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First up:

NZSSAA Track, Field, and Road Race Championships.

The New Zealand Secondary Schools Athletics Association Track, Field, and Road Race Championships will be held in Timaru between 6-8 December. We've included some key links (timetable, livestreams, results etc.) at the end of this item. Good luck to our competing members:

Alex Walker (John McGlashan College) Male-Junior 100m Sprint, Junior 200m Sprint, Junior Shot Put

Alexa Duff (Columba College) Female-Senior Javelin Throw, Senior Shot Put, Senior Discus Throw

Angus Hollows (John McGlashan College) Male-Junior Discus Throw

Ashton Robertson (Otago Boys High School) Male-Junior High Jump

Bella Poulter (Queen's High School) Female-Junior 100m Sprint, Junior 200m Sprint

Dominik Ory (Otago Boys High School) Male-Junior 100m Sprint, Junior 200m Sprint

Eddie Weir (John McGlashan College) Male-Junior Long Jump, Year 9 3000m Road Race

Edmund Ferro (John McGlashan College) Male-Senior 100m Sprint, Senior 200m Sprint

Emelia Adamson (Otago Girls High School) Female-Senior High Jump

Freya Ferro (Columba College) Female-Junior 100m Sprint, Junior 200m Sprint, Junior Triple Jump

Jade Wilson (Otago Girls High School) Female-Senior 100m Hurdles

Jessie McGrouther (Otago Girls High School) Female-Senior Shot Put, Senior Hammer Throw





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

Julia Hodgson (Otago Girls High School) Female-Junior 3000m Run

Lailah Robson (Otago Girls High School) Female-Junior 100m Sprint, Junior 200m Sprint

Lisa Lokman (Otago Girls High School) Female-Senior Triple Jump, Senior Long Jump, Senior High Jump

Maddox Adamson (Otago Boys High School) Male-Junior 100m Sprint, Junior 200m Sprint

Martha Lippross (Queen's High School) Female-Junior 80m Hurdles, Junior Pole Vault, Junior Long Jump

Ruie Hyslop (Otago Boys High School) Male-Senior 1500m Run, Senior 3000m Run, Senior 6000m Road Race

Sadye Kawau (Columba College) Female-Junior 100m Sprint, Junior 200m Sprint

Sylvie Haig (Queen's High School) Female-Junior 100m Sprint, Junior 200m Sprint

Thomas Weatherall (Kings High School) Male-Junior 3000m Run, Junior 4000m Road Race

William Bolter (Otago Boys High School) Male-Junior 800m Run, Junior 1500m Run, Junior 4000m Road Race

Please let us know if we've missed anyone!

<https://nzssaa.org.nz/>. [Timed Programme](#). [Live Results](#). [Photos](#).

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

Good luck everyone! We hope it's an enjoyable experience for you all and that you perform to your potential. Try to remember the big picture too- it's not the World Champs or the Olympics so keep your chins up if things don't quite go to plan. Have fun!

Multiple Otago Records at this week's Interclub Meet.

Several Otago records were broken at the senior interclub meet on Saturday (30/11/2024).



Congratulations to Alexa Duff who set an Otago W17yr 500g Discus Record with a new distance of 46.91m (pending confirmation)! The previous record of 44.58m was also set by Alexa last year.

Congratulations to Rupert Lambert who set an Otago M50yr 60m Record with a new time of 7.73s (pending confirmation)! The previous record of 7.84 was set in 2020 by fellow HCU athlete, Tony Tan.

Congratulations to Fiona Centers who set an Otago MW35yr 100m Record with a new time of 12.71s (pending confirmation)! The previous record of 13.60 was set in 2020 by B Mitchell in 1990.

Finally, congratulations to Keith Hutton (Otago masters) who set an Otago M75yr Record in the High Jump with a new distance of 1.03m (pending confirmation)! The NZMA standard was 1.00m. Keith also set an Otago M75yr Record in the Javelin with a new distance of 24.34m (pending confirmation). The NZMA standard was 22.00m.

Well done, Alexa, Rupert, Fiona, and Keith!

[Full Results.](#) [Full HCU Results Summary.](#) [Otago records \(as of 1 July 2024\).](#) [Otago Men's Masters Records.](#)

Anna Grimaldi reelected to Paralympics New Zealand Athletes' Council.

Congratulations to Anna Grimaldi who has been reelected to the Paralympics New Zealand Athletes' Council.

The PNZ Athletes' Council, established in 2021, represents New Zealand Paralympians and Para athletes, enhancing their participation and voice in the Paralympic Movement.



