



Pakuranga Athletic Club

Junior Track and Field 2022/23 Season • Newsletter Nine (20 November 2022)

1. Celebrating The Late, Great Dick Quax In Style - And Mostly In The Sun!



A huge 'well done' and thank you to everyone who attended the Dick Quax Memorial Meet on Saturday. We managed to cleverly dodge the worst of the rain, it was an amazing afternoon of athletes – and great to see the afternoon so well supported by Team Pakuranga athletes.

It was fantastic to see so many of our 2-9 year olds taking part in the distance challenges. A very special 'high five' to all our 6 year olds for turn out in force! We loved seeing so many of our 2-9 year olds standing on the podium with their medals. Many thanks to the families for offering so much support to all our children, irrespective of whether they came first or last.



Photos courtesy of Petro Geldenhuis

Our First Auckland Champions Of The Season



We then moved into the 'business end' of the meeting with the Athletics Auckland 2000m/3000m Junior Championship races. Team Pakuranga completely dominated the podium, including winning seven of the ten races. Congratulations to our new Auckland Junior Champions:

- Hayley Whiteman: 10 Girls 2000m
- Leo Green 10 Boys 2000m
- Anabelle Warner: 11 Girls 2000m
- Leah Marais 12 Girls 3000m
- Harrison Day 13 Boys 3000m
- Imogen Barlow 14 Girls 3000m
- Ben Oxford 14 Boys 3000m

A new Auckland Junior Champs and Auckland Resident record of 10:30.07

A new Auckland Junior Champs and Auckland Resident record of 9:59.79

A full list of results for athletes 10 years + can be found via this link: <https://athleticsauckland.co.nz/wp-content/uploads/2022/11/2022-11-19-Dick-Quax-Memorial-Results.pdf>

The Junior Track and Field committee would like to thank everyone who helped to make Saturday such a success, particularly the team who worked in the tuck shop and on the BBQ all afternoon. Thanks, too, to the fabulous families who helped set up and pack down and those who officiated at events. Very special thanks to the Howick Local Board who generously provided financial support for the event and to Mike for being our liaison with the Athletics Auckland team.

And finally, many thanks to our fabulous photographers, Jo and Petro. Check out the photos from all three parts of the day on our Facebook page shortly.

2. Singlet SOS

Unfortunately we have run out of Size 10 and Size 12 singlets. While we wait for more to arrive, if you have a Size 10 or 12 singlet that you no longer need and would be keen to sell, please hand it into the tuckshop on club nights – with your name, contact number and how much you would like to sell the singlet for. We will sell this on your behalf.

3. The Big Question Of Shoes

We have had several questions from new families and those who have moved into the 10-14 grades about shoes. Some information that might be useful:

- **Spikes are optional at every level of athletics.** Athletes aged 10 years + can wear spikes but **they definitely don't HAVE to.** Running barefoot, in running shoes or even socks is fine – on club nights, at Ribbon Days and at Championship events. The only time an athlete may be required to wear shoes is if the track gets too hot.

- Spikes can be worn for long jump and high jump as well as all track events – but again, bare feet, running shoes or socks are also fine for these field events.
- If you are wearing spikes, you must use starting blocks for races up to and including 400m.
- For health and safety reasons, **spikes cannot be worn anywhere other than on the track**. This includes the concrete areas around the track, on the grass and in the toilets.

Spikes can be expensive. If your child is interested in wearing spikes, a low cost option is to buy a second hand pair first. We have a good range of second-hand spikes for sale. You'll find these at the BBQ on club nights.

4. It's Relays Week!



In preparation for the next two weekends of relays, this Wednesday will be a relays festival for all our junior athletes!

Tiny Tots and '5s and 6s'

All our activities this week will be relays. We'll be working as a team to rescue monkeys and collect as many chickens and eggs as we can, we'll be working together on our matching skills, and we'll also be getting nice and wet with the water relay. There will also be relay races on the track for all age groups.

Juniors (7 Years +)

This week is a non-points night. Events are 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 | PB Buster field events | | | 4x100m relays | 4x100m relays | 4x100m relays | 4x100m relays |
| 2 | 4x100m relays | 4x100m relays | 4x100m relays | PB Buster field events | | | |
| 3 | PB Buster field events | | | 4x200m relays | 4x200m relays | 4x200m relays | 4x200m relays |
| 4 | Coaching for all 7-10 years relays teams competing at Counties-Manukau Relays | | | | PB Buster field events | | |

All athletes will get the opportunity to run a 4x100m relay. Those competing at the Counties-Manukau Relays on Sunday will run in their teams – so if you have been selected for a team, please make every effort to attend club night this week. Other athletes will be put into teams by grade managers. 10-14 year olds will also get to run a 4x200m relay.

For the field blocks, we will be PB Busting this week. Athletes will **get to choose which two field events they compete in** – and will receive a PB card if they bust their PB. Athletes who are competing in the field relay teams must compete in the event they have been selected for in one of the two field blocks.

Block Four will be a coaching session for all the 7-10 years relay teams. We will do more work on our baton-changing technique and learning about acceleration from the changeover.

5. Our New Handbook - Available From This Week

We are excited to announce that our new Junior Track and Field handbook is now available. This is a new initiative this season – so families have ready access to information about who's who on the committee, club nights, uniforms, how the points system works and requirements around Club Champs and breaking club records. There is also space in the handbook to track PBs and record attendance at outside events.

Families will receive one handbook each. These will be available for collection on club nights.

The committee would like to thank Oliver and Rebecca Barlow for their great work in putting the handbook together. It has been a marathon effort, but we think the handbook looks fantastic.

