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First up:

South Island Combined Events Championships.

A special well done to everyone who participated in the South Island Combined Events Championships over the weekend as part of the Dame Yvette Williams Meet.

HCU was well-represented with 40% of all participants. Congratulations to:

Cameron Moffitt 2nd Decathlon Men Open 6535 points.

Toby Martin 3rd Decathlon Men Open 5557 points.

Luke Moffitt 2nd Decathlon Men U20 5501 points.

Alex Walker DNF Decathlon Men U18.

Martha Lippross 4th Heptathlon Women U16 2711 points.

Lailah Robson 6th Heptathlon Women U16 2296 points.

Eddie Weir 3rd Octathlon Men U16 2564 points.

Angus Hollows 4th Octathlon Men U16 2295 points.

Zander King 6th Octathlon Men U16 2043 points.

Riley McCall 7th Octathlon Men U16 1670 points.





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](#)

A HCU points breakdown is included as an appendix to today's newsletter.

[Full Results](#). We will post photos to [our Facebook Page](#) in the next couple of days.

2024 Ness Cup and Dame Yvette Williams Memorial Meeting.

The Ness Cup, a 1-mile handicap race, was held on Saturday as part of the Yvette Williams Memorial Meeting.

Congratulations to Caleb Dobier (Taieri) who won the Ness Cup (3rd open line order, 1st club registered/eligible). Dan Obrien and Jared Brensell (both unregistered/ community) were first and second across the line respectively.

Jake Owen 7th line 6:50.19,
1st male elapsed 4:30.19,
1st Men 18-19.

Ollie O'Sullivan 8th line
6:51.37, 2nd male elapsed
4:46.37, 1st Men 35-49.

Barry Purton 11th line 6:57.03, 17th male elapsed 6:22.03, 1st Men 50+.

Mark Geddes 15th line 6:59.60, 14th male elapsed 5:49.60, 3rd Men 35-49.

Mark Lokman 17th line 7:01.30, 15th male elapsed 5:51.30, 2nd Men 50+.

Julia Hodgson 19th line 7:03.32, 6th female elapsed 6:18.32, 1st Girls 12-13.

Taryn McLean 20th line 7:03.60, 2nd female elapsed 5:33.60, 1st Women 35-49.





Also, congratulations to Mac Denniston (Alexandra) who broke the F34 M19, M20, and SM New Zealand Record in the discus with a throw of 20.75m and Phoebe Laker (Aspiring) broke the W15, W16, and W17yr 400m Otago record with a performance of 56.40s! Epic performances!

[Full Results](#). [Photo Album](#). [Race Video](#).

[Facebook event](#). Dame Yvette Williams Memorial Meeting [HCU Results Summary](#).

Queenstown Marathon Success- Oli Chignell and George Hamilton.

Congratulations to Oli Chignell who broke the record in the 10km event at the Queenstown Marathon on Saturday.

Oli completed the course in 30:44 ahead of recently-Dunedin-based Josh Lovely (Timaru) in 35:33.

The previous record of 32:14 was set by Evan Elder in 2018.

Both male and female 10km event records are now held by HCU members with Becky Aitkenhead setting the women's record of 35:44 in 2019. Becky also holds the Half-Marathon course record of 1:16:09 from 2023.

Congratulations also to George Hamilton who won the M18-19, and placed a remarkable 5th overall, in the Marathon event in 2:43:12. Awesome effort! Please let us know if we've missed anyone!

[Lakes Weekly Coverage](#):

"Another Queenstown Marathon record tumbled today, with Oli Chignell blasting his way to the men's 10km title in just over 30 minutes to break the existing record that has stood since 2018 by more than two minutes..."

[Sportzhub coverage](#):

"The 10km races also saw records tumble, with Dunedin's Oli Chignell breaking the men's record by over two minutes..."

[Course Records](#). [Full results](#). [HCU Post](#). Photo credit: Sportograf.

This Week- Otago Mile Champs.

The Otago one Mile Champs are being held on Saturday (23 November) as part of an Otago-Southland Interclub Meet at the Caledonian.





