



Pakuranga Athletic Club

Junior Track and Field 2017/18 Season • Newsletter Thirteen
(10 December 2017)

1. We Did It - Second Place This Season!



We are very excited to announce that Team Pakuranga achieved second place in this season's Top Ten competition. We accumulated 63,669 points, distancing ourselves from Takapuna in 3rd (56,793), and only in behind North Harbour Bays (67,843). This is our best result for many years. We would like to congratulate the 32 athletes who represented our club so well on Saturday. Everyone gave 100%, whether it was competing on the track, in the field or cheering on their team-mates from the stands. Some amazing PBs were achieved.

Special congratulations to our 'couples' who were awarded medals for placing in their grade:

- **1st place – 14 Girls (Adriana and Natasha)**
- 2nd place – 9 Boys (Liam and Finn)
- 2nd place – 10 Boys (Dejaun and Isaac)
- 2nd place – 11 Boys (Antonie and James)
- 2nd place – 13 Boys (Bailey and Raniera)
- 2nd place – 14 Boys (Zachary and Adam)
- 3rd place – 11 Girls (Emmerson and Anjalee)
- 3rd place – 12 Boys (Liam and Jordyn)

A few 'thank-yous' from Saturday – to Taylor who joined the team at the last minute and earned the team valuable points, to everyone who helped at long jump especially Greg and Lincoln our officials, to Louisa who worked tirelessly all day in the office collating the results (amazing to be able to get updates each block), to Mike our team manager, to Frans Wessels for representing Team Pakuranga in the

Team Selection Congratulations

The 2018 Counties-Manukau Interprovincial team has been announced. Congratulations to the following section members who have been selected:

12/13 Year IP Team

- Alice Shannon (12 Girls)
- Anneliese Parsons (12 Girls)
- Ashley Pollock (12 Girls)
- Ashton Patchell (13 Boys) (*prov.*)
- Bailey Liu (13 Boys)
- Caleb Honey (12 Boys)
- Dion Wallwork (12 Boys)
- Ella Grayson (13 Girls)
- Johanri Fourie (13 Girls)
- Jordyn Vallet (12 Boys)
- Joshua Sanders (12 Boys)
- Liam McKenzie (12 Boys)
- Marolene Basson (13 Girls)
- Mason Jury (13 Boys)
- Melvin Subramaniam (13 Boys)
- Raniera Newport (13 Boys)
- Ruby Spring (12 Girls)
- Sonya Ha (13 Girls)
- Tai Smith (13 Boys) (*prov.*)
- Thomas Wynne (13 Boys)

Under 16s IP Team

- Adam Sonier-Doctor (14 Boys)
- Caitlyn McKenzie (14 Girls)
- Natasha Smith (14 Girls)
- Samadiana Fariz (14 Girls)
- Tony Su (14 Girls)
- Zachary Saunders (14 Boys)

Matthew Aucamp, who helps with coaching, has been selected in the Under 18 Men's team.

Well done everyone!

'Parents and Officials' 80m' (and coming in 3rd – nice work!) and to Jo for her awesome photos, more of which will be up on Facebook shortly.

We are looking forward to challenging North Harbour Bays for 1st place. There is talk of Top Ten being dropped as an event in the Athletics Auckland calendar from next season. However, Pakuranga will be pushing to retain the event as we love the team aspect of Top Ten and the fact that the event is an opportunity for our 'all-rounders' to shine.



Photos courtesy of Jo Smal, Caroline Walton and Tania Boyer

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

The final club night for 2017 will be on **Wednesday the 20th of December**. The Tiny Tots and Big Kids will have a Christmas Fun Session with Christmas-themed races and games, including a bouncy castle and bouncy obstacle course. Tiny Tots and Big Kids are encouraged to wear 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! For Juniors, instead of a points night, we will be running our Speed Heptathlon – so seven events in an hour and a half, including some events new to club night. There will be lots of great spot prizes on offer.

The first club night for 2018 will be **Wednesday 24th of January**. Remember that your registration fees cover the period through until March 2018.

3. Tiny Tots

Who knew we had so much hurdling talent at Pakuranga? Our Tiny Tots did amazingly well in their hurdles races last Wednesday – loads of encouragement from families, no major accidents and not too many tears. Given the positive feedback we received, we will aim to run another hurdles night in the second half of the season.

This week we start a new programme of Tiny Tot activities. We will be learning to recognise different colours with our Rainbow Relay, learning about chest passing (we'll be keeping an eye out for any potential Silver Ferns or Tall Blacks), playing a fast and furious game of Pirate Captains, and honing our moon-hopper skills with a "Moon-hopper Relay".

4. Big Kids

The Tiny Tots have loaned the parachute to the Big Kids this week so watch out for 'The Blob' (you can run but you can't hide!). Big Kids get a chance to try their hand at hurdles this week, and we will be continuing with our discus skills development, this week using quoits.

5. Junior Club Night Programme

This week's club night programme for juniors (7-14 years old) will be as follows:

Block	7G+B	8G+B	9 Girls	9 Boys	10G+B	11G	12G+B	13+G+B
1	100m	100m	100m	100m	Discus	Long Jump	Shot Put	High Jump
2	Discus	Long Jump	High Jump	Shot put	400m	400m	400m	400m
3	200m	200m	200m	200m	Long Jump	Discus	High Jump	Shot Put
4	Long Jump	Discus	Shot put	High Jump	100m	100m	Hurdles	Hurdles

Hurdles are on offer again this week. Athletes 12 years + who would like to participate in hurdles, along with their parents, will be responsible for setting them up and packing them away at the end of club night.

6. A Prickly Issue

Whilst the warm weather is great for athletics, it is also fantastic for prickles. We have contacted Auckland Council to request that the prickles on the field be sprayed. However, as you will have read in the local papers, their Parks team is very stretched at present so no action yet unfortunately.

In the meantime, we encourage all athletes to wear footwear when using or crossing the field. Tiny Tots and Big Kids should wear soft-soled shoes for all field activities. Juniors who prefer to run in bare feet should consider bringing a pair of jandals that they can wear when walking between events.

7. "Training on Tuesdays"

Johan is not available for squad training on Tuesday but will resume on Thursday as normal. Mike's middle-distance training squad will be on Tuesday and Thursday this week.

8. Attention Colgate Games and Trans-Tasman Athletes

Athletes competing at the Colgate Games and/or the Trans-Tasman Challenge in January are invited to take part in a mock competition at the club on **Saturday the 23rd of December** (from 10 am). All events will be available. We will organise a proper programme and all events will be timed/measured. This is a great opportunity to get a bit more 'competition-ready' prior to the big events in January. If you are interested in coming along, please contact Mike (mtandtb@xtra.co.nz) to let him know what events you are interested in competing in.

We will also be running some 'open gear shed' sessions between Christmas and the start of the Colgate Games. These are opportunities for athletes to come along and do some extra practice. We'll let you know dates and times closer to the time.

9. Desperately Seeking ... Parking in Penrose

Parking at Mt Smart for the Colgate Games is going to be difficult, particularly on the first morning. The committee would be very keen to hear from anyone in the club who works near Mt Smart in a business that has a reasonable amount of car-parking space that might be free on the 5-7th of January (most businesses will still be closed on the 5th, and the 6th and 7th is the weekend) – and able to be rented out to the club. Please contact pakrun@gmail.com if you can help.

10. Wednesday Nights Not Enough?

Monday Night 5K

It is great to see so many of our athletes (and their parents) competing in the Monday Night 5K each week. This weekly fun run is open to everyone in the local community (you don't have to be a club member). It is a great way to build up your general fitness, and exercising with others is much more fun than doing it alone. The run (or walk if you prefer) starts at 6 pm from the clubrooms. The cost is \$3 for adults and \$1 for children with spot prizes on offer each week. (No pre-registration is required – just turn up and pay).

The club bar is open after the run. As the course is run around local streets, children 10 years or younger are required to be accompanied by an adult.

We encourage everyone to support the Monday Night 5K as this is a great way for us to promote our club and athletics generally, and is also a great fundraiser for our section (last year we earned \$1,300 this way!).

11. Giving Back To The Section

BBQ and Tuck Shop

Our BBQ and tuck shop are open each club night (by the equipment shed). Please support this as all funds raised go towards the purchase of additional equipment for our section. EFTPOS is now available (but no credit card payments).

This week's group for the BBQ is the **9 Girls**. We would like 2-3 parents from this group to volunteer to run the BBQ and Tuck Shop. A committee member will be there to get everything set up for you and to help pack everything away at the end of the programme. If you are approached and asked to help, please do so with a smile.

12. Lost Something?

There is a lot of property being left behind on club nights. Before you leave the track, PLEASE check to make sure you are leaving with everything you arrived with. All property left behind at the track will be put in a box and left near the BBQ the next club night.



13. Key Dates For Your Diary

Saturday 16 December	Athletics Auckland Senior Meet – Papakura (for 12 years + only)
Wednesday 20 December	Christmas Fun Night (Tiny Tots/Big Kids)/ Speed Heptathlon (Juniors)
Saturday 23 December	Mock competition for Colgate Games and Trans-Tasman Challenge athletes
Friday 5 - Sunday 7 January	North Island Colgate Games – Mt Smart Stadium
Thursday 11 January	Trans-Tasman Carnival – Mt Smart Stadium (Open to everyone 7-14 years)
Friday 12 – Sunday 14 January	South Island Colgate Games - Timaru
Sunday 14 January	Trans-Tasman Challenge Day
Wednesday 24 January	First club night for 2018
Saturday 10 February	Auckland Junior Pentathlon Champs - Mt Smart Stadium
Sunday 11 February	Pakuranga Open Day – incorporating Counties Manukau 1500m Championship – Lloyd Elsmore Park

The calendar of Auckland-wide junior events is available on our website - [Season Calendar - Juniors](#)

14. Got A Question? Need To Know More?

If you have any questions about the season, please feel free to contact the Junior Track and Field Committee at pakrun@gmail.com.