

JOGGERS AND WALKERS SECTION



of the

Pakuranga Athletic Club

INFORMATION BOOKLET JUNE 2026 to May 2027



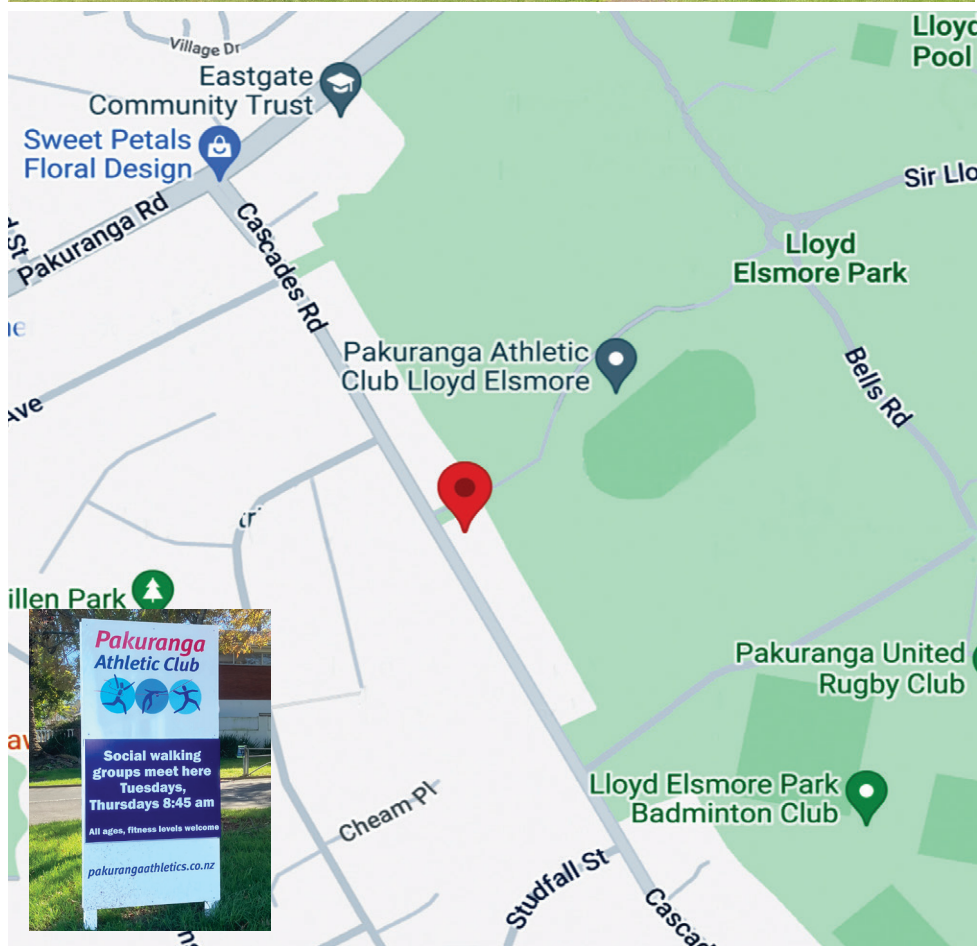


Joggers and Walkers Section of the Pakuranga Athletic Club



Welcome to the Pakuranga Athletic Club

The Pakuranga Athletic Club is situated in Lloyd Elsmore Park, Pakuranga, Auckland, New Zealand. Our clubrooms are accessed from Cascades Road 36-38 Cascades Rd. Pakuranga.



ABOUT US

We are the midweek section of the Pakuranga Athletic Club that meets every Tuesday and Thursday mornings at the clubrooms, 36-38 Cascades Rd. Pakuranga.

There are various groups that take part in an approximate hour of walking or jogging. All levels of fitness are catered for from slow walkers to fast joggers. All abilities are catered for, from once around the track, fast 10km and everything in between. Ranging in time from 30 minutes to 90 minutes

Clubrooms open at 8.30am and close at 11.30am.
Groups leave at 9.00 am and the fast pack starts at 8.45 am.
Clubhouse always open regardless of the weather and what other events are on.

Morning tea/coffee and biscuits available on completion of walks.

Everyone attending is required to mark themselves on the attendance register held on front desk inside the door.

Joggers and Walkers Mid Week Club Fee

From 1st April 2026 until 31st March 2027

The annual fee for the year will be **\$75**.

This fee goes directly to management to cover club running costs - power, water, cleaning, insurance, repairs and maintenance. Our section uses the clubhouse, toilets and showers twice a week.

\$3 attendance fee for paid up members. This is to be paid for each attendance.

