



Pakuranga Athletic Club

Junior Track and Field 2025/26 Season • Newsletter Fourteen (14 December 2025)

1. Team Pakuranga Rocked the Auckland Junior Pentathlon



Photos courtesy of Action Snaps and Amy Pratt

The Auckland Junior Pentathlon on Saturday was such a fun day of track and field! We started the day with our 7–9-year-olds, some of whom were taking part in their very first competitive event. We loved watching the camaraderie of the children as they moved together around the events – and we also loved seeing so many of our athletes on the podium at the end of the morning! Special congratulations to:

- 7 Girls - Zanna Lam 1st
- 7 Boys - Carter Flowers 2nd
- 8 Girls - SJ Silipa 2nd, Emily Yang 3rd
- 8 Boys - Theo Mackie 1st, Lucas Naumov 2nd, Henry Drummond 3rd (best-looking podium of the day!)
- 9 Girls - Rylee Pundol 1st
- 9 Boys - Vito Feng 1st, Kayno Kaitao 3rd

And as the temperature heated up, so did the action for our 10–14-year-olds. Congratulations to:

- 10 Girls - Olive Castles 1st
- 11 Girls - Alyssia Vaili 1st
- 11 Boys - Carson King 1st
- 12 Girls - Isobella Evans 3rd
- 12 Boys - Fletcher Thorley 2nd, Matthew Horwood 3rd
- 13 Girls - Sienna Rinaldi 2nd
- 13 Boys - JD Hawkins 2nd
- 14 Girls - Giselle Campbell 1st

We want to give a very special 'shout out' to Alyssia Vaili who not only won the 11 Girls competition, but also broke the Auckland 11 Girls long jump resident record with a jump of 5.14m, **and** broke the club open record for 11 Girls discus with a throw of 32.63m. Truly exceptional!



Many thanks to all the amazing parents who helped with our discus duty throughout the day, and thanks to Claire and Lagi for the awesome photos. Check out our Facebook page for our Junior Pentathlon album.



Photos courtesy of Claire Green and Lagi Vaili

2. U14 Teams into the Record Books

Later on Saturday evening, some of our 12- and 13-year-olds returned to Mt Smart to compete in the 4x400m relays being run as part of the McKinnon Shield Meet. Congratulations to both our Girls Under 14 and Boys Under 14 teams who set new Auckland standards for these events in Athletics Auckland's senior competition:

Girls Under 14 team

- Saraya Daley
- Jasmine Laban
- Ilona Richards
- Hayley Whiteman

Boys Under 14 team

- Matthew Horwood
- Leo Green
- Will Parkinson
- JD Hawkins

We want to acknowledge the Boys U14 'B' and 'C' teams for keeping the 'A' team honest. It was a very close and exciting finish! We are so lucky to have such depth of talent that we could field three very competitive BU14 teams.



Photos courtesy of Claire Green

3. Welcome to Marina Physio and Pakuranga Physio



We are super excited to welcome Marina Physio and Pakuranga Physio as a sponsor of Pakuranga Athletic Club for the next two years. Both physiotherapy practices are highly regarded with a strong focus on injury prevention, rehabilitation and helping people of all ages stay active and moving well.

As a club with athletes ranging from Tiny Tots through to masters, we know how important expert physiotherapy support is in keeping our athletes healthy, confident and performing at their best. We're proud to partner with a sponsor that shares our commitment to wellbeing, community and active lifestyles.

A huge thank you to Marina Physio and Pakuranga Physio for their support of our club and our athletes. We look forward to a great partnership with club member Oliver Low and his team.

We encourage our members to support those local businesses that generously support our club.

Check out the new signs next time you are at the track – they look great! If you are interested in sponsorship and having your company promoted on our new signboards, please get in touch (pakrun@gmail.com) or have a word with a committee member on club nights.

4. Uniform Items

If you want to purchase hoodies, trackpants and club supporter shirts (including for parents!) for Colgate Games, you can still order these this Wednesday and we will bring the items down to Tauranga for collection.

We also have limited stock of club-branded bucket hats, visors and drink bottles for sale (it's going to be hot in Tauranga!) and 6mm replacement spike pins. All items are available from the tuck shop on club nights.

Second Hand Spikes

We have a great selection of second-hand spikes available at present. Check out what's on offer at the BBQ on Wednesday evenings.

5. Celebrating 'PBs'

**PBs Achieved
Last Club Night**

312!

**Grade With Most
PBs**

**10 Boys (31) and 10
Girls (31)**

**Congratulations
to ...**

**Amelia Davies (10 Girls),
Carson King (11 Boys), Mila
Henison (12 Girls), Tej
Maharaj (14 Boys), Callum
Watt (14 Boys) and Toby
Barlow (14 Boys) for PBs in all
four events!**

6. Volunteer of the Week



This week we are thrilled to recognise **Amanda Winter**, our incredible Tuck Shop Co-ordinator and Section Treasurer, whose behind-the-scenes work keeps Wednesday nights running smoothly for our Junior Track & Field athletes and families.

