



Junior Track and Field 2020/21 Season • Newsletter Ten (22 November '20)

## 1. Team Pakuranga Rocked The Counties-Manukau Relays!



*Photos courtesy of Bonnie Potts and John Ward*

What a fantastic afternoon of athletics today! Pakuranga had 64 teams competing; 62 teams achieved places, including a massive haul of 31 gold medals. What an amazing result! The individual team results were as follows:

	4 x 50m	4 x 100m	4x 200m	Field Relay
<b>7 Girls</b>	1 <sup>st</sup>	1 <sup>st</sup>		1 <sup>st</sup>
<b>7 Boys</b>	4 <sup>th</sup>	4 <sup>th</sup>		1 <sup>st</sup>
<b>7 Mixed</b>		1 <sup>st</sup>		
<b>8 Girls</b>	2 <sup>nd</sup>	3 <sup>rd</sup>		3 <sup>rd</sup>
<b>8 Boys</b>	2 <sup>nd</sup>	3 <sup>rd</sup>		3 <sup>rd</sup>
<b>8 Mixed</b>		1 <sup>st</sup>		
<b>9 Girls</b>		1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
<b>9 Boys</b>		2 <sup>nd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
<b>9 Mixed</b>		1 <sup>st</sup>		
<b>10 Girls</b>		1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
<b>10 Boys</b>		1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
<b>10 Mixed</b>		1 <sup>st</sup>		
<b>11 Girls</b>		2 <sup>nd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
<b>11 Boys</b>		1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
<b>11 Mixed</b>		3 <sup>rd</sup>		
<b>12 Girls</b>		2 <sup>nd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
<b>12 Boys</b>		2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
<b>12 Mixed</b>		1 <sup>st</sup>		
<b>13 Girls</b>		2 <sup>nd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
<b>13 Boys</b>		2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>

13 Mixed		1 <sup>st</sup>		
14 Girls		1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
14 Boys		1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
14 Mixed		1 <sup>st</sup>		

7-10 Girls 600m medley relays (Team A)	1 <sup>st</sup>
7-10 Girls 600m medley relay (Team B)	2 <sup>nd</sup>
7-10 Boys 600m medley relay (Team A)	1 <sup>st</sup>
7-10 Boys 600m medley relay (Team B)	3 <sup>rd</sup>
10-14 Girls 1000m medley relay (Team A)	2 <sup>nd</sup>
10-14 Girls 1000m medley relay (Team B)	3 <sup>rd</sup>
10-14 Boys 1000m medley relay (Team A)	1 <sup>st</sup>
10-14 Boys 1000m medley relay (Team B)	3 <sup>rd</sup>

Some special mentions:

- All 106 of our athletes for turning up at the right place and (for the most part) at the right time
- The 7 Girls, 10 Girls, 11 Boys and 14 Boys for a clean sweep of gold medals in all three relays
- All our 7 year olds – Tilly, Naomi, Mila, Izzy, Portia, Emily, Fletcher, Lukas, Ryan, Manutea, Isaiah and Nevan who competed so well in their first ever championship relay event
- The 14 Boys 4 x 200m relay team who beat the club record by 3 seconds (we think; to be confirmed)
- Alexandra, Austin, Ryker and especially Morgan for agreeing to join relays teams or do extra events at very short notice so teams could run – and very special thanks to Harry (8B), who jumped into the medley relay team at the last minute to replace a 9 year old – and went home with a gold medal after a sensational run down the home straight

A massive thank you to everyone who helped prepare our teams and to help the day run so smoothly – to Mike for his relay training, for being team manager and transporting all the team gear, Lou who worked so hard loading all the team entries and collating the results, Paul and Errol the timing/camera team, Lincoln for assisting at the start line, and to all the parents who helped out on long jump or at the finish line, or who grade-managed the teams. A big thank you too to all the Team Pakuranga families for your support throughout the afternoon. The cheering from the stands for all our athletes was fantastic.

And finally, thanks to John, Bonnie, Norman and Caroline for the great photos. Keep an eye out on our Facebook page for more images coming soon.



Photos courtesy of John Ward, Norman Vaili and Caroline Walton

## 2. Next Up - Auckland Junior Relay Championship

The next competitive event on the Athletics Auckland calendar is the Auckland Junior Relays Championship. This will be held on **Saturday the 5<sup>th</sup> of December** at Mt Smart stadium. Marshalling for the first event will be at 8 am; the event will be finished no later than 2 pm. The format of the day will be very similar to Counties-Manukau Relays, but we will be competing against clubs from throughout the Auckland region.



The events will be 4 x 100m, 4 x 200m and a field relay for each age group and a 'traditional' mixed medley relay for the 10-14 year olds (1 x 800m, 1 x 400m, 1 x 200m and 2 x 100m). Unfortunately, there are no mixed team events.

In the next day or so, selected athletes will receive an invitation to take part in the Auckland Junior Relays. Please reply to this invitation as quickly as you can, especially if you know you are not available on the 5<sup>th</sup> to give us time to find replacements. Please note that, as with Counties-Manukau Relays, team selection will be based on club night results to date so some teams may differ slightly from those that attending Counties-Manukau Relays today.

## 3. Auckland Residents' Record Broken

Congratulations to Imogen Barlow (12 Girls) who broke the 12 Girls Auckland Residents' Record (and Open Club record) in the 1500m at the McKinnon Shield Meet on Saturday. Imogen's time of 4.51.19, broke the previous Auckland record of 4.53.37 which was set in 1998. Congratulations Imogen! We won't print the certificate quite yet though as we think there may be more to come ...

## 4. Dick Quax Memorial Meet - The Big Day Is Almost Here



Our main club-wide event of the year - the Dick Quax Memorial Meet - will be held on **Saturday the 28<sup>th</sup> of November**. The programme has been designed to offer something for everyone.

## 2-6 year olds

- 400m races
- 1.20 pm
- Medals for placegetters in each age/gender group
- Ribbons and treats for all participants
- No need to pre-register; just turn up by 1 pm

## 7-9 year olds

- 800m races
- 1.40 pm
- Medals for placegetters in each age/gender group
- Ribbons and treats for all participants
- No need to pre-register; just turn up by 1.20 pm

## 10-11 year olds

- Auckland Junior Distance Championship 2000m at 3.40 pm. Medals for placegetters in each age group. Ribbons for all participants. **Registrations via Athletics Auckland's website between 23rd and 26th November**
- 100m, 200m, 2000m race walk, discus, shotput, long jump, high jump from 12 noon. No need to pre-register; just turn up for these events.

## 12-14 year olds

- Auckland Junior Distance Championship 3000m at 4 pm. Medals for placegetters. Ribbons for all participants **Registrations via Athletics Auckland's website between 23rd and 26th November**
- 100m, 200m, 2000m race walk, discus, shotput, long jump, high jump from 12 noon. No need to pre-register; just turn up for these events.

## Mums and dads

- 2K community fun run on the track
- 2 pm
- Fantastic spot prizes
- Ribbons for all participants
- No need to pre-register; just turn up by 1.45 pm

### How can you help?

- ✓ Come along and take part. Events start from 12 noon. The full programme is attached to this week's email. Don't forget to wear your club uniform **and age patch**.
- ✓ Donate a spot prize or two for the community fun run. We have received some amazing prizes from our club families, but we would welcome more donations - caps, water bottles, gift vouchers, unwanted birthday gifts ...
- ✓ Spread the word. Invite your friends along to cheer you on, or participate. We will have a free bouncy castle for the children, the BBQ and tuck shop will be open, and the coffee van will be on-site.
- ✓ Offer to volunteer on the day. If you can turn a sausage on a BBQ or hold a clipboard the right way up, we can find a job for you!

If you have any questions or would like to help on the day, please email [pakrun@gmail.com](mailto:pakrun@gmail.com).

## 5. Club Night Programme This Week

### Tiny Tots

Congratulations to all our Tiny Tots on their fantastic relay running last Wednesday. Not only did we see some slick baton changing, but everyone was awesome at following instructions. Relay running is alive and well at Pakuranga!

Our theme for the next fortnight is “Jobs People Do”. We will be pretending to be builders, firemen, cleaners and jungle explorers. In preparation for the Dick Quax Memorial Meet, we will move our fun run onto the track and see how easy it is to run 400m.



### ‘5s and 6s’

‘5s and 6s’ also did super-well running their 2x100m relays last week – and it was great to see all the teamwork in the field activities. This week we continue working on our throwing and jumping skills. Races on the track will be 60m and 100m. ‘5s and 6s’ will also run 400m on the track for their fun run this week.

### Junior Club Night Programme

This week our junior club night returns to normal with four blocks of events for our 10-14 year olds and three blocks of events for our 7-9 year olds. In Block 4, 7-9 year olds have the opportunity to run 800m as preparation for the Dick Quax Memorial Meet on Saturday. (Note that this is a non-points event.)

Block	7Girls/Boys	8 Girls/Boys	9 Girls/Boys	10 Girls/Boys	11 Girls/Boys	12 Girls/Boys	13+ Girls/Boys
1	Shotput	High jump	Discus	800m	800m	800m	800m
2	100m	100m	100m	Long Jump	Discus	High Jump	Shotput
3	Long jump	Discus	High jump	200m	200m	200m	200m
4	800m pack run (optional)			Discus	Long jump	Shotput	High jump

## 6. Training Opportunities This Week

The following is on offer this week.

<p><b>Monday 23<sup>rd</sup> November</b> (and Friday 27<sup>th</sup> November)</p>	<ul style="list-style-type: none"> <li>• <b>Racewalking Training</b> <ul style="list-style-type: none"> <li>○ 4 pm – 5 pm</li> <li>○ Racewalking training for athletes of all experience levels; beginners welcome</li> <li>○ Coach: Sarah-Amy Rhind</li> </ul> </li> </ul> <p><i>Please contact Sarah-Amy directly if you are keen to come along so you receive confirmation of training sessions - <a href="mailto:sarah-amy@fabfaces.co.nz">sarah-amy@fabfaces.co.nz</a></i></p>
<p><b>Wednesday 25<sup>th</sup> November</b></p>	<ul style="list-style-type: none"> <li>• <b>High Jump Training</b> <ul style="list-style-type: none"> <li>○ 4.30pm – 5.30 pm</li> <li>○ The <b>starting height</b> this week will be <b>1.10m</b> so only those who can jump 1.10m or higher should attend.</li> <li>○ Coach: Steve Green</li> </ul> </li> </ul>

## Sunday 29<sup>th</sup> November

- **Racewalk Auckland One Mile Race**
  - 8.30 am
  - Yvette Williams Track
  - All racewalkers welcome to attend
- **Counties-Manukau Interprovincials Training**
  - 10am to 12 noon
  - Massey Park, Ron Keat Drive, Papakura
  - Coaching available in all track and field disciplines for athletes aged 12 years +. These sessions are mainly for those interested in being selected for the 12/13 and U16 Counties-Manukau Interprovincial teams this season, but all athletes 12 years + are welcome to attend.
  - Coach: Counties Manukau Athletics coaches.
- **Club-based coaching**
  - 1.30 – 3 pm
  - Programme for the afternoon TBC. A separate email will be sent once programme is confirmed.

And something for the mums and dads:

### **Masters Throws 'Give It A Go' Morning.**

- Ever wondered what it would be like to throw the hammer or javelin?
- Did you enjoy throwing the shotput or discus when you were at school?
- Have you watched your child throw a discus or shotput and really wanted to have a try?

On 29<sup>th</sup> November at 9.00am members of Pakuranga Athletic Club and Auckland Masters Athletics will be at Lloyd Elsmore Park (Yvette Williams Track) to help you try out these implements. Masters Athletics is about fun with a hint of competitiveness. You compete against others of the same age. Auckland Masters Athletics caters for athletes from 30 years to 100+ years of age. Come along and Give It A Go.

To help with the planning we would appreciate an indication if you are likely to come along. Either call/txt Mark Powell 02102292521 or send a message via <https://www.pakurangaathletics.nz/blog/776573>



## 7. Giving Back To The Section

### **BBQ and Tuck Shop**

This week we would like 2-3 parents from **13/14 Girls** to volunteer to run the BBQ and tuck shop from 5.45 pm. A committee member will be there to get everything set up for you and to help pack everything away at the end of the evening. If you are approached and asked to help out, please do so with a smile.