Casual Fee

Applies to all attending who have not paid the annual fee.

\$5 each attendance.

All fees can be paid by cash, eftpos in clubhouse or directly into

Pakuranga Athletic Club Inc bank acct: 12-3036-0789078-00

Remember to include name and reason for payment in reference fields.

We require all members (casual or full) to complete an enrolment form to ensure our records are up to date. Any questions, clarifications, concerns please speak to a committee member.



MEET YOUR COMMITTEE

Here To Help



Rosalea Dun
Secretary



John Malcomson
Chairperson



Brenda Wilkins
Treasurer



Joycelyn Bremner



Raewyn Dodds



Linda Hogg



Gael Anderson



Unni Lewis



Irene Turley

Joggers and Walkers Committee for 2026-2027



ADMINISTRATION

The Pakuranga Athletic Club has four sections.

They are the Junior Track and Field, Senior Track and Field, Cross Country and Road (incorporating both Junior and Senior members) and Joggers and Walkers.

Each section of the club is run by its own committee. Each committee chairperson combines with up to thirteen other elected members to form the Management Committee. Management oversees all the committees and is responsible for the overall running of the club.

Any Jogger and Walker member, casual or registered, can stand for the J&W Committee and can vote at the annual J&W Annual General Meeting.

Only registered mid-week (J&W) members can vote at the Pakuranga Athletic Club AGM.



Joggers and Walkers Committee for 2026/27
(top row L to R)

Rosalea Dun, John Malcomson, Brenda Wilkins.
(mid row L to R)

Raewyn Dodds, Unni Lewis, Gael Anderson.
(bot row L to R)

Irene Turley, Joycelyn Bremner, Linda Hogg.

CONTACT & SOCIAL MEDIA INFORMATION

Postal Address : Pakuranga Athletic Club
PO Box 51 090
Pakuranga
Auckland 2140

Club Website : www.pakurangaathletics.co.nz

Facebook : "Pakuranga Athletic Club"
(FB Registration required.)

Contact Joggers & Walkers - pakjogwalks@gmail.com



Health and Safety

Everyone attending is required to mark themselves on the attendance register held on front desk inside the door.

Please ensure that there is at least one mobile phone available in the pack you are walking/running in - in case of accidents etc. If there is an accident - big or small, an incident report needs to be completed at the time. Please see a committee member if this is required.

If unwell with any respiratory ailment please do not come to the club until you are better. If you test positive for Covid after attending a Tuesday or Thursday please contact John directly.

Photographs of events will be displayed in the Club rooms. If you do not wish your picture to appear in the annual Handbook or on the Club website, please let a Committee member know. Your wishes will be respected.

The committee thanks you all for your ongoing support and welcomes any ideas around events, trips, ways to have fun..

Thank you,

The Pakuranga Joggers and Walkers Committee



Security

Your keys are quite safe while we are out exercising because the doors are locked if no one is in the clubrooms.

Important. Please lock your cars and don't leave any bags or belongings in sight as we do have cars broken into from time to time



Kings Birthday at the Club House on 3 June (above)
Star Walk for Matariki around the Star Course on 19 June 2025





JOGGERS AND WALKERS EVENT DIARY for 2026-2027

Regular updates of outings, celebrations and events are advised by Email

The Calendar maybe subject to changes

2026

- | | |
|--------------------|---|
| JUNE 2 | - Kings Birthday - wear your crown |
| JULY 7 | - Mid Year Lunch. Black and White and Sparkle |
| JULY 28 | - Hare and Tortoise Event |
| SEPTEMBER 1 | - Spring Day |
| SEPTEMBER 8 | - Tahuna Torea, Glendowie Spit Bird Sanctuary Walk |
| OCTOBER 9 | - Friday BBQ at Clubrooms |
| OCTOBER 13 | - Half Moon Bay Marina Walks |
| NOVEMBER 3 | - Melbourne Cup Day |
| NOVEMBER 5 | - Melbourne Cup Results |
| NOVEMBER 24 | - Spring Clean Clubrooms |
| DECEMBER 8 | - End of Year Lunch |
| DECEMBER 17 | - Last Meeting for the year, Star Walk.
- committee provides morning tea |



2027

- | | |
|-------------------|---|
| JANUARY 5 | - J&W first meeting of the year – Happy New Year! |
| FEBRUARY 9 | - Te Puru Park Walk |
| MARCH 16 | - Details to come |
| MARCH 25 | - Easter Bonnet Day |
| APRIL 22 | - ANZAC remembrance |
| MAY 4 | - 10K estimated time event |
| MAY 13 | - J&W AGM |



The Clubroom is always open, and walks/runs on regardless of other events happening.

