



## **Pakuranga Athletic Club**

Junior Track and Field 2018/19 Season • Newsletter Twenty Four (31 March '19)

### 1. Thanks For Coming!



Thank you to all our families who came to help celebrate the end of the season at prize-giving this afternoon. It was great to be able to celebrate our athletes' and our section's successes this season. Congratulations to Sharlene Korewha and Amanda Winter who was elected to the Junior Track and Field committee – welcome Sharlene and Amanda ☺.

Many thanks to Jo our photographer. We will get the photos uploaded as soon as possible, most likely onto our Facebook page.

### Oh No, Missed Prizegiving?

If you couldn't make it to prize-giving today, trophies, certificates etc. will be available from the clubrooms on the following days:

- **Wednesday 3<sup>rd</sup> of April between 5.30 and 8.30 pm.** (At the tables nearest the kitchen)
- **Saturday 6<sup>th</sup> April between 2 and 4 pm.** (At the tables near the bar)

Participation trophies will be available on a 'first come, first served' basis. If you can't make these days/times, please contact [pakrun@gmail.com](mailto:pakrun@gmail.com) to make alternative arrangements.



*Photos courtesy of Jo Smal*

## 2. The Records Roll On and On ...

On our final night of Club Champs for our athletes 12 years +, a further three records were broken. Congratulations to:

- Marielle Venida                      13 Girls 200m  
*(26.19s, beating the previous record of 26.81s set in 2017)*
- Marolene Basson                      14 Girls 80m hurdles  
*(13.28s, beating the previous record of 13.37s set in 2018)*
- Avansh Kumar                          14 Boys 200m  
*(24.22s, beating the previous record of 24.27s set in 2017)*

That brings the total number of Club Champs records broken this season to 15 – an amazing result! The updated list of club records can be found on our website.

## 3. What You Told Us

Many thanks to the 133 member families who took the time to provide feedback on the season via our end-of-season survey. We are really proud of (most of) the results:

- 100% of Junior families agree that the section encouraged attendance at athletic events outside the club;
- 100% of families agree that the club provides good quality facilities and equipment;
- 98% agree that they have taken part in programmes that are fun and encourage participation and enjoyment of athletics;
- 98% agree they have received good value from membership fees;
- 97% agree that the committee has been available, approachable and supportive of the section; and
- 91% agree that athletes have learned new skills and improved their performance. *(This is a disappointing result for the committee. We felt the section provided a lot more coaching opportunities this season than we have in the past but ratings have actually gone down. Something for us to consider over winter).*

Overall, 98% of families rated the season as at least okay (exactly the same as last season), including 66% who described the season as very good. All suggestions for improvement will be considered by the new Junior Track and Field committee over the next few months.

Congratulations to Petro, Claudia and Maree, our (randomly-selected) winners of the \$30 Rebel Sport vouchers.

If you missed the survey but still want to provide feedback, this can be emailed to [pakrun@gmail.com](mailto:pakrun@gmail.com).

## 4. Say 'Cheese'

A final reminder about our team photos on **Wednesday the 3<sup>rd</sup> of April**. The schedule is as follows:

- 6.00 pm                      Top Ten team                      *Please wear full club uniform*
- 6.15 pm                      Trans-Tasman team                *Please wear Trans-Tasman uniform (singlets and shorts)*
- 6.20 pm                      12/13 IP team                      *Counties Manukau uniform will be provided*
- 6.30 pm                      14-17 IP team                      *Counties Manukau uniform will be provided*

Please be at the clubrooms in your uniform **at least 10 minutes before your scheduled time**. If you can't make the photos, please email [pakrun@gmail.com](mailto:pakrun@gmail.com) so we know not to wait for you. Orders and payments for photos will be taken on the night.

## 5. The Season Is Still Going For Some

While most of our athletes are now winding down from athletics and focusing on winter sports, some of our 12 and 13 year olds are still training hard. Well done to those athletes who took part in the Athletics Auckland Senior Meet at Mt Smart on Saturday, including James who competed in his first-ever steeplechase.



*Photos courtesy of Jo Smal*

Alice, Anjalee, Anneliese, Antonie, Ben, Finlay, Immanuel, James, Jaymie, Katherine, Liam, Marielle, Olivia, Shayla and Zach will be representing Counties-Manukau in the 12/13 Years Interprovincial competition being held in Christchurch over Easter. We wish you all the very best for your training over the next few weeks and for the competition on the 20<sup>th</sup> and 21<sup>st</sup> of April. We know you will do yourself, your club and your province proud.

## 6. Don't Stop Running!

Just because Junior Track and Field has now finished for the season, that's no excuse to stop running!

The Junior Cross-Country and Road season is underway **AND ONLINE REGISTRATIONS ARE NOW OPEN**. The next club-based run will be **Saturday the 6<sup>th</sup> of April**. Meet at the clubrooms at 2.00 pm to sign in; the run starts at 2.30 pm. Children aged 5 - 17 years of all abilities are encouraged to come along on the 6<sup>th</sup> to have a go. (All new members are able to have a two week free trial before signing up). This is a great way to build fitness and stamina over the winter as well as keeping in touch with friends you have made during the track and field season. Please contact [jxcrsecretary@gmail.com](mailto:jxcrsecretary@gmail.com) if you have any questions.

### And Something For The Mums and Dads

The club would love to see more mums and dads out running with the club. Each Saturday afternoon, mums and dads (and friends, neighbours, work colleagues ...) are invited to join the Senior Cross-Country and Road section for a Saturday afternoon run. A range of distances are available – 3k, 5k, 8k and 10k. You don't need to be a registered club member – just pay \$5 each Saturday when you arrive. Runs start at 3 pm from the clubrooms – so you can see your child run at 2.30 pm, set them up with some hot chips and a drink and have a run. Hot showers and cold drinks available when you get back.



## 7. Put Us In Your Diary

Junior Track and Field starts again in October. Our first club night will most likely be Wednesday the 16<sup>th</sup> of October. This is the first week of Term 4. Keep an eye out for newsletters from early September that will let you know when junior track and field 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 is our best form of advertising!**

2019 OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		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		

## 8. Looking For New Sunglasses?

One of our section families has connections with VBike (<https://vbike.co.nz/>) and has very generously offered section members discounts off sunglasses - 10% off Oakley sunglasses and 15% off Rudy Project sunglasses. You can check out their range on their website, but you can also contact Grant directly if there is something in particular you are after that you can't see on the site. For all enquiries, please contact Grant Borrill directly – 027 6011527 or [grant@vbike.co.nz](mailto:grant@vbike.co.nz).

## 9. Thank You So Much!

Finally, thank you all for your (very) positive feedback on our weekly newsletter. 99% of families said that they were kept up to date regarding upcoming events and activities. It is great to hear that the newsletters have been so well read and everyone found them interesting and useful.

Have a great winter everyone. We'll see you back in October 😊.

*Junior Track and Field committee*

The committee would like to thank the following organisations for their support of our section this season.

**gravitas**

Gravitas Research and Strategy Limited  
L12, Wellesley Centre, 44-52 Wellesley St, Auckland  
PO Box 3802, Shortland St, Auckland  
tel. 09 356 8842, fax. 09 356 5767  
e-mail. [info@gravitas.co.nz](mailto:info@gravitas.co.nz)



North & South Trust



**Howick Local Board**  
Auckland Council



**WET & FORGET.**

**KENNARDS**  
HIRE