This is a World Athletics Permit Meeting.

Entries close at 12 noon on Friday 22nd November 2024.

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

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](#). We have finished these runs for 2024- 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, 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](#).

November



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 November- 1 December	Children's mini multis- Southland invited 2-day event	The Caledonian Ground	1:00 pm- 5:00 pm, 9:00 am- 12:30 pm

December

6-8 December	New Zealand Secondary Schools' Track, Field and Road Race Championships	Timaru	TBC
Saturday 7 December	Children's Paape Highland Games	The Caledonian Ground	TBC
Saturday 14 December	Colgate Coaching Clinic	The Caledonian Ground	9 am- 12 pm
Saturday 14 December	Senior Interclub Meet	The Caledonian Ground	1 pm- 4 pm
Saturday 21 December	Night of 5's	Auckland	



Results:

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

Harriers:	Track and Field:
Shunters and Grunters 2024	Dunedin Interclub 12/08/2024
Lovelock Trials 20/04/2024	Otago Spring 3000m Challenge 19/09/2024
Lovelock Relays 27/04/2024	Dunedin Interclub 19/08/2024
Leith Cross Country Relays (Race 1, Race 3, Race 4) and Ponydale Challenge 11/05/2024	Masters Weight Pentathlon 19/08/2024
TK Cowan Race 18/05/2024	Dunedin Interclub Twilight 25/10/2024
Joe Cowie Memorial 25/05/2024	Dunedin Interclub 2/11/2024
Barnes Cross Country (1.25km, 2.5km, 5km) 9/06/2024	Southland-Otago Interclub 8/11/2024
Edmond Cup 22/06/2024	South Island Combined Events Championships 16-17/11/2024
Otago Cross Country Championships 14/07/2024	Dame Yvette Williams Meet (including the Ness Cup) 16-17/11/2024
Brighton to Green Island Road Race 27/07/2024	
Big Easy Hill Climb Time Trial 10/08/2024	
Otago Road Championships 24/08/2024	
Winding Vine Relay 7/09/2024	
Dunedin Marathon Events 15/09/2024	
Colin Holmes/Alice Baker Memorial Handicap 28/09/2024	
Coastal Classic 3/11/2024	

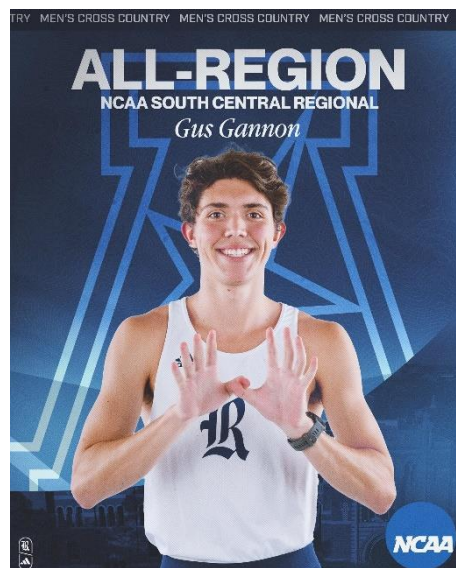
Gus Gannon claims NCAA Cross Country All-Region Honours.

Student-athletes from across the American Athletic Conference competed at regional sites on Friday attempting to qualify for the 2023 NCAA Division I Cross Country Championships at Panorama Farms in Earlysville, Virginia on November 18.

A total of 14 American athletes claimed all-region honours as a top-25 finisher at their respective regional championship meet, including HCU-registered Gus Gannon. Congratulations, Gus!

Gus placed 21st in the 10km event in 30:07.1. Led by Gus, the Rice Owls placed a strong 11th as a school out of 32 competing schools.

[Rice Owls Report](#). [Flo track Article](#). [The American Coverage](#).





Wellington Meet HCU Results- 13/11/2024.

William Sew Hoy 7th open 100m 12.46 (SB), 5th open 200m 25.81 (PB)- nice one, William!

[Full Results.](#)

News:

ODT- 'Paralympic gold medallist pays a visit'.

