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First up:

World Mountain and Trail Running Championships- Jack Harris and Lucas Huia.

While we were thinking of changing our clocks by an hour over the weekend, HCU athlete Jack Harris was in Spain at the World Mountain Running Championships and finished his 45.36 km course with 3518m of climb in 6:01:31 to place 98th in men's category. A top 100 finish in the world! We're proud of you Jack - well done!

What a great week for Lucas Huia at the World Mountain Running Championships in Spain. Lucas competed in the World U20 competition and placed 60th. That is a great result in a truly international field. Enjoy your time in Europe, Lucas, and thanks for representing the club with such pride.

We're very proud of both men for many reasons, but they are both fine examples of non-linear pathways to national representation. Jack didn't do athletics growing up and only came in his words "to a couple of HCU events" as a child. He picked up running about seven years ago where he was "pretty ordinary for a long time but stuck with it and took it seriously for long enough to see some huge improvements." This culminated in his victory at the Routeburn Classic in April 2025. Now, at the age of 31, our Dunedin boy (now based between Queenstown and Auckland) will make his international debut on Friday!

Lucas arrived in Dunedin as a promising steeplechaser and quickly established himself as one of the club's most committed performers. He





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](#)

can be sighted wearing the HCU singlet on the track in the summer, during road-races, for cross-country and mountain runs. After a fine performance at the Luxmore Grunt in December, Lucas relocated to Te Anau and began training under the tutelage of Shaun Cantwell, mentor of many fine Fiordland athletes. Off the back of his third place at the NZ Mountain Running Championships, Lucas will wear the silver fern for the first time on Sunday. He told us yesterday that there's lots of anticipation building and he "can't wait to leave it all out there on the climb" and then hurl it back down the mountain.

We also wanted to take a quick minute to recognise other members of the HCU Community as well. Sagar Khemani (India) and Jess McNeilly (NZ) have both trained with us on Sundays and competed for HCU this year. Toby Batchelor (NZ) was a top junior middle distance runner for the club and has qualified in not just one but TWO disciplines. We also want to wish former HCU athlete Laura Bungard (NZ) all the very best as she tackles the women's short trail event. We very much appreciate all of your continued contributions to our sport in the South - go well and represent your nations with pride!

Photos courtesy of [Athletics NZ](#) and [Lucas Huia](#).

[Livestreams](#). [Full Results](#). [Athletics NZ Team Announcement](#). [Event website](#). [Event Programme](#). [World Athletics Notice](#). [World Mountain Running Association Event Page](#). [Event YouTube Page](#).

World Para Athletics Championships- Anna Grimaldi.

The 2025 World Para Athletics Championships are being held in New Delhi, India, at the Jawaharlal Nehru Stadium from **27 September to 5 October** 2025. Anna Grimaldi will contest the Women's 100 m T47 and Women's 200 m T47 events.

Sunday 28/09 - 100m Heats: 5:18 pm Local/ 12:48 am +1day NZ.

Monday 29/09 - 100m Final: 5:36 pm Local/ 1:06 am +1day NZ.

Friday 3/10 - 200m heat: 9:43 am Local/ 5:13 pm NZ.





Sunday 5/10 - 200m Semi Final: 10:42 am Local/ 6:12 pm NZ.

Sunday 5/10 - 200m Final: 6:07 pm Local/ 1:37 am +1 day NZ.

So far, Anna has qualified for the T47 100m final with a heat performance of 12.41s Q (2nd in heat).
Way to go, Anna!

[Livestreams](#). [Live Results](#). [ODT Coverage](#). [Athletics NZ Team Announcement](#)/ key info. [Event website](#). [Schedule](#). [Full Schedule](#).

We will share results and updates on [our Facebook Page](#) once available.

Otago 3000m Spring Challenge 2025.

This year's Otago 3000m Spring Challenge will take place on **Thursday 2 October** from 6:30 pm.

The Otago Spring Challenge is a collaborative event between Athletics Otago and the University of Otago.

This is an open event run over 3000m for any community, University or club athlete aged 15 years and older.

The event recognises the fastest 3 women and the fastest 3 men with cash prizes donated by Professor Philip Hill and Athletics Otago:

1st Place - \$150, 2nd Place - \$75, 3rd Place - \$25

For University of Otago students, there is an additional award of the Lovelock Medal for the first University male and female student to finish.

Join us for a prizegiving and refreshments after the last event in the Caledonian Ground Function Room.

