



Contents:

First up:

NZSSAA Track, Field, and Road Race Championships.

Kepler Challenge and Luxmore Grunt.

This week- Senior Interclub Meet.

Weekly activities:

Calendar:

Results:

News:

Events:

Weekly Activity Recap:

Contacts:

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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 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) 2nd Girls Javelin Throw Senior 500g 45.20m PB

Ashton Robertson (Otago Boys High School) 3rd Boys High Jump Junior 1.80m PB

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

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

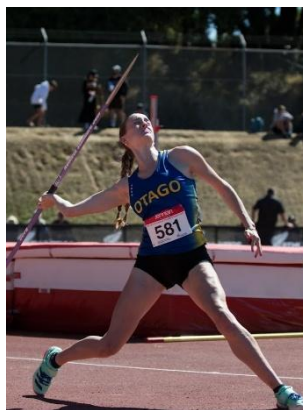
A team medal was won by:

Queen's High School (1. Bella Poulter 2. Sylvie Haig 3. Martha Lipross 4. Seddah McGregor) 3rd 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](#).





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](#)

Kepler Challenge and Luxmore Grunt.

There were some strong performances by HCU members at the Kepler Challenge and Luxmore Grunt Mountain Run events in Te Anau, Southland, on Saturday. A HCU results summary follows:

FreshChoice Kepler Challenge (60km):

Brad Trebilcock- 92nd Male, 113th line 7:38:06

Matt Bixley- 67th Male, 82nd line 7:23:22

Anita Dunbier- 75th Female, 271st line 8:52:28

FreshChoice Luxmore Grunt (27km):

Lucas Huia- 7th Male, 7th line 2:12:07

Mark Geddes- 15th Male, 18th line 2:36:44

Esther Fogarty- 11th Female, 44th line 2:59:20

Please let us know if we've missed anyone.

Please also send us any additional photos, if you have any.

Congratulations, team! [Full results](#). [Event website](#). [Photos](#). [HCU Photos](#).





This week- Senior Interclub Meet.

The Senior track and field calendar resumes this week with a senior interclub meet to be held on 14 December. For more info, and to enter, [see 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. 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, lby- 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

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 NZSSAA Track, Field, and Road Race Championships 6-8/12/2024



News:

One News- Grimaldi on importance of representation, embracing Paralympics profile.

Anna Grimaldi is keeping her prized 200m gold from Paris safe during her travels by storing it in socks to avoid the bulky medal box.

Anna reflects on her career shift after a tough result in the long jump. Anna now embraces sprinting, which she once avoided due to injury risk, and is excited about the future.

As New Zealand's only gold medallist in Paris, she's become a role model, inspiring both disabled and able-bodied athletes to embrace their unique bodies.



[Full article/ video.](#)

Newstalk ZB- 'Whiplash': Anna Grimaldi reflects on her success at the Paris Paralympics

Anna Grimaldi was featured on Weekend Sport with Jason Pine yesterday on Newstalk ZB:

The Dunedin-based athlete was New Zealand's only gold medallist at the 2024 Paris Paralympics, claiming the gold in the T47 200m final...

Grimaldi joined Piney to reflect on her success in Paris, in an unexpected event.

"If someone had said 'you're coming home from Paris with the gold', I would have said 'I would have thought it was in the long jump,'" she said.

"It wasn't really on my radar to be winning the 200."

"It's been a, it's been a crazy, like, a bit whiplash, actually, because obviously the long jump didn't go so well, and then coming away with sort of the gold but like, in a completely different event... it was, it was incredible."



[Full story/ interview.](#) [Also see here.](#)



International Day of People with Disabilities (3 December).

Celebrating the International Day of People with Disabilities.

On 3 December, we honour the strength, resilience, and achievements of athletes with disabilities. At HCU, we believe in the power of inclusion and are proud to support and celebrate athletes of all (dis)abilities.

This day reminds us that athletics/ harriers is for everyone. Let's continue to break barriers, inspire each other, and build a more inclusive future for all!

[HCU Post.](#) [Halberg Foundation Post.](#)



Virtual Canterbury Half Marathon- Cherie McKinnon.

On Sunday (8th Dec 2024), I participated in the Canterbury Half Marathon, virtually through CJMS Events. After the event, CJM Events will post results and will send out medals.

