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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Christmas/ Holiday Message.

Hill City University would like to wish you all a Merry Christmas and a safe and enjoyable New Year. Thanks to all of our wonderful club members and supporters for being there this year for social runs, track & field events at



the Caledonian or competing for the club elsewhere. Our mid-winter Christmas dinner was a real success and now we hope you get to spend the coming weeks with your families and friends wherever you may be.

Also, to our friends at Civil Service, Leith Harrier and Athletic Club, Caversham, Ariki Athletics and Harriers Club Dunedin and Athletics Taieri, we wouldn't have a running community like we do without you all - thanks! Have a great holiday and we'll see you next year.

HCU Committee.

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](#).



Otago & Southland
**Senior Track & Field
Championships 2025**



15th & 16th February 2025
Caledonian Ground Dunedin

ENTER NOW!







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).



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](#).

January

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

Wellington

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 NZSSAA Track, Field, and Road Race Championships 6-8/12/2024 Senior Interclub Meet 14/12/2024

Christmas Cracker Meeting- Christchurch.

Congratulations to Giles Witt and Abby Theobald who both performed well at the AC OPEN Interclub Christmas Cracker Meeting at Nga Puna Wai in Christchurch on Friday 27 December.

Both Giles and Abby entered a 'handicapped' 300m with entrants starting at different times with the intent of having everyone finish close together- giving everyone a chance to win.

In the women's event, Abby finished second across the line with an overall time of 16:05.26 and an elapsed time of roughly 12:14. A fantastic return to the track for her in windy conditions.



Giles was third across the line in the men's event with an overall time of 16:03.55 and an elapsed time of roughly 9:08. Another strong performance- especially given the conditions!

Well done Giles and Abby; we are proud to see you both competing in Christchurch!

[Full results.](#)

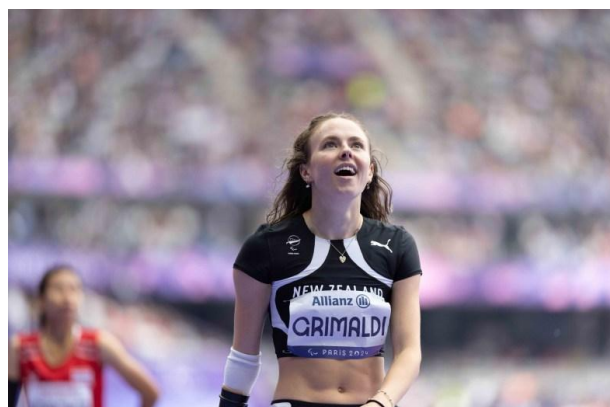
News:

Newsroom- 'Sez Says: A final 24 thoughts on 2024'.

Anna Grimaldi's performances at the Paris Paralympics are included in a Newsroom reflection on Kiwi women's sport by Sarah Cowley Ross.

"New Zealand Paralympic flagbearer Anna Grimaldi had high hopes in Paris of winning a third gold medal in the long jump, but finished a devastating fourth. Grimaldi then bounced back days later to claim a defiant gold in the 200m sprint with a beaming smile to light up her hometown of Dunedin. All of the Paralympic Team, led by chef de mission Raylene Bates, gave New Zealand something to talk about with their inspiring performances and their journey to Paris."

[Full Article.](#) Photo credit: Getty Images.



The Zoom Zoom Show- '2024 Athlete(s) of the year'.

In this week's two-part Zoom Zoom Show Alisha Lovrich and Hayden Shearman break down the finalists and winners of the Athlete of the Year in jumps, throws, sprints, and para. The distance breakdown will follow later.

They named Anna Grimaldi as the co-para winner, alongside Danielle Aitchison, who also had a stunning year.

Check out the [full episode here.](#)

The Para section starts at about 22:05.





Part 1(and other episodes) can be [found here](#). [Facebook post](#).

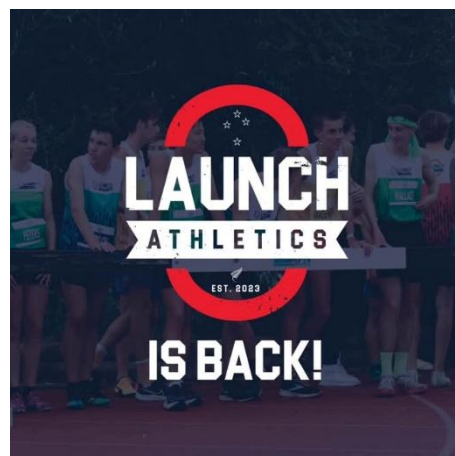
Return of Launch Athletics.

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!



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

[Loveloock 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

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)



[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](#).