6. Giving Back To The Section

Our tuck shop is open each club night with sausages, cold drinks, lollies, chips and juicees for sale. Please support this as all funds raised go towards the purchase of additional equipment for our section. EFTPOS is available.

This week we would like 2 parents from **8 Girls and Boys** to volunteer to run the tuck shop from 5.45 pm. A committee member will be there to work with you. If you are asked to help out, please do so with a smile.

7. Coaching Opportunities On Offer

A. High Jump



| | |
|--------------|---|
| For | All registered athletes aged 7 years + |
| When | Every Wednesday 4.30 pm for beginners (at any age 7 years +) 5 pm for experienced jumpers |
| Cost | Free for all registered members |
| Coach | Steve Green |

B. Throws

Due to Counties-Manukau Relays on Sunday, there will be no junior throws coaching this Sunday. Coaching will resume on Sunday 4th of December.

C. Counties-Manukau Athletics Training

Registered club members aged 12-17 years are able to attend Counties-Manukau Athletics training sessions. Coaching is provided in all events

| | |
|--------------|--|
| For | All registered athletes aged 12 to 17 years. All abilities welcome |
| When | Every Sunday – 10 am – 11.30 am |
| Where | Massey Park, Papakura |
| Cost | Free for all registered members |
| Coach | Terry Jensen, Rob Ward and others |

An Important Note About Coaching Sessions

Most of our club coaches generously offer their services to the club for free. In return we ask that parents show courtesy to our coaches by:

- ✓ **Arriving on time for the session.** Late arrivals disrupt the group and require the coach to spend one-on-one time with late arrivals to catch them up.
- ✓ **Making sure your child is prepared for their session.** Please arrive with everything you need – water bottle, sunhat, spikes, hoodie ...
- ✓ **Monitoring your child's behaviour** – to ensure they are paying attention, not distracting others and using equipment safely. If you see them misbehaving, please step in – this is your job, not the coach's. To do this, **you need to stay at the track.**
- ✓ **Assisting the coaches with setting up and packing away equipment.**

Please remember, our coaches are offering athletics training, not a babysitting service.

8. How Did I Do? Club Night Results Now Available Online

Club night results for registered athletes aged 7 years + are now available online – via our website.

1. Click on this link - <https://www.pakurangaathletics.nz/junior-track-field.html>
2. Scroll down to 'Junior Club Night Results'
3. Log in by entering the athlete's registration number. This is the number on their age patch (you don't need to enter the PK)
4. Enter their day and month of birth.

Results from Wednesday evenings are available on Saturday/Sunday.

As well as viewing results from the previous club night you can also keep track of 'Personal Bests' achieved. This is a great way to keep athletes engaged and motivated to do their best each week - and to track the benefits of coaching and regular club night attendance. Remember, not everyone can come first but EVERYONE can improve their performance.

9. Sending Good Luck Wishes ...

... to the 98 athletes representing Team Pakuranga at the Counties-Manukau Relays on Sunday. Our relay coaches have been so impressed with the great attendance at trainings (despite the awful weather) and the progress especially our younger athletes have made. It is going to be an awesome afternoon of athletics at Massey Park in Papakura on Sunday. We can't wait to see how our teams go.

All athletes who are competing on Sunday will receive an information sheet later in the week, along with the programme and a list of parent duties.

Just a friendly reminder to all athletes competing on Sunday: If your circumstances change and you can no longer take part on Sunday, please let us know **as soon as possible** so we can try to find a replacement. We won't be able to find a replacement if you wait until Sunday morning to let us know.

10. Key Dates For Your Diary

| | |
|--|--|
| Sunday 27th November | Counties-Manukau Relays Champs (Massey Park, Papakura) (7-14 years) |
| Saturday 3rd December | Auckland Junior Relay Champs (Yvette Williams Track) (7-14 years) |
| Saturday 10th December | Manurewa Ribbon Day (2-14 years) (Jellicoe Park, Manurewa) |
| Saturday 17th December | Throws Ribbon Day (Onewa Domain, Takapuna) |
| Saturday 17th December | Night of 5s (AUT Millennium, Mairangi Bay) |
| Wednesday 21st December | Last club night for 2022 |
| Friday 6th – Sunday 8th January | North Island Colgate Games (7-14 years) (Whanganui) |
| Friday 13th – Sunday 15th January | South Island Colgate Games (7-14 years) (Timaru) |
| Saturday 14th January | Children’s Ribbon Day in Conjunction with McKinnon Shield Day |
| Wednesday 18th January | First club night for 2023 |
| Saturday 4th, Sunday 5th February | Auckland Senior Track and Field Champs (for athletes 11 years +) (Pakuranga) |
| Sunday 12th February | Pakuranga Ribbon Day (2-14 years) (Pakuranga) |
| Saturday 18th or Sunday 19th February | Counties Manukau Junior Champs (7-17 years) (Papakura) |
| Friday 24th – Sunday 26th February | Auckland Junior Track and Field Champs (7-14 years) (Papakura) |
| Wednesday 1st March | First night of Club Champs (7-14 year olds) |
| Saturday 4th March | North Harbour Bays Ribbon Day (Mairangi Bay) |
| Saturday 11th March | Auckland Junior Pentathlon Champs (7-14 years) (Venue TBC) |
| Saturday 18th March | Athletics Auckland Ribbon Day Finale (2-14 years) (Venue TBC) |
| Wednesday 29th March | Final club night of the season |

11. Got A Question? Need To Know More?

If you have any questions about the upcoming 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 have generously contributed to our section this season:

