



Contents:

First up:

Anna Grimaldi named in the 2025 World Para Athletics team.

HCU Potluck Dinner and Quiz Night.

Entries Open: Big Easy Hill Run Time Trial- 16/08/2025.

Athletics Otago Constitution Update.

Weekly activities:

Calendar:

Results:

News:

Events:

Weekly Activity Recap:

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First up:

Anna Grimaldi named in the 2025 World Para Athletics team.

Congratulations to Anna Grimaldi, who has been named in the 10-strong Athletics New Zealand team for the 2025 World Para Athletics Championships!

The event will be held in New Delhi from September 27 to October 5! IN

Anna has been selected for the T47 100m and 200m events. Way to go, Anna- we're looking forward to it!

Also named is Otago teammate, Holly Robinson (Taieri), who will compete in the F46 Shot Put.

Congratulations, Anna and Holly! [More info.](#)

[ODT Coverage](#) (focusing on Anna). [Radio NZ Coverage.](#)

Image credit [westondesignsport](#) via [Athletics NZ](#)



HCU Potluck Dinner and Quiz Night.

A big thank you to everyone who supported our potluck dinner and quiz on Saturday! In particular, thanks to Mark Geddes for putting the quiz together and for being the quizmaster.

Thanks also to everyone who contributed to the prizes, brought food, participated in the secret Santa, and helped in the kitchen.

Finally, thanks to everyone who came along to this event! It was great to see such a good mix of people connected with our club!





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](#)

Entries Open: Big Easy Hill Run Time Trial- 16/08/2025.

Entries are now open for the Big Easy Hill Run Time Trial event to be held on Saturday 16 August at the Signal Hill Track, Dunedin.

The course is approximately 6 km and is uphill the entire way.

The event follows a time trial format with each competitor starting by themselves at a designated time (at 1 minute intervals), with the fastest competitors starting at the later time intervals.

Entries close at midnight Wednesday 13 August to allow for handicapping of the field.

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



Athletics Otago Constitution Update.

The Athletics Otago Board is pleased to share the draft Athletics Otago Constitution.

We are collecting feedback from our members to pass on to the Athletics Otago Board as part of their consultation. Please contribute any feedback before Sunday, **24 August**, using the [link here](#).

The draft Athletics Otago constitution (and more info) can be [found here](#).





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](#).

August

Saturday 16
August

[Big Easy Hill Run Time Trial](#)

Big Easy, Signal
Hill, Logan Park

From 10:00 am
(walkers), 10:30
am (runners)



Saturday 23 August	Club Run/Walk	HCU Clubrooms	1:30 pm
Saturday 30 August	Port Road Race	Shared Pathway	TBC
Saturday 30 August	NZ 10km Road Championships	Cambridge	8:00 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 Barnes Cross Country: 1.25 km, 2.5km, 5km walk, 5km run 15/06/2025 Edmond Cup (cancelled) 28/06/2025 Caversham Club Cross Country 5/07/2025 Otago Cross Country Championships 13/07/2025 Winding Vine Relay 19/07/2025 Brighton to Green Island Handicap 26/07/2025	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.

[ODT Coverage](#) of the final Kids XC Series event held at Chingford Park.

ODT: 'Chignell adds cross-country bronze medal to collection'.

ODT Coverage of the National Cross Country Champs in Christchurch:

It celebrated a range of HCU and Otago successes including Oli Chignell's Bronze Senior Men's medal, Becky Aitkenhead's 5th place Senior Women's event following the birth of her first child, as well as other junior, masters, and relay successes.

"Otago's other relay teams punched above their weight.

Hill City-University's team of Oliver O'Sullivan, Aly Cragie, Mark Geddes and Taryn McLean scooped gold in the mixed 4x2000m over-35 category in 28min 46.80sec...

Hill City young runners Will Bolter, Zoe Lithgow, Caleb Dobier and Eva McLean gained bronze in the mixed 4x2000m under-16 race in 28min 23.10sec.

Otago runners were strong across the board from masters to junior events...

McLean was not far behind in finishing fifth in 24min 12.61sec. Craigie and Aitken finished ninth and 11th respectively and they helped Otago finish as the second team home overall.

Georgina Pakeho won bronze in the women's 50-54 event in 26min 47.51sec...

Young Georgina Benson, racing for Hill City-University, came fourth in the girls under-14 race in 12min 02.64sec."

[Full article](#). Photo: Peter McIntosh via ODT





NZ Herald: On the Up: How Paralympics star Anna Grimaldi turned bitter defeat into immeasurable joy.

Check out this article in the NZ Herald on Anna Grimaldi's incredible Paralympics journey.

After heartbreak in the long jump, Anna bounced back to win gold in the T47 200m, her first Paralympic track title, and New Zealand's only gold medal in Paris. The story captures the highs, lows, and everything in between.

We're so proud of Anna- her resilience, strength, and humility continue to inspire us all.



[Full article](#). Photo credit: Photosport via NZ Herald

Athletics NZ Announcements: 25/26 National Track and Field Event Calendar AND the National Summer Event Grid, Selection Policy 2026 Commonwealth Games, and 2026 World Athletics Race Walking Teams Championships.

The 25/26 National Track and Field Event Calendar AND the National Event Grid for summer is here!

Yes, it's the depths of winter we hear you cry. The 2025 China Southern Airlines NZ Cross Country & Relay Championships have only just wrapped up, but we always have one eye on the track.

