



Junior Track and Field 2019/20 Season • Newsletter Twenty One (8 March 2020)

1. Pentathlon Success



Team Pakuranga had 34 athletes take part in the Auckland Junior Pentathlon on Saturday (by far the most of any club in Auckland), with 7 coming away with medals – a fantastic result. Highlight was the total domination of the podium by our 12 Boys – with Haowen Xie winning gold, Daniel Mullens winning silver and Timothy Wallace winning bronze – and Isaac Smith finishing 4th. Congratulations too to our other winners:

- 7 Girls Tamia Tevita-falesiu (2nd)
- 8 Girls Giselle Campbell (2nd)
- 10 Boys Jai Pirini (2nd)
- 13 Boys James Trathen (1st)

And to top off a great day of athletes, Jai's shotput throw of 10.90m broke his own Club Open record.

Well done to everyone who took part on Saturday, no matter where you finished – and many thanks to Lou who collated the results and to all the parents who took their turn helping out on long jump. Very special thanks to the parents helping out in Block 2 who got soaked when the irrigation system turned itself on, directly under the recording table! Very amusing – and the boys loved splashing in the puddles.

Photos courtesy of Bonnie Campbell and Tania Boyer

National Championship Success



The New Zealand Track and Field Championships were held in Christchurch over the weekend, and we are excited and proud to announce that Marielle Venida from our section won bronze medals in both the WU18 100m and 200m, and her Auckland team won gold in the WU18 4x100m relay. These results are fantastic in themselves, but especially amazing as Marielle is only 14 – competing in the U18 grade. Congratulations Marielle. Our section is super-proud of your achievements.

Photo courtesy of Jasper Venida

2. Great Start To Club Champs

Club Champs for our 5-14-year olds got underway last Wednesday. Congratulations to all our medal winners and to those athletes who busted their PBs. Special congratulations to the six athletes who broke club records:

- Laith Jacob 9 Boys high jump
(1.33m, beating the previous record of 1.32m set in 1997)
- Imogen Barlow 11 Girls 1500m
(5.05:53, beating the previous record of 5.17.00 set in 1982)
- Anneke van Heerden (pictured) 12 Girls shotput
(10.76m, beating the previous record of 10.24m set in 2010)
- James Trathen 13 Boys 1500m
(4:37:41, beating the previous record of 4.38.75 set in 2017)
- Marielle Venida 14 Girls 100m
(12.06, beating the previous record of 12.70 set in 2012)
- Jaymie Little 14 Boys 100m
(11.36, beating the previous record of 11.56 set in 2012)



Photo courtesy of Trudy van Heerden

Congratulations too to our '5s and 6s' Club Champs winners last week:

- **5 Girls** 60m: Alyssia Vaili Shotput: Alyssia Vaili
- **5 Boys** 60m: Albie Lightfoot Discus: Tevin Tavita-falesiu
- **6 Girls** 60m: Naomi Wang Shotput: Tilly Patten
- **6 Boys** 60m: Lukas Necas Long jump: Lukas Necas

And hopefully everyone noticed our awesome new podium on Wednesday. This has been made and very generously donated to the club by the Campbell family (Giselle is in our 8 Girls grade). It looked fantastic in everyone's photos!

3. What's On Wednesday?

Tiny Tots

This week we will continue with the activities we started last week – so we will be having fun with the hula hoops, we will be racing for treasure under the parachute, and we will be trying to steal our neighbours' rubber chickens in a crazy game of Rob the Nest. And we have our mega super-duper balancing obstacle course which has grown again – this week we will have four balance beams to walk across!

We will also be running the 60m Tiny Tots Club Champs on the track this week. All Tiny Tots will run in the heats, with the top 2-4 in each heat given the opportunity to run in a final for their age group. Ribbons will be awarded for 1st, 2nd and 3rd place in the final. We will still have the fun run in each block, so everyone will get to run at least two races. More information will be provided on Wednesday. Don't forget that you must be wearing your club t-shirt to be eligible for a ribbon. If you still have your age patch, please remember to wear it.