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



Winter Season Closing Run/Walk: Colin Holmes/Alice Baker Memorial Handicap.

Join us for our closing run for the 2025 Winter Harrier Season- the Colin Holmes/Alice Baker Memorial Handicap on **Saturday, 4 October**.

This event is hosted by Hill City-University and is open to HCU and members from other clubs/ community members. Entry is free.



It would help, for handicapping purposes, if you could complete the [online entry form here](#) by **Friday, 3 October** at 6:00 pm.

We are also seeking helpers/ marshals. Please let us know if you can help by completing the above entry/ volunteer form- thanks!

Meet at the Clubrooms from 1:30 with the race expected to begin at 1:45 pm on Saturday, 4 October.

There are two options to choose from- a 5 km and a 3 km race.



Both races are 'handicapped' (staggered start, so everyone finishes close together and has a good chance to win).

Please stay afterwards for a shared afternoon tea to celebrate the Winter Season.

[Event Page.](#) [Online entries.](#)

Hill City-University Athletic Club AGM Updates.

The 2025 Hill City-University AGM was held on Saturday, 27 September. At this meeting, Richard Fogarty and Timothy Dawbin were made life members- our congratulations to Richard and Timothy on this recognition of their service to the club!

The club also elected the following new committee:

Mark Geddes (President), John Hollows (Vice President), Liz Mitchell (Secretary), Matt Bolter (Track and Field Manager), Richard Fogarty (Treasurer), Taryn Mclean (Children's Manager), Marion Harris, and Nico Alvarez Rey-Virag (general committee members). Congratulations, and thank you for being willing to help steer the club.

We also thank Timothy Dawbin (former Vice President, de facto Secretary) and Ingrid Roding (general committee member), who are both stepping down from these roles. We are immensely grateful for your dedication and service to the club over the past year! Your contributions have been instrumental in making the club what it is today.





Otago 5km Road Champs- 27 September.

Otago 5km Road Champs HCU Results Summary-
Congratulations to:

2km:

Charlie Benson 1st BU12 8:08

Arlo-Manaaki Mirrieles 2nd BU10 8:40

Enya-Mahuika Mirrieles 1st GU12 9:02

Harry Christie 4th BU10 10:32

3km:

Georgina Benson 1st GU14 11:33

Alena Cooney 2nd GU14 12:44

5km:

Taryn Mclean 1st MW40-44 19:27

Leah Macnamara 3rd WU20 21:10

Georgy Pakeho 1st MW50-54 21:31



Aleksandra Cooney 3rd MW40-44 23:04

Zoe Carman 6th SW 24:10

Oliver O'Sullivan 1st MM35-39 16:23

Caleb Dobier 1st BU16 16:54

Alan Houghton 2nd MM50-54 17:44

Mark Geddes 2nd MM45-49 20:01

Vincent Walters 4th SM 22:51

[Full Results](#). [Event website](#). [Lynette Campbell's Album](#). We will post a HCU Album to the [HCU Facebook Page](#) in the next few days.

HCU Children's Summer Registrations are Open.

REGISTRATIONS ARE OPEN! [Click here to register](#) your child for the Summer Season!

New and returning young athletes are welcome to come along to free interclub have a go days on 4 & 11 October at the Caledonian (registration not required).

Key dates for the 2025-2026 Season:

- **October 4th** - Opening/Ribbon Day at the Caledonian (No registration needed). [Programme here](#).
- **October 7th** - Registration & Singlet collection for Competitive Athletes 5.30-7pm at the Hill City club rooms, Logan Park Drive.
- **October 14th** - First Training night.





Head to our [Children's webpage here](#) for more information about the Summer Season. Also, see the [Children's Summer Season Programme 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](#).

Thursdays 3:30-4:15 pm- Dunedin Kids Middle Distance Squad. For all grade 10-12 athletes interested in middle-distance events! Sessions will be fun and inclusive, developing speed and endurance. Meet in the Caledonian Grandstands. Join the [Facebook group 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. 2025-26 Athletics Programme.](#)

October

Thursday 2 October	Otago Spring 3000m Challenge	The Caledonian Ground	6:30 pm
Saturday 4 October	NZ Road Relay Championships	Feilding	8:00 am
Saturday 4 October	Colin Holmes/Alice Baker 5km/3km (Closing Day)	HCU Clubrooms	1:30 pm
Saturday 4 October	Children's Opening Day Grade 6-9 and Grade 10-14 – Ribbon Day & Have A Go	The Caledonian Ground	Grade 6-9: 9- 10:30, Grade 10-14: 10:30-12:30 pm
Sunday 5 October	Otago Masters Athletics Have a Go Day	The Caledonian Ground	3:00-5:00 pm
Saturday 11 October	Otago Senior Interclub Opening Day + Interclub/Masters Throws Pentathlon	The Caledonian Ground	1:00-4:00 pm
Saturday 11 October	Children's Interclub: Grade 6-9 and Grade 10-14 - Have A Go	cCaledonian Ground	Grade 6-9: 9- 10:30, Grade 10-14: 10:30-12:30 pm
Saturday 11 October	Cross Recreation Centre Balclutha Half Marathon & 10KM	Cross Recreation Centre, Balclutha	From 11:00 am
Saturday 11 October	Cromwell Half Marathon & 10km	Alpha Street Reserve, Cromwell	10:00 am



Sunday 12 October	Run Jump Throw + AHEI Training Day	The Caledonian Ground	9:30 am - 2:00 pm
Wednesday 15 October	NZ Masters Athletics Special General Meeting	Online	7:00 pm
Saturday 18 October	Otago Senior Interclub Meet	The Caledonian Ground	1:00-4:00 pm
Saturday 18 October	Children's Interclub Grade 6-9 and Grade 10-14 – Competition	The Caledonian Ground	Grade 6-9: 9- 10:30, Grade 10-14: 10:30-12:30 pm
Sunday 19 October	Athletics Otago Special General Meeting	Level 2 Function Room at the Caledonian	1:00 pm
Sunday 19 October	Night 'n Day Dunedin Rainbow Run	Logan Park, Dunedin	TBC
Sunday 19 October	Orokonui Challenge (18.7 km)	Orokonui, Dunedin	TBC
Sunday 19 October	Crater Rim Ultra (53km, 30km, 22km, 12km, 6km, 'Park Dash)	Port Hills, Christchurch	TBC
Wednesday 22 October	Children's Interclub Grade 6-11 – Twilight Competition	The Caledonian Ground	Grade 6-11: 5:30- 7:30 pm
Thursday 23 October	Modified Otago Interclub Twilight Meet (inc. Grades 12-14)	The Caledonian Ground	6:30-8:00 pm
29 October- 1 November	OAA Masters Oceania Cup	Tonga	TBC



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
Lovelock Relay HCU Trials 26/04/2025	Otago Spring 3000m Challenge 19/09/2024
Shoe Clinic Dunedin Lovelock Relays 3/05/2025	Dunedin Interclub 19/08/2024
Leith Cross Country Relays: Ponydale Challenge, Race 1, Race 2, Race 3, Race 4 17/05/2025	Masters Weight Pentathlon 19/08/2024
TK Cowan Handicapped Cross Country 24/05/2025	Dunedin Interclub Twilight 25/10/2024
Joe Cowie Memorial 7/06/2025	Dunedin Interclub 2/11/2024
Barnes Cross Country: 1.25 km, 2.5km, 5km walk, 5km run 15/06/2025	Southland-Otago Interclub 8/11/2024
Edmond Cup (cancelled) 28/06/2025	South Island Combined Events Championships 16-17/11/2024
Caversham Club Cross Country 5/07/2025	Dame Yvette Williams Meet (including the Ness Cup) 16-17/11/2024
Otago Cross Country Championships 13/07/2025	Senior Interclub Meet 23/11/2024
Winding Vine Relay 19/07/2025	Senior Interclub Meet 30/11/2024
Brighton to Green Island Handicap 26/07/2025	NZSSAA Track, Field, and Road Race Championships 6-8/12/2024
Big Easy Hill Climb Time Trial 16/08/2025	Senior Interclub Meet 14/12/2024
Port Road Race 30/09/2025	South Island Colgate Games 17-19/01/2025
Shunters and Grunters Relay 6/09/2025	Senior Interclub Meet 25/01/2025
Emerson's Dunedin Marathon 14/09/2025	Senior Interclub Meet 1/02/2025
Otago 5km Road Championships 27/09/2025	Senior Interclub Meet 8/02/2025
Brighton Backyard Ultra 27/09/2025	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.

Less than a week to go! Opening/Ribbon Day Saturday 4th October.

Bring a friend & come and have a go! You do not need to be registered to a club.

