

Pakuranga Athletic Club

Junior Track and Field 2024/25 Season • Newsletter Ten (17 November 2024)

1. Fun In The Sun in Memory of Dick Quax



Our Saturday morning started off bright and early with 2-6 year olds from across Auckland taking part in the Dick Quax Memorial 400m races. 400m is a long way for little legs – we are so proud of all our athletes who managed to finish. Many thanks to the mums and dads who got up early to support their athletes.

It was also our absolute pleasure to host Athletics Auckland's first Go! Series event of the season. And fantastic to see so many Team Pakuranga athletes taking part, especially as we played our 'Power Play' on this round so we should earn double points! We loved seeing athletes taking part in lots of new and modified events and making friends with those from other clubs. We would like to say a huge thank you to everyone who helped with running the Go! Series event, especially our student and youth volunteers – Rylee, Taruneet, Mason, Immy, Daniel and James. The next Go! Series event will be at Trusts Stadium in Waitakere on Sunday the 8th of December. It will be well worth the trip out to Henderson 😊



Photos courtesy of Jo Smal. For more fabulous photos, check out our Facebook page

Our First Auckland Junior Champions Of The Season



Photos courtesy of Petro Geldenhuis. More photos from Claire on our Facebook page

Later in the afternoon we moved into the 'business end' of the meeting with the Athletics Auckland 2000m/3000m Junior Championship races. Team Pakuranga dominated the podium. Congratulations to all our new Auckland Champions:

- 10 Boys
 - 11 Girls
 - 11 Boys 2000m:
 - 12 Girls 2000m:
 - 12 Boys 2000m:
 - 13 Girls 3000mL
 - 13 Boys 3000m:
 - 14 Girls 3000m:
 - 14 Boys 3000m:
- | | | |
|---------------------------------------|---------------------------------|-----------------------------------|
| 1st Mila Henison | 2 nd Larissa Vicars | 3 rd Jack Irving |
| 1st Zachary Swain | 2 nd Matthew Horwood | 3 rd Fletcher O'Brien |
| 1st Hayley Whiteman | | 3 rd Olivia Stone |
| 1st Leo Green | | |
| 1st Amber Broadbent | | |
| 1st Luke Mclaughlin | | 3 rd Green Matsumoto |
| 1st Leah Marais | 2 nd Morgan Day | 3 rd Madeleine du Toit |
| | | 3 rd Kade Mcloughlan |

We loved seeing so many of our 10-14 year olds competing in Dick Quax Memorial Meet events across the afternoon. Special congratulations to Alyssia Vaili who (provisionally) broke club open records in the 10G high jump and 10G shotput.

The Junior Track and Field committee would like to thank everyone who helped to make Saturday such a success, particularly the team who worked in the tuck shop and on the BBQ all day. Thanks, too, to the fabulous volunteers who helped set up and pack down and those who so enthusiastically responded when asked to help out at events. Some of our committee members were at the track for 12 hours on Saturday – a massive effort!



Photos courtesy of Jo Smal and Claire Green. More photos on our Facebook page

2. Colgate Games 2025 - We've Got A Team of 77!

Our biggest travelling Pakuranga team to attend Colgate Games – at least in 'living memory' of the current committee – was 61 in Hamilton in 2019. Earlier in the week we were informed by Athletics New Zealand that the club has **77** athletes registered for the North Island Colgate Games in Hastings! And 15 of these athletes will travel down to Christchurch to compete in the

South Island Colgate Games a week later. What an amazing turnout! Chris, our Colgate Games Team Manager, almost had a heart attack but everyone else is super-excited.

So, the plan from here:

- This weekend the committee has worked out how many relays teams we can enter in each grade. Our aim is to ensure that as many athletes as possible get to compete in a relay. **WE WON'T NECESSARILY CONTACT ATHLETES ABOUT RELAYS AT THIS STAGE** so don't worry if you don't get an email from us. Athletics New Zealand just need to know how many teams we are entering, not who is in each. We will assign names to teams next month. Inclusions in teams will be based on club night race times.
- Entries and relay teams to be signed off with Athletics New Zealand by Monday 18th of November.
- A range of coaching opportunities will be provided to support our Colgates athletes, particularly once school finishes. Keep an eye out on the newsletter for more information.
- Saturday 21st December: Mock Colgate Games Competition for Pakuranga athletes. This is an optional but recommended competition to give athletes exposure to how a major competition works – for example, reporting to the call room before the event, having events officiated by proper officials, correct etiquette at each event, and competing away from mum and dad. More information will be provided closer to the time.
- Thursday 9th January
 - Meet at William Nelson Athletics precinct in Mitre 10 Park Hastings in the afternoon to collect packs (bibs, t-shirts, programmes etc). Time TBC
- Friday 10th, Saturday 11th, Sunday 12th – Games underway from 9 am each day

More information will be provided to the team as we receive it from Athletics New Zealand.

3. Uniforms

All sizes of club singlet are now in stock so it is compulsory for all registered athletes to wear correct club uniform on club nights. Please be aware that, from this Wednesday onwards, uniform sales will move back to the tuck shop.

Second-hand Items

If you have a club singlet or a pair of spikes that you no longer require, please bring them to the track on club nights and we will sell them on your behalf. Please include a label with your name, contact number and how much you want to sell the item for and hand this in at the BBQ.

4. No Smoking or Vaping



The athletics track is considered a sports field by Auckland Council which means **smoking and vaping is banned anywhere within the fenced area**. If parents and guardians need to smoke or vape during club nights, please do this in the carpark (ideally in your car), not around our young athletes.

5. What's On This Wednesday? It's Relays Week!



In preparation for the next two weekends of relay competitions for our juniors at Counties-Manukau and Auckland Relay Champs, this Wednesday will be a relays festival for all our junior athletes!

Tiny Tots and '5s and 6s'

All our activities this week will be relays. We'll be working as a team to rescue monkeys and collect as many chickens and eggs as we can, we'll be working together on our matching skills, and we'll also be getting nice and wet with the water relay. There will also be relay races on the track for all age groups.

Juniors (7 Years +)

This week is a non-points night. Events are as follows:

Block	7 G&B	8 B&G	9 B&G	10 G&B	11 G&B	12 G&B	13/14+ G&B
1	PB Buster field events			4x100m relays	4x100m relays	4x100m relays	4x100m relays
2	4x100m relays	4x100m relays	4x100m relays	PB Buster field events			
3	PB Buster field events			4x200m relays	4x200m relays	4x200m relays	4x200m relays
4	Coaching for all 7-8 years relays teams competing at Counties-Manukau Relays		4x200m relays	PB Buster field events			

All athletes will get the opportunity to run a 4x100m relay. Those competing at the Counties-Manukau Relays on Sunday will run in their teams – so if you have been selected for a team, please make every effort to attend club night this week. Other athletes will be put into teams by grade managers. 9-14 year olds will also get to run a 4x200m relay.

For the field blocks, we will be PB Busting this week. Athletes will **get to choose which two field events they compete in** – and will receive a PB card if they bust their PB. Athletes who are competing in the field relay teams and Counties-Manukau and Auckland Relay Champs must compete in the event they have been selected for in one of the two field blocks. (They can do the same event in both field blocks if they like, for extra practice.)

Block Four will be a coaching session for all the 7-8 years relay teams. We will do more work on our baton-changing technique and learning about acceleration from the handover.

Checking Club Night Results

Club night results are now available. To access your athlete's results:

1. Go to the **Club Night Results** tab on our website - [Club Night Results](#)
2. Enter your athlete's registration number. **THIS IS THE NUMBER ON THEIR AGE PATCH.** (Leave off the 'PK')
3. Enter their date of birth details
4. Club night results for your athlete should be visible.

Note that athletes can only see their own results, not those of anyone else in the grade or section. This is deliberate. The purpose of the published results is to allow athletes to track their personal progress throughout the season, maybe set some goals and celebrate their PBs (personal bests). It is up to each individual family how much they want to engage with the online results.

Results for each Wednesday club night are analysed and entered on Thursday and Friday and uploaded on Saturday afternoons.

If you have any issues accessing the results, please contact pakrun@gmail.com.

