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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

HCU Senior Prizegiving (Summer and Winter)- 10/11/2024.

The 2024 Hill City-University Senior Summer and Winter Prizegiving will be held on Sunday 10 November at 12:30 pm at the Hill City-University Clubrooms on Logan Park Drive, Dunedin North.



Come along to celebrate the summer track and field and winter harrier seasons!

Please bring a plate to share (if you can).

[Facebook event](#). [2023 Winter Prizegiving award winners](#). [2023 Winter Prizegiving photos](#).

Otago 5,000m Championships.

The Otago 5,000m Champs was held on Saturday as part of the interclub meet. A HCU results summary follows:

Women 20-44 5000 Metre Run:

Taryn McLean 1st (1st open female)
18:30.40

Women 50-54 5000 Metre Run:

Georgina Pakeho 1st (6th open female) 20:55.67

Men 18-19 5000 Metre Run:

Lucas Huia 1st (4th open male)
18:01.67

Jake Owen DNF

Congratulations, everyone!



[Full HCU results summary](#). [Full results](#). [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

Coastal Classic

The Costal Classic was held at Taieri Mouth yesterday.

While full/ formal results aren't yet available, preliminarily, there were some strong performances from our club members. Several highlights follow (please let us know if we missed you):

Tom Weatherall 1st junior male 12km, 2nd open, Special local award
Dylans Memorial Dash (local up and coming athlete) 54:59

Aly Craigie 1st open woman Half 1:44:00; Esther Fogarty Half 2:00:14;
Shelby Thomson Half 1:46:33

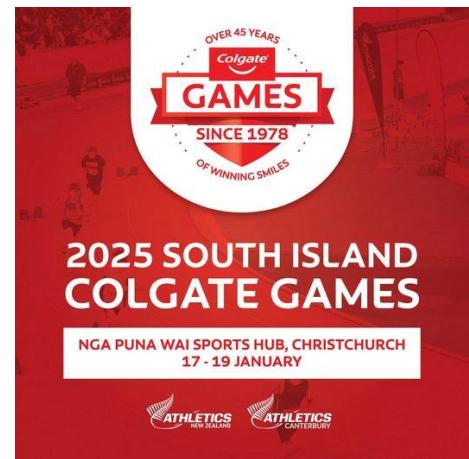
[Event website](#). [Event Facebook Page](#). [Results \(forthcoming\)](#). [Photos \(Chris Sole\)](#).



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](#).

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](#).



November

Saturday 9 November	Children's Interclub 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	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
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:
<p><u>Shunters and Grunters 2024</u> <u>Lovelock Trials 20/04/2024</u> <u>Lovelock Relays 27/04/2024</u> <u>Leith Cross Country Relays (Race 1, Race 3, Race 4) and Ponydale Challenge 11/05/2024</u> <u>TK Cowan Race 18/05/2024</u> <u>Joe Cowie Memorial 25/05/2024</u> <u>Barnes Cross Country (1.25km, 2.5km, 5km) 9/06/2024</u> <u>Edmond Cup 22/06/2024</u> <u>Otago Cross Country Championships 14/07/2024</u> <u>Brighton to Green Island Road Race 27/07/2024</u> <u>Big Easy Hill Climb Time Trial 10/08/2024</u> <u>Otago Road Championships 24/08/2024</u> <u>Winding Vine Relay 7/09/2024</u> <u>Dunedin Marathon Events 15/09/2024</u> <u>Colin Holmes/Alice Baker Memorial Handicap 28/09/2024</u> <u>Coastal Classic 3/11/2024</u></p>	<p><u>Dunedin Interclub 12/08/2024</u> <u>Otago Spring 3000m Challenge 19/09/2024</u> <u>Dunedin Interclub 19/08/2024</u> <u>Masters Weight Pentathlon 19/08/2024</u> <u>Dunedin Interclub Twilight 25/10/2024</u> <u>Dunedin Interclub 2/11/2024</u></p>

Auckland Marathon- Christian and Bogdan Nita.

Congratulations to both Christian and Bogdan Nita who took part in the Auckland Marathon events. Christian did the Half-Marathon as a bit of fun and Bogdan paced the Full marathon.

Christian Nita 27th M16-19, 503rd Male, Half Marathon 1:42:12

Bogdan Nita 52nd M50-54, 842nd Male, Full Marathon 3:57:09

Also of note, former HCU runner, Caden Shields, took the win in the Half-Marathon in 1:06:34. Awesome stuff, everyone!

Full results. Event website. Race write up.





News:

Southland Meet- transport is available.

If you would like to book a seat in a van to Invercargill for the Southland Meet on the 9th November you need to complete [the Google Form here](#).

Seats are limited and it will be first in first served. Cost is \$10

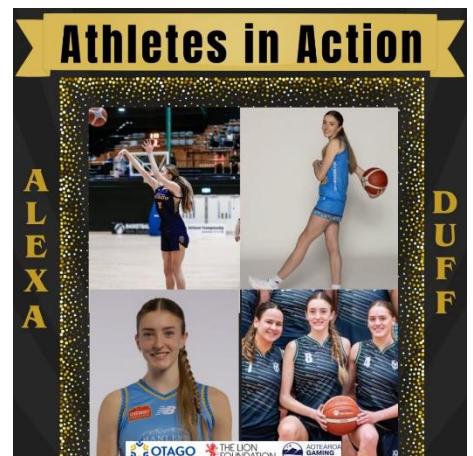
Departure and return will be to the Caledonian Ground with departure time to be advised.

