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Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Rice University 3000m Steeplechase Record- Gus Gannon.

Congratulations to HCU athlete Gus Gannon!

Unfortunately, Gus doesn't get to race in the black, yellow and sky blue often because he's normally over the other side of the world tearing up the track in Texas.



Just recently, he broke the Rice University 3000m steeplechase record, completing the distance in 8:43.02. This puts Gus in the NCAA top 20 this year.

Gus recently told us that he'd been within a second of the record since last year, so we're stoked to see you finally knock it off! We love seeing what you continue to achieve Gus, and wish you the best for the rest of the season!

Hopefully you'll be back in New Zealand over your winter break, just don't tell Coach Warren.

Photo Credit: Rice Track & Field.

We always like to share the successes and stories of ALL our athletes. Please feel free to message or email us with anything you'd love to see reported!

Shoe Clinic Dunedin Lovelock Relays- 3 May, 2025.

The Shoe Clinic Dunedin Lovelock Relays are our flagship event. We want as many of our club members (and broader HCU community) to do this event as possible.

The Shoe Clinic Dunedin Lovelock relay is a historic 4



DATE
3 May 2024

VENUE
University Oval

START
1:00 pm start

ENTRY FEE
\$15 per person | U12, U14 free

Enter teams at <https://hillcity.org.nz/lovelock-relays-2025/>

Senior Men's	6x 1500m (4 laps)
Senior Women's, Masters, Social, U16, U18	4x 1500m (4 laps)
Otago University Hall of Residence	4x 1500m (4 laps)
Children U12, U14	4x 375m (1 lap)



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](#)

or 6 person teams race (depending on the grade). Each runner completes 1500m (4 laps) of the 375m University Oval course. Children Under 12 and Under 14 can do a 4-person 1 lap relay.

Runners are not required to be registered or competitive. This is an inclusive event for all ages.

For more info and to enter, see our [event webpage here](#). We also have a [Facebook event here](#).



As it is a relay event, you will register with us and we will allocate you into teams. We can take requests though- especially for children's and social grades.

You can register via the event webpage or [directly using the link here](#).

Entries close on Monday 28 April at 5:00 pm.

As a large HCU-hosted event, we would be hugely appreciative of any help/ volunteers we can get. Please let us know if you can [volunteer here](#).

HCU Registration for 2025-26.

Our Gameday registration portal for 2025-26 is live. You can [register with us here](#).

You may also receive an automated email reminding you to register for the next season.

Our [registration page here](#) provides more info on 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](#).

Tuesdays at 4:00 pm from John McGlashan sports field- a social run through Ross Creek area.

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- 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:

[Full Winter Calendar](#).

April

26 April	Lovelock Trials	HCU Clubrooms	1:30 pm
26 April	NZ Mountain Running Championships	Wanaka	8:00 am- 5:00 pm

May

Saturday 3 May	Shoe Clinic Dunedin Lovelock Relays	University Oval	1:00 pm
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Saturday 3 May	Rotorua Marathon / NZ Masters Marathon Championships	Rotorua	8:00 am
Saturday 3 May	Runway5 / NZ 5km Road Championships	Rotorua	7:30 pm
Saturday 10 May	Club run/ walk	HCU Clubrooms	1:30 pm
Tuesday 13 May	OSSSA: Logan Park Road Race	Logan Park	TBC
Saturday 17 May	Leith Cross Country Relays	Otago Pony Club	TBC
Wednesday 21 May	OSSSA: Caversham Relay Race	Kettle Park	TBC
Saturday 24 May	T K Cowan 8km/5km	Tomahawk District Hall	1:30 pm
Sunday 25 May	South Island Schools Cross Country Festival	Timaru	9:30 am
Thursday 29 May	OSSSA: Milton Relays	Milton Showgrounds/ Rugby Park	TBC
Saturday 31 May	Kings Birthday weekend- Club run/ walk	HCU Clubrooms	1:30 pm

Results:

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

Harriers:	Track and Field:
3 Peaks Mountain Race 30/03/2025	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](#)
[South Island Secondary Schools Champs 4-6/04/2025](#)



News:

HCU Children's Updates.

Don't forget to register your child for the Shoe Clinic Lovelock relays! And why not sign up to run in a social team yourself... make it a family affair.

Entries close April 28th.

Children under 14 run one lap each (375m), Children 14+ and adults run 1500m each (please note that ages are taken as of Dec 31 2025).

Saturday May 3 at the Uni Oval from 1 pm.

Please register [using the link here](#)- we will make up the teams!

Shoe Clinic Dunedin Lovelock Relays [Facebook event](#), [Event webpage](#).

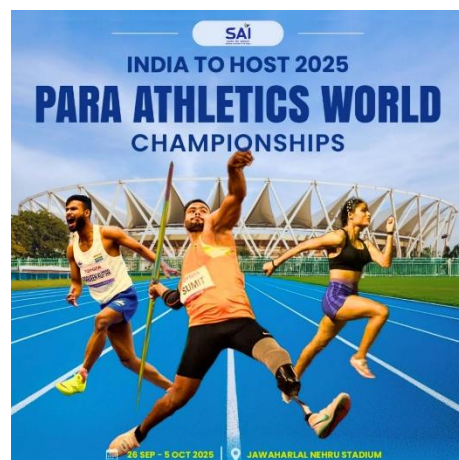


2025 World Para Athletics Championships Policy Announced.

Athletics NZ is pleased to announce the 2025 World Para Athletics Championships selection policy.

This competition is scheduled to be held from 27 September to 5 October in New Delhi, India.

[Full announcement](#).



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.](#)

2026 NZ Masters Athletics Championships.

New Zealand Masters Athletics are pleased to announce that Taranaki Masters will be hosting the 2026 NZ Masters Athletics Championships in Inglewood: 13th-15th March 2026.

[Read more.](#)

Events:

Weekly Activity Recap:

HCU Sunday Long Run/ walk.

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

Only the hardy out this week (actually great running conditions as it wasn't cold & the rain eased off).

The medium pack of 3 did a lap of Ross Creek then through the town belt for a bit.

Another group went along to Cargill to Sawyers and back via the harbour.

The Painfully Slow Pack (PSP) did the Ross Creek and Redwoods loop.

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.

It was another fun run this week! We started with the usual lap of the uni before going through the gardens. We then looped up through Woodhaugh and back to the uni.





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](#).