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Senior Email-  
hcyharriers@gmail.com

Children's Email-  
hillcitychildrens@gmail.com

## Lovelock Classic, Timaru

Congratulations to our team members who are competing at the Lovelock Classic in Timaru on [11 January]!

A HCU Summary can be found below:

## First up:



## Senior Track:

Men Open 110 Meter Hurdles Senior

Cameron Moffitt 2nd 15.50

Toby Martin 3rd 16.00

Todd Bradshaw 4th 16.30

Men Open 800 Meter Run

Nicolas Alvarez Rey-Virag 3rd 1:58.60

Men Open 100 Meter Sprint D Grade

Rupert Lambert 3rd 11.70

Men Open 100 Meter Sprint B Grade

Alex Walker 6th 11.20

Men Open 100 Meter Sprint A Grade

Sebastian Ferro 5th 10.70

Women Open 100 Meter Sprint A Grade

Sadye Kawau 4th 12.70

Men Open 400 Meter Sprint A Grade

Matthew Bolter 6th 53.50

Women Open 200 Meter Sprint A Grade

Sadye Kawau 3rd 26.48

Men Open 200 Meter Sprint D Grade

Matthew Bolter 2nd 24.60

Men Open 200 Meter Sprint B Grade

Sebastian Ferro 4th 22.70

Luke Moffitt 4th 22.70

## Senior Field:

Men Open Shot Put 7.26kg

Cameron Moffitt 2nd 13.62

Luke Moffitt 4th 11.20m

Men Open Discus Throw 2.00kg

Cameron Moffitt 3rd 36.35

Men Open Long Jump

Cameron Moffitt 7th 6.46m

Luke Moffitt 4th 6.83m

## Juniors:

Girls 60 Meter Sprint Grade 7

Lucy Clark 7th 19.73

Girls 100 Meter Sprint Grade 7

Lucy Clark 7th 19.73

Girls Long Jump Grade 7

Lucy Clark 6th 2.42m

Girls 60 Meter Sprint Grade 8

Isabelle Clark 3rd 11.17

Girls 100 Meter Sprint Grade 8

Isabelle Clark 3rd 18.00

Girls Long Jump Grade 8

Isabelle Clark 4th 2.68m

Girls Discus Throw 500 gm Grade 8



## 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](#)

Isabelle Clark 3rd 9.22m  
 Girls 60 Meter Sprint Grade 9  
 Ada Christie 14th 11.93  
 Girls 100 Meter Sprint Grade 9  
 Ada Christie 14th 19.31  
 Girls Long Jump Grade 9  
 Ada Christie 11th 2.49m  
 Girls Discus Throw 500 gm Grade 9  
 Ada Christie 7th 11.94m  
 Girls 100 Meter Sprint Grade 14  
 Sadye Kawau 1st 12.84  
 Boys 60 Meter Sprint Grade 7  
 Harry Christie 4th 11.29  
 Boys 100 Meter Sprint Grade 7  
 Harry Christie 4th 18.57  
 Boys Long Jump Grade 7  
 Harry Christie 4th 2.52m  
 Boys Shot Put 1 kg Grade 7

Harry Christie 2nd 6.52m  
 Boys 60 Meter Sprint Grade 9  
 Louie McCann 11th 11.88  
 Boys 100 Meter Sprint Grade 9  
 Louie McCann 11th 18.12  
 Boys Long Jump Grade 9  
 Louie McCann 11th 2.24m  
 Boys Shot Put 1.5 kg Grade 9  
 Louie McCann 11th 5.07m  
 Boys 100 Meter Sprint Grade 10  
 Zane McCann 8th 17.18  
 Boys Long Jump Grade 10  
 Zane McCann 8th 2.85m  
 Boys Shot Put 2 kg Grade 10  
 Zane McCann 2nd 7.39m

[Results. Athletics NZ Page.](#)

[Photo album](#)- credit: [Pablo Rey](#).

## Colgate Games- North and South Island.

Hey Whanau,

An email has arrived in your inbox containing info you will need for the Colgate Games, the Relay list and the Hill City Gazebo map.

We also need

Parent/Whanau help to

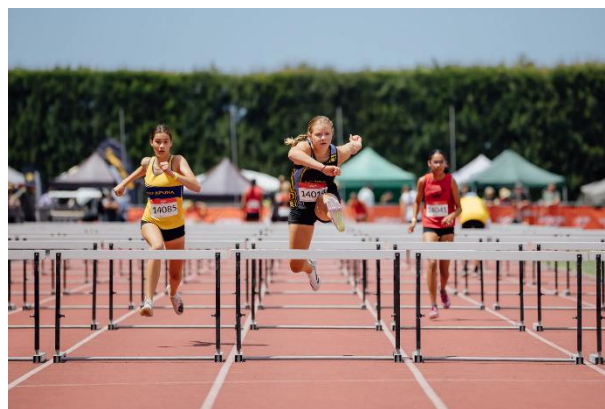
organise Relay practices for our athletes, if your child is on the list and if you can help in any way please let us know what Grade you can help with in the comments below.

Thanks!

Congratulations to those who took part in the North Island event:

Rosa Lippross 21st Girls Long Jump Yr: 12 3.89m

Martha Lippross 7th Girls Shot Put Yr: 10 8.48m





Martha Lippross 15th Girls Long Jump Yr: 10 4.21m  
Rosa Lippross 3rd Girls 80m Hurdles – Prelims Yr: 12 14.87q  
Martha Lippross 7th Girls 80m Hurdles – Prelims Yr: 10 13.35q  
Rosa Lippross 3rd Girls 80m Hurdles Yr: 12 14.87  
Martha Lippross 5th Girls 80m Hurdles Yr: 10 13.58  
Rosa Lippross 19th Girls 100m – Prelims Yr: 12 14.70q  
Martha Lippross Girls 100m – Prelims Yr: 10 14.73  
Rosa Lippross 17th Girls 100m – Semis Yr: 12 14.57  
Rosa Lippross 10th Girls High Jump Yr: 12 1.30m

[Full Results](#). Photo credit: [Athletics NZ](#).

## **New Facebook Group for our Sunday Long Runs.**

Our Sunday Long Run Facebook events have expired so we have set up a [new Facebook Group](#) for these. This new group makes it easier for our community to post together in an open forum.

We encourage people to join this group to plan (Sunday long) runs and to post photos etc. We will use this group as our main coordination method for these runs- i.e., if we want to change the start location or time etc., so it's worth keeping an eye on.

Join us every Sunday for our weekly long run!

Whether you're training for a race, building endurance, or just looking for a supportive group to run with, all are welcome to join us. Runners from all clubs and the community are all welcome.

When: Every Sunday at 8am

Where: Hill City-University Athletic Club clubrooms. Meet in the carpark outside. 48 Logan Park Drive, Dunedin, NZ.

Note: Some weeks some packs may start elsewhere in order to explore further. Details will be posted in the group.

Pace: Various pace groups depending on who turns up. The more people we get, the more we can cater for! So bring your friends! We generally have ~3 different packs. The hope is that people will volunteer to lead a pack & will post in this group of their proposed route/pace/distance.





Distances: Typically range from 8km to 25km.

Enjoy scenic routes, great company, and post-run camaraderie. We usually meet back in the clubrooms for a catch-up/recovery (we have a blender so you can make your protein shake!)

See the new [Sunday Long Run Group here](#).

See some of our [2024 adventures here](#).

### **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, lby- [ibyvirag@gmail.com](mailto: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 [Facebook group here](#).





## Calendar:

[Senior Programme.](#) [Senior Event Grid.](#)

[Children's Programme.](#)

### January

17-19 January	<a href="#">South Island Colgate Games</a>	Christchurch
Saturday 18 January	No Senior Meet in Dunedin	
Saturday 18 January	<a href="#">Sola Power Throws Meet</a>	Wellington
Wednesday 22 January	<a href="#">Jumps to Music</a>	Hawera
24-26 January	<a href="#">South Island Masters Track &amp; Field Championships (2025)</a>	Christchurch
Saturday 25 January	Senior Combined Interclub (Southland Invited)	Dunedin
Saturday 25 January	<a href="#">Cooks Classic</a>	Whanganui
Wednesday 29 January	<a href="#">Capital Classic</a>	Wellington

## Results:

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

Harriers:	Track and Field:
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[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](#)

## Illawarra Track Challenge (NSW)- Harlow Pate.

Harlow Pate had a fantastic meet at the 2025 Illawarra Track Challenge in Gwynneville New South Wales.

1<sup>st</sup> Women 60m 12's 8.26

63<sup>rd</sup> Women 100m Open 13.30

[Race video](#). [Full Results](#). [Event page](#).



## News:

### NZ Masters Athletics National Track & Field Championships

Online entries are now open for the 2024 -2025 NZMA National Track & Field Championships – Mount Smart Stadium, Auckland. Friday 28th – Sunday 30th March 2025

[More Info here](#).



## Anna Grimaldi a 2025 Halberg Awards Finalist.

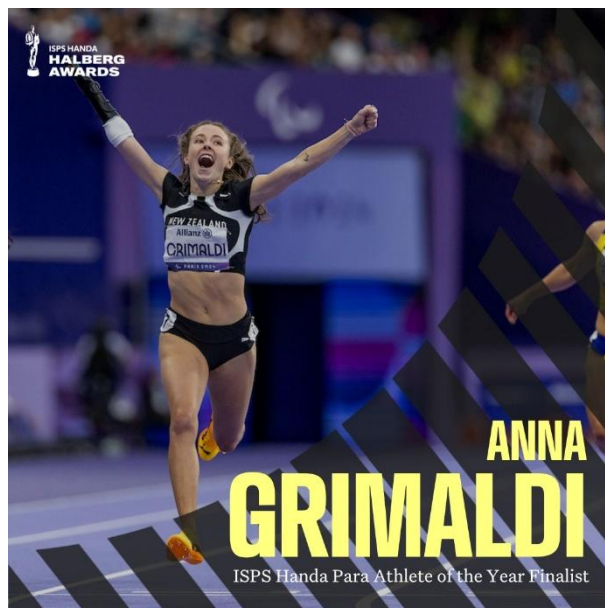
Anna Grimaldi has been named as a Para Athlete/Para Team of the Year finalist for the ISPS Handa Halberg Awards. Nice one, Anna!

The other finalists are: Nicole Murray (cycling), Danielle Aitchison (athletics), Anna Taylor (cycling), and William Stedman (athletics). Great representation for athletics there!

Congratulations to Anna and the other finalists!

[From Athletics NZ:](#)

"The now three-time Paralympic gold medalist delivered another dazzling performance at the 2024 Paralympic Games, winning gold in the women's T47 200m and bronze in the T47 100m. Anna won the women's 200m T47 final in a stunning Oceania record of 24.72 seconds."



## 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.

## 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!**







## 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.

A big thanks to Brad Trebilcock for leading a pack up the Big Easy/Signal Hill & over the track to Cleghorn Street. Good crew this week.

The Painfully Slow Pack in all its glory at top of Pinehill on Sunday circa 9am on Sunday.

Fantastic view too. Thanks for the run.

Photos can be found on the new [Facebook group](#).





### **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/).