Anna Grimaldi visited Maori Hill School in Dunedin, inspiring students to chase their dreams and break through self-made barriers.

She shared highlights from her 2024 Paris win and answered questions about her prosthetic arm and flag-bearing moment, leaving the kids motivated for their own futures.

Photo Credit- Peter McIntosh, ODT.

[Full article.](#)



NZSSAA Teams Announcement- 2024 NZSS Track & Field and Road Championships Team.

Once again NZSSAA will select a Championship team for athletes performing with excellence at their annual Championships in Timaru. This is a large team selected across all events including the road race. The selection is announced at the end of the Championships. Each athlete earning selection earns a \$250 travel award to be used in pursuit of their athletics competitions and a product item from SAS sports.

NZSSAA will select a NZSS Track & Field team for 2025 Central Classics Meets and will be eligible to compete at other Athletics NZ Summer Permit Meets. Selection criteria and Expressions of Interest will be announced before the NZSS Championships.

NZSSAA will select a Track and Field team of 16-18 athletes to tour to the USA, West Coast in April 2025. Exact dates to be confirmed, approximately 9-22 April. Selection criteria will be compulsory attendance and achievements at NZSS Championships at Timaru 6-8 December 2024.

[More info.](#)

Athletics New Zealand Job Opportunity- Participation and Membership Administrator.



Athletics New Zealand is excited to offer a fantastic opportunity to join their team!

Role: Participation and Membership Administrator

This pivotal role will collaborate closely with the Commercial Partnerships and Technology Manager to support a range of key areas, including:

- Safeguarding & Membership Administration
- Event Support & Coordination
- Education & Training
- System Management & Optimisation

If you're passionate about athletics and have a knack for organisation, we'd love to hear from you!

Applications close: 5pm, Thursday 28 November 2024.

Please apply via [Seek here](#).

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.

All applications must be received by Monday 19th February 2024.

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

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](#).



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.

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

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.



Athletics NZ Summer Track and Field Event Grid.

The Event grid for the 2025 New Zealand Track & Field Season is here. There is a jam-packed summer of track and field on the horizon, headlined by the World Athletics Continental Tour meets heading to New Zealand.

[Night of 5s](#) (Saturday 21 Dec) Auckland

[Lovelock Classic](#) (Saturday 11 Jan) Timaru

[Sola Power](#) (Saturday 18 Jan) Wellington

[Cooks Classic](#) (Saturday 25 Jan) Whanganui

[Capital Classic](#) (Wednesday 29 Jan) Wellington

[Potts Classic](#) (Saturday 1 Feb) Hastings

[Sir Graeme Douglas International](#) (Sunday 9 Feb)
Auckland

[Porritt Classic](#) (Saturday 15 Feb) Hamilton

[International Track Meet](#) (Sunday 23 Feb)
Christchurch

[NZ Track and Field Champs](#) (6-9 March) Dunedin

[NZ Combined Events Champs](#) (22-23 March)
Auckland

Athletics New Zealand Summer Track and Field Event Grid 2024-25

Date:	Meet:
Saturday 21 Dec	Night of 5s (Auckland)
Saturday 11 Jan	Lovelock Classic (Timaru)
Saturday 18 Jan	Sola Power (Wellington)
Saturday 25 Jan	Cooks Classic (Whanganui)
Wednesday 29 Jan	Capital Classic (Wellington)
Saturday 1 Feb	Potts Classic (Hastings)
Sunday 9 Feb	Sir Graeme Douglas International (Auckland)
Saturday 15 Feb	Porritt Classic (Hamilton)
Sunday 23 Feb	International Track Meet (Christchurch)
6-9 March	NZ Track and Field Champs (Dunedin)
22-23 March	NZ Combined Events Champs (Auckland)

For more info on the Athletics NZ Summer Track and Field Event Grid, [see here](#).

Weekly Activity Recap:

HCU Sunday Long Runs.

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

A Danners Stunner this week! Perfect weather for the Long Run. One group did an out and back to Vauxhall

One group did an out and back towards Roseneath.

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





Wednesday HCU Student Runs.

