Sunday. We would love for them to try this out. It is like Mini Multis. You compete in all events for points and your total points at the end decides the winner. There is a cost to enter but this will be reimbursed to you through the support of the Otago Children's Athletics Trust (we will contact you about the reimbursement).

[Enter here](#). Entries close at 12 noon on Thursday 14th November 2024. No Late Entries

Everyone needs to be competitive registered and be wearing their correct uniform and number this weekend. No exceptions. If you do not have a number yet and are registered please see your



Weekly Newsletter 11/11/2024

hillcity.org.nz



club officials. If you would like to register for this weekend please do so before the end of Thursday 5pm this week so your number is in the system.

Club Officials and their helpers need to be at the ground by 8.30 for set up.

Discus: Hill City Uni with 1 from Ariki and 1 from Leith

Shot Put: Hill City Uni

Long Jump: Taieri

Vortex: Caversham

High Jump: Caversham

Track: Committee

Some other reminders:

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 required

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.



Weekly Newsletter 11/11/2024

hillcity.org.nz



Support Oli Chignell's Movember Campaign.

Oli Chignell has joined several other notable NZ athletes in a movember campaign fundraising and raising awareness of men's mental health. Support them below:

[Team page](#). [Oli's page](#).

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 Thanks!

Participants Sought for Outdoor Running Study.

The School of Physical Education University of Otago research is to validate portable sensor-based systems for tracking key performance metrics during outdoor exercise.



Weekly Newsletter 11/11/2024

hillcity.org.nz



The study involves a straightforward endurance run up Ross Creek, with a few minutes at a faster pace if participants are comfortable with it. There is flexibility with the approach and the researchers are happy to adapt to each runner's current training program and fitness level. Runners of various levels, ages and genders are more than welcome!

Interested runners can reach out to Lucas Pollet-Villard directly via email for more details or to schedule a session: pollu324@student.otago.ac.nz

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

Events:

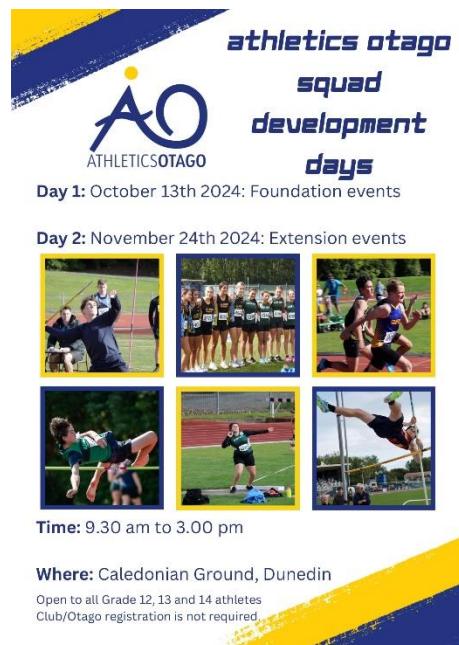
Athletics Otago Development Day- 24 November.

Day 2 of the Athletics Otago Grade 12, 13 & 14 is happening on Sunday the 24th of November at the Caledonian starting at 9:30am. This 1 day session will focus on the extension events that you can now do within the senior competition. Top Otago coaches will be there to show you how to do Hammer, Javelin, Triple Jump, Pole Vault, Long Hurdles and Steeplechase.

Register your attendance today. It is free for all Athletes aged 12, 13 and 14 in Otago,

If you already registered for day 2 as part of your day 1 registration you don't need to register again.

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



athletics otago
squad
development
days

ATHLETICS OTAGO

Day 1: October 13th 2024: Foundation events

Day 2: November 24th 2024: Extension events

Time: 9.30 am to 3.00 pm

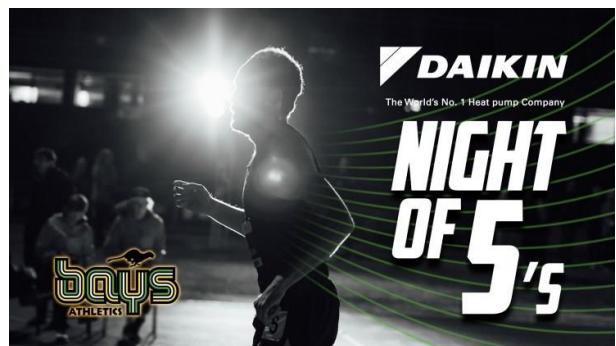
Where: Caledonian Ground, Dunedin
 Open to all Grade 12, 13 and 14 athletes
 Club/Otago registration is not required

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 11/11/2024

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.

One group did an out and back towards Roseneath.

Another group ran up to the top of Flagstaff.

