

Pakuranga Athletic Club

Junior Cross Country and Road Information Booklet 2019



Saturday Afternoons 2:00pm

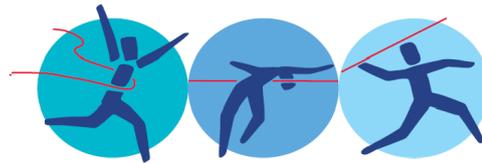
March to October

All children aged 4 – 17 welcome

Clubrooms at Lloyd Elsmore Park

Entrance 36/38 Cascades Road, Pakuranga

Contact: JXCR@pakurangaathletics.nz



Pakuranga Athletic Club

Junior Cross Country and Road Committee

Chairperson:

Secretary:

Treasurer:

Auckland Athletics Delegate:

Committee Member:

Committee Member:

Committee Member:

Committee Member:

Committee Member:

Committee Member:

Rose Lampen - Smith

Sarah-Jane Faulkner

Nigel Low

Lisa Hohneck

Marleen Cleyndert

Rebecca Findlay

Robert Rickerby

Jo Roberts

Rachel Liggett

Petro Geldenhuis

What is Cross Country?

Cross Country simply means running that is done on grass courses/fields and hopefully some mud to make it more fun!

The Cross Country season runs from March to August.



What is Road Run?

Road is run on street / hard surface courses and the Road Run season runs from August to October.



What Distance will my child run?

Ages, Grades and Distances based on age as at 31 st December 2019			
		Distance (approximate)	
Grade	Age	Cross Country	Road
Boys/Girls Under 7	4,5,6	1000m	1000m
Boys/Girls Under 8	7	1700m	2000m
Boys/Girls Under 10	8,9	1700m	2000m
Boys/Girls Under 12	10,11	2300m	2500m
Boys/Girls Under 14	12,13	3000m	3000m
Boys/Girls Under 16	14,15	4000m	4000m
Women Under 18	16,17	5000m	5000m
Men Under 18	16,17	6000m	6000m

Please note that age groups are assigned based on the athlete's age on the 31st December in the year of competition. e.g. If a runner turns 12yrs old in September 2019, they will be in the U14's

Uniform

Pakuranga Athletic Club uniform is required for all events.

Club uniform is the **club singlet** (old or new style) and **black or navy shorts or leggings**. In colder weather athletes may wear a white or black top underneath their singlet.



Other items such as hoodies are available.

Uniforms can be purchased from the Club on Saturdays by cash or Eftpos.

For Grand Prix Events it is a requirement to wear the correct Club uniform with your 'PK' number attached to your singlet and transponder attached to foot/shoe.

Frequently Asked Questions

What footwear is suitable for x-country and road?

Children can run in shoes or bare feet. Shoes are recommended for all road races. Running 'spikes' may be worn for cross country races (we are awaiting confirmation for what age groups may wear spikes at the grand prix series). Ask committee members for advice. Children may run barefoot but as they will be running next to children wearing running spikes it is recommended that running shoes are worn.

Do we need lots of pairs of shoes?

No, one pair of training shoes should be adequate, but they must be kept clean and in good condition following races.

What happens if it rains?

The cross country and road events will continue come rain or shine! Remember to bring a complete change of clothes (including underwear) and a towel. Gumboots are recommended for spectators.

Are the runs always at Lloyd Elsmore or also at other venues?

Club runs are held at Lloyd Elsmore on Saturdays at 2.30pm. However, the competitive races are held at various other venues around Auckland and New Zealand (both North and South Islands). See the Program for details.

Please Note: Saturday club runs may not be held if an external race is being held on the same day (please check the regular newsletters for up to date information).

What happens after Club runs?

Join us in the clubrooms for spot prizes and general notices. The bar will be open and hot chips for sale.

Can I run with my child?

Yes - younger children may need /enjoy having an adult or older sibling run with them especially for the first time. If you are running with your child, please wear the course coloured bib. In fairness to all runners for competitive events such as club champs and grand prix children must run independently, and no one can 'pace' i.e. run alongside at any point in the event. Please ensure all family members especially older siblings are aware of this.

What is the Grand Prix?

The Grand Prix is a series of 6 races. These are held at different locations throughout Auckland. There are points awarded for each race and the place obtained. At the end of the season the points of the athlete's 5 best races are calculated, and awards are given to the top achiever in each male and female grade. Don't worry if you cannot make all the races, attending 1 or 2 is still a great experience and a lot of fun!



Do you have to be competitive to compete in the Relays, Grand Prix Events and/or Championship events?

No, these races cater for all levels of fitness and most runners seem to improve throughout the season.

Do you have to attend the outside/away from the Club events?

No, but we do recommend attendance. Your child gains valuable running experience at Auckland level. If transport is a problem, please just talk to a Committee member to check if transport can be arranged.

What happens if I do not turn up to a non-club event?

The entrance fees are generally non-refundable.

Why did I get a PK Race Number and Transponder when I registered?