This week, we held our last Wednesday HCU Student Run for the year. We will resume in semester 1 2025.

This week, we ran up through the uni to the Gardens before doing a loop of Opoho Park. We carried along Signal Hill Road before missing a turnoff and taking a scenic route to North Road. We went up Baldwin Street before returning back down and to the uni.

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](#).

Appendix 1: South Island Combined Event Champs.

Decathlon Men Open:

Cameron Moffitt 2nd 6535- 100m 11.10 (838 points), Long Jump 6.60m (720 points), Shot Put 13.45m (695 points), High Jump 1.75m (585 points), 400m 49.92 (818 points), 110m Hurdles 15.91 (743 points), Discus 38.10m (626 points), Pole Vault 3.82m (568 points), Javelin 35.01m (370 points), 1500m 4:57.94 (572 points).

Toby Martin 3rd 5557- 100m 11.66 (719 points), Long Jump 6.53m (704 points), Shot Put 8.08m (371 points), High Jump 1.72m (560 points), 400m 55.20 (591 points), 110m Hurdles



16.57 (670 points), Discus 28.13m (428 points), Pole Vault 3.82m (568 points), Javelin 37.39m (404 points not found), 1500m 5:03.14 (542 points).

Decathlon Men U20:

Luke Moffitt 2nd 5501 points- 100m 11.46 (761 points), Long Jump 7.04m (823 points), Shot Put 11.73m (590 points), High Jump 1.78m (610 points), 400m 52.43 (706 points), 110m Hurdles 16.02 (730 points), Discus 32.84m (521 points), Pole Vault NH (0 points), Javelin 31.49m (320 points), 1500m 5:21.98 (440 points).

Decathlon Men U18:

Alex Walker DNF- 100m 11.65 (721 points), Long Jump 5.27m (435 points), Shot Put 13.24m (682 points), High Jump 1.48m (374 points), 400m 53.46 (662 points), 110m Hurdles 18.75 (455 points), Discus 33.40m (532 points), Pole Vault DNS (0 points), Javelin DNS (0 points), 1500m DNS (0 points).

Heptathlon Women U16:

Martha Lippross 4th 2711 points- 80m Hurdles 12.86 (707 points), High Jump 1.29m (399 points), Shot Put 7.57m (372 points), 200m 30.19 (469 points), Long Jump 4.18m (350 points), Javelin 16.35m (0 points), 600m 2:02.82 (414 points).

Lailah Robson 6th 2296 points- 80m Hurdles 17.23 (214 points), High Jump NH (0 points), Shot Put 7.35m (357 points), 200m 27.32 (685 points), Long Jump 4.04m (317 points), Javelin 14.91m (195 points), 600m 1:54.83 (528 points).

Octathlon Men U16:

Eddie Weir 3rd 2564 points- 100m 13.70 (356 points), Javelin 23.01m (202 points), Pole Vault 1.80m (103 points), 300m 44.08 (391 points), 100m Hurdles 20.30 (213 points), Discus 21.32m (297 points), Long Jump 5.08m (398 points), 1000m 3:06.26 (604 points).

Angus Hollows 4th 2295 points- 100m 13.33 (413 points), Javelin 28.58m (279 points), Pole Vault 2.10m (159 points), 300m 46.01 (310 points), 100m Hurdles 21.93 (114 points), Discus 30.21m (469 points), Long Jump 4.89m (361 points), 1000m 4:01.63 (190 points).

Zander King 6th 2043 points- 100m 13.47 (391 points), Javelin 18.18m (137 points), Pole Vault NH (0 points), 300m 45.90 (314 points), 100m Hurdles 18.38 (362 points), Discus 21.59m (302 points), Long Jump 4.74m (333 points), 1000m 3:59.08 (204 points).

Riley McCall 7th 1670 points- 100m 14.40 (258 points), Javelin 13.19m (72 points), Pole Vault NH (0 points), 300m 46.30 (298 points), 100m Hurdles 23.13 (60 points), Discus 14.90m (178 points), Long Jump 4.63m (313 points), 1000m 3:18.90 (491 points).

[Full Results.](#)