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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Otago Secondary School Athletics Champs.

The Otago Secondary School Athletics Champs were held at the Caledonian between 14-15 March. There were many strong results from HCU members. First up, a particular congratulations to Martha Lippross and Skye Wilson who set new Otago Secondary School Records in the Under 16 Girls Pole Vault and the Under 14 Girls Long Jump respectively- well done! Otago titles were gained by:

Alex Walker (John McGlashan College) Boys 100 Metre Sprint Under 16 Final 11.51, Boys 200 Metre Sprint Under 16 Final 23.21, Boys Shot Put 5kg Under 16 13.67m

Angus Hollows (John McGlashan College) Boys Discus Throw 1.25kg Under 15 36.02m, Boys Shot Put 5kg Under 15 10.53m



Aria Brown (Columba College) Girls 400 Metre Run Under 14 Final 62.10

Ashton Robertson (Otago Boys High School) Boys Discus Throw 1.25kg Under 16 31.67m, Boys High Jump Under 16 1.70m

Brooke Darcy (Kings High School) Boys 200 Metre Sprint Senior Final 23.28

Eddie Weir (John McGlashan College) Boys High Jump Under 15 1.60m, Boys Long Jump Under 15 5.49m

Edmund Ferro (John McGlashan College) Boys 100 Metre Sprint Senior Heats 11.80q

Ega Mackenzie (Otago Boys High School) Boys Long Jump Pit 2 Under 16 5.79m, Boys Triple Jump Under 16 11.84m

Eli Olsen (Otago Boys High School) Boys 200 Metre Sprint Under 14 Heats 25.50q

Eva McLean (Otago Girls High School) Girls 1500 Metre Run Under 14 5:04.08, Girls 800 Metre Run Under 14 2:28.86



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](#)

Isla McQueen (Otago Girls High School) Girls Hammer Throw 3kg Under 15
31.60m

Jade Wilson (Otago Girls High School) Girls 100 Metre Hurdles 762mm
Senior 15.51, Girls 100 Metre Sprint Senior Final
12.39

Jessie McGrouther (Otago Girls High School) Girls Hammer Throw 3kg
Senior 48.28m

Julia Hodgson (Otago Girls High School) Girls 3000 Metre Run Under 14
11:48.05

Kiki Nepe (St Hilda's College) 2nd Girls Shot Put 3kg Under 15 9.67m

Levi Milner (Logan Park High School) Boys 200 Metre Sprint Under 14
Final 25.39, Boys Long Jump Under 14 5.03m

Liam Grey (Otago Boys High School) Boys Discus Throw 1kg Under 14
32.45m

Lulu Blakely (Otago Girls High School) Girls Triple Jump Under 15 9.38m

Martha Lipross (Queen's High School) Girls Pole Vault Under 16 2.75m
Otago Secondary School Record, Girls 80 Metre Hurdles 762mm Under
15 13.52, Girls Long Jump Pit 2 Under 15 4.47m

Ruie Hyslop (Otago Boys High School) Boys 1500 Metre Run Senior
4:14.01, Boys 3000 Metre Run Senior 9:02.49

Sadye Kawau (Columba College) Girls 100 Metre Sprint Under 15 Final
12.95, Girls 200 Metre Sprint Under 15 Final 26.28R

Skye Wilson (Otago Girls High School) Girls Long Jump Under 14 5.21m
Otago Secondary School Record, Girls 100 Metre Sprint Under 14 Finals
12.94, Girls 80 Metre Hurdles 762mm Under 14 12.77

Sylvie Haig (Queen's High School) Girls 200 Metre Sprint Under 14 Final
27.11

Thomas Weatherall (Kings High School) Boys 800 Metre Run Under 16
2:16.67, Boys 1500 Metre Run Under 16 4:35.27, Boys 3000 Metre Run
Under 16 10:01.22





Tila Te Whare (Columba College) Girls Long Jump Pit 1 Senior 4.89m

Will Bolter (Otago Boys High School) Boys 400 Metre Run Under 15 59.46, Boys 800 Metre Run Under 15 2:26.22, Boys 1500 Metre Run Under 15 4:38.69, Boys 3000 Metre Run Under 15 10:06.39

Will Osborne (Otago Boys High School) 2nd Boys 800 Metre Run Under 16 2:25.05

In addition, there were some fantastic PB, SB, and medal-winning performances. Well done, everyone!

