



Contents:

First up:

Joe Cowie Memorial
Bayfield Park 5km
Handicap.

Barnes Cross Country-
Sunday, 15 June.

Destination Club Run/
Walk- Saturday, 14 June.

OSSSA Otago Cross
Country Champs.

Brighton Backyard Ultra
"Running in Paradise"- 27-
28 September.

NZ Cross Country
Champs- 2 August.

Weekly activities:

Calendar:

Results:

News:

Events:

Weekly Activity Recap:

Contacts:

Senior Email-
hcyharriers@gmail.com

Children's Email-
hillcitychildrens@gmail.com

First up:

Joe Cowie Memorial Bayfield Park 5km Handicap.

The Joe Cowie Memorial Bayfield Park 5km Handicap was held on Saturday, in bitterly cold conditions, complete with rain and hail.

Thank you to our friends at Ariki and Leith for hosting this event!

There were lots of impressive elapsed time performances too, including personal and season's best times. Well done, everyone!

Congratulations to the following HCU finishers (line order):

Rebecca Fay 1st
Carly Smith 3rd
Zoe Carman 5th
Phil Morris 6th
Vincent Walters 15th
Ruaridh Martynoga 19th
Beno Shaw 20th
Will Bolter 25th

Mark Geddes 31st
Caleb Dobier 33rd
Eva McLean 35th
Luke Geddes 39th
Georgy Pakeho 40th
David Mackle 49th
Lewis Anglemyer 65th
Cathy Weatherston 67th



There were lots of impressive elapsed time performances too, including personal and season's best times. Well done, everyone!

[Full results.](#) [HCU Photos.](#) [Keith's Photos.](#)

[Event page here.](#)





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](#)

Barnes Cross Country- Sunday, 15 June.

On Sunday, we will NOT host our usual Sunday Long Run.

Instead, we invite all of our members and supporters to the JG Barnes Cross Country Handicap with events starting from 10 am.

On offer is a 1.25km, 2.5km, or 5km handicapped event at Kettle Park.

With team races involved, we strongly encourage participation!

Entries close on Wednesday, 11 June at 6 pm.

For more info, and to enter, [see here](#).



Destination Club Run/ Walk- Saturday, 14 June.

This Saturday 14 June our weekly Club Run and Walk will be a destination event based in Three Mile Hill.

Please meet at the HCU clubrooms, ready to leave at 1:25 pm. We plan to carpool, so please bring a car and help give people a ride, if you can.

For those going directly out there, please meet at [the Bullring](#) at 1:45 pm for an hour of movement.

Join one of our packs, or create your own.

Afterwards, we will head to 77 Halfway Bush Road, Three Mile Hill at 3:15pm





for a cuppa and a yarn to farewell Luke Geddes as he heads overseas to pursue his studies. Please bring a plate to share.

All are welcome to either part of the afternoon.

OSSSA Otago Cross Country Champs.

The Otago Secondary Schools Sports Association Otago Champs were held on Thursday at Kaikorai Valley College.

A big congratulations to everyone who performed so well in this race and others in the OSSSA Cross Country Series! A summary of HCU results follows:

GU14:

Eva McLean (Otago Girl's High School) 1st Girls U14 3km 15:12.0

Julia Hodgson (Otago Girl's High School) 3rd Girls U14 3km 16:11.2

Sylvie Haig (Queen's High School) 5th Girls U14 3km 17:54.2

Ora Winklemann (Queen's High School) 8th Girls U14 3km 18:34.7

Fleur Schofield (Otago Girl's High School) 10th Girls U14 3km 18:41.6

BU14:

Caleb Dobier (King's High School) 1st Boys U14 3km 13:24.3

George Solomon (King's High School) 5th Boys U14 3km 15:20.6

Connor Broom (John McGlashan College) 13th Boys U14 3km 15:55.7

GU15:

Zoe Lithgow (St Hilda's Collegiate School) 2nd Girls U15 3km 16:01.0

Carlotta Schwefel (Otago Girl's High School) 4th Girls U15 3km 18:06.9

Anna Riley (Columba College) 5th Girls U15 3km 18:26.7

Lailah Robson (Otago Girl's High School) 11th Girls U15 3km 20:14.6





BU15:

William Bolter (Otago Boy's High School) 1st Boys U15 4km
17:14.1

Eddie Weir (John McGlashan College) 5th Boys U15 4km 19:30.8

Hugo Beeby (John McGlashan College) 10th Boys U15 4km
21:13.4

GU16:

Lucy Fitzgerald (Otago Girl's High School) 5th Girls U16 3km
16:00.8

BU16:

Thomas Weatherall (King's High School) 1st Boys U16 4km
16:21.0

SB:

Ruie Hyslop (Otago Boy's High School) 1st Boys Senior 6km
24:56.9

These are fantastic results, and we are so proud of you all for taking part!