Car Pooling.

Committee members will drive anyone who would like a lift
(from the clubrooms) for any outing away from the club.

We request that those accepting rides make a contribution of \$5 to their driver.

Please contact or speak to a committee member several days
before the event if you require a ride.

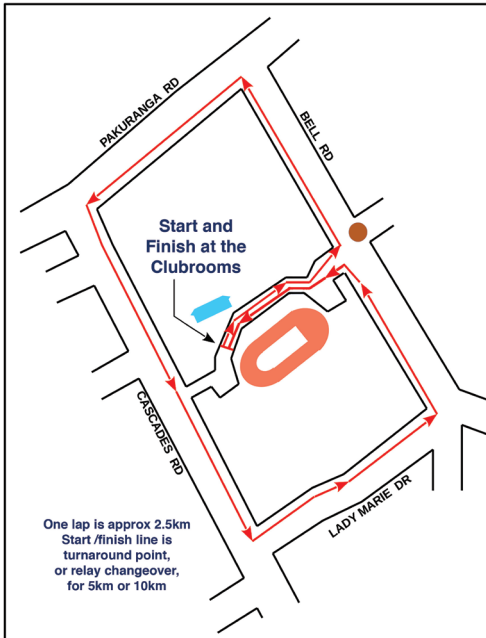
Nursery Rhyme Lunch on 8 July 2025.



So many good pictures that we could not fit all of them in



2.5km Course (approx). Additional laps may be added for other distances or relays.



Course Description

Start in front of the club rooms.
Go through the cricket car park.
Turn left into Bells Rd. and go up to Pakuranga Rd.
Turn left into Pakuranga Rd. and go along to Cascades Rd.
Turn left into Cascades Rd. and go down to Lady Marie Drive.
Turn left into Lady Marie Drive and go along to Bells Rd.
Turn left into Bells Rd.
Go up Bells Rd, at roundabout turn left into the cricket car park.
Go through car park and to finish in front of the clubrooms.
(or start another lap or change over for relay)

10k EVENT (approx)

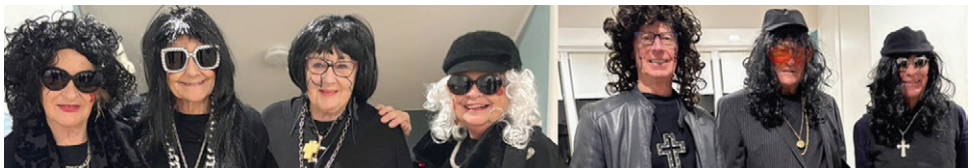
To be held Tuesday 4th May 2027 – Start time 9.00 am

Can be either an **individual participant** or a **2, 3 or 4 person team**.

An **individual participant** will do the 2.5k course four times

A **2, 3 or 4 person team** will start together and do the 2.5k course each at their own pace; for the total required number of four laps

- *Trophy: Awarded for the closest estimated time and runner up. (Individual or team) Forms for entering your estimated time are available from the kitchen counter.*
- *Rules: – No watches – No radios – No times called. Phones turned off – to be used only in emergency*





The coldest wettest windiest day of the winter and a few mad souls walk around to view the construction progress on the busway project 29 July 2025



Much better weather for our second attempt for the Burswood busway walk, 5 Feb 2026

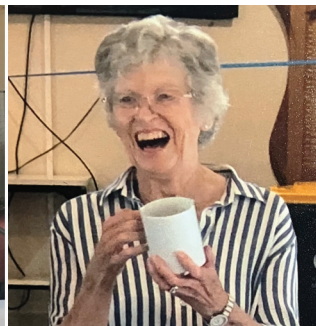




Picture from visit to Tahuna Torea Spit on 18 Sept 2025

Joggers and Walkers Section BBQ Evening, 10th Oct 2025





Muggings this current year



As is **Pakuranga Athletic Club** tradition, active club members are 'mugged' by our Joggers and Walkers section when they turn 80.

Along with a celebratory morning tea, club members are given a mug with their photo to use for coffee at the club.



Huge congratulations to all the new octogenarians mugged this current year. All of them are taongas of the club and are an inspiration to us all. Many have been members for years, moving through the club sections and are now part of our awesome **Joggers and Walkers** section, still enjoying the club community and keeping active.





**Joggers and Walkers Section of the
Pakuranga Athletic Club**



**Along the Clubhouse verandah the last scheduled walk of 2025
celebrating Christmas with a circuit of the Star course
18th December 2025**



Enjoying a Mr Whippy after a hard walk, 5th Feb 2026





Joggers and Walkers Section of the Pakuranga Athletic Club



Christmas around the Star Walk, 18th Dec 2025



Fungi at Lloyd Elsmore Park

We like to highlight different aspects of Lloyd Elsmore Park, our clubs home park. In the past we have covered the history of Hattaway Bridge, The Pohutukawa Avenues and Koi carp in the estuary. Walking amongst the deep blue sky and the maturing trees we easily pass by and miss the fungi down at feet level.



Clathrus archeri



Octopus Stinkhorn or Devils Fingers



Amongst the usual mushrooms, toadstools and leaf fungi is one you may have passed by. Seen in several places in the park but also in the central roundabout on Bells Road just past the cricket club.

Clathrus archeri, Octopus Stinkhorn or Devils Fingers produces a scent similar to rotting flesh, believed to be endemic to New Zealand and Tasmania. Through the wonders of international trade after WW1, most likely in wool containing its spores it now has global distribution found in Europe, North America, Africa and India.

Russula griseoviridis, Brittlegills. Usually seen on the earth banks alongside the path going down past the historic village and towards Hattaways Bridge

Gymnopilus, RustGills. Can be found on rotting wood and mulch. Some are growing around the base of the dying pohutukawa trees along the central Star walk. Wikipedia mentions it lacks the hallucinogen psilocybin in case you were asking for a friend LOL.

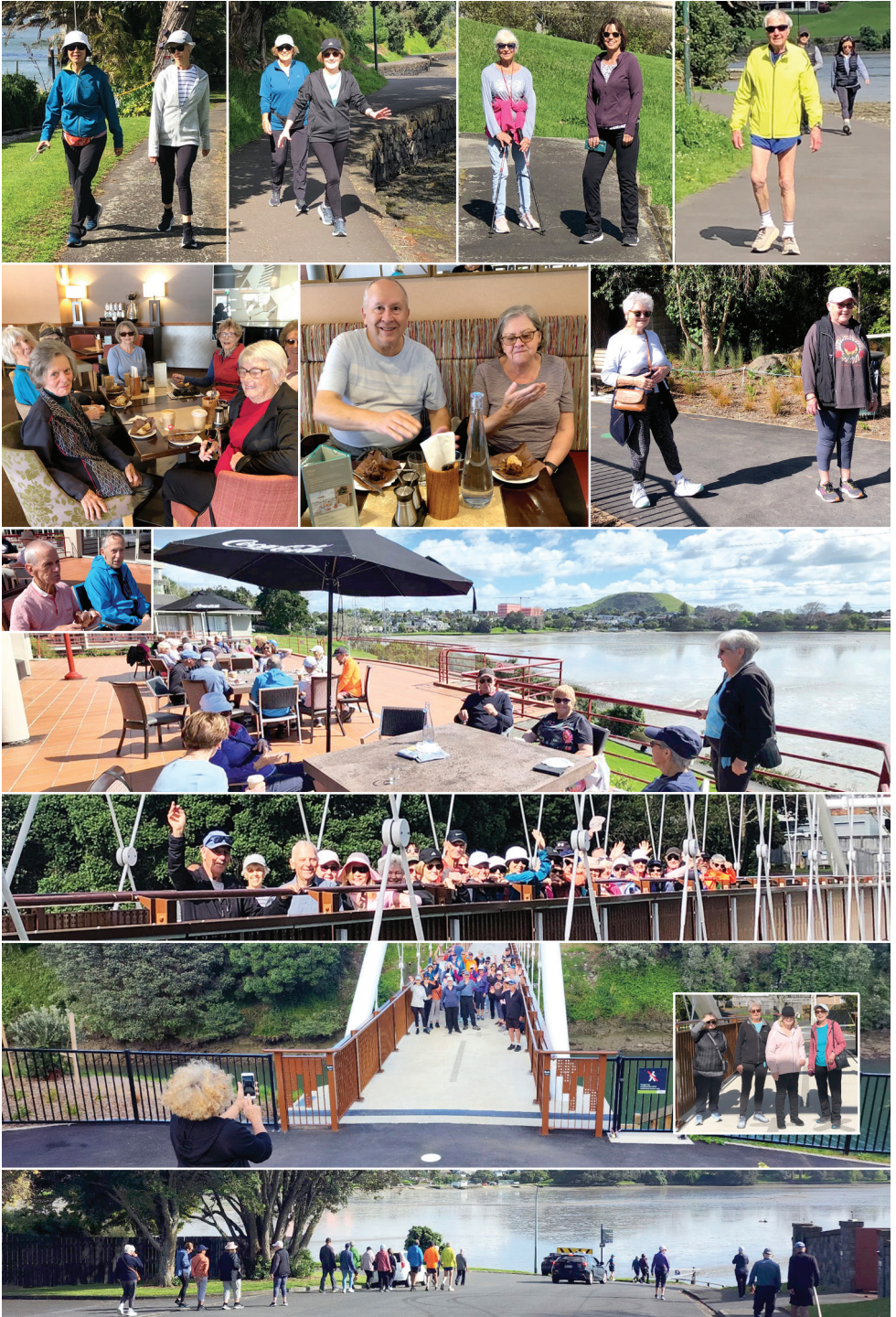
Thanks to Linda Mitchell for suggesting fungi as a topic, pointing us in the right direction to view these, particularly the “Devils Fingers”; and for the stamp image from their collection.