Anna said "I'm super happy to be able to continue my work with the PNZ Athletes' Council for this next term. It's been a privilege playing my part in amplifying the athletes' voice and I can't wait to maintain the momentum leading into the Milano Cortina 2026 Paralympic Winter Games and LA 2028 Paralympic Games. I love the athletes we have here in New Zealand, and I want to make sure they are well represented."

[Read more here.](#)

This week- No Senior Interclub Meet.

Please note there is no senior meeting this week due to Secondary School Nationals.



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

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](#).

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 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 Otago Cross Country Championships 14/07/2024 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	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 South Island Combined Events Championships 16-17/11/2024 Dame Yvette Williams Meet (including the Ness Cup) 16-17/11/2024 Senior Interclub Meet 23/11/2024 Senior Interclub Meet 30/11/2024

ODT- Milers excel in cold.

ODT coverage of the Otago Mile Champs:



"Otago runners deserved a medal just for getting out on the track.

They faced some bitterly cold conditions for the annual Otago mile championships at the Caledonian Ground on Saturday...

Hill City-University athletes won the men's senior grades.

Oliver O'Sullivan won the 35-39 in 4min 40.81sec, Nicolas Alvarez Rey-Virag won the 20-34 in 4min 32.29sec and Lucas Hula won the 18-19 in 4min 54.22sec...

Taryn McLean (Hill City) won the 40-44 title in 5min 29.22sec...

Eva McLean (Hill City) was the first Otago athlete home [in the w12-17 grade], finishing third overall, in 5min 43.99sec."

[Full article \(subscription required\).](#) [Otago Mile Champs Album.](#)



Success for Guss Gannon at the Phoenix Turkey Trot.

Gus Gannon placed a highly competitive 2nd in the 5km event at the 2024 Phoenix Turkey Trot. There were 3466 competitors in this race.

Gus completed the course in 14:42. Congratulations, Gus!

[Event website.](#) [Results.](#) [Photos.](#)





News:

ODT- Paralympics, Paris, progress - Grimaldi reflects on the journey.

Anna Grimaldi celebrated a career milestone by winning gold in the 200m at the Paris Paralympics, setting an Oceania record. This victory was especially meaningful after a serious injury had sidelined her from the event for years.

Despite a disappointing fourth-place finish in the long jump, Anna focused on her growth and confidence, emphasizing that her worth wasn't defined by medals.

Her success in Paris reignited her passion for the sport, shifting her mindset from considering retirement after Tokyo to feeling excited for the future, with plans to continue training for the next Paralympic cycle toward LA.



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

Radio NZ- Paralympic champion Anna Grimaldi: 'It is a new era of my career'.

Anna Grimaldi reflects on recently shifting her focus to sprinting- in part, due to the physical toll long jump has taken on her body. Anna emphasises a need for balance and freedom in her approach to high-performance sport:

"Grimaldi won her first Paralympics long jump gold medal in a shock victory at the Rio 2016 Games, then she backed it up with gold again in the long jump at the Tokyo Games in 2021. But this year in Paris it was her sprinting that saw her get onto the Paralympic podium...



"For it to go so well was a shock but also I think me and my coach knew there was a bit of an opportunity to be able to do something special, we just didn't know how special."...

"I feel like it is a new era of my career where I really love running, I'm good at running and I want to do more of it and I think that's a really exciting place to be in..."

[Full article.](#)



Breakfast Interview with Anna Grimaldi.

Anna Grimaldi featured in an interview this morning on TVNZ's Breakfast.

The interview begins roughly 1:45.00 into the programme (or at 8:16 on the on-screen clock time).

[Watch here.](#)

HCU Children's Updates.

Athletes of the Week

Congratulations to Marcus & Chloe who were our athletes of the week! Keep up the awesome work!



What a fabulous weekend! Amazing effort from all our athletes, was lovely to see the great displays of Sportsmanship out there! Watching them smash their PB's and placing in events was a definite highlight!! A HUGE Thank you to the awesome team of Officials at Otago Children's Athletics that make these events possible. To our Shot Put & Discus helpers over the weekend. Thanks so much for your support out there.

Kia Ora Whanau

LAST NIGHT OF TRAINING

Tomorrow night (3rd December) will be our final night of Training before Christmas! We'll be back underway after the holidays so keep an eye out for our 1st Training night in 2025!

We have 1 final Interclub on Saturday 7th December (details to come)

Plus a Coaching Clinic for our 10-14 year olds that are competing in the Colgate Games on Saturday 14th December

Interclub for our competitive athletes resumes Saturday 1st February 2025

See you all tomorrow night.

[Days 1 and 2 FULL results.](#)





[Jodie's Photos](#). [Mini Multis Day 1](#). [Mini Multis Day 2 - #2](#).



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](#).

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.](#)

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!

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)



[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.

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.

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](#).