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First up:

Winter season opening weekend.

What a big weekend to open our winter season!

Saturday saw our opening club run of the year and the official opening of what promises to be a cracking 2025 winter season for Hill City-University! With a big turnout from children right through to our club members who've seen more than just a handful of seasons, multiple running packs hit many of the different trails of Dunedin including Ross Creek and North East Valley Quarry. The highlight however was the Athletics-themed Easter Egg Hunt designed by Club President Mark Geddes for "both the young and the young at heart"!

Our season was opened by club patron Lindsay Dey who reminded everyone of the lifelong friends that can be made during the Harriers season. A delicious morning tea awaited so Lindsay didn't speak for long, but the message was clear: there is a place for everyone at Hill City-University.



If Saturday wasn't enough, Sunday saw the largest turnout of 2025 to the Hill City-University Hosted Sunday Long Runs. Everyone is welcome at these runs, and that was evident again on Sunday with many friends of the club joining in. Distances ranged from 10km right through to 30km, with many completing their final preparations for the Christchurch Marathon next week. Although not tackling the Christchurch Marathon this year, the notable efforts of the now legendary "Painfully Slow Pack", ably led by Marc Boullé, were once again outstanding. Also notable were the additions of a couple of walkers - Sunday Long Runs may soon have to be renamed!



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](#)

Anyone is welcome to join us on a Sunday, and you can make arrangements by joining the HCU Hosted Sunday Long Run group on Facebook. Our next club run is this coming Saturday, with the full winter calendar now [available here](#).

The winter calendar focuses on (inter-)club/ Athletics Otago and NZ events. If you think there's another event we should add, please let us know. Likewise, let us know if you're doing any other events.

A special thanks to Mark Geddes, Gavin Chin, Aly Craigie, Timothy Dawbin, and Luke Geddes for their photos taken throughout the weekend ([see here](#)).

South Island Secondary Schools Championships.

A big congratulations to our members who competed at the 2025 South Island Secondary Schools Championships in Nelson! A summary of HCU results follows:

Alex Walker (John McGlashan College)- 1st Boys 100m Under 16 Prelims 11.40q, 1st Boys 100m Under 16 Finals 11.42, 4th Boys 200m Under 16 Prelims 23.76q, 3rd Boys 200m Under 16 Finals 22.93, 2nd Boys Shot Put Under 16 5.00kg 13.18m.

Angus Hollows (John McGlashan College)- 4th Boys Discus Under 15 1.25kg 35.50m, 3rd Boys Javelin Throw Under 15 700g 37.86m PR, 5th Boys Shot Put Under 15 5.00 kg 10.82m PR

Ashton Robertson (Otago Boys' High School)- 4th Boys Discus Under 16 1.25kg 33.24m, 3rd Boys High Jump Under 16 1.75m

Brooke Darcy (Kings High School)- 8th Boys 100m Under 19 Prelims 11.49q, 7th Boys 100m Under 19 Finals 11.63, 8th

Boys 200m Under 19 Prelims 23.47q PR, 4th Boys 200m Under 19 Finals 23.17 PR

Ed Ferro (John McGlashan College)- 11th Boys 100m Under 19 Prelims 11.82, 10th Boys 200m Under 19 Prelims 23.71





Eva McLean (Otago Girls' High School)- 2nd Girls 800m Under 14 2:25.15, 3rd Girls 1500m Under 14 4:58.32

Jade Wilson (Otago Girls' High School)- 1st Girls 100m Under 19 Prelims 12.57q, 2nd Girls 100m Under 19 Finals 12.72 PR, 2nd Girls 100mH Under 19 762mm 15.32

Jessie McGrouther (Otago Girls' High School)- 2nd Girls Hammer Throw Under 19 3.00kg 52.16m, 4th Girls Shot Put Under 19 3.00kg 10.77m

Kalyan Bhusal (Otago Boys' High School)- 6th Boys 100m Under 14 Prelims 12.28q, 7th Boys 100m Under 14 Finals 12.46

Lailah Robson (Otago Girls' High School)- 1st Girls 100m Under 15 Prelims 12.74q, 3rd Girls 100m Under 15 Finals 12.87, 1st Girls 200m Under 15 Prelims 26.81q, 4th Girls 200m Under 15 Finals 26.70

Lulu Blakely (Otago Girls' High School)- 4th Girls High Jump Under 15 1.50m, 6th Girls Long Jump Under 15 4.51m, 3rd Girls Triple Jump Under 15 10.17m

Martha Lippross (Queens High School)- 1st Girls 80mH Under 15 762mm 12.86, 7th Girls Long Jump Under 15 4.49m, 2nd Girls Pole Vault U/16 Open 2.80m, 1st Girls 4x400m (U/16 Open) (M. Lipross, M. Saker, E. Kelleher, S. Haig) 4:23.27

Ruie Hyslop (Otago Boys' High School)- 2nd Boys 3000m Under 19 9:04.93

Sadye Kawau (Columba College)- 2nd Girls 100m Under 15 Prelims 12.82q, 1st Girls 100m Under 15 Finals 12.75, 2nd Girls 200m Under 15 Prelims 26.86q, 1st Girls 200m Under 15 Finals 26.00

Skye Wilson (Otago Girls' High School)- 2 Girls 80mH Under 14 762mm 12.60, 3rd Girls 100m Under 14 Prelims 12.96q, 1st Girls 100m Under 14 Finals 12.80, 1st Girls Long Jump Under 14 5.21m

Stacey Karawana (Queens High School)- 3rd Girls Discus Under 14 1.00kg 28.58m, 2nd Girls Shot Put Under 14 3.00kg 10.83m

Sylvie Haig (Queens High School)- 6th Girls 100m Under 14 Prelims 13.16q PR, 6th Girls 100m Under 14 Finals 13.36, 3rd Girls 200m Under 14 Prelims 26.81q PR, 6th Girls 200m Under 14 Finals 26.99 PR, 3rd Girls 400m Under 14 1:02.36 PR, 1st Girls 4x400m (U/16 Open) (M. Lipross, M. Saker, E. Kelleher, S. Haig) 4:23.27 SB

Will Bolter (Otago Boys' High School)- 2nd Boys 800m Under 15 2:10.74 PR, 4th Boys 1500m Under 15 4:22.75 PR

These are wonderful results including many medal and PR/ SB performances. We're proud to see our young athletes do so well across a range of schools, events, and genders- way to go, everyone!

