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First up:

New Zealand Masters Track & Field Championships.

Liz Mitchell and Tony Tan both had fantastic meets at the New Zealand Masters Track & Field Championships, held at Mount Smart Stadium, Auckland. A summary follows:

Liz Mitchell- 1st Women 100m 60-64 14.82 SB, 1st Women 400m 60-64 1:13.34, 1st 60m 60-64 9.27 SB, 1st Women 200m 60-64 30.73 SB.

Tony Tan 1st Men 100m 55-59 12.63 SB, 2nd Men 400m 55-59 58.87, 1st Men 60m 55-59 7.96 SB, 1st Men 200m 55-59 25.73 PB, Otago Masters Record!

Congratulations also to Liz Mitchell ...seen here accepting her award at the annual Masters Awards evening March 29 as the Female Sprinter of the year 2024 from Andrew Stark (President of NZMA.) Liz won NZ and Oceania sprint titles last year making new NZ and Oceania records.

Liz was awarded the same recognition the previous year.

Congratulations, Liz and Tony!



Maurie Plant Meet/ the 2025 Melbourne Invitational.

Both Oli Chignell and Anna Grimaldi featured in the Maurie Plant Meet/ the 2025 Melbourne Invitational respectively.

Fresh off his National 5,000m victory, Oli entered in the 5,000m where he was up against some of Australia's strongest competitors among an impressive international field.



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](#)

Anna headlined a final of Australia's finest Para sprinters in T36, T37, T38, T47, and F36 classifications shortly after winning the Para athlete of the year title at the Halberg awards.

Anna Grimaldi 1st Para 100m 12.40 (SB) – 95.88% Anna had both the quickest time and the highest percentage of world record.

Oli Chignell 15th in a quality race with 13:59.09.

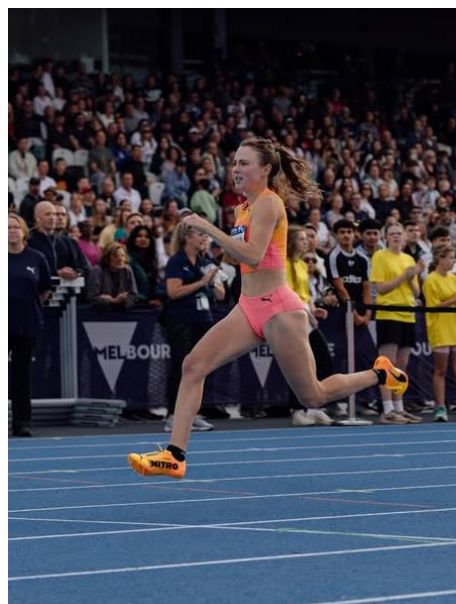
Well done Anna and Oli!

[Maurie Plant Meet Results/timetable](#). [2025 Melbourne Invitational Results/timetable](#).

[Event website](#). [Athletics NZ Page](#). [Athletics NZ Preview](#).

[Livestream \(NZ Viewers\)](#). [Direct livestream link](#).

Photo credit: [Athletics NZ](#), [@insideaths](#).



Three Peaks Success.

Congratulations to all of the HCU athletes and members of the HCU community on some epic runs at the Three Peaks on Sunday!

A particular congratulations to Aly Craigie for her victory in the Women's Race the Summit event! A further congratulations to Jake Owen (U20), Tessa Swinson (U20) and Eric Scharpf (MM60-69) for winning their categories in the 26km Three Peaks event. Jake was also in the top 10 overall!

Full HCU summary is as follows:

DK Architecture Race the Summit (11km):

Aly Craigie - 1st Female 56:10



Shoe Clinic Three Peaks (26km):

Jake Owen - 10th Male (1st U20) 2:24:20

George Bates - 21st Male 2:38:04

Tessa Swinson - 25th Female (1st U20) 3:06:46

Bogdan Nita - 109th Male 3:19:17

Eric Scharpf - 112th Male (1st MM60-69) 3:21:58

Richard Fogarty - 135th Male (2nd MM60-69) 3:33:35

Cristian Nita - 145th Male 3:38:10

Well done all! [Full results](#).

[ODT Report](#) written by Luke Geddes. Thanks to Luke Geddes for putting together this summary!

Photos supplied. Please email or message us any additional photos so we can share them on our [Facebook post here](#)- thanks!



Winter Season Opening Day- Saturday 5 April.

Our official winter season Open Day is on this Saturday 5 April.

