



2017 Junior Cross Country & Road

Hello everyone and welcome to Newsletter 12. We have had a successful season so far, and the road season is now upon us. Please make sure you like and regularly check out our club's **Facebook page** (Pakuranga Athletic Club). We also have a [new website](#) where you can find information about upcoming events and what's going on in the Junior Cross Country section.

1. NZ NATIONAL XCOUNTRY RESULTS

This past weekend was the New Zealand Cross Country Championships. We had 25 runners who all did amazing. Amongst those 25 runners we had 4 Auckland representatives: Anna Faulkner, Maddi Honneck, Monique Prime and Ethan Verner. Congratulations to those you made the top ten in their category:

- U11 Boys - Connor Boulton 1st
 - Vinnie Wallwork 2nd
 - Nicholas Rooney 7th
- U13 Boys - Oscar Munro 4th
 - Dion Wallwork 5th
- U13 Girls - Jasmine Strong 6th
 - Olivia Rooney 10th
- U15 Boys - Zane Powell 7th
- U18 Woman - Anna Faulkner 7th



2. ROAD SEASON - CLUB RUNS / BIBS

Our club road season started last weekend. As this takes place on the footpaths around Lloyd Elsmore park, for the safety of runners, we require all Junior runners to wear hi-viz tops. These are supplied by the club prior to each run, with specific colours being used for specific age groups.

In addition, we need parents to volunteer for marshalling along the course, again for safety reasons. This is a good time for parents to talk to their children about road safety when running beside the road - eg being aware of cars that may be turning in and out of driveways, not running off the path onto the road to pass another runner, other pedestrians or parked cars. Under 7 runners do not leave the club rooms area and are in sight at all times. Thank you to those parents who volunteered to marshal last weekend.

3. ACA PAIRS - 5th August

This weekend sees the popular annual event, the ACA Pairs relay in Cornwall Park. Entries have now closed. Team details will be emailed out before Saturday.

Note: There will not be a club run this weekend.

4. CLUB XCOUNTRY CHAMPS - correction

In last week's newsletter we incorrectly recorded the Boys Under 9 winners. The correct top 3 finishers were: **1st** Jai Pirini, **2nd** James Whiteley, **3rd** Drew Smal

Apologies to Drew for the mistake, congratulations for coming in third place!



5. UPCOMING EVENTS

- **5th August** - ACA Pairs Relay
- **12th August (Saturday)** - Club Road Run (Time trial)
- **13th August (Sunday)** - GP6 Auckland Road Championships, Papakura
 - This is the final Grand Prix meet of the season. Remember to enter by Thursday 10th August (midnight), [through this link](#). If you entered the entire Grand Prix series at the beginning of the season, you are already entered into this event
- **19th August** - Club Road Run (Time trial)
- **26th August** - Massey Trail Cross Country Relays, Moire Park, Massey
- **2nd September** - NZ Road Championships, Christchurch
- **2nd September** - Club Road Run (Time trial)

6. RETURNING TROPHIES

Thank you to those who have returned last year's trophies already. We need to start collecting trophies back from last season's winners, so we can organise the engraving of the names of this year's winners. If you have one please bring it back to the clubrooms as soon as possible and give it to a committee member.

7. TRAINING

Wednesday Training

This training continues to take place at **5:30 to 6:15** for grades U13 and below and **6:15 to 7pm** for U15 grades and above. It is held at the club and suited to all Junior runners.

It builds on stamina, endurance, strength and speed. Please sign in your child in the clubrooms and ensure we have correct emergency contact details and any relevant health information. Please be prompt with pick up.



Sunday Training Run

Every Sunday a longer run is lead by Craig Clark. Parental/adult supervision is required and parents are invited to join in with the run. This run takes place at various venues, refer to the Facebook page for details of locations. If you are unsure if this training is suitable for your child please approach one of the committee members.

8. SPONSORS

We would like to acknowledge and thank the following individuals and companies, who regularly support our section. We greatly value your support! Please in return support our sponsors whenever possible.

Ron Johnson
Bruce Hughson
Mark Toplis
Christian Pulley

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If you would like to add something to our newsletter/facebook page please email jxcrsecretary@gmail.com

As part of Duke of Edinburgh there are number of volunteers helping out. Including this newsletter, warm ups, kitchen duties and generally helping. They will be doing so for the rest of the year.

Should you have any questions, please feel free to speak with a committee members, or reply to this email.