You are given a PK Number to wear on your athletics top – these should be pinned to your tops for Grand Prix events. New transponders are issued every year and should be attached to your laces and worn at GP events. If children are running barefoot then the transponder must be attached firmly to their foot or low on the ankle with elastic or strapping tape.



I have lost my transponder, can I get a new one?

Yes, you can, however, you do have to order and pay for a new one. Please contact jxcr@pakurangaathletics.nz. Alternatively, you can hire a transponder at external events.

I want to get more involved but don't know how to go about it?

We welcome any assistance, just make it known to one of the committee members. We also have 'Friends of the Committee' who are those that are willing to help out where needed (e.g. course marshaling and training).

My child has special needs – can they run?

Everyone is welcome – please speak to a committee member or email us and we can plan how to support and include your child.

What training is offered?

Training is available to all registered members on Wednesday evenings and Sunday mornings. Please refer to the 'training' section of the website for more information.

At this stage I don't want my child to have a coach, is there some advice you can offer me?

The best advice is to allow children to run around whilst playing and try to promote this by prolonging that play period or allowing participation in team sports. By spending lots of time on their feet they are developing what is known as an aerobic base which, can be further developed by controlled faster running. Positive, enjoyable running experiences and actual time spent running are the most important components of future running ability.

Is there additional coaching available should we require it?

Please speak to one of the Committee members for further information or email jxcr@pakurangaathletics.nz

Is there a Facebook page or website we can refer to?

Yes, please go to the Pakuranga Athletics Club Facebook page or website (www.pakurangaathletics.nz) We will update our pages as often as we are able, so please take a look regularly to view the latest news.

Should I have an official complaint or suggestion, who do I address it to?

In the first instance please contact the Chairperson, Rose Lampen-Smith

Trophies

There are approximately 54 trophies awarded for Club Championship and Handicap races for the Cross Country and Road seasons. There are also 16 special trophies awarded.



Club Championships

To be eligible for Club Championship trophies athletes must have paid their club fee and have run (or officiated) at least three events prior to the Club's Cross Country or Road Champs.



Expectations

Any organisation must have a set of rules and standards to ensure the safety and comfort of both people and property. Here are the most important ones:

1. Spiked running shoes are not to be worn in the Clubrooms.
2. Please treat the Clubrooms and grounds as you would in your own home by keeping these areas tidy. If you get muddy during your club races, please wash the mud off before you come into the Clubrooms. There are taps outside, behind the Clubrooms.
3. While you may run in shoes or bare feet at Club events and at all inter-club events in Auckland it is recommended you wear shoes for your own safety.
4. Spiked running shoes may **only** be worn by Grade U12 or above athletes.
5. The Club uniform **MUST** be worn at all events including club-based events and Grand Prix series race.
6. New members are welcome to have two trial club-based runs. All returning members must be registered with the club prior to the event.
7. We require 10 volunteers at each club-based event for marshalling and timekeeping. All parents are expected to take a turn assisting. This is a health and safety requirement and events cannot take place until we have sufficient marshals in position.
8. **While our Club encourages excellence we also encourage participation, having fun and doing your best. We urge parents and children to remember that these values are as important as winning.**

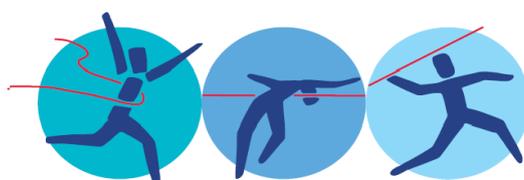
Parent / Caregiver Responsibilities

- Parents/Caregivers are responsible for their children at all times.
- Parents/Caregivers must not leave children unaccompanied at races or club-based events.
- Children may be injured or become ill. Events may finish early for some reason. If you can't be there, make specific arrangements for another parent to be responsible for your child.
- For Wednesday training sessions please sign your child in at the club rooms, ensure you have completed the form fully with any relevant medical/emergency information and contact details are up to date for that day. Please be on time to collect your child.
- If your child has asthma or other medical conditions, please remember to bring their inhaler/ relevant medication.

Pakuranga Athletics Club General Information

Our Club has several other sections catering for all ages and abilities, as below:

- Senior Cross Country and Road – catering from 18 years up and meets Saturdays 3pm from mid-March to end of October.
- Junior Track and Field – catering for ages 2-16 and meets on Wednesday evenings from late October until late March.
- Senior Track and Field – catering for 13+ years and up and meets on Monday evenings from late October to late March.
- Joggers and Walkers – catering for all ages. They meet two times a week on Tuesdays and Thursdays at 9.15am.
- Pakuranga 5km Fun Run – Monday nights at 6pm from the club rooms. Entry fee is \$3 per 18yrs+ runner and \$1 for children. Spot prizes. The funds from this run go to the Junior and Senior cross country sections of the club. Runs from late October to early April.



Pakuranga Athletic Club

Registrations open Monday 1st April 2019
www.pakurangaathletics.nz