



Pakuranga Athletic Club

Junior Track and Field 2019/20 Season • Newsletter Fourteen (19 January 2020)

1. It's Been A Busy January!

Happy New Year to all our Junior Track and Field families. We hope everyone had a wonderful Christmas and relaxing break and are ready to get back into school, work – and athletics.

There has been plenty of track and field on over January, with Pakuranga athletes featuring prominently:

North Island Colgate Games



- 42 of our 7-14 year olds travelled to Inglewood (near New Plymouth) in the second weekend in January. Our 10-14 year olds won an incredible 29 individual medals including 10 golds (we think this is the club's biggest medal haul ever!) and our relays teams won 6 medals, including 2 golds. Our 7-9 year olds came away with an awesome 16 pennants between them. But most importantly, athletes and their families had loads of fun, and there were many positive comments from other clubs about the sportsmanship shown by our athletes.

South Island Colgate Games



- Team Pakuranga had probably its largest team of athletes ever at the South Island Colgate Games in Christchurch over the third weekend of January. Among our 11 athletes, we were proud to have competitors in every event available. The team came away with an awesome 9 medals including 5 golds. Tia, our sole divisional competitor, won 4 pennants. Despite the unsummery weather, the families all had a great time at our 'base camp' and even managed to squeeze in a team dinner during the weekend.

Trans-Tasman Challenge



- Twelve of our 10-12 year olds were selected to participate in the Trans-Tasman Challenge today against a strong team from New South Wales. The North Island team won the competition so the Challenge Cup will remain in Auckland indefinitely (as this was the last competition, at least in its current format). Some great results from Team Pakuranga including Caleb winning the 11 Boys 1500m and 3rd in the 800m, Jai winning the 10 Boys shotput and 3rd in discus, Imogen 2nd in the 11 Girls 800m and 1500m, Sam O' 2nd in the 10 Boys 800m, Alex 3rd in 10 Boys long jump and Jade 3rd in 11 Girls long jump.

2. We're Up and Running Again (Literally!)

Our first club night for 2020 is Wednesday 22nd of January – so **THIS WEDNESDAY**.

Tiny Tots and '5s and 6s'

Tiny Tots and '5s and 6s' will get straight back into their regular programme. Our Tiny Tots will be working on some new skills over the next two weeks – balancing ('walk the plank' if you dare!), striking (come along and try out our 'strikers' obstacle course) and an introduction to long jump (be prepared for sand in your shorts!) - as well as the parachute. '5s and 6s' will continue working on their jumping skills, and in preparation for learning about discus, will be flinging around some rubber chickens.

Parents – some of our activity leaders and grade managers are still on holiday and won't be available this Wednesday. We would appreciate your help in leading the groups around the activities and helping out where necessary. You don't need to know anything about athletics to assist – full instructions are provided.

Juniors

For Juniors, we will be holding a non-points 'PB Buster' Night. We will have four blocks of events as usual, but for the track blocks, athletes will race against others who have a similar PB to them. Hopefully this will push them to better their PB. Athletes aged 7-9 years will compete in 100m and 200m; athletes aged 10-14 years will do 100m and 400m. For the field blocks, athletes will be able to choose the two field events they want to do (so those who hide away at high jump time don't need to worry this week – and those competing at Auckland Champs can get in some extra practice). All athletes who achieve a PB in any track or field event will receive a PB card and a small reward to acknowledge their efforts. Points nights will re-commence from the 29th of January.

Some of our grade managers and committee members are still on holiday so we will need some help from parents this Wednesday to run the events. Please don't be shy about jumping in and helping out.

3. Got A Friend?

Registrations for Junior Track and Field remain open throughout the season. If you know of someone who has recently moved into the area, or maybe have a friend or neighbour who enjoyed school athletics last term, please encourage them to come along to our next club night. All new families are entitled to two free 'trial' nights before registering online. Note, however, that registration fees remain the same, irrespective of when in the season a member joins; there are no 'half season' rates available.

4. Age Groups for Second Half of Season

With 2020 now here, athletes will be having birthdays and turning older than the age on their age patch. Please be aware that athletes **compete in the same age grade for the entire track and field season** (so from October 2019 to the end of March 2020). They do not 'move up a group' when they have their birthday. This is the same for all clubs in New Zealand.



