



Junior Track and Field 2020/21 Season • Newsletter Twenty Six (4 April '21)

1. 12/13 Years Interprovincials Update



On Friday Ana, Ben, Christian, Christofell, Cole, Daniel B, Daniel M, Denika, Finn, Imogen, Jayde, Liam, Mia, Noah, Oliver and Yandri travelled to Palmerston North as part of the Counties-Manukau 12/13 Years Interprovincial Team. The 12/13 IPs is one of the most competitive meetings of the season, attracting the best 12 and 13 year olds from around New Zealand; just being selected for the team is a real achievement. Special congratulations to two athletes from our club who placed in their events:

- Imogen Barlow 1st: 12 Girls 1500m 4:46.15
This is a new Auckland Resident and Club Open record
- Imogen Barlow 2nd, 12 Girls 800m 2:22.35
This is a new Club Open record
- Daniel Barrack 1st: 12 Boys 80m hurdles 12:73

The Counties-Manukau team finished 5th overall.

Many thanks to Lincoln (team manager) and Johan (team coach) who travelled with the team, and to all the parents who made the trek down to Palmerston North to support our athletes. Safe travels home everyone 😊

2. Club Champs Update

Our 10-14 year olds had their final night of Club Champs last Wednesday. Congratulations to our new record-holders:

- Morgan Day 10 Girls 1200m racewalk
(7:16.00, beating the previous record of 7.47.50 set in 2020)
- Miliana Koro-Broughton 10 Girls shotput
(9.37m, beating the previous record of 8.06m set in 2016)
- Anne-Theresa Napara 11 Girls high jump
(1.40m, beating the previous record of 1.39m set in 2010)
- Christofell Greyling 13 Boys 80m hurdles
(11.82, beating the previous record of 12.40 set in 2017)

- Katelyn Quay-Chin 14 Girls 80m hurdles
(11.66, beating the previous record of 12.80 set in 2020)

And the following athletes set records in events which were held for the first time as part of our Club Champs:

- Harrison Day 11 Boys 1200m racewalk 6:40.94
- Yandri Fourie 12 Girls 1200m racewalk 7:05.91
- Richie Trathen 13 Boys 1600m racewalk 8:23.97
- James Trathen 14 Boys 2000m racewalk 12:32.18 (+ very sore knees and a new respect for his brother!)

Many thanks to Rodney, Marilyn and Sarah-Amy from Racewalking Auckland and Errol from our club for officiating the racewalking (and apologies to Rodney who was very late for his dinner date as we hadn't expected to have so many races!). They were super-impressed to see so many athletes giving racewalking a go.

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

- **5 Girls** 60m: Amelia Davies Long jump: Millie Yeoman
- **5 Boys** 60m: Max Dorrington Shotput: Max Dorrington
- **6 Girls** 60m: Alyssia Vaili Long jump: Alyssia Vaili
- **6 Boys** 60m: Matthew Xu Discus: Tevin Tavita-falesiu

3. Oh No, Missed Prizegiving?

If you couldn't make it to prizegiving last Sunday but would like a participation trophy, these can be collected from the clubrooms this Wednesday (7th of April) between 7 and 8.30 pm. (The clubrooms are the building above the 200m start line at the track). All club members including Tiny Tots and '5s and 6s' are eligible for a participation trophy. If you can't make it on the 7th, please email pakrun@gmail.com to make other arrangements to collect your trophy.

4. What You Told Us

Many thanks to the 104 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;
- 99% of families agree that the club provides good quality facilities and equipment;
- 99% agree that they have taken part in programmes that are fun and encourage participation and enjoyment of athletics;
- 97% agree they have received good value from membership fees;
- 97% agree that the committee has been available, approachable and supportive of the section; and
- 95% agree that athletes have learned new skills and improved their performance.

Overall, 100% of families rated the season as at least okay – which is great. However, only 46% described the season as *very good* this year compared with 67% last year. Quite a number of suggestions for improvement were for things that the section already offers – such as coaching on club nights and additional coaching in field events. We obviously need to do a better job of communicating these opportunities. All suggestions for improvement will be considered by the new Junior Track and Field committee over the next few months.

Congratulations to Iri, Nia and Maria, our (randomly-selected) winners of the \$30 Rebel Sport vouchers.

If you missed the survey but still want to provide feedback on the season, this can be emailed to pakrun@gmail.com.

5. Say 'Cheese'

The club's photo day is on **Wednesday the 14th of April**. The schedule is as follows:

- 6.00 pm 12/13 IP team *Counties Manukau uniform will be provided*
- 6.10 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.

6. Still One More Event To Go

The final event of the track and field season for our athletes is the North Island Secondary Schools athletics competition in Hamilton on the 10th and 11th of April. Best wishes to all of our 13 and 14 year olds attending this competition.

7. Don't Stop Running!

Just because summer's over, there's no excuse to stop running! The club's Junior Cross Country and Road section is now underway. We can think of at least five great reasons to join Junior Cross Country and Road over winter:

1. Runs take place on Saturday afternoons – so they don't get in the way of other winter sports.
2. Our new annual fees are great value for money. \$185 (7-14 year olds; \$90 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. Junior Cross Country and Road have hot chips! (and the bar is open for the mums and dads).



Pakuranga Athletic Club

Invitational Junior Cross Country: Saturday 10 April

All Welcome—Free Entry

Come and join us and run our GP style course in the beautiful Lloyd Elsmore Park

Distances for all ages U7—U18/20



Dust off those shoes, get ready It's cross country time!
BBQ /sausage sizzle, Clubhouse and bar open for all to enjoy.

Registration on the day from 1-30PM

First junior race at 2-30PM, U18/20 at 3pm

For more information contact
jxcr@pakurangaathletics.nz or
r.oxford@totalcnc.co.nz

Next Saturday (10th April) is the Pakuranga Invitational. Children from all over Auckland have been invited to come and run our cross-country course – and all our track and field families are welcome to come along too. You don't need to be registered; just turn up between 1.30 and 2 pm, sign in at the clubrooms and join in the fun. JXCR committee members will be on hand to answer your questions.

8. Put Us In Your Diary

Junior Track and Field starts again in October. Our first club night will most likely be Wednesday the 20th 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 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 is our best form of advertising!

OCTOBER 2021						
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						

9. And finally ...

Finally, thank you all for your (very) positive feedback on our weekly newsletters. 100% of families said that they were kept up to date regarding upcoming events and activities – and one member said that the newsletter is their favourite thing about the club! 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

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