Photo credit: Otago Secondary School Sport Association

[Full Results](#). [Full HCU Results Summary](#). [OSSSA Photos](#). [Lynette Campbell's Photos](#).

NZ Track and Field Championship Photos.

Dunedin hosted the 2025 Jennian Homes Track and Field Championships between 6-9th of March.

Otago had some strong results ([see here](#)).

Several photographers focused on Otago athletes (more to come):

Hill City-University ([day1-2](#))

Pablo @guy_with_c4mera: ([day 1](#))

Lynette Campbell Images: ([day 1](#)), ([day 2](#)), ([day 3](#))

Hill City-University Children's/ Gretchen: ([day 1](#)), ([day 2a](#)), ([day 2b](#)), ([day 3a](#)), ([day 3b](#))

We will post photos from days 3-4 to our [Senior Facebook Page](#) once these are available- thank you for your patience. A big thank you to Athletics NZ for granting Pablo and Tim media accreditation for the event, granting us special access and privileges.

Photo credit: Hill City-University Athletic Club.

Livestream ([Friday](#)), ([Saturday](#)), ([Sunday](#))

[Full results](#). [Otago results](#). [Event website](#).

No Children's training tomorrow night (18/03/2025).

There is no Children's training tomorrow night (18/03/2025). All roads around the Caledonian are closed due to cricket.





NZ Masters Athletics National Track & Field Championships- Entries nearly Due.

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

Entries close 18 March 2025 at 11:45 pm.

[More Info here.](#)



Hill City Children's Athletics Needs Your Help- An Honest Update.

We have your attention now, and apologies for the clickbait headline, but the reality is that the future of our club is at risk. Without new volunteers and coaches, the club cannot continue.

Hill City Children's Athletics has grown in numbers over the past few years, and the challenges of running the club has increased significantly, while our core committee group has remained largely unchanged.

Many of our current committee members are leaving at the end of this season or have only one year left as their children are moving to senior ranks. This means they will no longer be involved in Children's athletics and able to continue in their current roles. A few weeks ago, we reached out for volunteers to support the Children's Club. Only two parents stepped forward out of ~250 athletes (a thank you to them!).

Our growth in numbers has affected the effectiveness of our training sessions. We often struggle to provide the training needed for our little athletes. Despite this, our athletes continue to shine at local and national events in athletics and multiple other sporting codes. Recruiting coaches is a particular challenge, and while we are fortunate to have good coaches, our younger coaches can be challenged by excitable behaviour and balancing their own education and sporting schedules.

What does the committee do?

The committee's main task is organising and running Tuesday trainings and Saturday throwing circles. In addition, we sit on committees that meet irregularly to set the yearly athletics schedule and make decisions on the direction of children's athletics. There is also an administration and social media component to keeping the club informed on happening.

The future of the club depends on you.

Without new volunteers across all age groups, the club's future is uncertain. No pun intended, but we need your support to keep Hill City Children's Athletics running.

We are finalising the last sessions of the season and have completed the stats and planning for prizegiving on March 25th. If you are willing to help, please reach out as soon as possible so we



can begin succession planning and keep our club operating. Without new members and more coaches, the 2025/6 season will look very different. This would be incredibly sad not to be able to continue the years of work that have made the club the success it is today.

We all want the best for our athletes and for the sport of athletics to thrive, but we cannot do it alone. Your involvement is crucial.

Please get in touch today. If you have any questions please email our children's section at hillcitychildrens@gmail.com, PM the committee via our [Children's Facebook page](#), or talk to one of our committee members.

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](#)- a relaxed social run at a pace that's comfortable for all. [New Facebook group here](#).

Thursdays 5:45 pm Yoga is back on Thursdays at the HCU Clubrooms. Please RSVP with your phone number and email. Warm regards, lby- ibyvrag@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](#).

March



22-23 March	NZ Combined Events Championships	Auckland	All Day
22-23 March	Otago Children's Championships (7-14)	The Caledonian Ground	Day 1: 11:00 am-5:00 pm, Day 2: 10:00 am- 4:00 pm
28-30 March	NZ Masters Athletics Championships	Auckland	All Day

April

4-6 April	South Island Secondary School Athletic Championships	Nelson	All Day
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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 South Island Colgate Games 17-19/01/2025 Senior Interclub Meet 25/01/2025 Senior Interclub Meet 1/02/2025 Senior Interclub Meet 8/02/2025



[Otago and Southland Track and Field Championships 15-16/02/2025](#)
[Senior Interclub Meet 22/02/2025](#)
[Senior Interclub Meet 1/03/2025](#)
[Otago Masters Weight Pentathlon Championships 1/03/2025](#)
[New Zealand Track and Field Championships 6-9/03/2025](#)
[Otago Secondary School Athletic Champs 14-15/03/2025](#)

News:

HCU/ Otago Children's Updates.

Kia Ora Whanau,

No training tomorrow night (18/03/2025). All roads around the Caledonian are closed due to cricket.

[Here is the Shot Put roster](#) for Otago Champs next weekend, the times may change a wee bit as the programme won't be finalised till after this weekend. If your child is doing Shot Put please put your name down, it should only take around half an hour, we need 3 parents for each round.

If viewing the roster on your phone it's a lot easier to read in landscape.

Please add your names or comment below [the Facebook Post](#) and we can add them for you.

End of season prize giving will be on Tuesday 25th March. More details to come.

Launch Athletics – Otago.

Get ready for an exciting afternoon of athletic competition and team spirit!

Date: 24th March 2025. Time: 12:30 PM - 3:30 PM. \$10 entry fee.

This isn't your average athletics meet! Participants will be drafted into teams led by senior team captains, fostering teamwork and camaraderie among athletes of different ages and skill levels.

Who can participate?





Open to all individuals from Grade 12 - Under 18. Whether you're a seasoned athlete or trying track and field for the first time, there's a place for you at Launch Athletics - Otago!

Don't miss this chance to be part of an exciting new athletics event that combines individual performance with team spirit. [Enter here](#). [More info](#).

Athletics Otago Awards Night.

Save the date- Friday 2 May, Sargood Centre- 40 Logan Park Drive.

6:30 pm arrive, 7:00 pm awards program begins followed by supper, dessert, tea, and coffee.

Nominations are open for major awards at the Athletics Otago Awards Night- [read more here](#).

Selection policy for the 2026 World Cross Country Championship.

Athletics New Zealand is pleased to release the selection policy for the 2026 World Cross Country Championships. The championships will be held in Tallahassee, Florida, USA on the 10th of January 2026!

The championships feature individual races for senior and u20 grades and the open mixed 4x2km cross country relay. [Read more here](#).

Image credit: Athletics NZ.



Athletics Otago AGM- 25 May, 2025.

The Annual General Meeting (AGM) of Athletics Otago will be held on Sunday, 25th May 2025, at 2:00 PM at the Caledonian Track in Dunedin.

A draft agenda can be [found here](#). [See more](#).

NZ Masters Athletics AGM.

The Annual General Meeting of the NZ Masters Athletics will be held online on Sunday 22 June 2025 beginning at 2 pm. This AGM will be online via Teams. [More info](#).

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)

Thomas Weatherall medalled at the National Surf Life Saving Championships.

Congratulations to Thomas Weatherall who won a bronze medal in the U15 2km beach run event

at the National Surf Life Saving Championships in Gisborne.

Awesome effort, Thomas, well done!

[ODT Coverage](#): "Brighton grabbed a bronze medal through Thomas Weatherall in the 2km run".

Photo: Supplied.





Weekly Activity Recap:

HCU Sunday Long Runs.

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

Beaut of a morning this week for a long run with these fine folks! The now Dunedin renowned Painfully Slow Pack was light on numbers, but a large Harbour Pack made up most of the numbers and headed out - surprisingly - along the Harbour. Shout out to everyone who came and a special shout out to the many who broke new boundaries! See you all next week!



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

HCU Wednesday Student Runs.

Student runs from the statues by the [Union Bridge, North Dunedin](#)- a relaxed social run at a pace that's comfortable for all.

Great to see everyone this morning for an enjoyable run and catch-up despite the wet conditions.

For more info, see our [Facebook group here](#).



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](#).