

Pakuranga Athletic Club

Junior Track and Field 2023/24 Season • Newsletter Twelve (1 December 2024)

1. Auckland Junior Relays - How Good Was Team Pakuranga??!



What an amazing morning of track and field at the Auckland Junior Relays today! A huge congratulations to all 142 of our 7-14 year olds who took part. Of the 80 Team Pakuranga teams entered, 57 came away with medals, including a massive 29 golds. This is a fantastic result for an Auckland-wide event! The table below shows the teams' results.

But what we love more than the medals are the smiles on the faces of the athletes as they competed, the team comradery and the great sportsmanship shown.

	4 x 100m	4x 200m	4x400m	Field Relay
7 Girls	A: 1 st B: 6 th	4 th 5 th		1 st
7 Boys	A: 1 st B: 2 nd	A: 1 st B: 3 rd		2 nd
8 Girls	2 nd	1 st		2 nd
8 Boys	A: 3 rd B: 5 th	A: 1 st B: 4 th		4 th
9 Girls	A: 1 st B: 4 th	A: 1 st B: 4 th		2 nd
9 Boys	3 rd	3 rd		3 rd
10 Girls	A: 3 rd B: 6 th		A: 3 rd B: 7 th	2 nd
10 Mixed	1 st		1 st	
10 Boys	A: 2 nd B: 4 th		A: 2 nd B: 4 th	1 st
11 Girls	2 nd		2 nd	1 st
11 Mixed	1 st		1 st	
11 Boys	2 nd		1 st	1 st

12 Girls	A: 1 st B: 4 th		A: 1 st B: 3 rd	1 st
12 Mixed	1 st		1 st	
12 Boys	A: 4 th B: 5 th		4 th	4 th
13 Girls	A: 2 nd B: 4 th		A: 2 nd B: 4 th	DNF
13 Mixed	1 st		1 st	
13 Boys	A: 2 nd B: 3 rd		A: 2 nd B: 3 rd	2 nd
14 Girls	1 st		1 st	2 nd
14 Mixed	1 st			
14 Boys	2 nd		2 nd	1 st

10-14 Girls 1000m medley relay (Team A)	1 st
10-14 Girls 1000m medley relay (Team B)	2 nd
10-14 Boys 1000m medley relay (Team A)	1 st
10-14 Boys 1000m medley relay (Team B)	4 th



Some special mentions:

- 142 of our athletes for turning up at the right place and at (almost) the right time! Thank you Mums and Dads; we know it was an early start.
- The Pundol family who very kindly picked up one of our athletes so they could get to Mt Smart on time – and to the five or six other families who also offered. We love that we have such a supportive community!
- Malik Fowler who joined the 12 Boys team with less than 24 hours' notice. Thank you SO much for being so obliging. So pleased to see you go home with two gold medals 😊
- Our 7 Boys teams who took first and second place in the 4x100m – fabulous effort Lucas, Henry, Leo, Theo, Indiana, Jahmain, Iverson and Maddox!
- Our 12 Girls who won all three of their events today
- The 10-14s boys medley team runners who joined the teams or changed their distances at the last minute to accommodate athlete injuries.

A massive thank you to everyone who helped prepare our teams and helped the day run so smoothly – to Mike for his relay training, to Chris, Michelle and Claire for managing the team so well today, Mike and Richie and all the parent helpers who helped at marshalling and the finish line, James and the committee members who helped out as starts assistants and all the parents who made sure individual teams got to where they needed to be. Also thanks to Stephen who did a fabulous job of MCing, and to Errol and Louisa who officiated.



Photos courtesy of Alana Matthews and Cesar Garcia. Check out our Facebook page shortly for more awesome photos.

