



Pakuranga Athletic Club

Junior Track and Field 2021/22 Season • Newsletter Twelve (16 January 2022)

1. Happy New Year Everyone!

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. A warm welcome to the five new families who have joined us over the holiday break.

Colgate Games Review

It has been a busy two weekends for our section, with 45 of our 7-14 year olds competing in the Colgate Games (New Zealand's largest children's track and field competition).



At the North Island Colgate Games in Wellington:

- Our 10-14 year olds won a massive 20 individual medals, including nine golds
- Our 10-14 year olds also won five relay medals, including three golds
- Our 7-9 year olds won an impressive 30 pennants between them, including 14 1st place pennants
- Our athletes broke three club open records (Unaisi Cava in the 10G 200m; Morgan Day in the 11G 1200m racewalk, and the 10 Girls' 4x100m relay team of Skye Wilson, Unaisi Cava, Tia Korewha and Giselle Campbell), and one new club record was set (Richie Trathen in the 14B 2000m racewalk)
- Morgan's and the relay team's times are also (provisionally) new Auckland Resident records.

Then the following weekend, we had 15 athletes compete at the South Island Colgate Games in Invercargill:

- Our 10-14 year olds won an amazing 17 individual medals, including five golds
- Our 10-14 year olds also won one relay medal
- Alyssia, our sole 7-9 year old, won five pennants, all of them gold
- Our athletes broke two club records (Morgan again in the 11G 1200m racewalk and Imogen Barlow in the 13G 1500m)
- Both these records are also (provisionally) new Auckland Resident records. Imogen also set a new Auckland Resident record in the 13G 800m.



Whilst these results are amazing, what was more important were the number of PBs achieved, the great sportsmanship shown, the new friendships made, and the fun had by both the athletes and their families. Special thanks to the Gouws family for transporting all our gear to Wellington and getting our 'camp' set up, to Mike and Chris for being such awesome team managers, to Mike, Johan, Sarah-Amy and Doug for warming up our athletes and providing trackside advice and encouragement, and to Jo and Petro for capturing such amazing images of the Games. (Check out our Facebook page for lots more photos of both weekends).

Athletics New Zealand has announced that the North Island Colgate Games in January 2023 will be in Palmerston North, and the South Island Colgate Games will be in Timaru. It's never too early to start looking at flights and accommodation options.

Photos courtesy of Jo Smal, Petro Geldenhuys and the official Games photographer

Auckland Mile Championship

The Auckland Mile Championships were held on Saturday. Congratulations to Tia Korewha who won the Grade 10 Girls mile. Her time of 6:13.79 set a new club open record. Congratulations too to Hobie Matulis who came second in in the Grade 10 Boys race.

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

Our first club night for 2022 is Wednesday 19th of January – so THIS WEDNESDAY.

Tiny Tots



Our theme for the next fortnight is "Jobs People Do". We will be pretending to be builders, firefighters, cleaners and jungle explorers.

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.

'5s and 6s'

'5s and 6s' will be working on their long jumping skills (sand chaos!), and we'll continue learning about throwing the discus, this week practising with real discuses. And with school only a couple of weeks away now, we'll also be doing some counting practice. Races this week will be 60m and 100m.

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 (so races will have a mix of ages and genders). 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. Unfortunately, due to many committee members still being on holiday, we won't be able to provide track PBs on athletes on Wednesday; we'll work on these over the following week and provide PB cards the following week.

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

Points nights will re-commence from the 26th of January.

3. Club Nights at 'Orange'

We are really looking forward to running club nights at 'orange' from this Wednesday. At 'orange' there is no limit on the number of people who can attend, which means we don't have to keep athletes separate from parents, boys separate from girls or Tiny Tots separate from '5s and 6'. However, this is conditional on all attendees aged 12 years 3 months + being double-vaccinated – which means we still need to check vaccine passes before everyone (athletes, helpers and spectators) can enter the track area. **Passes will be checked at the gates prior to the start of each club night session.**

4. Got A Friend?

Registrations for Junior Track and Field remain open throughout the season. If you know someone who has recently moved into the area, or have a friend or neighbour looking to try something new this year, 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.