It's also worth acknowledging and celebrating the margins of victory of our Otago title-winners- each had a significant and impressive lead over the second-place getter in strong fields- well done, Eva McLean (+0:52.0), Caleb Dobier (+0:51.6), William Bolter (+0:57.4), Thomas Weatherall (+1:24.9), and Ruie Hyslop (+3:36.3)!

Please email us any photos you have from this event!

Finally, thank you to the OSSSA, volunteers, and local schools for hosting and supporting this series and exposing so many young people to the sport of cross country! We hope this was an enjoyable experience for you all!

[Full results.](#) [Event page.](#) [OSSSA Photos.](#) Photo credit: OSSSA.

Brighton Backyard Ultra "Running in Paradise" - 27-28 September.

The Brighton Backyard Ultra "Running in Paradise", is back for its 3rd edition in 2025!





This year, they're partnering with the King's High School Lions' Sport Cross Country (which includes some HCU athletes) as their new fundraising partner.

Keep those registrations coming in, we're super stoked to already see some HCU representatives on the startlist!

Like and follow their event page, and if you have any questions whatsoever, feel free to shoot them their way. Race Director Scott is very helpful and we're proud of what he contributes to the community.

We're pretty sure this year's Running in Paradise will be the best one yet!

[Event page](#). [Facebook event](#).



NZ Cross Country Champs- 2 August.

Entries are now open for the 2025 NZ Cross Country & Relay Championships set to roll around the central city parkland of Hagley Park and the Hagley Park Golf Course on 2 August 2025.

This event includes the New Zealand Cross Country Championships as well as the New Zealand Inter-Club Mixed Cross Country Relay Championships.

Please complete the [Athletics Otago EOI form](#) by the end of today, Monday, June 9, to be considered for the Otago team.



While you can begin planning your trip, we encourage you not to enter until after the Otago Cross Country Champs on 13 July, after which the Otago team will be named.

If you are thinking about attending this event, please complete the [HCU EOI form here](#). This will help us with planning for this event- e.g., travel, accommodation, group activities, and Otago University student grants. Please note, this is not an entry form- it's just to help with club planning.

[More info](#). [Athletics Otago EOI form](#). [HCU EOI form](#).

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](#).

Mondays at 5:55 pm Monday Night student runs is a way to start off your week of training right. Join a cool group of students from the OUSA Clubs & Societies building to drop your bag in a secure place after your lecture. We'll run for up to 50 minutes with a chance for some fun strideouts at the end if you'd like. Make use of the FREE OUSA shower facilities afterwards and stick around for a yarn with like-minded student runners. All are welcome!

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

Wednesdays at 7:30 am All students are welcome to join us at the statues by the [Union Bridge, North Dunedin](#) for a half hour social run before a busy day of studies. For more details and regular updates from the group, join the [Facebook page here](#).

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, either a club run/ walk or an interclub event/ race (see our [winter calendar](#), or 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.](#)

June

Saturday 14 June	Destination Club run/ walk	Three Mile Hill	1:45 pm
Sunday 15 June	Barnes Cross Country	Kettle Park	10:00 am



Saturday 21 June	Club run/ walk	HCU Clubrooms	1:30 pm
Saturday 28 June	Edmond Cup	Otakou Golf Course	TBC
Sunday 29 June	Wellington Marathon / NZ Half Marathon Championships (Seniors & Masters)	Wellington	9:00 am

Results:

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

Harriers:	Track and Field:
3 Peaks Mountain Race 30/03/2025 Lovelock Relay HCU Trials 26/04/2025 Shoe Clinic Dunedin Lovelock Relays 3/05/2025 Leith Cross Country Relays: Ponydale Challenge, Race 1, Race 2, Race 3, Race 4 17/05/2025 TK Cowan Handicapped Cross Country 24/05/2025 Joe Cowie Memorial 7/06/2025	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
--	--

Virtual Selwyn Half Marathon- Cherie McKinnon.

Congratulations to Cherie who recently completed a Virtual Half Marathon walk in an impressive sub-3-hours! Well done, Cherie!

News:

NZSSAA Cross Country Tour 2026.

NZSSAA is looking to send a representative cross country team to an international destination in 2026, likely beyond the Oceania region to compete in a significant event(s) or the ISF World Schools' Cross Country Championships. They have no detail yet on the confirmed location or competition structure of the 2026 ISF event (i.e. specific event details including location, dates, team makeup, etc.) as information for the ISF championships is yet to be released.