We're thrilled to confirm six National Permit meetings (E graded) across the country for summer. As well as the return of the Summer Circuit, comprising five top-flight meets nationwide. The Summer Circuit boasts three full WACT Bronze meetings, as well as two New Zealand Championship events.

2025-2026 SUMMER TRACK & FIELD		
SCHEDULE		
22 NOV	YVETTE WILLIAMS MEMORIAL	DUNEDIN
20 DEC	NIGHT OF 5'S	AUCKLAND
10 JAN	LOVELOCK CLASSIC	TIMARU
17 JAN	POTTS CLASSIC / NZ SHORT TRACK CHAMPS	HASTINGS
24 JAN	COOKS INT. CLASSIC	WHANGANUI
30-31 JAN	SOLA POWER	WELLINGTON
1 FEB	CAPITAL CLASSIC	WELLINGTON
8 FEB	SIR GRAEME DOUGLAS INT.	AUCKLAND
14 FEB	PORRITT CLASSIC	HAMILTON
21 FEB	INT. TRACK MEET	CHRISTCHURCH
5-6 MAR	NZ TRACK & FIELD CHAMPS	AUCKLAND

[Full announcement and Summer Calendar](#).

Athletics New Zealand is pleased to announce the release of the Nomination Criteria for the 2026 Commonwealth Games, set to take place in Glasgow, Scotland, from 23 July to 2 August 2026.

Read the announcement and view the [Nomination Criteria here](#).

Athletics New Zealand are pleased to release the Selection Policy for the 2026 World Athletics Team Race Walking Championships.

View the announcement and read the [policy here](#).



Research Participants Sought.

Research Participants Sought. Top Marathoner, Physio, and former club member, Caden Shields, is seeking participants for his Master's study (linked below).

The aim of the research project is to investigate the lived experiences of elite and sub-elite track and field athletes who have or have had Achilles tendinopathy.

As Craig Motley notes in his post on the Distance Running NZ Facebook group, Caden is a top bloke and has also treated several top athletes in the athletics community over the last few years.

If you've had Achilles issues and meet the criteria, please contact him via the link. Open to all track and field athletic disciplines. [More info.](#)

Dunedin Distance Runners Poll.

We would like some feedback on the combinations of Middle and Long Distance races that we hold at each Interclub. What are your preferences of combinations and what event should be held first of events being held on the same day?

Provide your feedback to Athletics Otago [here](#).



Coaching Athletic Development Course: Level 1.

Athletics Otago in conjunction with Athletics New Zealand are running a CAD (Coaching Athletic Development) Course on **24th August 9-4**. Perfect for Club volunteers, coaches, teachers, or anyone keen to learn more about athletics!

Attendees will learn the basics on the following events:

- Discus
- Hurdles
- shot put
- High jump
- Sprints
- Long jump

Whether you're prepping for the upcoming club season or gearing up for school athletics, this course is your chance to build confidence and capability.

No experience needed. Learn the basics through the ANZ CAD Education Program. Just bring a can-do attitude and a willingness to learn.

Date: Sunday 24 August. Caledonian Ground. 9-4 [Register now here.](#)





Events:

NZ Masters Indoor Championships.

Best wishes to the six Otago Masters athletes heading north to the NZ Masters Indoor Championships in Hastings this coming weekend. Jim Blair, Noni Callander, Noeline Burden, Alison Newall, Uros Sumar and Holly Robinson will be competing for Otago in a range of short course sprinting, jumping and hurdling events plus shot putting events. Go well everyone.

For most, this will be the first time they have competed indoors so this will be a new experience. Have fun, enjoy the different event facilities and the friendly encouragement you will get from your fellow competitors!

Otago Masters Athletics Have a Go Day- 21 September.

Otago Masters Athletics is hosting a Have a Go Day on 21 September 3-5 pm at the Caledonian.

The event is open to those aged over 30- no experience is needed.

It will include shot put, discus, javelin, long jump, triple jump, 60m, 100m, and 800m.

[Facebook event.](#) [Otago Masters Athletics website.](#)



OTAGO MASTERS ATHLETICS
 No experience needed, just enthusiasm.
 Are you 30+, then come along

HAVE a GO

Sunday 21 September, 3-5pm
at the Caledonian

- Shot put
- Discus
- Javelin
- Long Jump
- Triple Jump
- 60m
- 100m
- 800m



For more info see <https://www.otagomastersathletics.co.nz>

NZSS Track & Field and Road Championships 5-8 December 2025.

The 2025 New Zealand Secondary Schools Athletics Association (NZSSAA) Track & Field and Road Championships will take place in Hastings.

NZSSAA ask people to read the draft programme for the Track, Field and Road Race Championships carefully, and especially the notes.

Any feedback or questions on the programme should be directed, prior to 8 September, to oe@nzssaa.org.nz [Draft programme.](#)

Weekly Activity Recap:

HCU Sunday Long Run/Walk.

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

It was a cold start, but still shorts weather apparently. We all headed off down the West Harbour shared path. The PSP group went up into the Ravenbourne Township for a run round the roads



there then on up to the plateau then down the government track to the Caledonian. The rest of us turned off at Roseneath to head up Upper Junction Rd & we came back down North Rd/NEV.

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



HCU Monday Student Nights.

These runs meet at the OUSA Clubs and Socs foyer at 5:55pm for a fifty-minute cruise.

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.

This week, we braved the slippery roads and ice, heading past Butts Road, outside the Caledonian, before doing a small out and pack along the start of the Big Easy. Great fun and lovely conditions once we got to the trees! 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 Matt Bolter.

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](#).