I did my virtual Half along the amazing Otago Harbour Cycleway with awesome views of the harbour and Dunedin. I started at the Water of Leith Bridge to Port Chalmers, then returning back to Emerson's Brewery.

As predicted by Met Service, there was rain and wind. Luckily it was not cold. Due to the weather, the cycleway had only a few keen people walking and biking in the elements. I had a tail breeze behind me towards the finish.

Thanks to my supportive friends, "unofficial" coaches (ducks) at the Caledonian Ground, and Alex for taking the time out of his busy schedule to coach this young at heart soul the art of race walking and keeping me on track.



HCU Children's Updates.

Kia Ora Whanau

LAST NIGHT OF TRAINING

The 3rd of 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!





The final Interclub was held on Saturday 7th December.

A Coaching Clinic for our 10-14 year olds that are competing in the Colgate Games will be held on Saturday 14th December

Interclub for our competitive athletes resumes Saturday 1st February 2025

Congratulations to all our Mini Multi Winners! [Full list.](#)

Medals will be presented at Otago Champs in March 2025



As 2024 Training comes to a close, we'd like to take a moment to express our heartfelt appreciation to our valued sponsors, Fresh Choice Roslyn, Mini Thinkers, Vogel Street Physio, Preens, Harbour Fish & Craigs Investment Partners.

Also a big Thank You to our amazing Coaches for all your hard work in the first half of the season, enjoy your well deserved break!

Otago Children's Athletics Updates.

Just touching base to let you all know that post the development days I'm looking at trailing a couple of coaching nights to see if there is interest in this post the dev days. At the moment I will look at throws for ages 10-14 and see how that goes.

Dates and times:

Monday 9th Dec 4-5pm Cale

Monday 16th Dec 4-5pm Cale

I'm thinking of keeping it around the age 10-14/15. If you have anyone who is interested, no need to register, just get them to turn up to any of the session above.

What's coming up:

1) Next Saturday (14/12) there will be a children's interclub along with coaching clinics for grades 10-14. Info on this in the next day or so.

2) Timaru will be hosting the [Jnr Lovelocks](#) on the 11/1/25. [Programme.](#) Quite a few go up to this. Have a look at the links attached as you need to enter online.



3) 17/18/19 of January, 2025= SOUTH ISLAND COLGATE GAMES, Christchurch.

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

[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)

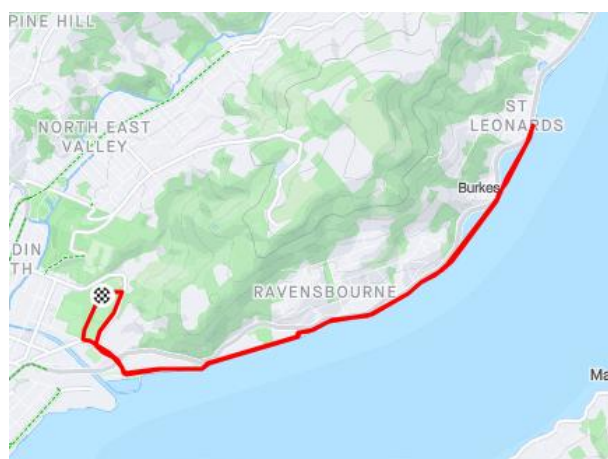
Weekly Activity Recap:

HCU Sunday Long Runs.

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

One group went out to St Leonards and back totalling around 12 km. They decided to keep it flat and easy as Rob and Georgy are recovering from injury and Mark from the Luxmore Grunt.

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](https://www.shoeclinic.co.nz/).

NZSSAA Track, Field, and Road Race Championships- Full HCU Results Summary:

Congratulations to:

Alex Walker (John McGlashan College)

9th Boys 100m Junior Prelims 11.52Q

7th Boys 100m Junior Semis 11.54q

4th Boys 100m Junior Finals 11.41 PB!

4th Boys 200m Junior Prelims 23.38Q

3rd Boys 200m Junior Semis 23.10Q

5th Boys 200m Junior Finals 23.29

5th Boys Shot Put Junior 5kg 13.28m PB!

Alexa Duff (Columba College)

4th Girls Discus Senior 1.00kg 41.81m

2nd Girls Javelin Throw Senior 500g 45.20m PB!