5. A Spiky Issue

At Colgate Games, we became aware that some of our athletes are running with non-regulation spikes in their shoes. Only 6mm cone spikes are permitted to be worn in track events and for long jump. Athletes can use 9mm spikes for high jump, but these either have to be replaced for track events (too much work!) or athletes need to have a second pair of shoes with 6mm spikes. **Spikes longer than 6mm damage the track.**

Please check that spikes are the regulation length (especially if you wore the same shoes for the cross-country season as cross-country spikes are often 9mm). If you are not sure, ask the team at the BBQ. Packets of 6mm spikes are available from the BBQ for \$10. Grade managers will be doing spot checks on club nights. Be aware that spikes will be checked in the call rooms for Auckland Champs and athletes will not be allowed to compete with non-regulation spikes.

6. Training Opportunities

Mike, Johan and Sarah-Amy's squads will continue to train throughout the second half of the season. We are currently discussing coaching arrangements with our field coaches and will let you know shortly what is available and when.

7. Preparation for Auckland Track and Field Champs

Well done to everyone who has entered the Auckland Track and Field Champs. Final entry lists and a confirmed programme are currently being prepared. As soon as we receive more information from Athletics Auckland, we will send this out. However, in the meantime, please check that you have the correct club uniform (including **plain black or navy blue sports shorts**) and an age patch as you will not be able to compete without these. If you need a new age patch, please contact pakrun@gmail.com.

8. Pakuranga Open Day - Coming to A Track Near You!

The Pakuranga Open Day is on **Sunday the 16th of February** at the Lloyd Elsmore track. This free event is open to all Junior Track and Field athletes **aged 2-14 years** throughout Auckland. Start time is 10 am. There will be six blocks of events for 5-14 year olds, and a range of activities for Tiny Tots throughout the day including races, a treasure hunt and bouncy castle.

Participants don't need to be registered athletes to compete, so family and friends are welcome to come along and join in the fun too. We'll also be inviting our friends from Howick Tiny Tots. This is always a great day out and is the perfect way to introduce athletes to outside events in a friendly and familiar environment. It is also an important fundraiser for our section through the sale of food, drinks and programmes.

At this stage we are on the hunt for **spot prizes** that we can hand out throughout the day. If you have anything that might be suitable (corporate promotional material such as umbrellas or drink bottles, gift vouchers, unwanted Christmas presents ...) please bring them along on club night and hand in at the BBQ.



Image from Open Day 2019 courtesy of Sharlene Korewha

9. Sending Best Wishes ...



... to Anneliese, Katherine, Jaymie, Liam, Ry-lee and Taylor who will be representing Counties-Manukau at the U16/U18 Interprovincials competition in Hamilton on Saturday the 26th of January. This competition features many of the top U16 and U18 athletes in the North Island, competing for their provinces. Counties-Manukau goes into the competition as the defending champion for both age groups so the pressure will be on to retain the titles. Have a great time away everyone, go hard and have fun. We look forward to publishing your results in next week's newsletter.

10. Key Dates For Your Diary

Wednesday 22nd January	First club night for 2020
Saturday 25th January	Massey Athletic Club Open Day (more information coming soon)
Saturday 1st, Sunday 2nd February	Athletics Auckland Junior Track and Field Championship (Week 1) (7-14 years)
Saturday 8th, Sunday 9th February	Athletics Auckland Junior Track and Field Championship (Week 2) (7-14 years)
Sunday 16th February	Pakuranga Open Day (and Counties Manukau 1500m Champs) (2-14 years)
Saturday 22nd February	Counties-Manukau Athletics Championships (7 years +)
Saturday 7th March	Auckland Pentathlon Championship – Mt Smart (7-14 years)

Saturday 14th March	Top Ten Challenge – Mt Smart (7-14 years)
Wednesdays 4th, 11th, 18th March	Club Champs (7-14 year)
Wednesday 25th March	Final club night for 2019/20 season
Date to be confirmed	Junior Track and Field prizegiving
Saturday 11th, Sunday 12th April	12/13 Years Interprovincials Competition – Kings College

11. Got A Question? Need to Know More?

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

Junior Track and Field committee

Many thanks to our supporters who so generously support our section