## 8. Colgate Games - Entries Close on 25th November

We have 53 athletes already entered for the North Island Colgate Games + a couple more registrations on their way, and an amazing 19 heading to Nelson for the South Island Games. All families who think they have registered are asked to check the forms attached to this week's email. If your entry is wrong – or is not included and you think it should be – please contact us ASAP. If we don't hear from you, we will assume that you are happy with the information recorded.

If you have registered but have not paid yet, please transfer the correct amount as soon as possible to the section account – 12-3036-0789051-00. Entries cannot be processed without payment.

If you are keen to enter either the North or South Island Games, there is still a wee bit of time. Entries MUST be in by Wednesday evening, but earlier would be appreciated. All forms should be emailed to [pakrun@gmail.com](mailto:pakrun@gmail.com).

## 9. Pakuranga Athletic Club Monday Night 5Ks

Register in the clubrooms from 5.30 pm for a 6 pm start - \$3 for adults, \$1 for children. Times are recorded each week so you can track your progress, and the bar will be open after the run each week. Great spot prizes.

The course around Lloyd Elsmore Park has been designed to minimise the amount of road crossing; however, parents are still encouraged to run with their children to ensure they are safe. Everyone welcome – you don't need to be a registered club member.

## 10. Key Dates For Your Diary

<b>Saturday 28<sup>th</sup> November</b>	Dick Quax Memorial Meet (incorporating 2000m/3000m Auckland Champs for 10-14 year olds) – Pakuranga Athletic Club (2 years +)
<b>Saturday 5<sup>th</sup> December</b>	Athletics Auckland Junior Relays (Mt Smart) (7-14 years)
<b>Saturday 12<sup>th</sup> December</b>	Manurewa Athletic Club Ribbon Day (Jellicoe Park, Manurewa)
<b>Wednesday 16<sup>th</sup> December</b>	Christmas Fun Night for Tiny Tots and '5s and 6s' ( <i>final club night of the year for 2-6 year olds</i> )  (Regular points night for 7-14 year olds)
<b>Saturday 19<sup>th</sup> December</b>	'Mock Colgates' competition (Lloyd Elsmore Park) (TBC)
<b>Wednesday 23<sup>rd</sup> December</b>	'Open Equipment Shed' night for 7-14 year olds ( <i>final preparation for competitions being held over January</i> )
<b>Friday 8<sup>th</sup> – Sunday 10<sup>th</sup> January</b>	North Island Colgate Games – Inglewood (7-14 years)
<b>Friday 15<sup>th</sup> – Sunday 17<sup>th</sup> January</b>	South Island Colgate Games – Nelson (7-14 years)
<b>Wednesday 20<sup>th</sup> January</b>	First club night for 2021 (Non-points night)
<b>Saturday 30<sup>th</sup> January</b>	U16/U18 Interprovincials – Millennium Stadium  Massey Ribbon Day – Granville Drive, Massey
<b>Saturday 6<sup>th</sup>, Sunday 7<sup>th</sup> February</b>	Auckland Senior Track and Field Championship (13 years +)
<b>Sunday 14 February</b>	Pakuranga Junior Open Day – Lloyd Elsmore Park (2-14 years)
<b>Saturday 20<sup>th</sup>, Sunday 21<sup>st</sup> February</b>	Auckland Junior Track and Field Championship – Mt Smart (7-14 years)
<b>Saturday 27<sup>th</sup> February</b>	Counties-Manukau Junior Track and Field Championship – Papakura (7-14 years)
<b>Wednesday 3<sup>rd</sup> March</b>	First night of Club Champs (7-14 years)
<b>Saturday 13<sup>th</sup> March</b>	Top Ten – Lloyd Elsmore Park (7-14 years)
<b>Wednesday 24<sup>th</sup> March</b>	End-of-season fun night

## 11. Got A Question? Need To Know More?

If you have any questions about anything to do with athletics this season, please feel free to contact the Junior Track and Field Committee at [pakrun@gmail.com](mailto:pakrun@gmail.com).

*Junior Track and Field committee*

Many thanks to our supporters who have generously contributed to our section this season:

