



**AUCKLAND CITY**  
ATHLETICS CLUB

2024/25 Season

29th April 2024

Well done to the ACA members who competed in the Auckland Choose Your Own Distance Race.

### **This Week:**

- **Thursday 2<sup>nd</sup> May** at Cornwall Cricket Club is the first **Junior X Run club** run for term 2 for School years 5-8 (8-12 year olds)
- **Friday 3<sup>rd</sup> May** is the **2024 New Zealand Road Mile Championships in Rotorua.**
- **Saturday 4<sup>th</sup> May** is the 2024 Rotorua Marathon and the **2024 New Zealand Senior and Masters Marathon Championships** and **5km Championships.**
- **Sunday 5<sup>th</sup> May** is the first term 2 session for **Central Hub Squads at Mt Smart.**

### **Registrations for Season 2024/2025**

#### **All Under 20 ACA Members**

All under 20 ACA members will need to re-register with ACA from 1st April 2024 as membership expired 31<sup>st</sup> March 2024. Registrations are now open – please refer to the ACA website <https://www.acaclub.co.nz/>

#### **20 Years + ACA Members**

20 Years + ACA Members are on annual rolling memberships – If your membership expires in April or May this year then, you would have received an email stating your membership expiry date.

If you have any questions in regards to your ACA membership please email [auckland.city.athletics.club@gmail.com](mailto:auckland.city.athletics.club@gmail.com)

### **2024 Cross Country & Road Season Entry**

There are 5 races in the 2024 Cross Country & Road Season.

- **11th May – Pukekohe Cross Country**  
Senior League Round 3 & Junior Grand Prix Series Race 1
- **18th May – Pakuranga Cross Country**  
Senior League Round 4 & Junior Grand Prix Series Race 2
- **22nd June – Long Bay Cross Country**  
Senior League Round 6 & Junior Grand Prix Series Race 3
- **20th July – Auckland Cross Country Championships**  
Senior League Round 7 & Junior Grand Prix Series Race 4
- **31st August – Auckland Road Race Championships**  
Senior League Round 9 & Junior Grand Prix Series Race 5

You can register here to enter the above five races for a discounted fee refer to the Athletics Auckland website or click [here](#). **Entries close at 11.59pm Wednesday 8th May 2024.**

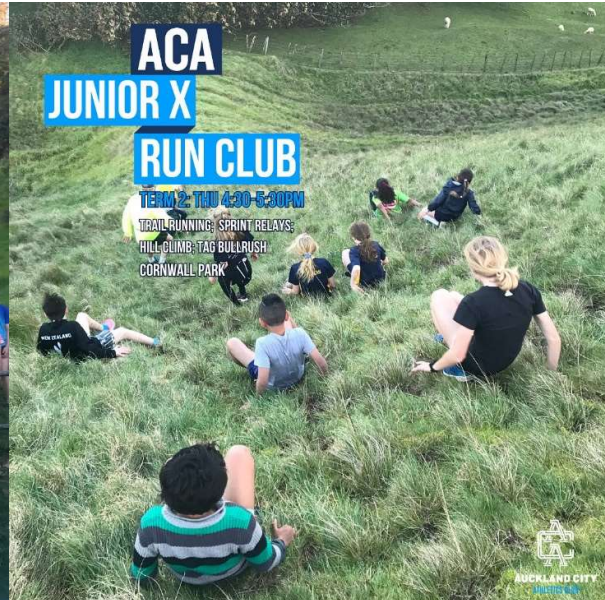
Or you can enter each race individually. Individual entries will be online approximately 1-2 weeks prior to the race and will close at 11.59pm on the Wednesday prior through the Athletics Auckland website.

Please familiarise yourself with the rules and other Cross Country & Road information which can be found on Athletics Auckland website or click [here](#)

## Junior X Run Club

'Old School' is back for Term 2! The Junior X Run club takes School Year 5-8 kids (8-12 year olds) on a different adventure every Thursday at Cornwall Park. No session is the same as we explore different trails, sprint (or stair!) relays, hill climbing and tag bull rush.

