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## Contacts:

Senior Email-  
[hcyharriers@gmail.com](mailto:hcyharriers@gmail.com)

Children's Email-  
[hillcitychildrens@gmail.com](mailto:hillcitychildrens@gmail.com)

### ZÁTOPEK:10- Oli Chignell

A fantastic run from Oli Chignell to place 3rd across the line and 1st Kiwi in 28:35.08 at the ZÁTOPEK:10 on Saturday.

The event, held in Melbourne, served as the Australian 10,000m National Championships and featured a DJ set.

Last year's event was called "one of the best track meets Australia's ever seen". This had an absolutely stacked field. Alongside Oli were fellow New Zealanders: Taonga Mbambo (11<sup>th</sup>, 29:16.98), William Little (16<sup>th</sup> 29:46.57), Ronan Lee (18<sup>th</sup> 29:58.33), and Connor Melton (DNF), as well as many of Australia's best distance runners.



This is Oli's 3rd fastest time over the distance! This was a great performance in a race with tactical elements.

Congratulations Oli!

Also of note, Catherine Lund (Ariki) placed 6<sup>th</sup> in the Female U20 3000m in 9:40.36- a PB performance.

[Livestream](#). [Timetable](#) and [Event Page](#). [Results](#).

Photo credit: [Inside Athletics](#).



## 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

## EOI sought for the Otago Team for the 2025 Jennian Homes New Zealand Track & Field Champs.

All Athletes wanting to be considered for selection in the Otago Team for the Jennian Homes New Zealand Track & Field Champs 2025 must complete the Expression of Interest form found in the [article here](#) before the end of January 2025.

## Dunedin Senior Interclub Meets will Resume on 25 January.

The Dunedin Senior track and field calendar resumes on 25 January. There are other opportunities before then though including: Night of 5's in Auckland (21 December) and Lovelocks in Timaru (11 January).

Additionally, there are other events including [Dunedin Parkrun](#) and [Leith Harbour Free](#) events. There are also the regular weekly activities outlined below.

## 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. 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

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).



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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](#).

### December

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

## Results:

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

Harriers:	Track and Field:
<p><a href="#">Shunters and Grunters 2024</a></p> <p><a href="#">Lovelock Trials 20/04/2024</a></p> <p><a href="#">Lovelock Relays 27/04/2024</a></p> <p>Leith Cross Country Relays (<a href="#">Race 1</a>, <a href="#">Race 3</a>, <a href="#">Race 4</a>) and <a href="#">Ponydale Challenge</a> 11/05/2024</p> <p><a href="#">TK Cowan Race 18/05/2024</a></p> <p><a href="#">Joe Cowie Memorial 25/05/2024</a></p> <p>Barnes Cross Country (<a href="#">1.25km</a>, <a href="#">2.5km</a>, <a href="#">5km</a>) 9/06/2024</p> <p><a href="#">Edmond Cup 22/06/2024</a></p> <p><a href="#">Otago Cross Country Championships 14/07/2024</a></p> <p><a href="#">Brighton to Green Island Road Race 27/07/2024</a></p> <p><a href="#">Big Easy Hill Climb Time Trial 10/08/2024</a></p> <p><a href="#">Otago Road Championships 24/08/2024</a></p> <p><a href="#">Winding Vine Relay 7/09/2024</a></p> <p><a href="#">Dunedin Marathon Events 15/09/2024</a></p> <p><a href="#">Colin Holmes/Alice Baker Memorial Handicap 28/09/2024</a></p>	<p><a href="#">Dunedin Interclub 12/08/2024</a></p> <p><a href="#">Otago Spring 3000m Challenge 19/09/2024</a></p> <p><a href="#">Dunedin Interclub 19/08/2024</a></p> <p><a href="#">Masters Weight Pentathlon 19/08/2024</a></p> <p><a href="#">Dunedin Interclub Twilight 25/10/2024</a></p> <p><a href="#">Dunedin Interclub 2/11/2024</a></p> <p><a href="#">Southland-Otago Interclub 8/11/2024</a></p> <p><a href="#">South Island Combined Events Championships 16-17/11/2024</a></p> <p><a href="#">Dame Yvette Williams Meet (including the Ness Cup) 16-17/11/2024</a></p> <p><a href="#">Senior Interclub Meet 23/11/2024</a></p> <p><a href="#">Senior Interclub Meet 30/11/2024</a></p> <p><a href="#">NZSSAA Track, Field, and Road Race Championships 6-8/12/2024</a></p> <p><a href="#">Senior Interclub Meet 14/12/2024</a></p>



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[Coastal Classic 3/11/2024](#)

## **Crush the Cargill 2024.**

Congratulations to those who participated in the Crush the Cargill 2024.

There were several HCU members represented including George Hamilton (4 laps) as well as some of our Sunday Long Run Pack including Mark Geddes, Brad Trebilcock, Christian Nita, Ollie Young, Jake Owen, Aly Craigie, and Lia Bezett.

[ODT Report](#). [Preliminary results](#). [Event website](#).

## **Senior Interclub Meet 14/12/2024.**

Congratulations to Des Campbell (Otago Masters) who set a NZ and Otago MM90 1500m Record with a new time of 9:50.32 (pending confirmation)! The NZMA standard (85-900) was 10:30.

[Otago Masters Men's Records](#) (as of October 2024).

A HCU results summary can be [found here](#).

## **News:**

### **NZSSAA Track, Field, and Road Race Championships (Updated).**

The New Zealand Secondary Schools Athletics Association Track, Field, and Road Race Championships were held in Timaru between 6-8 December.

Congratulations to our HCU members who took part!

Individual medals were gained by:

Alexa Duff (Columba College) 2<sup>nd</sup> Girls Javelin Throw Senior 500g 45.20m PB

Alexa Duff was also named in the [NZSSAA team](#)!

Ashton Robertson (Otago Boys High School) 3<sup>rd</sup> Boys High Jump Junior 1.80m PB





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Jade Wilson (Otago Girls High School) 2<sup>nd</sup> Girls  
100mH Senior 762 Finals 15.29 PB

Martha Lipross (Queen's High School) 3<sup>rd</sup> Girls Pole  
Vault Junior 2.35m PB

A team medal was won by:

Queen's High School (1. Bella Poulter 2. Sylvie Haig  
3. Martha Lipross 4. Seddah McGregor) 3<sup>rd</sup> Girls  
4x100m (Junior) – Finals 53.17



A full HCU results summary is included as an appendix  
at the end of this newsletter. Please let us know if we've missed anyone!

[Event website](#). [Timed Programme](#). [Live Results](#). [Photos](#).

Livestream links: [Day 1](#). [Day 2 morning](#). [Day 2 afternoon](#). [Day 3 morning](#). [Day 3 afternoon](#).

## HCU Children's Updates.

[Coaching Clinic & Interclub 10-14's Photos](#).

[Interclub 6-9's Photos](#).



[Steeple Chase 10-14's - December 14<sup>th</sup> Photos](#).

[Steeple Chase 6-9's - December 14<sup>th</sup> Photos](#).

Thank you to Jodie Synott for the photos!



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[Results \(14/12/24\).](#)

That was the last interclub of 2024, we have lots to look forward to in 2025. Wishing all our Colgate Games athletes the best of luck. Do yourselves, your family and your clubs proud, and don't forget to HAVE FUN. You can also sign up (online) to do the Lovelock Classic, in Timaru, in January (the week before the Colgates).

Thanks to all who have made it a FANTASTIC season so far.

Wishing you all a Merry Christmas and a very Happy New Year

### **Athletics New Zealand Coaching Athletic Development course in Wanaka.**

Don't forget to sign up for the Athletics New Zealand Coaching Athletic Development course in Wanaka on the 18 December. Level up your coaching game this season. Register through the [gameday portal here](#).

For more info, contact Raylene Bates at [raylene@athletics.org.nz](mailto:raylene@athletics.org.nz) or Holly Robinson at [athleticsotagodevelopment@xtra.co.nz](mailto:athleticsotagodevelopment@xtra.co.nz)

### **Otago Academy of Sport Talent Development Programs.**

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

Year 1:

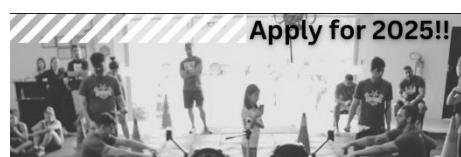
- Year 13 in 2025 only or athletes who have left school but are a similar age to this school year, unless there are special circumstances.

Apply for 2025!!

OAS offers well-rounded support, including:

- Athlete life mentoring
- Mental Skills for Performance
- Nutrition
- Strength and Conditioning

If you want quality support to help your sporting dreams, apply on the Otago Academy of Sport website





OTAGO ACADEMY OF SPORT





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- 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](#).

## **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](mailto:hillcitychildrens@gmail.com) Thanks!

## **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

### **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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[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

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.

There was a great turnout this week, including a bike crew and two groups of runners. Both running groups went to the Crush the Cargill event.

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.



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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](#).