[Full Results](#). Photo credit: [Otago Girls' High School](#), [John McGlashan College](#), [Queen's High School](#).



Lovelock Relays- 3 May, 2025.

The 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 Lovelock relay is a historic 4 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.




Lovelock Relays 2025

DATE: 3 May 2024
VENUE: University Oval
TIME: 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,	4x 1500m (4 laps)
Social, U16, U18	
Clago University Hall of Residence	4x 1500m (4 laps)
Children U12, U14	4x 375m (1 lap)

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.

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- 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

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:



[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

Tri NZ Pacific Radiology NZ Schools.

We're thrilled to see so many of our young members participating in (and doing so well in) a range of sports- particularly ones with a strong running/ athletics foundation, like triathlon.



HCU members had some great results at the recent National Secondary Schools Triathlon Champs in Wanaka. A HCU summary follows:

Triathlon:

Penelope Hodgson (Balmacewen Intermediate) 4th U12 Female 28:06

Emme Beeby (Columba College) 5th U12 Female 29:06

Georgie Wellington (Columba College) 6th U12 Female 28:12

Emerson Hawken (Columba College) 8th U12 Female 28:35

Greta Schwefel (Dunedin North Intermediate School) 9th U13 Female 29:55

Julia Hodgson (Otago Girls' High School) 7th U14 Female 40:10

Eva McLean (Otago Girls' High School) 1st U14 Female Team 35:36

Leila Kindiak (St Hilda's) 4th U14 Female Team 41:10

Hugo Beeby (John McGlashan College) 19th U16 Male 47:21

Carlotta Schwefel (Otago Girls' High School) 25th U16 Female 56:02

Ruie Hyslop (Otago Boys High School) 13th U19 Male 1:04:25

Aquathon:

Penelope Hodgson (Balmacewen Intermediate) 2nd U12 Female 10:25

Georgie Wellington (Columba College) 4th U12 Female 10:37

Emerson Hawken (Columba College) 6th U12 Female 11:03

Emme Beeby (Columba College) 7th U12 Female 11:33

Greta Schwefel (Dunedin North) 5th U13 Female 10:40

Carlotta Schwefel (Otago Girls' High School) 8th U16 Female 21:09

Hugo Beeby (John McGlashan College) 7th U16 Male 18:22

Julia Hodgson (Otago Girls' High School) 3rd U14 Female 16:50





Regional Team Relay:

'Dunedin Dynamos' inc. Penelope Hodgson, Greta Schwefel 1st U12/U13

'Southland Otago U13a' inc. Georgie Wellington, Emerson Hawken 4th U12/U13

'Southland Otago U14a' inc. Julia Hodgson 3rd U14

'Southland Otago U16b' inc. Charlotte Schwefel 10th U16

'T.E.R.M.inators' inc. Ruie Hyslop 3rd U19

Apologies if I missed anyone- results only provided the first athlete for the team's events.
Congratulations, everyone!

[Day 1 Results.](#) [Day 2 Results.](#) [Event website.](#)

Photo credit: [Otago Girls' High School.](#)

Otago School Orienteering Championships.

Congratulations to Julia Hodgson (Otago Girls' High School) who won the Intermediate Champion title at the Otago Orienteering Championships held on Sunday.

Unlike the Summer/Schools Series, which is a cumulative "league" of points, the Otago Schools Individual Championships are a one day competition where students compete to "take the title" on that day only.

[Full results.](#) Photo credit: [Otago Girls' High School.](#)



News:

HCU Children's Updates.

Hey Whanau,

We still have a number of singlets that haven't been returned, we have a couple of drop off points so please pm or comment [on the post here](#) and we'll send you the addresses.

If your child is competing over the winter season, please hang on to your singlet.

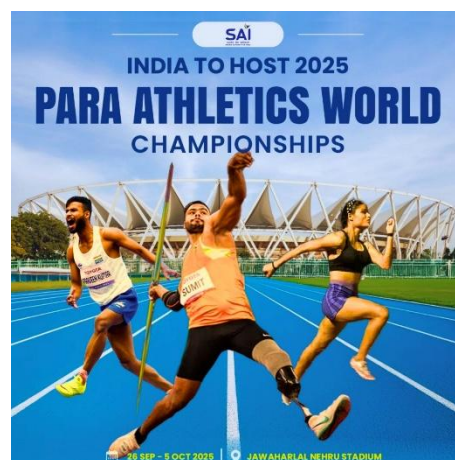


2025 World Para Athletics Championships Policy Announced.

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.](#)



Events:

Weekly Activity Recap:

HCU Sunday Long Runs.

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

Big group this weekend, split into 3 groups. Thanks for coming! Our group went through the Botans/ Woodhaugh, up to Islay St, down through Ross Creek & the town belt, with various runners dropping back off the hill when required.

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 great to see everyone this week.

The cloud interfered with our sunrise hunting, but it was still good fun!

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