

Pakuranga Athletic Club

Junior Cross Country and Road Information Booklet 2020



Saturday Afternoons 2:00pm

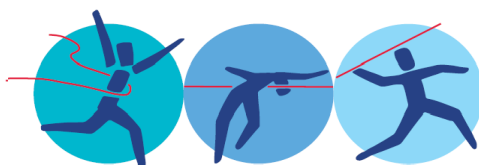
March to October

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:	Rebecca Findlay
Secretary:	Sarah-Jane Faulkner
Treasurer:	Rachel Liggett
Auckland Athletics Delegate:	Sarah-Jane Faulkner/Rebecca Findlay
Newsletters:	Petro Geldenhuys
Committee Member:	Stephen Fowler
Committee Member:	Ruth McLaren
Committee Member:	Cameron Boulton
Committee Member:	Rodney Oxford
Committee Member:	Ying Su

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 2020			
		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 2020, they will be in the U14's for the whole season

What to wear

Pakuranga Athletic Club uniform is required for all events



- **club singlet** (must be new style for 2020 season)
- **plain black or navy shorts or leggings** (no shorts with football/rugby club or school logos)
- **Bare feet or running shoes**
- Optional plain white, black or navy top underneath the singlet.
- Spiked running shoes may be worn by age groups U12 and above
- Other items such as hoodies and t shirts are available for warm up and cool down

Uniforms can be purchased from the Club on Saturdays – Eftpos preferred

Training for 2020

Training is for Registered Members only - no additional cost

Age Group	Where	Day	Time	Other info
All runners aged 8+	Pakuranga Athletic Club Yvette Williams Track	Wednesdays From 29 April 2020	4.30 to 5.15pm	Parental supervision required
College Age Students Year 9 up	Training groups available for those who want a more advance programme - email jxcr@pakurangaathletics.nz for further details			

Please note the following:

All our coaches and supervisors are volunteers

Please show respect to our volunteers and other runners by arriving on time

A high standard of behavior is expected

Wear training clothes and footwear suitable for the conditions (uniform not required).

Bring a drink bottle and any medication you may require e.g. inhaler

If your child needs additional support or has health concerns/injuries please let us know in advance via email.

The training programme will progress through the season so regular attendance is recommended

All training is undertaken at your own risk.

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 for U12 and above. Spikes may be 9mm or 12mm but please note these must not be worn on the track. Ask committee members for advice. Children may run barefoot but be aware they will be running next to children wearing running spikes and on a variety of surfaces.

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?

There is no Grand Prix series for 2020 due to Covid 19

Do you have to be competitive to compete in external 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.

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.

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

In the first instance please contact the Chairperson, Rebecca Findlay at jxcr@pakurangaathletics.nz

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, club-based events or training.
- For Wednesday training sessions please stay with your child.
- If your child has asthma or other medical conditions, please remember to bring their inhaler/ relevant medication.

Registrations open Monday 1st April 2020
www.pakurangaathletics.nz