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 up to the gardens before heading back to Dundas Street and up to Bracken's lookout. We then linked back through the gardens returning via Castle Street.

With exams having wrapped up, Wednesday the 13th will be our last group run for the year. We will resume in semester 1 2025.

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



Weekly Newsletter 11/11/2024

hillcity.org.nz



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](#).

Appendix 1: HCU 2024 Senior Prizegiving Results Summary.

2023-24 Summer Track and Field season:

N J Suckling Cup (Junior Men Middle Distance) Jake Owen

Mornington H&AAC 1000yds Championship Cup (Junior Women Middle Distance) Zara Geddes

Senior Men's Middle Distance Cup (Senior Men's Middle Distance) Brad Trebilcock

Taylor Fruit Bowl (Senior Women's Middle Distance) Rebekah Aitkenhead

Masters' Middle Distance Cup (Masters Middle Distance Male or Female) Simon Rhodes

J Campbell Cup (Best placing Otago 10000m championship) Simon Rhodes

A D McMurran Challenge Cup (Junior Men Field Events) Luke Moffitt

Mornington H&AAC Junior Women's Field Cup (Junior Women Field Events) Alexa Duff

Quennell Memorial Cup (Senior Men Field Events) Cameron Moffitt

J C Lucas Cup (Senior Women Field Events) Embla Wihk

Masters' Field Cup (Masters Field Events Male or Female) Simon Maole

J T Johnson Decathlon Cup (Decathlon Champion) Cameron Moffitt

Brent Ward Junior Men Sprint Trophy (Junior Men Sprints) Luke Moffitt

Hugh & GK Neill Sprint Trophy (Junior Women Sprints) Freya Ferro

A H Templeton Sprint Cup (Senior Men Sprints) Cameron Moffitt

Hill City Athletic Club Cup (Senior Women Sprints) Anna Donaldson

Masters' Sprint Cup (Masters' Sprints male or Female) Elizabeth Mitchell



Weekly Newsletter 11/11/2024

hillcity.org.nz



F E Gibbons Bowl (Most Improved Male Athlete) Luke Moffitt

J H Hay Cup (Most Improved Female Athlete) Zara Geddes

Track & Field Championship Cup (Boys 14/16 Champion) Alex Walker

J Harding Cup (Girls 14/16 Champion) Freya Ferro

T E M Burton Cup (U20 Men's Champion) Luke Moffitt

Hill City Athletic Club Trophy (U20 Women's Champion) Alexa Duff

J T Johnson Cup (Senior Men's Champion) Cameron Moffitt

David Richmond Cup (Senior Women's Champion) Rebekah Aitkenhead

PHC Summer Trophy (Most Outstanding Performance in Representative Athletics) Anna Grimaldi

Mornington H&AAC Junior Field Cup (Most Outstanding Field Performance Male or Female) Luke Moffitt

Alistair D McMurran Summer Cup (Most points for the Season Women all ages) Alexa Duff

Men's Championship Cup (Most points for the Season Men all ages) Luke Moffitt

Brandwell Moller Cup (Most points for the season Masters Male or Female) Elizabeth Mitchell

G S Mowart Junior Challenge Cup (Fastest time Lovelock trials - junior) Lucas Huia (1350m; 4:37)

D H Randle Memorial Cup (Fastest time Lovelock trials - senior male) Luke Geddes (1350m; 4:19)

Maiden Race Trophy (Fastest time Lovelock trials - female) Taryn McLean (1350m; 4:33)

Lovelock Relays

Neil Hickey Memorial Trophy (Fastest time Lovelock Relay (club) - senior men's) Jake Owen (4:18)

Lovelocks Fastest Time Female (Fastest time Lovelock Relay (club) - senior women's) Rebekah Greene (4:33)

T K Cowan (handicap)

T K Cowan (1st club man over line - 8km) Christian Nita (8km 34:20; 49:00 adj)

John Edmond's Memorial cup (2nd place club man over the line - 8km) Luke Geddes (8km 31:27; 50:17 adj)

T K Cowan (1st club junior male over line - 5km) Lucas Huia (5.5km 22:25; 34:55 adj)

T K Cowan (1st club woman over the line - 8km) Cilla Dickinson (8km 41:34; 47:44 adj)

T K Cowan (Fastest club time man - 8km) Luke Geddes (8km 31:27)

T K Cowan (Fastest club time junior male - 5km) Lucas Huia (5.5km 22:25)

T K Cowan (Fastest club time female - 8km) Taryn McLean (8km 32:47)

T K Cowan (1st club junior female over the line - 5km) N/A

2024 Winter Harrier season:

Lovelock Relay Trials Short Logan Park Loop 2024 ~1350m



T K Cowan (Fastest club time junior female - 5km) N/A

T K Cowan junior trophy (Bruce Cowan) (1st club junior boy over the line (U14/1.5km)) George Solomon (1.5km 5:07; 9:27 adj)