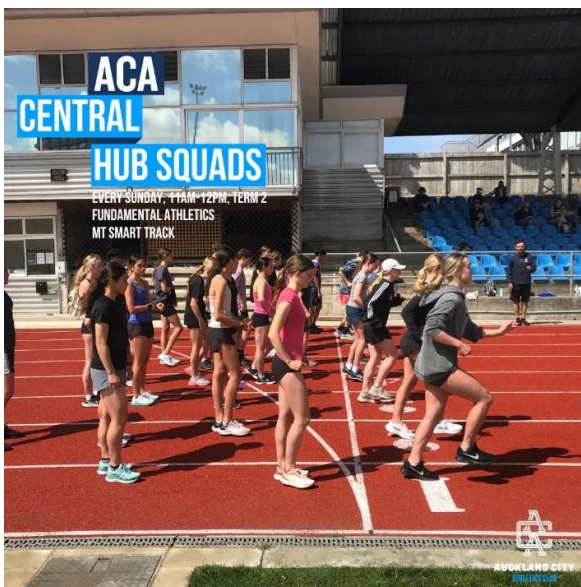
FREE for all ACA club members or you can register directly. See <https://www.acaclub.co.nz/junior-x-run-club> for details.



## Central Hub Squads

We are excited to announce registrations are open for Term 2 of The CENTRAL HUB which is fundamental athletics for school years 7-10 (ages 11-16) every Sunday 11am-12pm at Mt Smart Track. Click on this link [To Register](#)

The ACA Central Hub offers athletics squad coaching for Intermediate School age (11-13 years old); and High School Age (13-16 years old) athletes; in fundamental athletics including speed, core strength, technique and balance. This provides major benefits for athletes of all sports. These squads are run across a 10 week block every Term by some of the best coaches in the country, Bailey Stewart and Ignacio Pena Araya.



**Pukekohe Cross Country Race**  
**Saturday 11<sup>th</sup> May**  
**Pukekohe Show Grounds**



**Cross Country Season is almost here!**

**Athletics Auckland and TTT Runners present Pukekohe Cross Country**

*Round 3 of the Auckland XCR Winter League*  
*Round 1 of the Auckland XCR Junior Grand Prix*



***Spread the word & bring your friends***



**Brand new challenging course!**



**Exciting race schedule with kids leading the pack!**



**Don't miss out on spot prizes!**



**Fuel up with local suppliers!**

- Enjoy healthy food options to keep you energised
- Savor the aroma of freshly brewed coffee
- Indulge in refreshing fruit ice-cream to cool down post-race

**Open to all registered and non-registered runners**



**Where:** Pukekohe Showgrounds



**When:** Sat, 11th May 2024



**Time:** First race 2 PM

Enter online at <https://athleticsauckland.co.nz/competition/events/>



**See you at the starting line!**

<http://www.tttrunners.com/TXC>



## ISF World Schools Cross Country

We are super proud of our very talented ACA club member, **Jack Erikson** who has been selected to represent New Zealand at the ISF World Schools Cross Country in Kenya between the 9<sup>th</sup> and 14<sup>th</sup> May. Congratulations Jack, we wish you all the best – safe travels.



## Up and Coming Events

Thursday May 2nd	The Junior X Run club For School Years 5-8 (8-12 year olds)	Cornwall Club Cricket
Friday 3 <sup>rd</sup> May	2024 New Zealand Road Mile Championships	Rotorua Lake Front
Saturday 4 <sup>th</sup> May	2024 Rotorua Marathon – Includes The 2024 New Zealand Senior and Masters Marathon Championships And 5km Championships	Start/Finish Line Government Gardens, Rotorua
Sunday 5 <sup>th</sup> May (Every Sunday 11am-12pm for Term 2)	Central Hub Coaching Squads - Term 2 For school years 7-10 (ages 11-16 year olds)	Mt Smart Track
Thursday 9 <sup>th</sup> – Tuesday 14 <sup>th</sup> May	ISF World Schools Cross Country Championship	Kenya
Saturday 11 <sup>th</sup> May	Pukekohe Cross Country Race Senior League Race 3 Junior GP1	Pukekohe Show Grounds
Saturday 18 <sup>th</sup> May	Pakuranga Cross Country Race Senior League Race 4 Junior GP2	Lloyd Elsmore Pakuranga
Wednesday 22 <sup>nd</sup> May	College Sport Auckland Secondary School Cross Country Championships	Lloyd Elsmore Pakuranga

## Questions/Help/Clarification

If you have any questions, please refer to our website [acaclub.co.nz](http://acaclub.co.nz) otherwise please email [auckland.city.athletics@gmail.com](mailto:auckland.city.athletics@gmail.com)