9.00-10.30am - 6-9 year olds

10.30-12.30pm - 10-14 year olds

[Register for the Summer Season here.](#)

Registration night & singlet pick up October 7th, 5.30-7pm at the clubrooms on Logan Park Drive.

Check out the [Children's Page here](#) for more info

Fundraising Opportunity- tasting cooked beef.

We have been contacted by the University of Otago with a fundraising opportunity involving participants sampling cooked beef.

They require a minimum group size of 17 people to confirm a session booking.

Your participation would lead to a \$30 per person donation to the club (\$510 for the full group).

There are slots available from 6-7 pm on Wednesdays and Thursdays in October: 8, 9, 15, 16, 22, 23, 29, and 30 October.

Please let us know ASAP if you can assist us with this so we can lock in a session and raise funds for the club.

We did a similar fundraiser in 2018, and we all had a good time ([see here](#)). Thanks to Prof Phil Bremer for passing on this opportunity to us!



Possible HCU Admin Disruptions.

I (Tim Dawbin) have been involved with some of the club's behind-the-scenes administration, including the website, Facebook pages, and the publication of these weekly HCU newsletters. I will be stepping down from my role as club Vice-President and de facto Secretary to focus on the tail-end of my university studies.

As the club adjusts to these changes, there may be some teething issues. We ask for your patience and understanding while we work through them.



Events:

Athletics NZ Run Jump Throw + AHEI Training Day.

Date: Sunday 12th October. Time: 9:30am – 2:00pm

Location: Caledonian Ground, Dunedin

Calling all coaches, teachers, and volunteers! Join us for a hands-on training session designed to upskill and empower those working with tamariki and rangatahi in athletics.

- Learn how to deliver fun, inclusive, and fundamental movement experiences
- Gain confidence in using Athletics NZ's "Run Jump Throw" and "AHEI" resources
- Perfect for schools, clubs, and community leaders!
- Whether you're new to athletics or looking to refresh your skills, this workshop is for you!



More info on Athletics New Zealand Run, Jump, Throw program and Ahei can be [found here](#) and [here](#). [Athletics Otago Post](#). [Register now here](#).

Athletics Otago Special General Meeting- 19 October 2025.

Athletics Otago will be holding a Special General Meeting on Sunday, 19 October 2025 at 1:00 PM, in the Level 2 Function Room at the Caledonian.

The purpose of this meeting is to:

- Confirm the new Athletics Otago Constitution
- Pass a motion to re-register under the Incorporated Societies Act 2022

Formal notification and supporting documents will be circulated shortly.



Entries Open: South Island Colgate Games- 16-18 January 2026.

Entries are now open for the 2026 North Island (Tauranga, 9-11 January 2026) and South Island (Nelson, 16-18 January 2026) Colgate Games.

[South Island information and entries.](#)



Dame Yvette Williams Memorial Athletics Meet- 22 November 2025.

This year's Dame Yvette Williams Memorial Athletics Meet will be held on 22 November 2025, at 3:00 pm, at the Caledonian Ground, Dunedin.

Athletics Otago is hosting the Dame Yvette Williams athletics meet to honour Dunedin-born Olympian Dame Yvette Williams. Yvette became New Zealand's first female Olympic gold medallist at the 1952 Helsinki Games, broke the long jump world record in 1954, and claimed five medals across two Commonwealth Games.

The meet features events she excelled in, aiming to inspire today's athletes to follow her example, including her 21 national titles in shot put, discus, javelin, hurdles, and long jump. Entries are now open for both the Yvette Williams Meet and the Pre-Meet events (from 1:00pm), both of which feature World Athletics E and F Permitted events.



[Entry link and more information.](#)

Weekly Activity Recap:

HCU Sunday Long Run/Walk.

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

Thanks to Rob for taking our group through some Ross Creek & Redwoods trails.

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.

This week, we started with a lap of the uni before heading along Castle Street and through the Gardens.

We continued through the Woodhaugh Gardens before doing a lower flat loop by the Ross Creek Reservoir trail.

We returned to the uni via Malvern and George Streets.

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), John Hollows (Vice President), Liz Mitchell (Secretary), Richard Fogarty (Treasurer), Matt Bolter (Track & Field Manager), Taryn McLean (Children's Manager), Marion Harris, and Nico Alvarez Rey-Virag.

Hill City-University Athletic Club is proudly supported by [Shoe Clinic Dunedin](#).