

Pakuranga Athletic Club

Junior Track and Field 2023/24 Season • Newsletter Twenty-Six (23 March 2024)

1. Argh, So Much Rain! But We Did So Well!



Photos courtesy of Chris Emery and Michelle Croxford

A massive “well done” to everyone who competed in the Auckland Champs events on Saturday morning. It was wet, it was cold but our 50 athletes all did themselves proud – and showed what a hardy bunch of fabulous athletes we have at Pakuranga. We are so impressed with your commitment!

Despite the weather, Team Pakuranga athletes achieved some fabulous results:

- Rylee Pundol – 1st overall 7 Girls long jump, shotput, discus
- Vito Feng – 1st overall 7 Boys long jump, discus
- Jacob Koloamatangi – 1st overall, 8 Boys shotput
- Alyssia Vaili – 1st overall, 9 Girls long jump, shotput, discus
- Carson King – 1st overall, 9 Boys shotput, discus
- Isobella Evans – 1st, 10 Girls high jump

(Unfortunately the track races weren't timed so no results are available)

Many thanks to the committee for setting up and packing away (under blue skies – argh!), to James and Claire who run the track marshalling, Mike for MCing, Lou who processed all the field results, Richie who helped out in the tuckshop and to Chris and Paul who worked super-hard on the BBQ (the bacon and egg butties simply flew out!). We also want to thank all the parents (and Veronique 😊) who helped out with our long jump duties and who also filled in elsewhere when other clubs' parents hadn't shown up.



Photos courtesy of Takapuna Athletic Club's Facebook page. More photos coming on our Facebook page shortly

2. Congratulations to our Club Champ Record Breakers

Two more club records were broken during our final evening of Club Champs last Wednesday. Congratulations to:

- Isobella Evans, who broke the 10 Girls' high jump record, with a best jump of 1.35m *(beating the previous record of 1.34m)*
- Leo Green, who broke the 11 Boys' 800m record with a time of 2:20.75 *(beating the previous record of 2:24.90)*.

3. Go! Series Wrap-Up

We are still waiting on the final result from the three Go! Series events. We'll let you how we did as soon as we hear.

If you competed in **all three Go! Series events**, we have Go! Series medals for you to collect. For athletes 7-14 years, these have been put in the grade managers' folders. Please collect these on Wednesday evening. For 5s and 6s who competed, we would like to present your medals at the prizegiving on the 3rd of April.

4. Huge Shout-Out to Sam

On behalf of the club's Management committee we would like to do a huge shout-out to Sam Daley a former club member himself and now a parent of three of our Junior Track and Field athletes. Sam arranged for topsoil to be trucked in and placed around the new toilet block to help with waterproofing, made the area at the back of the toilet block safer and grass-seeded all the new soil free of charge. This was a big job which has been on the committee's 'to do' list for some time. The work was done professionally, and everything finished in time for us to hold club night safely on Wednesday. Many thanks to Sam and his team from Daley Property Services - info@dpsl.co.nz; 021 858 755.

5. Celebrating 'PBs'

PBs Achieved
Last Club Night

167

Grade With Most
PBs

7 Boys (24)

Athletes With
PBs in All Events

21!!

6. What's On This Wednesday?

This Wednesday is our last club night for the 2023/24 season. It's traditionally a fun night – and the best fun nights always involve bouncy castles! So this Wednesday there will be a bouncy castle (for our Tiny Tots) and the bouncy obstacle course (for athletes 5 years +). These will be incorporated into the club night programme so everyone will get a chance to use them.

Tiny Tots and 5s and 6s

We will be running fun races on the track and playing some of our favourite games in the field. 2-4 year olds will be heading out around the club on a treasure hunt – don't get lost!

Juniors

There will be fun races on the track for our juniors, including seeded 200m races and our 'World Famous in Pakuranga' 'Catch The Bus' relay. Parents, there will also be opportunities for you to compete alongside your child this Wednesday so we would love you to join us for the session. Lots of tuckshop prizes on offer!

7. Come Help Us Run Down the Tuck Shop

Once again, our tuck shop has been a huge success this season. The profits earned have been used to pay for Counties-Manukau and Auckland Relay Champs entries, for drink bottles for our Colgate Games athletes and to cover our Christmas and end-of-season fun night expenses. A massive thank you to all the families who have supported our tuck shop each week.

We also want to say a massive thank you to Amanda who has run the tuck shop each Wednesday afternoon/evening and to Paul Bruce who races around the supermarkets each week looking for the best deals on sausages and drinks. Many thanks too to all the wonderful parents and our student volunteers from Macleans College who have volunteered to help in the tuckshop on Wednesdays and at special events throughout the season. You are all amazing!

Given it's the end of the season, we are running the tuckshop stock down. Please come along on Wednesday and help us do this! We have plenty of drinks, ice blocks, chips and noodle cups (very popular as the evenings get cooler) – and of course, there will be plenty of sausages 😊

8. So Much Lost Property 😞



Unfortunately we have accumulated a massive pile of lost property throughout the season – shoes, sweatshirts, trackpants, jackets, caps – and heaps of drink bottles.

We would love to return all these items to their homes prior to the end of the season.

All lost property items will be displayed at the BBQ this Wednesday. Please take some time during club night to check out the table. **This includes our Tiny Tots and '5s and 6s'**

Everything not collected by the end of the season will be donated to charity.

9. Coaching Opportunities

Track and field coaching is winding down for the season. **High jump training before club nights has finished for the season.**

Mike's Middle Distance and Sprints squad continues over the winter months, with athletes who are in Grade 9 this season (so will be Grade 10 from April) able to join from now. If you are interested in a free trial, please contact pakrun@gmail.com or speak to Mike on club nights. Our Strength and Conditioning programme for athletes aged 12 years + will also continue through the winter – 6-7 pm on Tuesdays and Thursdays at the gym in the tuck shop building. Contact pakrun@gmail.com for more information.

	<h3>Strength and Conditioning</h3> <p>What? Build strength, agility, endurance, speed</p> <p>For who? All athletes aged 12 years +</p> <p>By who? Damian Blocki</p> <p>When? Tuesdays and Thursdays 5-6 pm, 6-7 pm sessions</p> <p>Where? Gym in tuck shop building</p> <p>How much? \$10 per session</p> <p><small>For more information, contact pakrun@gmail.com</small></p>		<h3>Distance and Sprints Training</h3> <p>What? Stamina and speed training</p> <p>For who? Registered members aged 10 years +</p> <p>By who? Mike Trathen</p> <p>When? Mondays, Tuesdays, Thursdays, Fridays, 5 pm</p> <p>Where? Yvette Williams Track</p> <p>How much? \$50 per month</p> <p><small>For more information, contact mtrandtb@xtra.co.nz</small></p>
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10. Keep On Running!



Photos courtesy of Petro Geldenhuys.

It was fabulous to see so many of our Junior Track and Field athletes giving cross-country a go on Wednesday afternoon/evening. The club's Open Day is **Saturday 6th of April**. No need to pre-register. Just sign in at the clubrooms from 2 pm, ready to run at 2.30 pm. There is a range of distances, and lots of older junior athletes on hand to guide and encourage the younger athletes.

We can think of at least five great reasons to join the cross country and road section:

1. Runs take place on Saturday afternoons – so they don't get in the way of other winter sports.
2. Our annual fees are great value for money. \$199 (7-14 year olds; \$99 for 2-6 year olds) covers both cross country AND track and field next summer.
3. You already have a club uniform – and you might already have spikes too! Too easy!
4. You will do super-well in your school cross-country and will be really fit for the start of the track and field season.
5. Cross Country and Road have hot chips - and the bar is open for the mums and dads.

Mums and dads – you can run too! Come along for a run/jog with older athletes on Saturday the 6th of April from 2:30 pm. All abilities welcome.

If you would like to find out more about cross country and road, email pakxcr@gmail.com or speak to a committee member on club nights and we can point you in the right direction.

11. Almost Prizegiving Time!

Tiny Tots and '5s and 6s'



Prizegiving for our 2-6 year olds will be on **Wednesday the 3rd of April at 4.45 pm.**

Weather-permitting, the plan is that the children (and parents 😊) will do some running first then we will meet together in grade groups on the home straight. **All athletes** will receive a participation trophy, and everyone will have the chance to stand on the podium with their grade for a team photo. There will also be merit and sportsmanship awards for our 5 and 6 year olds. The prizegiving will also be an opportunity to say a huge thank you to all our fabulous grade managers and activity leaders who have helped us throughout the season. We'd love you to join us if you can.

Juniors



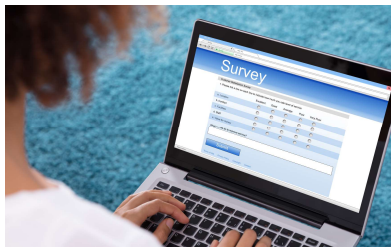
Prizegiving for Juniors will be held on **Monday 1st of April (Easter Monday)** in the clubrooms (the building above the 200m start line). Prizegiving for 7-9 year olds will start at 2 pm. Prizegiving for 10-14 year olds will immediately follow the section AGM at 3 pm. The bar will be open, and we will be running the BBQ. All athletes are encouraged to attend as everyone receives a participation trophy.

12. The Junior Track and Field Committee Wants YOU!

With at least one member of our fantastic committee standing down at the end of the season, we are on the look-out for new members of our team. At the AGM in April, we will be calling for new committee members. Please think seriously about whether you can offer your time and expertise to our section. The committee meets once a month throughout the year, helps set up and pack equipment away on club nights and provides a range of support services to the section including running the BBQ, organising registrations for outside events, and fundraising. Joining the committee is a great way to learn more about

how athletics within the club, within Auckland and within New Zealand works. If you have a passion for making track and field at Pakuranga fantastic – or if you have seen the committee jackets and really want one – please put your name forward. If you know of someone in the section who you think would be great on the committee, please encourage them to join us. Contact pakrun@gmail.com for a nomination form or for more information.

13. We Can't Fix What We Don't Know About



A huge thank you to the 101 families who have already completed our end-of-season survey and provided feedback on the season. The committee takes the survey results very seriously and uses these to make improvements for next season.

If you haven't already, please take some time to thoughtfully complete the survey – to tell us what things you and your athlete have enjoyed this season, what things you think we could improve on, and what new things you would like to see us try.

It is very important that we receive feedback from ALL members of the section, including those who may not have attended that often, who may have only joined us in the second half of the season or who are unlikely to return in 2024/25 for whatever reason. We especially want to hear from our Tiny Tot and '5s and 6s' families. Everyone's feedback is important.

The survey only takes 5-6 minutes, can be completed on your phone, and three lucky respondents will receive a \$40 Rebel Sport voucher to thank them for their contribution.

If you haven't received a survey invitation – or you have deleted it by mistake – please contact Vienna at One Picture Group (viannah@gravitasopg.co.nz) to arrange a new link to be sent.

14. Key Dates For Your Diary

Wednesday 27th March	Final club night of the season (7-14 years)
Monday 1st April	End-of-season prizegiving for 7 years +
Wednesday 3rd April	Final night of the season and prizegiving (2-6 years)
Saturday 6th April	Cross Country and Road Open Day

15. Put Us In Your Diary

Junior Track and Field starts again in October. Our first club night will be **Wednesday the 16th of October**, the first week of Term 4. Keep an eye out for newsletters from early September that will let you know when summer registrations open and pre-season training begins.

Remember to tell all your family and friends about us - survey results show that word-of-mouth from existing members continues to be our best form of advertising!

2024 OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

16. Got A Question? Need To Know More?

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

Junior Track and Field committee



Panasonic

