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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Otago Mile Champs Recap.

The Otago One Mile Champs were held on Saturday as part of an Otago-Southland Interclub Meet at the Caledonian.

This was a World Athletics Permit Meeting.

A particular congratulations to the following HCU athletes who won age-grade Otago titles: Eva McLean, Taryn McLean, Lucas Huia, Nicolas Alvarez Rey-Vira, and Oliver Osullivan.

Full HCU results summary:

Eva McLean 1st Otago (3rd line) Women 12-17 5:42.99

Taryn McLean 1st Women
40-44 5:29.22

Thomas Weatherall 2nd Otago (5th line) Men 12-17 (1st Men 14-15)
5:02.47

Lucas Huia 1st Men 18-19 4:54.22

Nicolas Alvarez Rey-Vira 1st Men 20-34 4:32.49

Oliver Osullivan 1st Men 35-39 4:40.81

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

[ODT article \(subscription required\).](#) [Photos.](#)





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

Otago Masters Record 5000m- Taryn McLean.

Congratulations to Taryn McLean who set an Otago MW40-45 Record in the 5000m with a new time of 18:19.24 (pending confirmation)!

The previous record of 18:19.70 was set in 1997 by Jan Todd.

Well done, Taryn!



[Full Results.](#)

[Otago Women's Masters Records.](#)

This week- Morning Interclub Meet (30/11/2024).

Please note this meeting is a morning event.

For more info, and to enter, please see the [event page 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. We have finished these runs for 2024- we will resume in semester 1 of 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



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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 30 November	<u>Senior Interclub Morning</u>	The Caledonian Ground	9:00 am- 12:00 pm
30 November- 1 December	<u>Children's mini multis- Southland invited 2-day event</u>	The Caledonian Ground	1:00 pm- 5:00 pm, 9:00 am- 12:30 pm

December

6-8 December	<u>New Zealand Secondary Schools' Track, Field and Road Race Championships</u>	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 [Night of 5's](#)
December

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	Senior Interclub Meet 23/11/2024
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	

News:

South Island Combined Event Champs Photos.

The South Island Combined Events Championships were held as part of the Dame Yvette Williams Meet (16-17/11/2024). Photos from this meet are now available.

[Day 1- 16/11/2024](#). [Day 2- 17/11/2024](#).

[Full Results](#).



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Children's Updates.

The Mini Multis and Tyson Challenge Competition Programme can be found in the link below.

Mini Multis updated program to have Grade 6 separate from Grade 7.

More info on this awesome event will follow during the week.

Otago Children's Athletics Post.

Photos of the 10-12's toughing it out in the cold on Saturday can be [found here](#).

Photos of the 6-9 year olds from 23rd November can be [found here](#).



This Saturday at the Mini Multis and Tyson Challenge we are excited to announce that Otago's Paralympic 200m Champion Anna Grimaldi will be joining us for an hour on Saturday (1pm ish). Come along and meet Anna, get a look at that Gold medal, and if you are extra lucky, a photo. (Just make sure you also get to your events when called as well :)) Thank you Anna for coming along.

Otago Children's Athletics Post.

Thank you to all the Grade 12, 13 and 14 Athletes that have joined our two Squad development sessions over the past month...

Athletes had a chance to try Long Hurdles, Steeplechase, Javelin, Hammer, Triple Jump and Pole Vault. It was exciting for them all to learn something new and open up some different events for them to try. Next step is to try some of these events in competition....

Otago Children's Athletics Post.



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[Full Album.](#)

2024 OPSSA Otago Championship Athletics Champs.

Well done to all the athletes who took part in the 2024 OPSSA Otago Championship Athletics Champs the other day. There were several HCU athletes who broke OPSSA Otago Championship Athletic Records:

Event: Girls Under 12 80m Heat. New Record Holder: Stella Kawau (OAI), Oamaru Intermediate School. New Record Time: 11.466 sec. Bettered existing time of 11.55 sec set by India Lazenby, Tahuna Intermediate School, in 2023. Ally Cuaresma (WES) also bettered the previous record time.

Event: Girls Under 13 80m Heat. New Record Holder: India Lazenby (TNI). Tahuna Normal Intermediate School. New Record Time: 11.026 sec. Bettered existing time of 11.22 sec set by Honor Blaikle, Columba College, in 2023. Emily Bevin (KVC) also bettered the previous record time.

Event: Boys Under 12 200m Relay Final. New Record Holder: Tahuna Normal Intermediate School A. Isaiah Sarkies (TNI), Leo McFarlane* (TNI), Koa Phillips* (TNI), Lachy Steel* (TNI), Tahuna Normal Intermediate School. New Record Time: 26.639 sec. Bettered existing time of 27.50 sec set by Maniototo Area School, in 1988.

[Event website.](#)

ODT- Young high achievers of 2014 excelling both in and out of sport: Anna Grimaldi.

Then: The effervescent Bayfield High School student and Class Act recipient was an emerging star of the para athletics scene. She had won eight gold medals at the New Zealand championships and smashed 16 national records. Grimaldi was "maybe" aiming at the 2016 Rio Paralympics.

Now: An emerging star? Try rock star. Grimaldi did not take long to join the pantheon of Otago sporting greats. She not only qualified for the Rio Paralympics but she soared to gold in the T47 long jump. Then she did it again at the Covid-delayed Tokyo Paralympics. Then she won gold (200m) and bronze (100m) in Paris a couple of months ago. A delightful human being and an



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inspirational athlete, Grimaldi has led a revolution in para sport next to fellow Otago athlete Holly Robinson."

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



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:



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- 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.



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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 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

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)



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

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

[NZ Combined Events Champs \(22-23 March\) 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.

4 out of 11 of us today were in the 'injured runners on bikes' group. Us runners split into 2 groups with one going up NEV & 3 of us heading up into Ross Creek (& still managing to introduce a couple of new tracks to some)

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



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.



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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](#).