However, it is important for athletes to be aware that once event information is known for the ISF event or another event(s) and NZSSAA involvement confirmed, team selection will be based on results from the NZSSAA Cross Country Championships in Whangarei. Other school, club, and ANZ event rankings will also be taken into consideration. Once a tour is confirmed expressions of interest will be advertised on the [NZSSAA website](#) and [Facebook page](#).

Such a tour will be for those senior students attending secondary school in 2026 and would take place in the first half of the year. [NZSSAA Notice](#).

HCU Children's updates.

A reminder to get those EOI forms completed if you have a child keen to attend the NZ cross-country champs to be held in Christchurch on August 2nd.

Age groups are: U14 (as of Dec 31 2025, min age 12), U16 (as of Dec 31 2025)

Individual races in the morning and club mixed relays under lights at night! Be great to have enough HCU kids attending to put some relay teams together.

[More info.](#)



New Zealand Masters Athletics- Vetline Magazine and AGM.

The latest edition of Vetline is now available to [view here](#).

The 2025 NZMA AGM is coming up on 22 June at 2pm.

All information is available on the [NZMA website here](#). This includes a brief survey to gather member feedback on the remits being tabled. Please take the time have your say before the AGM takes place.

Kid's XC Series.

The Ariki Kid's XC series is back for 2025! Participants must be aged 10 or under. Entry is on the day and paid with a can donation. There are three events on offer, each with a participation ribbon:

- Sunday 13 July- Chisolm Park
- Sunday 27 July- Rotary Park
- Sunday 10 August- Chingford Park

[More info](#).



2025 New Zealand Long Course Trail Championships.

Entries for the 2025 New Zealand Long Course Trail Championships are open! Held in conjunction with the WAI2k 100km.

Find adventure on the unbeaten path with the mighty WAI2K. Their team of trail-running experts will take you on an unforgettable journey through stunning landscapes and challenging terrains. Get ready to lace up your shoes and experience the freedom of the trail.

Race Day: Saturday 22nd November 2025 (No Rain-day back-up due to logistical difficulties)

Max Competitors: 100 per category

50k/100k Start times: 6:00 AM at Woodside train station, Greytown

For more info, and to enter, [see here](#).





2025 Oceania Masters Athletics Championships in Brisbane, Australia.

The 2025 Oceania Masters Athletics Championships will take place in Brisbane, Australia from 6th to 10th September 2025.

This event is the first official Oceania Masters event to take place since 2019 and is the only event where athletes can attempt Oceania Masters Athletics records.

Age categories will be in 5-year age groups, and events will run over a condensed 5-day period.

if you are thinking / planning on attending the Oceania Masters Champ's in Brisbane Australia then please [join the group here](#). [Current entries](#). [More info](#).

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.

We may not have seen the sun but we were over the moon with the turnout this week! Thanks to all those that came and the for chats, the running and cheerfulness on a grey day. Oh, and Phil Napper, it looks like you're on fire! That was a great effort last week on the Waitats!

20 runners on a snowy and damp morning was a great effort. Fortunately we avoided most of the rain. Running through the green-belt, through Mornington and onto Caversham before heading back through town to the club. Thanks all.

Photos can be found on the [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.

Dark and stormy conditions but a dedicated group turned out for some puddle-dodging, slippery trails and lively chats.





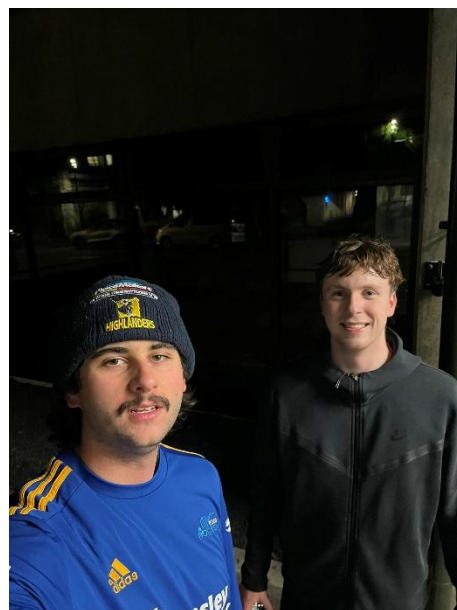
Ru led this week taking us on a lap of the lower Botans, then some wee hill climbs around the upper section before looping back to the uni statutes.

All in time for OUSA free breakfast as Semester 1 exams are upon us.

See everyone next week for Luke's final outing for the foreseeable future!

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

Monday runs continue at 5:55pm with Samuel and Luke! See you in the OUSA Clubs and Socs foyer for a fifty minute cruise



HCU Monday Student Nights.

A group braved the dark and cold leaving from OUSA Clubs & Socs at 6 pm.

We did a half-hour out and ack along the harbour this week.

Another fun Monday run!

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, and Nico Alvarez Rey-Virag.

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](#).