5. Age Groups for Second Half of Season

With 2022 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 2021 to the end of March 2022). They do not 'move up a group' when they have their birthday. This is the same for all clubs in New Zealand.



6. Training This Week

High Jump Coaching



Junior high jump coaching gets underway again this Wednesday with high jump coach, Steve Green. Sessions are free and open to all registered club members. In fairness to other athletes attending, please ensure that you attend the correct session based on your high jump PB:

- **Wed 19th Jan, 4.30 – 5 pm:** Athletes new to high jump
- **Wed 19th Jan, 5 - 5.45 pm:** Athletes with a PB of 1.20m or higher

7. Want More Than Just 'Club Nights'?

Athletics Auckland Children's Event

This Saturday (22nd January), Athletics Auckland has scheduled a junior event at Mt Smart. We understand that this will cater for athletes aged 5-12 years and will start at 9 am. As soon as we receive more information about the format and/or programme for the morning, we'll email it through to everyone.

McKinnon Shield Meets – Now Open to Grade 11s

McKinnon Shield Meets are held most Saturday afternoons at Mt Smart. Whilst these competitions are targeted at senior athletes, registered junior athletes from **Grade 11 and above** are also able to enter. The next McKinnon Shield Meet will be held on Saturday the 22nd of January. The provisional programme for the afternoon can be found via this link:

<https://athleticsauckland.co.nz/wp-content/uploads/2021/05/McKinnon-Shield-7-Draft-timetable.pdf>

Entries for the McKinnon Shield Meets need to be done online via Athletics Auckland's website. Entries close 11.59pm Wednesday 19th January. No late entries are accepted.

Auckland Senior Track and Field Championship – Entries Open

Entries are now open for the Auckland **SENIOR** track and field championship, which will be held on the 12th and 13th of February at Mt Smart. This competition includes events for Under 14 and Under 16 year olds – so **athletes in Grade 11 and above are eligible to compete**. The provisional programme can be found here - <https://athleticsauckland.co.nz/wp-content/uploads/2022/01/AAI-2022-TF-Champs-Draft-Programme.pdf>.

In addition, the Auckland Senior 3000m Champs will be held on Friday the 11th of February -

7.00pm – U14 Women, U16 Women, Masters Women & Para Women

7.20pm – U14 Men, U16 Men and Para Men

7.40pm – U18 Women, U20 Women, Open Women

8.00pm – U18 Men

8.20pm – U20 Men, Open Men, Masters Men

Entries for all events on the 11th – 13th of February can be done online via this link: <https://aai2022seniortfchamps.eventdesq.com/>

Note that entries close at midnight **Saturday 29th January 2022**. No late entries will be accepted under any circumstances.

The format of the **Auckland JUNIOR Track and Field Championship** is still to be confirmed. We will provide more details as soon as we receive them from Athletics Auckland.

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



Photo of 2021 Pakuranga Open Day, courtesy of Jo Smal

The Pakuranga Junior Open Day is on **Sunday the 6th 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. Ribbons are awarded for all events (including for Tiny Tots and '5s and 6s'), and there are great spot prizes. It is also an important fundraiser for our section through the sale of food and drinks.

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.

9. Key Dates For Your Diary

Monday 17th January	Summer Aspire Academy for 10-11 Year Olds – Mt Smart Stadium
Tuesday 18th, Wednesday 19th Jan	Summer Aspire Academy for 12-17 Year Olds – Mt Smart Stadium
Wednesday 19th January	FIRST CLUB NIGHT OF 2022 2-6 year olds at 4.45 pm 7 years + at 5.45 pm
Saturday 22nd January	Children's event (5-12 year olds) – Mt Smart Stadium (9 am start) McKinnon Shield Meet #7 – Mt Smart Stadium (2-5 pm)
Saturday 29th January	Children's event (5-12 year olds) – Mt Smart Stadium (9 am start)
Saturday 5th February	McKinnon Shield Meet #8 – Mt Smart Stadium (12-4 pm)
Sunday 6th February	Pakuranga Open Day – incorporating Counties Manukau 1500m Champs
Friday 11th – Sunday 13th February	Auckland Senior Track and Field Championships (including U14 and U16 grades)
Saturday 26th February	Counties Manukau Champs (7 years +) – Massey Park, Papakura

10. 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