Otago Academy of Sport- Athlete in action: Alexa Duff.

OAS (and HCU) Athlete Alexa Duff has been in full swing this year doing it all. After a super successful athletics season throwing her Javelin to national titles, she has recently been throwing a basketball around the court. She lead her school team to another schools title then achieving bronze at South Island's, granting the team their first ever time at the NZ Nationals. Alexa was also named as a reserve for the Junior Tall Ferns after a successful Otago U20 campaign earlier in the year.

You can catch her recently competing for the Southern Hoiho.

[Otago Academy of Sport Post.](#)



ODT Class Act awards- Lisa Lokman and others in the Athletics/ harrier community.

Congratulations to those named in this year's ODT Class Act awards.

These awards celebrate the excellence of young people in the southern region. Each year, local high schools nominate their best and brightest pupils who then gather at a special awards ceremony in Dunedin, where they are presented with their Class Act certificates by the Prime Minister.

In particular, congratulations to those in the Otago athletics/ harrier community:

Lisa Lokman (HCU, Otago Girls' High School) ([Full profile](#)):

"When she's not training for high jump she is most likely to be found practising for Japanese speech competitions or doing DIY at home with her family.





She said she surprised herself when she won the high jump competition at her school's athletics day in year 9, but surprised everyone when she won at the Otago regional competition.

"My dad said, 'we better find you a coach then', because then I was going to the nationals."

She began training five times a week, and has gone on to win bronze medals at the New Zealand Secondary Schools Championships in 2022 and 2023, and a bronze at the New Zealand Track and Field Championships this year..."

Jorja Gibbons (Taieri, Queen's High School) ([Full profile](#)).

"Jorja Gibbons wants to compete with the fastest athletes in the world.

The 18-year-old runner has already set a national record as a part of the New Zealand under-20 relay team at the Sydney Track Classic this year.

She recently started racing in a senior grade and was stepping up to big competition against the likes of Olympian Zoe Hobbs.

She said it was scary going up against Hobbs but she loved racing people faster than her.

Athletics was in her blood - her father is Olympian pole vaulter Paul Gibbons and her mother is Otago hurdler Megan Gibbons..."



Fergus Oberlin-Brown (community, Otago Boys' High School) ([Full profile](#)):

"Within a couple of years the 17-year-old has gone from playing for the Otago Boys' High School 4th XI team to being selected as a part of the New Zealand under-18 squad.

He says he had a bit of talent to begin with but just started working really hard on his game in year 11, training five or six times and playing two games every week.

"I just loved it so much."

In year 12 he started playing club hockey for the Albany Alligators development team and it was not long before he was playing full time in the men's premier grade.





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He loved playing at the highest level because all the players were so disciplined and moved the ball around really fast, he said.

The hockey community was very supportive..."

[Full list](#). Related- ['Identifying leaders of tomorrow'](#).

Updates to World Athletics Shoe Compliance.

Have you checked your shoes?

World Athletics are making further changes to shoes worn during Athletics events. See attached document with changes taking effect 1 Nov 2024.

You can check if your shoes are approved to compete in on [the link here](#).

Further information around the shoe regulation rules can be found on the World Athletics website under the [Book of rules section here](#).

[Athletics Otago Post](#).

HCU Children's Updates:

Great turnout from the older kids' session from a sunny, hailing, raining, windy, still, hot and cold morning.

A big thanks to all the coaches on Tuesday. You may not have noticed but we had some top Otago and NZ level athletes and coaches present on Tuesday night! Our trainings will get better organised in coming weeks once we get our final registrations into the system - thanks for your patience.

Grade 12 to 14's it's not too late to enter events with the seniors for this Saturday, see previous post for details.

Remember to come out and assist with SP and Discus if your little athlete is competing on Saturday!

John will have singlets and race numbers for those who don't have them yet and remember a focus for the kids should be PB's as they all develop at different rates.





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[Older kids photos. Tuesday Night Photos.](#)

[2 November field results.](#) Unfortunately due to technical issues we were unable to get results for the Track.

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.](#)



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.



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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!

Arch Jelly accorded Life Membership of Athletics New Zealand.

We first posted this in our 30/09/2024 newsletter, but since then, Athletics NZ and the ODT have released specific articles covering this.

At the AGM on Saturday in Taupo, Arch Jelley CNZM OBE was accorded Life Membership of Athletics New Zealand in recognition of over 60 years' service to the sport as a coach, manager and administrator.

"The nomination, put forward by Athletics New Zealand correspondent and long-time friend Murray McKinnon, celebrates a coaching career that has inspired generations of New Zealand athletes and contributed immeasurably to the sport..."



Arch joined the Mornington Harrier Club at the age of 18. Mornington merged with Dunlaidir (formerly Anglican which was formed in about 1905-06), and Presbyterian (1946) to form Hill City in 1982.



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Athletics NZ provide a detailed summary of Arch Jelly's background and achievements in their [weekly round up here](#). Arch also has a legends profile on the [Athletics NZ](#) website.

[Athletics NZ Article](#). [ODT Coverage](#).

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!





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

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 good turnout with several groups.

One group ran up the Big Easy before running through Ravensbourne to the harbour. They then did a loop around the stadium and Emmersons before returning.



Another group went up the Big Easy before continuing along towards Upper Junction. They returned via Normanby, Mount Mera, the North East Valley, and the Gardens.

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 along Castle St before passing through the Woodhaugh Gardens. We then did a green belt loop 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.



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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](#).