



Contents:

First up:

Anna Grimaldi a Halberg Award finalist for 2024 Para Athlete/Para Team of the Year.

Night of 5s- Nicolas Alvarez Rey-Virag.

Otago & Southland Senior Champs 2025- Entries Open.

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

Dunedin Senior Interclub Meets will Resume on 25 January.

Weekly activities:

Calendar:

Results:

News:

Events:

Weekly Activity Recap:

Contacts:

Senior Email-
hchyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Anna Grimaldi a Halberg Award finalist for 2024 Para Athlete/Para Team of the Year.

Congratulations to Anna Grimaldi who has been named as a finalist for the Para Athlete/Para Team of the Year at the 2024 ISPS Handa Halberg Awards!

The other nominees are: Danielle Aitchison (Para athletics), Peter Cowan (Para va'a/ waka ama), Adam Hall (Para snow sports), Holly Robinson (Para athletics), Anna Taylor (Para cycling), Nicole Murray (Para cycling), and William Stedman (Para athletics).



According to Stuff news, "Anna Grimaldi will the favourite for the para athlete award after she won New Zealand's only gold medal at the Paris Paralympics in the women's 200m T47".

Anna's coach, Michael Jacobs, has also been named as a nominee for Coach of the Year.

Way to go, Anna (and Holly [Taieri])!

[Full list](#). [Athletics NZ Release](#). [Stuff News](#). [Radio NZ](#). [One News](#). [ODT Coverage](#).



Night of 5s- Nicolas Alvarez Rey-Virag.

Congratulations to Nicolas Alvarez Rey-Virag who placed 5th in his 800m event (B-Grade) in 1:56.86 at the Night of 5s.

The event, on Saturday at the AUT Millennium Stadium in Auckland, opened the Athletics New Zealand Summer Circuit.



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

Jack Harris also entered the 5000m C-Grade but did not start.

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

Image credit: Pablo (from [2024 Nationals](#)).

Otago & Southland Senior Champs 2025- Entries Open.

Entries are now open for the 2025 Athletics Otago/Athletics Southland Track & Field Championships.

In this combined championship, each centre will award their own placings.

Entries close at 12 midnight on Saturday 1st February 2025.

This event is also open to Grade 12-14 athletes.

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



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).



Weekly Newsletter 23/12/2024

hillcity.org.nz



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).

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

January

Saturday 11 [Lovelock Classic](#) (and Junior Lovelock Classic) Timaru
January



10-12 January	North Island Colgate Games	Hastings
17-19 January	South Island Colgate Games	Christchurch
Saturday 18 January	No Senior Meet in Dunedin	
Saturday 18 January	Sola Power Throws Meet	Wellington
Wednesday 22 January	Jumps to Music	Hawera
24-26 January	South Island Masters Track & Field Championships (2025)	Christchurch
Saturday 25 January	Senior Combined Interclub (Southland Invited)	Dunedin
Saturday 25 January	Cooks Classic	Whanganui
Wednesday 29 January	Capital Classic	Wellington

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
	Southland-Otago Interclub 8/11/2024



Weekly Newsletter 23/12/2024

hillcity.org.nz



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](#)

[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](#)
[NZSSAA Track, Field, and Road Race Championships 6-8/12/2024](#)
[Senior Interclub Meet 14/12/2024](#)

News:

HCU/ Otago Children's Updates.

Hey Whanau, Santa has delivered the HCU branded merchandise, and it can be picked up now - PM our [Children's Page](#) for the pickup location.

Who else is exited for the 2025 South Island Colgate Games?

With the events getting closer, those who are attending the Games will find a Colgate Games newsletter in your mailbox.



These newsletters include essential event information so please read through this carefully. If you haven't received the newsletter on email, you can view a [version of it here](#).

Meri Kirihimete, see you in 2025!

[South Island Colgate Games](#). [Colgate Games](#).



Weekly Newsletter 23/12/2024

hillcity.org.nz



Return of Launch Athletics.

Launch Athletics is back and this time it's in Dunedin.

This fast-paced, modified launch event will see 12 -18-year-olds exposed to a re-imagined athletics experience, including innovative events, team scoring, music, food, and entertainment running throughout the event Monday 24th March 2025

Caledonian ground, Dunedin-12- 3 pm

Stay tuned to find out more!



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.
- 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.](#)





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](#)

[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](#).

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)

HCU Sunday Long Runs.

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

A very muggy Sunday Long Run this morning!

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





Weekly Newsletter 23/12/2024

hillcity.org.nz



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](#).