The tuck shop is a *massive* operation, and Amanda handles it all with calm efficiency — from checking supermarket prices each week, ordering and collecting supplies, and ensuring everything is fully stocked well before club night, through to co-ordinating helpers and cleaning up at the end of the evening. Amanda is often one of the first to arrive at the track on a Wednesday afternoon and one of the last to leave, always making sure nothing is left undone. On top of this, she also carries the important role of Section Treasurer, keeping finances in order, ensuring grant funding is accurately accounted for and invoices are paid on time.

Despite juggling these significant responsibilities, Amanda always has a smile on her face and a friendly word for everyone she meets. She is a hugely valued and dependable member of our Junior Track & Field section, and we are incredibly grateful for the time, care and positivity she brings. Thank you, Amanda — we truly couldn't do this without you!

7. It's Beginning To Look A Lot Like Christmas - But Still One Night To Go



The final club night for 2025 is this Wednesday – 17th of December.

Tiny Tots and '5s and 6s' will have a Christmas Fun Session with Christmas-themed races, treasure hunts, games and **two** bouncy castles! Tiny Tots and '5s and 6s' can wear Christmas fancy dress – Santa or elf hats, reindeer antlers, Christmas t-shirts, tinsel hair ties ... just make sure the children can run in their costume. If you have family or friends visiting for Christmas, please bring them along – the more the merrier!

Please leave age patches at home this Wednesday as pins and bouncy castles are not a good match!

Juniors will also have some time on the bouncy obstacle course + there will be a range of other fun activities and races, including prizes. Parents, there will also be opportunities for you to compete alongside your child this Wednesday so we would love you to join us for the session.

It is going to be a super-fun evening of athletics – you won't want to miss it!

The first club night for 2026 is **Wednesday 21st of January**. This will be a 'non-points' cultural fun night – more information early in the new year.

8. Wednesday Evenings Not Enough?

Go! Series 3

ATHLETICS AUCKLAND		GO! ATHLETICS SERIES
25-26 GO! Day 2 – SHIELD TABLE		
#	Club	Points
1	North Harbour Bays Athletic Club	540P
2	Pakuranga Athletic Club	500P
3	Riverhead Athletic Club	490P
4	Pt Chevalier Amateur Athletics Club	475P
5	Pukekohe Athletic & Harrier Club	385
6	Lynndale Amateur Athletics & Harrier Club	375
7	Waitakere City Athletics Club	360
8	Papakura Athletic & Harrier Club	355
9	Ellerslie Athletic & Harrier Club	350
10	Manurewa Athletics & Harrier Club	345
11	Hillsborough Junior Club	330
12	Takapuna Athletics Club	305
13	Owairaka Athletics Club	270
14	Eastern Athletic & Harrier Club	150
15	Auckland City Athletics Club	145
16	Warkworth Athletic & Harrier Club	145
17	Roskill South Amateur Athletic Club	140

ATHLETICS AUCKLAND		GO! ATHLETICS SERIES
25-26 GO! Day 2 – TROPHY TABLE		
#	Club	Points
1	Pakuranga Athletics Club	600P
2	North Harbour Bays Athletics Club	570P
3	Point Chevalier Amateur Athletics Club	515P
4	Riverhead Athletic Club	485P
5	Pukekohe Athletics Club	370
6	Waitakere City Athletics Club	365
7	Ellerslie Athletics Club	350
8	Takapuna Athletics Club	340
9	Hillsborough Junior Athletics Club	330
10	Papakura Athletics & Harrier Club	325
11	Lynndale Athletics & Harrier Club	305
12	Manurewa Athletics & Harrier Club	300
13	Owairaka Athletics Club	265
14	Beachlands Maratai Athletic Club	255
15	Eastern Athletic & Harrier Club	160
16	Callope Athletics Club	150
17	Warkworth Athletic & Harrier Club	135
18	Auckland City Athletics Club	130
18	Roskill South Amateur Athletic Club	130

After Go! Series 2, Pakuranga is still sitting first in the trophy table (for most points earned). We would LOVE to stay in top spot for the rest of the season and retain the trophy we won in 2024/25.

Go! Series 3 is this Saturday – 20th of December – at Mt Smart. This is a very special Christmas edition of the Go! Series, with all competitors able to bring a friend to share the fun – free of charge.

If you have paid for the full Series, great! We'll see you and your friend on Saturday. To register for individual Go! Series events, use this link - [GO! Series 2025-2026](#). Entries are \$12.

All entries for Saturday's event need to be in by **Wednesday 17th December at 11:59 pm.**

Getting Ready for Colgate Games

This year our Mock Colgates competition will be held on **Sunday 28th of December**. This event is not compulsory but is recommended, especially for those who haven't attended a major athletics competition before. The focus of this event is not on performance; it is about athletes learning about event protocols, having officials who won't offer coaching or advice, competing away from parents, competing alongside other athletes they don't know and competing in the heat of the day.

The programme will start at 9 am; the exact finishing time will depend on the number of entrants/events to be run but in previous years we have been finished by around 12.30 pm.

If you are attending Colgates Games and are keen to enter, please complete the form via this link - <https://forms.gle/SPPNTZXn7jnud6Tv9>. PLEASE ONLY ENTER EVENTS YOU ARE COMPETING IN AT COLGATE GAMES. Note that you don't have to enter every event you are competing in. Please complete the form by **9 pm on Thursday 25th of December**. Once entries close, we'll put together a programme based on what events athletes are keen to do and will send this out to those who have entered.

Tauranga Twilight Track and Field 2026

For many years now, Athletics Tauranga have celebrated the start of the new year with the Tauranga Twilight Meet. The 2026 event will be held on **Saturday 3rd of January** at Tauranga Domain Athletics Track on Cameron Road (the same location as Colgate Games a few days later). The Children's Meet is for 5- to 14-year-olds and will start at 10 am. The programme is as follows:

10:00am	100m	7's and under, 8's, 9's, 10's	10:00am	Long Jump	11's, 12's, 13's, 14's
10:30am	100m	11's, 12's, 13's, 14's	10:30am	Long Jump	7's and under, 8's, 9's, 10's
10:50am	200m	7's and under, 8's, 9's, 10's	10:50am	Discus	11's, 12's, 13's, 14's
11:20am	200m	11's, 12's, 13's, 14's	11:10am	Discus	7's and under, 8's, 9's, 10's
12:00pm	800m	8's, 9's, 10's (in together)	11:30am	Shot Put	All ages
12:15pm	800m	11's, 12's, 13's, 14's (in together)	11:45pm	High Jump	10+ only

If you are heading down to Mt Maunganui/Tauranga for Christmas/New Year - or early for Colgate Games - you might like to head along. Registrations can be done via this link - <https://www.sporty.co.nz/athleticstauranga/tauranga-twilight-2026/tauranga-twilight-2026>

9. Pre-Colgates Coaching Sessions

With the Colgate Games less than a month away now, we are offering our athletes the opportunity to get their basic techniques checked and to get some advice to help them go faster, higher and further. The following sessions are available **FOR ALL ATHLETES not just those intended to go to Colgate Games**. However, we ask that you register in advance so we can keep group sizes to a maximum of six. The cost per session is \$15.

Mike is offering the following sessions. To register, please contact mtandtb@xtra.co.nz.

Wednesday 17th December	High jump – PBs 1.2m or higher	4:45pm – 5:40 pm
Thursday 18th December	Long jump – all abilities	3:45 pm – 4:45 pm
Friday 19th December	Throws (30 mins discus, 30 min shotput)	3:45 pm – 4:45 pm
Friday 19th December	Racewalking (<i>to be taken by Richie</i>)	3:45 pm – 4:45 pm

All payments for Mike's sessions can be paid into this account - 12-3050-0361449-00. (*This includes those who attended sessions last week and are yet to pay.*)

James is offering the following sessions. To register, please contact trathenjames@gmail.com

Monday 15th December	Long jump – all abilities	3:45 pm – 4:45 pm
Tuesday 16th December	Throws (30 mins discus, 30 min shotput)	5:15 pm – 6:15 pm
Thursday 18th December	Throws (30 mins discus, 30 mins shotput)	3:45 pm – 4:45 pm

All payments for James's sessions can be paid into this account - 12-3089-0449173-51. (*This includes those who attended sessions last week and are yet to pay.*)

New Zealand T&F Champs	5-8 March	Mt Smart			Grades 13-14
Go! Series #5	15 March	Papakura		✓	✓
Junior Mile Champs	21 March	Mt Smart			Grades 10-14
Final club night for 2025/26	1 April	Pakuranga	✓	✓	✓

14. And Finally, From The Committee ...



The Junior Track and Field committee would like to wish all 686 of our Tiny Tot, '5s and 6s' and Junior athletes and their families a wonderful Christmas and a happy, relaxing and safe New Year. Thank you to those parents and friends who have volunteered their time to help on club nights – and a very special thank you to the students from local high schools who turn up reliably each Wednesday to help as grade manager assistants, activity leaders and tuck shop helpers. Also, many thanks to our amazing coaches –Johan, Mike, Jeff, James, Antonie, Jordan, Richie, Savannah and Errol - who have given up so much of their own time to work with our athletes and prepare them for events.

This is the last newsletter for 2025. The next newsletter will be sent on the 18th of January, prior to our first club night for 2026 – on **Wednesday the 21st of January**. However, keep an eye on our Facebook page for updates on what our athletes are up to over the break, especially during the Colgate Games.

Junior Track and Field committee

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



KITCHEN NOOK



Panasonic INTIMO



Keen to have your company's name here- all season? We're always on the lookout for generous sponsors who can support our section with cash or product. Please contact pakrun@gmail.com to find out more