Christmas Lunch on 12 December 2025.



Waipuna Bridge Walk, 16 October 2025.





Duder Regional Park, 5th March 2026





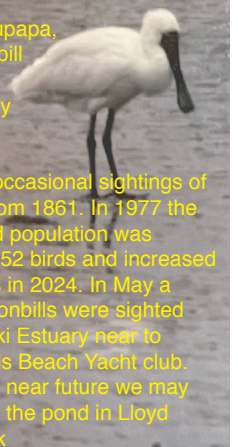
Ambury Regional Park, 14th April 2026



A few intrepid souls visited Ambury Park. The weather was fine on arrival but soon changed to steady rain. A search for a dropped phone then a walk around the explosion crater and a missed path meant a longer 11km walk. A good time was had by all, I think LOL



Kōtuku ngutupapa,
Royal spoonbill
as seen
at our Ambury
Park outing.



There were occasional sightings of Spoonbills from 1861. In 1977 the New Zealand population was estimated at 52 birds and increased to 4593 birds in 2024. In May a group of spoonbills were sighted on the Tamaki Estuary near to the Bucklands Beach Yacht club. Maybe in the near future we may see some on the pond in Lloyd Elmsore Park

Joggers and Walkers hosted an East Auckland Walk Fest event on 21 April 2026



Joggers and Walkers hosted an East Auckland Walk Fest event on 21 April. A walk of 5.7kms from the clubhouse to the summit of Ōhūiarangi Pigeon Mountain and return. Good weather and nice company for the climb to the summit. Everybody beaten to the top by Bruce.





10Km Est Time on 5 May 2026





Joggers and Walkers **AGM 14 May 2026**



The Annual General meeting of the Joggers and Walkers section was held on the 14 May 2026. This is a short report of the meeting.

The full minutes and treasurers report will be available prior to our next AGM for approval as a true record of the meeting.

Apologies were received from seven members and previous minutes confirmed.

There was no correspondence discussed.

The Treasurer gave a detailed report with explanations of some entries and that the Joggers and Walkers section is in a sound financial position.

As has been done in the past some of our funds are used for the benefit of the club as a whole. Notably the purchase of four wall heaters and stands and the funding of solid planters and plants for the Mike Murray memorial seat.

The Chairmans report covered membership numbers and some of our outings. Thanks were given to the many who have made a special contribution to the Club and to those who are leaving the committee, We will miss them all and their generous contributions of time and expertise.

Election of officers was held and a list of these with photos is on page three.

Prize giving was held and there was no General Business.

The next AGM is scheduled for 13 May 2027 at 10.30am.

Pictures of award recipients are below.



Walker of the Year



Mitchell Trophy



Jogger of the Year



The Annual General meeting of the full Pakuranga and Athletics Club was held on the 27 May 2026. This is a short report of the meeting.

The full minutes and treasurers report will be available prior to the next AGM for approval as a true record of the meeting.

The Treasurer gave a detailed report. The operating profit was slightly less than the previous year but still showing a solid financial foundation

Sectional Sub Committees reports were then received

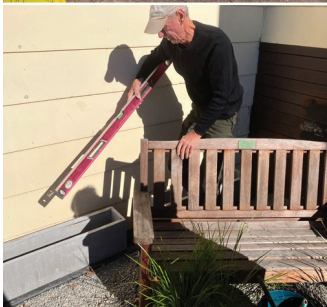
Presentation of Cups and Awards were made

Election of Management Committee was held
Richard Wagner was elected as the new Club President
and Chris Day as Vice President.

Tania Boyer remains as Club secretary
Treasurers position was elected from the floor

The club fees for the 2026-2027 year were ratified
Building Maintenance report and Action plan was discussed.
there was no General Business.

The next AGM date to be confirmed later.





Small selection of pictures from walks and events from last year
Front Cover picture is from Waipuna Bridge Walk 16 October 2025.

