



## **Pakuranga Athletic Club**

Junior Track and Field 2022/23 Season • Newsletter Twenty-Four (26 March 2023)

### **1. Records Records Everywhere!**

We had another three records broken at our final night of Club Champs last Wednesday. Congratulations to:

- Leo Green – 10 Boys 800m. A new time of 2:27.20 (*breaking the previous record of 2:27.22*)
- Calvin Harris-Tavita – 13 Boys shotput. A new distance of 12.31m (*breaking the previous record of 11.60m*)
- Imogen Barlow – 14 Girls 800m. A new time of 2:18.22 mins (*breaking the previous record of 2:24.69*)

And this morning in the one-mile events as part of the McKinnon Shield Meet:

- Leo Green broke the Auckland (and club open) record in the 10 Boys mile, with a new time of 5:22.49
- Morgan Day broke the Auckland (and club open) record in the 12 Girls mile, with a new time of 5:35.53
- Imogen Barlow broke the Auckland (and club open) record in the 14 Girls mile, with a new time of 5:03.46

Then Morgan came back on the track less than 30 minutes later and broke the 12 Girls mile racewalk with a new time of 9:27.00. An awesome effort Morgan!

And congratulations to our '5s and 6s' Club Champs winners from last Wednesday:

<b>5 Girls</b>	200m: Emily Yang	Discus: Olivia Davies
<b>5 Boys</b>	200m: Leo Thornton	Long jump: Maz Manson
<b>6 Girls</b>	200m: Rylee Pundol	Discus: Rylee Pundol
<b>6 Boys</b>	200m: Vito Feng	Shotput: Vito Feng

### **2. Counties-Manukau A Close Second**



Our 12-13 year old Counties-Manukau representatives had a fabulous day of competition at the new-look Interprovincials competition at Papakura on Saturday. Whilst the Auckland team just pipped Counties Manukau for the title it was great to see so many athletes pushing them hard and coming away with PBs. Special thanks to Louisa and Lincoln who officiated on Saturday and to all the Pakuranga parents who helped out during the day.

Keep an ear and eye out for further developments in the interprovincial programme next season.

### **3. What's On This Wednesday?**

**This Wednesday is our last club night for the 2022/23 season.** It's traditionally a fun night – and the committee have decided to use the profits from the tuck shop at our Ribbon Day last weekend to pay for a bouncy castle (for our Tiny Tots) and the bouncy obstacle course (for athletes 5 years +). These will be incorporated into the club night programme so everyone will get a chance to use them.



## 7. What About Prizegiving?

### Tiny Tots and '5s and 6s'



Prizegiving for our 2-6 year olds will be on **Wednesday the 5<sup>th</sup> of April at 4.45 pm.**

Weather-permitting, the plan is that the children (and parents 😊) will do some running first then we will meet together in grade groups on the home straight. **All athletes** will receive a participation trophy, and everyone will have the chance to stand on the podium with their grade for a team photo. There will also be merit and sportsmanship awards for our 5 and 6 year olds. The prizegiving will also be an opportunity to say a huge thank you to all our fabulous grade managers and activity leaders who have helped us throughout the season. We'd love you to join us if you can.

### Juniors



Prizegiving for Juniors will be held on **Tuesday 25<sup>th</sup> of April (ANZAC Day)**, in the clubrooms (the building above the 200m start line). Prizegiving for 7-9 year olds will start at 2 pm. Prizegiving for 10-14 year olds will immediately follow the section AGM at 3 pm. The bar will be open and we will be running the BBQ. All athletes are encouraged to attend as everyone receives a participation trophy.

## 8. The Junior Track and Field Committee Wants YOU!

With at least one member of our fantastic committee standing down at the end of the season, we are on the look-out for new members of our team. At the AGM in April, we will be calling for new committee members. Please think seriously about whether you can offer your time and expertise to our section. The committee meets once a month throughout the year, helps set up and pack equipment away on club nights and provides a range of support services to the section including running the BBQ, organising registrations for outside events, and fundraising. Joining the committee is a great way to learn more about how athletics within the club, within Auckland and within New Zealand works. If you have a passion for making track and field at Pakuranga fantastic – or if you have seen the committee jackets and really want one – please put your name forward. If you know of someone in the section who you think would be great on the committee, please encourage them to join us. Contact [pakrun@gmail.com](mailto:pakrun@gmail.com) for a nomination form or for more information.

## 9. Have We Heard From You Yet?



A huge thank you to the 94 families who have already completed our end-of-season survey and provided feedback on the season. The committee takes the survey results very seriously and uses these to make improvements for next season.

If you haven't already, please take some time to thoughtfully complete the survey – to tell us what things you and your athlete have enjoyed this season, what things you think we could improve on, and what new things you would like to see us try.

It is very important that we receive feedback from ALL members of the section, including those who may not have attended that often, who may have only joined us in the second half of the season or who are unlikely to return in 2023/24 for whatever reason. We especially want to hear from our Tiny Tot and '5s and 6s' families. Everyone's feedback is important.

The survey only takes 5-10 minutes, can be completed on your phone, and three lucky respondents will receive a \$30 Rebel Sport voucher to thank them for their contribution.

If you haven't received a survey invitation – or you have deleted it by mistake – please contact Vienna at One Picture Group ([viannah@gravitasopg.co.nz](mailto:viannah@gravitasopg.co.nz)) to arrange a new link to be sent.

## 10. Keep On Running!



*Photos courtesy of Petro Geldenhuys. For more photos of the cross country Open Day, check out the club's Facebook page*

It was fabulous to see so many of our Junior Track and Field athletes giving cross-country a go on Saturday afternoon. Well done to everyone who came along. There will be another run from the clubrooms again this Saturday and everyone is invited. No need to pre-register. Just sign in at the clubrooms from 2 pm, ready to run at 2.30 pm. There is a range of distances, and lots of older junior athletes on hand to guide and encourage the younger athletes around the course.

We can think of at least five great reasons to join the cross country and road section:

1. Runs take place on Saturday afternoons – so they don't get in the way of other winter sports.
2. Our annual fees are great value for money. \$191 (7-14 year olds; \$98 for 2-6 year olds) covers both cross country AND track and field next summer.
3. You already have a club uniform – and you might already have spikes too! Too easy!
4. You will do super-well in your school cross-country and will be really fit for the start of the track and field season.
5. Cross Country and Road have hot chips and yummy hot dogs! (and the bar is open for the mums and dads).

Mums and dads – you can run too! Come along for a run/jog with older athletes on Saturday the 2<sup>nd</sup> of April from 3 pm. All abilities welcome.

If you would like to find out more about cross country and road, email [pakxcr@gmail.com](mailto:pakxcr@gmail.com) or speak to a committee member on club nights and we can point you in the right direction.

## 11. Sending Very Best Wishes ...

... to all our Grade 13 and 14 athletes competing for Auckland or Counties-Manukau at the North Island Secondary Schools Track and Field Champs in Palmerston North next weekend. Go hard everyone – and have fun. Hopefully we'll have some great results to publish in next week's newsletter.

## 12. Key Dates For Your Diary

<b>Wednesday 29<sup>th</sup> March</b>	Final club night of the season
<b>Saturday 1<sup>st</sup> April</b>	Pakuranga Athletic Club Cross Country Open Day (2 pm start)
<b>Wednesday 5<sup>th</sup> April</b>	Tiny Tots/5s and 6s prize giving afternoon
<b>Tuesday 25<sup>th</sup> April</b>	Junior prize giving and AGM (2pm/3pm)

## 13. Put Us In Your Diary

Junior Track and Field starts again in October. Our first club night will be **Wednesday the 11<sup>th</sup> of October**, the first week of Term 4. Keep an eye out for newsletters from early September that will let you know when summer registrations open and pre-season training begins.

**Remember to tell all your family and friends about us - survey results show that word-of-mouth from existing members continues to be our best form of advertising!**

### OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

www.a-printable-calendar.com

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

If you have any questions at all about junior track and field, please feel free to contact the Junior Track and Field Committee at [pakrun@gmail.com](mailto:pakrun@gmail.com). We are here to help.

*Junior Track and Field committee*

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