'5s and 6s'

This week's track event is the 100m. For grades with more than 9 athletes we will run heats first then the children who make the final (come 1st, 2nd, 3rd or 4th in their heat) will return to run the final. This week's field events will be:

- 5 Girls – long jump
- 5 Boys – shot put
- 6 Girls – long jump
- 6 Boys - discus

Running a competitive event is a lot of work for our grade managers. Please support them during Club Champs by helping with measuring, returning discuses/shots, raking the long jump pit or just helping keep the children in line. Remember, many hands make light work – and also many hands mean we can all finish on time 😊.

Also remember that Club Champs is not the Olympic Games! Please cheer on all performances.

Juniors (7-14 Years)

Our Club Champs programme for this week will be as follows:

Wednesday 11th March

	7 G+B	8 G+B	9 G+B	10 G+B	11 G+B	12 G+B	13+ G+B
1	High jump	Shotput	Long jump	800m	800m	800m	800m
2	200m	200m	200m	Shotput	Discus	Long jump	High jump
3	Shotput	High jump	Discus	200m	200m	200m	200m

A few reminders:

- Athletes must be wearing correct club uniform to receive a medal and to break a club record. This includes club singlet (new style only) and black or navy-blue shorts (or leggings for girls). This is a club-wide rule. (Singlets will be available for sale at the BBQ.)
- Medals can only be awarded to athletes who have attended a minimum of three club nights during the 2019/20 season. (Those athletes who are not eligible will be highlighted on the grade sheets.)

It was great to see more parents during club night last Wednesday. Grade managers appreciate your support and the children love having you there to watch and cheer them on. We ask all parents to make an effort to be at the track during Club Champs, to support their athletes, and to help run the events - marking, returning discuses and shots, raking the long jump pit, manning the high jump bar, recording results – there is a lot to be done. If you are asked to help, please do so with a smile.

Special note regarding Club Champs on Wednesday 25th of March

Discus for 12 Girls/Boys and shotput for 13+ Girls/Boys will be done on **Wednesday 25th of March**. However, we realise that this clashes with the Auckland Secondary Schools Athletics Champs. Therefore, these field events will be done at **7 pm** on the 25th of March. This should allow athletes time to complete their events at Mt Smart and get back to the track in time to compete in the final field block.

Coronavirus and Our Club Champs Medals

The committee would like to apologise for the lack of gold medals at Club Champs last week (and most likely silver and bronze medals from next week on). Our medals for Club Champs (and prizegiving) were ordered two months ago but, thanks to the Coronavirus, are still in a warehouse somewhere in China. Fortunately, we still have a couple that we can use for podium photos. If you win a gold medal, please make sure this is recorded on the list at the BBQ. We will make sure all winners receive their medals as soon as they arrive.

4. Training Opportunities This Week



High Jump Coaching with Steve Green

When: Every Monday until the end of the season

Time: 4 pm start for those with a PB of 1.10 m or lower
4.40 pm start for those with a PB of higher than 1.10m

Who: All registered athletes 7 years +, especially those competing in high jump at Top Ten
Parents of athletes attending are expected to help set up and pack away the high jump mats.



Long Jump Coaching with Matthew Aucamp

When: Tuesday

Time: 5.30 pm start

Who: All registered athletes 7 years +, especially those competing in long jump at Top Ten



Throws Coaching with Doug Pirini

When: Sundays

Time: 1.30 – 3 pm

Who: All registered athletes 7 years +

Events covered: Discus, shotput and javelin

5. Limited Edition Pakuranga Athletic Club Drink Bottles For Sale

We have a limited number of Pakuranga Athletic Club-branded drink bottles available for sale at the BBQ for \$10 each. These stylish sipper bottles are a great way to show team pride at outside events and are a much more environmentally-friendly and cost-effective option than disposable plastic water bottles. Cash or EFTPOS accepted.

6. Giving Back To The Section

Our BBQ and tuck shop are open each club night (by the equipment shed). Sausages, cold drinks, lollies, chips and juices are for sale each club night. 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 2-3 parents from **12 Girls and 12 Boys** 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 programme. If you are approached and asked to help out, please do so with a smile.

7. Say “Cheese”

Every year the section arranges for photos to be taken of our representative teams. This year’s photo evening will be on **Wednesday the 1st 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 so we know not to wait for you. Orders and payments for photos will be taken on the night.



8. Fancy a Free Polo Shirt?

Unfortunately, at least two of our fantastic committee members will be standing down at the end of the season. At the AGM on Sunday the 29th of March we will be calling for new committee members to join our team. 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. You definitely don't have to be an expert athlete yourself. We are looking for parents with enthusiasm and a passion for making track and field at Pakuranga fantastic.

If you are interested in joining the committee or would like to find out more about what is involved, please speak to a current committee member or email pakrun@gmail.com. In particular we would love to have greater representation from our Tiny Tots and '5s and 6s' sections.

All committee members get a free polo shirt 😊.

9. Help Us Celebrate An Awesome Season



The Junior Track and Field prize giving has been confirmed for **Sunday the 29th of March at the Pakuranga Rugby Clubrooms** (off Bell Road). The Tiny Tots and '5s and 6s' prize giving will start at 2 pm and the section AGM and Junior (7-14 years) prize giving will start at 3 pm.

We encourage all athletes and their families to attend as all registered members will receive a trophy in recognition of their participation and contribution to the section. Even if you have missed a few club nights, you are still able to join us for prize-giving and receive a participation trophy. The bar and BBQ will be open. Please come along and help us celebrate what has been a great season for our section.



Photos from last year's prizegiving, courtesy of Jo Smal

10. The End Of The Season Is No Excuse To Stop Running!

Whilst there is still a few weeks of the track and field to go, we are starting to get enquiries about 'what's next?' Pakuranga Athletic Club has an awesome Junior Cross Country and Road section that runs through the winter (from mid-March to the end of September). This section caters for athletes aged 4 to 17 years **of all abilities**. Running events are generally held on Saturday afternoons, either at the club or at a range of locations around Auckland. There are also mid-week training sessions available for those who are keen.



The Junior Cross Country and Road section are holding two Open Days – on the **21st and 28th of March** – for families to find out more about what the section has to offer. These are free to attend. Mark these dates in your diary now. If you would like to find out more about cross country and road, email jxcr@pakurangaathletics.nz or speak to a committee member on club nights and we can point you in the right direction.

11. Best of Luck ...

... to our Top Ten team who will be competing for club honours on Saturday. We are super excited that the event venue has changed and we will now have home-track advantage with Pakuranga hosting the event for the first time. An information email will be sent to all competing athletes shortly.

12. Key Dates For Your Diary

Saturday 14th March	Top Ten Challenge – Pakuranga (7-14 years)
Saturday 21st March	Pakuranga Athletic Club Junior Cross Country and Road Open Day (1)
Wednesday 25th March	Final club night for 2019/20 season
Saturday 28th March	Pakuranga Athletic Club Junior Cross Country and Road Open Day (2)
Sunday 29th March	Junior Track and Field prizegiving – Pakuranga Rugby Clubrooms
Wednesday 1st April	Team photo evening (for Top Ten, Trans-Tasman and IP teams)
Saturday 11th, Sunday 12th April	12/13 Years Interprovincials Competition – Kings College
Wednesday 14th October	First club night for the 2020/21 season!

13. Got A Question? Need to Know More?

If you have any questions about any aspect of the Junior Track and Field section or season, please feel free to contact the Junior Track and Field Committee at pakrun@gmail.com.

Many thanks to our supporters who so generously support our section

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