2. Record Breakers

Over the last couple of weeks we have had several athletes and teams break Auckland and Club Open records. Congratulations to:

- 14 Girls Auckland Champs 4x400m team of Madeleine, Jordan, Leah and Morgan who broke the Auckland Champs record (and Club Open record) with a new time of 4:09.48
- 10-14 Girls Mixed Medley team of Alyssia, Naomi, Morgan, Crisanalei and Una, who broke the Auckland Champs record (and Club Open record) with a new time of 4:22:57
- 14 Boys Auckland Champs 4x400m team of Nathan, Marc, Severyn and Cesar, who broke the Club Open record with a new time of 3:52.99
- 13 Girls Counties Manukau 4x200m team of Addison, Una, Dejah and Ruby, who broke the Club Open record with a new time of 1:49.78
- Crisanalei Fabricius who broke the Club Open 12 Girls 100m record with a new time at 12:72 (broken at the AIMS intermediate school track and field champs)
- Crisanalei Fabricius who broke the Club Open 12 Girls 200m record with a new time of 26:60 (broken at the AIMS intermediate school track and field champs). *This record was last broken back in 1995 by Andrea Miller who went on to represent New Zealand in 100m hurdles at the Commonwealth Games!*

A copy of all our Junior Track and Field records can be found on our website - <https://www.pakurangaathletics.nz/blog/720475>

Auckland records can be found on Athletics Auckland's website - <https://athleticsauckland.co.nz/competition/records/>

3. Celebrating 'PBs'

**PBs Achieved
Last Club Night**

261

**Grade With Most
PBs**

9 Girls (29)

**Athletes With
PBs in 3+ Events**

9

4. What's On This Wednesday?

Tiny Tots and '5s and 6s'

This week we start a new programme of events. We will be practising our balancing skills (don't forget your aeroplane arms!), knocking over mushrooms, getting chased by Mr Troll and creating sand chaos in the long jump pit. And if it's not too windy, we'll have our first hurdles session for the season on the track.

Lots of fun for our '5s and 6s' this Wednesday too. We'll be working as a team to throw the discus the furthest, playing a fast and furious game of Goodies and Baddies, and we'll be rescuing monkeys – on moonhoppers! This week's races are 60m and 80m.

Juniors

Points nights return this week. The programme will be 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	Discus	Long jump	High jump	800m	800m	Hurdles*	Hurdles*
2	100m	100m	100m	Long jump	Shotput	High jump	Discus
3	Long jump	High jump	Shotput	200m	200m	200m	200m
4	Optional 800m pack run (No points)			Shotput	High jump	Discus	Long jump

** Parents of athletes taking part in hurdles are expected to help with setting up and packing away the hurdles please.*

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.

5. Wednesday Evenings Are Not Enough! What Else Can I Do?

Go Series #2



LEAGUE TABLE – GO! Day 1

#	Club	Points
1	 Pakuranga Athletics Club	400P
2	 Papakura Athletics Club	195
3	 Waitakere City Athletics Club	190
4	 Ellerslie Athletics Club	185
5	 North Harbour Bays Athletics Club	180
6	 Lynndale Athletics Club	175
7	 Owairaka Athletics Club	170
8	 Manurewa Athletics Club	165
9	 Hillsborough Junior Athletics Club	160
10	 Warkworth Athletics Club	155
11	 Point Chevalier Athletics Club	150
12	 Eastern Athletic & Harrier Club	145
13	 Papatoetoe Athletic Club	140
14	 Takapuna Athletic Club	135
15	 Roskill South Athletic Club	130
16	 Pukekohe Athletic Club	125
17	 Riverhead Athletic Club	120

Go! Series 2 will be held at Trust Stadium at Waitakere next Sunday (**8th of December**). 5-6 year olds will start at 9 am; 7-14s will start around 10:20 am. The event typically finishes around midday.

We would love to see lots of Pakuranga athletes at Waitakere. Use this link to register – either just for the Waitakere event or for the remainder of the Series - <https://events.mygameday.app/event/aa2425goseries>

Other dates are

- Friday 31st of January (an evening Go! Series at Mt Smart)
- Saturday 15th of February (Mt Smart)
- Saturday 8th of March (Mt Smart)

The cost is \$40 for the Series or \$10 per event. All participants receive a ribbon and those taking part in the full series will receive special Go! Series medals.