10th Girls Shot Put Senior 3kg 11.67m

Angus Hollows (John McGlashan College)

12th Boys Discus Junior 1.25kg 32.31m

Ashton Robertson (Otago Boys High School)

3rd Boys High Jump Junior 1.80m PB!

Bella Poulter (Queen's High School)

31st Girls 100m Junior Prelims 13.81 PB!

20th Girls 200m Junior Prelims 29.67Q

DNF Girls 200m Junior Semis

5th Girls 4x100m (Junior) – Prelims 53.32q

3rd Girls 4x100m (Junior) – Finals 53.17

Dominik Ory (Otago Boys High School)

40th Boys 100m Junior Prelims 12.55 PB!

33rd Boys 200m Junior Prelims 26.35

10th Boys 4x100m (Junior) – Prelims 50.89

Eddie Weir (John McGlashan College)

DNS Boys 3000m Year 9 3 Team

DNS Boys 3000m Year 9 6 Team

DNS Boys Long Jump Junior

Edmund Ferro (John McGlashan College)

37th Boys 100m Senior Prelims 11.81 PB!

Freya Ferro (Columba College)

26th Girls 100m Junior Prelims 13.50



Jade Wilson (Otago Girls High School)

7th Girls 100mH Senior 762 Prelims
15.63q PB!

2nd Girls 100mH Senior 762 Finals
15.29 PB!

Jessie McGrouther (Otago Girls High School)

4th Girls Hammer Throw Senior 3kg
47.86m PB!

12th Girls Shot Put Senior 3kg 11.32m

Julia Hodgson (Otago Girls High School)

25th Girls 3000m Junior 12:42.03

Lailah Robson (Otago Girls High School)

11th Girls 100m Junior Prelims 12.55Q

10th Girls 100m Junior Semis 12.93

6th Girls 200m Junior Prelims 27.31Q
PB!

6th Girls 200m Junior Semis 26.76Q PB!

6th Girls 200m Junior Finals 26.87 PB!

Lisa Lokman (Otago Girls High School)

8th Girls High Jump Senior 1.55m SB

15th Girls Long Jump Senior 4.45m

5th Girls Triple Jump Senior 10.69m

Martha Lippross (Queen's High School)

2nd Girls 80mH Junior 762 Prelims
12.84Q SB

8th Girls 80mH Junior 762 Finals 18.72

30th Girls Long Jump Junior 4.07m

3rd Girls Pole Vault Junior 2.35m

5th Girls 4x100m (Junior) – Prelims
53.32q

3rd Girls 4x100m (Junior) – Finals 53.17

5th Girls 4x400m (Junior) 4:49.31

Ruie Hyslop (Otago Boys High School)

11th Boys 3000m Senior Timed Final
8:58.04

12th Boys 6000m Senior 6 Team
18:48.20

12th Boys 6000m Senior 3 Team
18:48.20

Sadye Kawau (Columba College)

12th Girls 100m Junior Prelims 12.80Q

11th Girls 100m Junior Semis 12.94 SB

4th Girls 200m Junior Prelims 26.65Q SB

3rd Girls 200m Junior Semis 26.27Q

5th Girls 200m Junior Finals 26.57 SB

Sylvie Haig (Queen's High School)

27th Girls 100m Junior Prelims 13.52

21st Girls 200m Junior Prelims 27.93q
PB!

13th Girls 200m Junior Semis 27.66

5th Girls 4x100m (Junior) – Prelims
53.32q

3rd Girls 4x100m (Junior) – Finals 53.17

5th Girls 4x400m (Junior) 4:49.31

Thomas Weatherall (Kings High School)

33rd Boys 3000m Junior 10:09.99

17th Boys 4000m Junior 6 Team
13:42.40

17th Boys 4000m Junior 3 Team
13:42.40



William Bolter (Otago Boys High School)

18th Boys 800m Junior Prelims 2:15.05 PB!

15th Boys 800m Junior Semis 2:17.43 PB!

28th Boys 1500m Junior Prelims 4:44.81 PB!

29th Boys 3000m Year 9 6 Team 10:44.56

29th Boys 3000m Year 9 3 Team 10:44.56

10th Boys 4x100m (Junior) – Prelims 50.89

[Full results.](#)