Meet at the clubrooms at 10:00 am before heading out for a run/ walk. We will have a potluck morning tea at 11:00 am (please bring a plate, if you can).

Everyone is welcome! This includes social and competitive, senior and children, etc.

We will have an Easter Egg hunt for kids and those who are young in heart.

We're looking forward to seeing everyone and getting the harrier season underway soon!

[Facebook event](#).



HCU Registration for 2025-26.

Our Gameday registration portal for 2025-26 is almost live. You can [register with us here](#) from 1 April. You may also receive an automated email reminding you to register for the next season.

Over the next week, we will update our [registration page here](#) to further clarify the different membership types etc.



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](#).

April

4-6 April	South Island Secondary School Athletic Championships	Nelson	All Day
5 April	Official Open Day/ Club Run/ Walk	HCU Clubrooms	1:30 pm
13th April	NZ Senior Marathon Championships	Christchurch	8:00 am- 1:00 pm
19 April	Easter Club Run/Walk	HCU Clubrooms	1:30 pm
26 April	Lovelock Trials	HCU Clubrooms	1:30 pm



26 April

[NZ Mountain Running Championships](#)

Wanaka

8:00 am- 5:00 pm

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 Otago Children's Championships 22-23/03/2025



DGRS Twilight Challenge- Giles Witt.

Congratulations to Giles Witt who ran a very handy 15:45 5000m for 7th at the Don Greig Racing Stables Twilight Challenge. [Full results](#). [Race photos](#). Photo credit: [@gamefacenz](#)



Victor Lopez Classic- Gus Gannon.

Gus Gannon finished a strong 3rd in the 1500m with 3:47.85 at the Victor Lopez Classic Collegiate meet in Houston, Texas. Gus also placed 2nd in the Steeplechase behind teammate Andrew Murray in 8:58.30.

[Full results](#). [Rice write up](#). Photo credit: [Rice Track and Field](#).

News:

HCU Children's Updates.

Kia Ora Whanau, Tuesday Training sessions have now finished for the season, see you all later in the year!

What a fantastic season of athletics we have had!

Thank you so much to Oli Chignell for coming along this evening and speaking about his journey as a Hill City 5 year old right through to a top national athlete competing for Hill City University Club still. Oli has 13 national championship medals to his name in 1500m through to 10km and cross-country. Oli inspired us with his messages of keeping involved no matter what level you're at if you're enjoying yourself and judging yourself only against yourself. Also his messages of the power of Tim Tams. If only Tim Tams allowed us all to run sub 4 minute miles!

Well done to all those who either won an award tonight or who gave their all out there braving all Dunner Stunner elements all season. But most of all to all those who were great friends and supporters of fellow competitors from all clubs. We all love a great competition and winning of





course but we're all about the social side of athletics and having fun. So a big shout out to those athletes who bring the kindness and joy to the track and field each week. You make us all proud.

Thank you to the volunteers, coaches, parents and especially committee members. You have given so much to what has been a really great season!

Prizegiving Photos- [Album 1](#), [Album 2](#).



Congratulations to Oli Chignell who Recently Signed with Asics.

From his [Instagram Post](#): Incredibly grateful to have the support of Asics and Team Tempo as I progress in my running career.

Thank you to @adamdidyk, @asicsnz + @asics, and @teamtemporun for the opportunity, as well as my family and friends for their endless support.

Photo: @michaeltrillonz



Woman's Day- 'Golden girl Anna Grimaldi's long-distance love'.

This Woman's Day article tells the story of Paralympic gold medallist Anna Grimaldi and her long-distance relationship with fellow Paralympian Jaryd Clifford, which began years after he first messaged her on Instagram.

Reconnecting during a tough period in Anna's life, the pair found common ground in their sporting struggles and quickly formed a deep bond. Despite living in different countries, they've



maintained their relationship through travel and virtual chats, supporting each other through the highs and lows of elite sport.

Their connection is built on mutual respect, emotional support, and shared ambition- a story shaped by resilience and understanding.

[Full article.](#)

Photo: Rachael McKenna via Woman's Day



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.](#)

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:

Weekly Activity Recap:

HCU Sunday Long Runs.

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

With the Three Peaks race on Sunday, many people were either be running or volunteering, so we did a Saturday Long Run instead! We met at the HCU clubrooms at 7:45 am sharp and jogged around to take part in Park Run before regrouping and heading off to extend the distance.

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 a fun run around Woodhaugh! Here are a couple of cheeky photos from today. See you next week!

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](#).