T K Cowan junior trophy (Bruce Cowan) (Fastest club time junior boy (U14/1.5km)) George Solomon (1.5km 5:07)

T K Cowan junior trophy (Bruce Cowan) (1st club junior girl over the line (U14/1.5km)) Genevieve Hodgson (1.5km 7:08; 9:08 adj)

T K Cowan junior trophy (Bruce Cowan) (Fastest junior girl across the line (U14/1.5km)) Julia Hodgson (1.5km 6:20)

Edmond Cup

Soldier Memorial Cup (Fastest club time Senior Men) Oli Chignell (8km 26:22)

R C Lindsay/I F Reid (Fastest club time Junior U20 Male) George Hamilton (8km 27:40)

R C Lindsay/I F Reid (Fastest club time Junior U16 Male) Thomas Weatherall (4km 15:05)

Steeplechase Trophy (Fastest time Senior Women) Taryn McLean (8km 33:22)

B Jack Cup (Fastest time Junior Female U16) Eva McLean (3km 13:06)

Otago Cross Country

Fenwick Memorial Cup (Fastest club time Senior Men) Oliver O'Sullivan (10km 36:35)

J C Lucas Cup (Fastest club time Junior U20 Male) George Hamilton (8km 29:07)

W H Burrows Colts Cross/Cup (Fastest club time Junior U14 Male) George Solomon (3km 13:04)

R T Dodds (Fastest club time Junior U16 Male) Thomas Weatherall (4km 16.38)

I F Murcott & Emerson (Fastest club time Senior Women) Rebekah Aitkenhead (10km 39:45)

J B Hyslop Esq (Fastest club time Junior U20 Female (using the Salmon Trophy-hill free trophy as #21 full)) N/A

Ladies Cross Country (Fastest club time Junior U16 Female) Lucy Fitzgerald (4km 20:55)

Certificate (Fastest club time Junior U14 girl) Eva McLean (3km 13:25)

Certificate (Fastest club time Junior U12 boy) N/A

Certificate (Fastest club time Junior U12 girl) Penelope Hodgson (2km 9:49)

Vet Mens C/C (Fastest club time Vet Male +35) Mark Geddes (8km 36:20)

Vet Womens Cross / C (Fastest club time Vet Women +35) Aly Craigie (6km 26:27)

Bayfield Cross Country (handicap)

Mornington Girls cross country (Fastest club time Junior U14 girl) N/A

Presbyterian Cup (1st club man over the line) David Mackle (5km 33:42; 33:42 adj)

R E Gain Memorial SHJ (1st club junior male U20 over line) N/A

LSW & Emersons Cup (1st club junior male U16 over line) N/A

D O'Brien Cup (1st club woman over line) Lia Bezett (5km 23:35; 33:35 adj)

Colin Holmes Memorial R/ Race (handicap)

Colin Holmes Memorial Race (1st club man over line) David Mackle (5km 34:22; 34:22 adj)



Colts Road Race (1st club junior U16 boy over line) N/A

A Knowles Cup (1st club female over line) Anita Dunbier (5km 25:23; 35:23 adj)

J Smith Cup (1st club junior U16 girl over line) N/A

R Murcott Cup (Fastest club time male) Luke Geddes (5km 17:11)

A G Hall Cup (1st club junior boy 3km) N/A

Road Race Shield (1st club junior girl 3km) N/A

Alice Baker Memorial Trophy (Fastest club time female) Aly Craigie (5km 19:45)

Other Cups

Wakari Cup Hill Free Cup (1st home half marathon) N/A

Cook Hill trophy-hill free (1st club man over line) N/A

Hire Service Trophy hill free (1st club woman over line) N/A

Richmond Cup (Male T K cowan/Colin Holmes/Port R R) Luke Geddes

Dalton Shield (Female T K Cowan/Colin Holmes/Port R R) Anita Dunbier

Frost trophy (Most improved male) Thomas Weatherall

M G Manson (Most improved female) Eva McLean

P R & P M Seaton (Most outstanding performance) Cilla Dickinson - Dunedin Marathon*

Dagg Trophy (Funniest thing that happened in season) N/A

Jack Clark trophy (Persistence /Determination) Esther Fogarty/Georgy Pakeho

Bob Lindsay Memorial Trophy (Best marathon performance) Cilla Dickinson - Dunedin Marathon

Dave McDonald Memorial Trophy (Most valuable contribution in a road relay) Richard Fogarty (Winding Vine Relay winning team)

2024 Volunteer of the Winter Season (Most outside committee volunteer points) David Richmond

Merit award Anna Grimaldi

Service Award Josh Hou