

***Pakuranga Athletic Club***

# **Junior Cross Country and Road Information Booklet 2023**



**ALL ARE WELCOME**

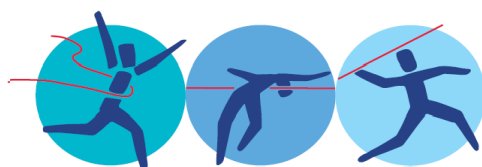
**Juniors: U6 to U18      Seniors:    18+ (U20 to Masters)**

**1 April – 30 September 2023**

**Clubrooms at Lloyd Elsmore Park**

**Entrance 36/38 Cascades Road, Pakuranga**

**Contact: [pakxcr@gmail.com](mailto:pakxcr@gmail.com) / [pakseniorxcroad@gmail.com](mailto:pakseniorxcroad@gmail.com)**



## **Pakuranga Athletic Club**

### **2023 Cross Country and Road Committee**

**Committee Members:**

Anna O'Brien  
Amy Hillerby  
Bruce Calway  
Cameron Boulton  
Natalie Hitchings  
Nick Pannett  
Petro Geldenhuis  
Richard Thomson  
Rodney Oxford  
Stephen Fowler  
Ying Su

**Chair:**

Rodney Oxford

**Secretary:**

Petro Geldenhuis

**Treasurer:**

Richard Thomson

**Athletics Auckland Delegate:**

Natalie Hitchings/Petro Geldenhuis

**Photos, Newsletters, Social Media:**

Petro Geldenhuis

**First Aid:**

Amy Hillerby

### **What is Cross Country?**

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass.

It simply means running on grass courses/fields, and hopefully some mud – to make it more fun!

The cross country season runs from mid-March to mid-August.



### **What is Road Running?**

Road running is a sport of running on a measured course over an established road or hard surface. There are many marshalls present during a road race to ensure the safety of athletes.

The Road Run season runs from mid-August to end September.

## Junior Distances

Ages, Grades and Distances based on age as at 31 <sup>st</sup> December			
		Distance (approximate)	
Grade	Age	Cross Country	Road
Boys/Girls Under 7	4,5,6	1km	1km
Boys/Girls Under 8	7	2km	2km
Boys/Girls Under 10	8,9	2km	2km
Boys/Girls Under 12	10,11	2km	2.5km
Boys/Girls Under 14	12,13	3km	3km
Boys/Girls Under 16	14,15	4km	4km
Women Under 18	16,17	5km	5km
Men Under 18	16,17	6km	5km

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

## Senior Distances

Age Grades and Distances (approximate)		
Grade	Cross Country	Road
U20 Women	6km	5km
U20 Men	8km	8km
Senior Women	10km	10km
Senior Men	10km	10km
Masters Women	6km	5km
Masters Men 35 - 64	8km	10km
Masters Men 65+	6km	6km
Masters Men 70+	6km	6km

## What to wear

Pakuranga Athletic Club uniform is required for all events.



- **Club singlet** (must be new style, old style no longer allowed)
- **Plain black or navy shorts or leggings** (no shorts with football/rugby club or school logos)
- **Plain white/black/navy top** can be worn underneath singlet.
- **Bare feet / running shoes**
- 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**

## Covid-19

The XCR Committee will always follow the advice and guidance given by the Ministry of Health and the Pakuranga Athletic Club Management regarding Covid-19.

Events and training sessions will be held according to the guidelines set out by Government.

IF YOU ARE UNWELL – PLEASE STAY AT HOME. You should not come to any club or external event when you have any flu symptoms. Hand sanitizer and hand washing facilities are available and should be used often.

## Wristbands (JUNIORS ONLY)

Wristbands are issued for the season to all registered runners.

Wristbands must be worn for all club-based events (no need to wear these for outside events).

**No wristband, no time will be recorded. To qualify for places at Club Champs wristbands must be worn.**

The initial wristbands will be handed out free of charge, however if lost and needs to be replaced, there will be a charge of \$5 per wristband.

Smaller children can wear the wristband around their ankle or mum/dad can hold it until after the race. When the runner finishes, he/she will receive a placing card which needs to be taken to the clubrooms where the finish card and wristband will be scanned together.



## Training for 2023 (Juniors 6 – 12 years old)

Training available for Registered Members only - no additional cost.

Age Group	Where	Day	Time	Other info
All runners aged 6+	Pakuranga Athletic Club Yvette Williams Track	Thursdays Starting term 2	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 <a href="mailto:pakxcr@gmail.com">pakxcr@gmail.com</a> 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 at all times.
- Wear training clothes and footwear suitable for the conditions (uniform not required). Remember to bring something warm.
- Bring a water bottle and any medication you may require e.g. asthma inhaler, EpiPen, etc.
- 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.

## 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 for all internal and external events, including club-based events, Grand Prix series and NZ Championships.
6. New members are welcome to have two trial club-based runs.
7. All returning members must be registered with the club prior to the event.
8. We require 10 volunteers at each club-based event for marshalling and timekeeping. All parents are requested to take a turn assisting. This is a health and safety requirement, and events cannot take place until we have sufficient marshals in position.
9. **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.



## Frequently Asked Questions

### **What footwear is suitable for cross country and road?**

*For cross country children can run in shoes or bare feet. 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. Children may run barefoot but be aware they will be running next to children wearing running spikes and on a variety of surfaces. Shoes are recommended for all road races. Ask committee members for advice.*

### **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 and umbrellas 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 (sign in at 2pm). 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 (issued at sign-in prior to runs).*

*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 series is hosted by Athletics Auckland and held at various locations across Auckland. The series consists out of 6 events (5 x cross country and 1 x road race). We will keep you informed of upcoming races, but for more information visit the Athletics Auckland website – [www.athleticsauckland.co.nz](http://www.athleticsauckland.co.nz)*

### **Do you have to be competitive to compete in external events?**

*No, these races cater for all levels of fitness and most runners 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 Secretary at [pakxcr@gmail.com](mailto:pakxcr@gmail.com)*

**Registrations for the season open Thursday 1<sup>st</sup> April 2023**  
**[www.pakurangaathletics.nz](http://www.pakurangaathletics.nz)**