6. Wednesdays Not Enough? How About ...

McKinnon Shield Meet 4

McKinnon Shield Meet 4 will be held on **Saturday 23rd of November** at Mt Smart. McKinnon Shield Meets are open to all athletes in the 12 Girls/Boys grade or older. The draft programme is as follows:

DRAFT PROGRAMME					
The programme is dependent on entry numbers					
A final programme will be loaded to our website Friday evening					
TRACK			FIELD		
2:00pm	200m Hurdles	Women and Men			
	300m Hurdles	Women	2:15pm	High Jump	Women & Men
	400m Hurdles	Women	2:15pm	Javelin	Women & Men
	300m Hurdles	Men			
	400m Hurdles	Men			
2:45pm	100m	Women			
	100m	Men			
3:15pm	800m	Women			
	800m	Men			
3:45pm	200m	Women	3:45pm	Long Jump	Women
	200m	Men	3:45pm	Hammer	Women & Men
4:30pm	2000m/3000m Walk	Women and Men			
5:00pm	3000m	Women	4:45pm	Long Jump	Men
	3000m	Men	4:45pm	Weight Throw	Masters Women
					Masters Men

Entries are now open – via the Athletics Auckland website: <https://athleticsauckland.co.nz/competition/events/>. Be aware that registrations close Wednesday 20th November at 11:59 pm. No late entries will be accepted.

7. Sending Very Best Wishes ...

... to our 64 teams of athletes who will represent the club at the Counties-Manukau Junior Relays Championship next Sunday at Massey Park in Papakura. We have been so impressed with the numbers attending each training session and how hard the athletes have worked to master the skills of great relay running. You all deserve to do really well on Sunday. We look forward to seeing you representing your club with pride.

Most likely on Thursday, all team members will receive an information sheet with everything you need to know for Sunday. But in the meantime, please check that you have the correct club uniform – **including black or navy blue shorts**. (No other colours are permitted). Also check that you have your age patch.



8. Key Dates For Your Diary

Following is the provisional 'calendar of events' for the 2024/25 season. We will refine and add to this as the season progresses.

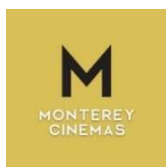
What?	When?	Where?	Who Can Go?		
			Tiny Tots	'5s and 6s'	Juniors
Counties Manukau Relay Champs	24 November	Papakura			Selected athletes only
Auckland Junior Relay Champs	1 December	Mt Smart			Selected athletes only
Go! Series #2	8 December	Waitakere		✓	✓
Christmas Fun Club Night	18 December	Pakuranga	✓	✓	✓
Mock Colgates competition	21 December (TBC)	Pakuranga			Colgate Games athletes only
'Night of 5s'	21 December	Mairangi Bay			✓
North Island Colgate Games	10-12 January	Hastings			✓
South Island Colgate Games	17-19 January	Christchurch			✓
First club night for 2025	22 January	Pakuranga	✓	✓	✓
Go! Series #3	1 February	Mt Smart		✓	✓
Athletics Auckland Senior T&F Champs	1-2 February	Mt Smart			Grade 11+
Pakuranga Ribbon Day	9 February	Pakuranga	✓	✓	✓
Counties-Manukau Champs	14 February (pm)	Pakuranga/Papakura			✓
Go! Series #4	15 February	Mt Smart		✓	✓
Counties-Manukau Champs	16 February	Pakuranga/Papakura			✓
Auckland Junior T&F Champs	21-23 February	Mt Smart			✓
12/13s Interprovincial competition (TBC)	1 March	Hamilton			Grades 12, 13
New Zealand T&F Champs	6-9 March	Dunedin			Grades 13-14
Go! Series #5	8 March	Mt Smart		✓	✓
Auckland Junior Pentathlon	15 March	Mt Smart			✓
Final club night for 2024/25	2 April	Pakuranga	✓	✓	✓
Tiny Tots and 5s and 6s prizegiving	9 April	Pakuranga	✓	✓	

9. Got A Question? Need To Know More?

If you have any questions at all about athletics and the athletics season, please feel free to contact the Junior Track and Field Committee at pakrun@gmail.com. We're here to help 😊

Junior Track and Field committee

Many thanks to our supporters who have generously contributed to our section so far this season:



Keen to have your company's name here- all season? We're always on the lookout for generous sponsors who can support our section with money or product. Please contact pakrun@gamil.com to find out more