10s/11s Challenge Day

All Grade 10 and 11 athletes should have received information about the 10s/11s Challenge Day being held on Waitangi Day at Massey Park in Papakura. This season, as well as competing against athletes from Central and North West Auckland zones, we're hoping a team from Waikato/Bay of Plenty will travel up for the competition. If you are interested in being part of the Counties-Manukau team, please email Terry Jensen the team manager at tjelectrical@xtra.co.nz. For more information, please email us – pakrun@gmail.com and we'll send you a copy of the flyer.

Mock Colgate Games Competition

Our Mock Colgate Games is scheduled for Saturday 21st of December. This event is not compulsory but is recommended, especially for those who haven't attended a major athletics competition before. The focus of this event is not on performance. It is about athletes learning about event protocols, having officials who won't offer coaching or advice, competing away from parents, competing alongside other athletes they don't know and competing in the heat of the day. We are currently finalising the programme for the morning – and the start time. We'll send out a form shortly for athletes to register their interest.

6. Coaching Opportunities

Our previously advertised coaching opportunities continue –

- Mike's Sprints and Middle Distance Squad on Mondays, Tuesdays, Thursdays and Fridays at 5 pm. (10 years +)
- Jeff's Sprints Squad on Tuesdays at 4:00 pm. (60-400m sprints training for 7-11 year olds)
- Introduction to Starting Blocks on Wednesdays at 5:00 pm. (10 years +)

We are also excited to offer the following coaching opportunities:

Coaching with James

Athletics New Zealand community and club coach James Trathen is offering coaching sessions for athletes preparing for Colgate Games. This week the following sessions are available:

- Tuesday 4:00 – 5:00 pm: Throws (30 minutes discus; 30 minutes shotput)
- Friday 4:00 – 5:00 pm: Long jump

Whilst the aim of these sessions is to prepare athletes for Colgate Games, all athletes are welcome to attend. To maximise coaching time with each athlete, each session will be capped at six participants. The cost per session is \$15.

To book your session(s), please email pakrun@gmail.com.

One-on-one coaching is also available for all disciplines including sprints and middle distance. Price for these on application.

7. It's Beginning To Look A Lot Like Christmas



The final full club night for 2024 will be on **Wednesday the 18th of December**. Tiny Tots and '5s and 6s' will have a Christmas Fun Session with Christmas-themed races and games. Tiny Tots and '5s and 6s' are able to wear Christmas fancy dress (just make sure the children can run in their costume). If you have family or friends visiting for Christmas, please bring them along – the more the merrier! Juniors will also have a series of fun activities, including some combined parent and athlete events – always a favourite!

The first club night for 2025 will be **Wednesday 22nd of January**. The first two club nights in January are non-points nights. Your registration covers you through until the end of the season at the end of March 2025.

8. Registrations Are Still Open - Tell Your Friends!

We are still receiving a lot of enquiries from families keen to join us this season. Registrations for junior track and field don't close – new members can join at any time. For those who join during December, the same fees apply as at the start of the season (\$165 for 7-14 year olds; \$84 for 2-6 year olds). For those wanting to join from January 1, the cost will be \$128 and \$67. All registrations can be done via our website.

9. Sending Best Wishes ...

... to our 14 year old athletes and several of our club coaches, grade managers and activity leaders who will be travelling down to Timaru next weekend for the New Zealand Secondary Schools Champs. Go hard everyone. We look forward to reporting your successes in next weekend's newsletter.

10. 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
Go! Series #2	8 December	Waitakere		✓	✓
Christmas Fun Club Night	18 December	Pakuranga	✓	✓	✓
Mock Colgates competition	21 December	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+
10s and 11s Challenge Day	6 February	Papakura			Grades 10 and 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	✓	✓	

11. 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