

Pakuranga Athletic Club

Junior Track and Field 2026/27 Season • Newsletter Four (27 September 2026)

1. Is Your Age Patch In The Pile?



Our first club night for the 2026-27 season is **Wednesday the 14th of October!** To the 226 athletes who have registered already, thank you 😊. Your age patches are in the pile and will be handed out by your grade manager on our first club night.

It is awesome to see so many new names on the list. A very special welcome to all the families joining us at Pakuranga Athletic Club for the first time this season.

To those who still need to register, check out the club website – www.pakurangaathletics.co.nz - and look for the white box on the home page. Registration fees for the 2026/27 summer season are unchanged from last season:



Tiny Tots and '5s and 6s': \$105

Remember to select 'PAC' not Howick Tiny Tots



Juniors (7-14 years): \$185



Youth (15-19 years): \$200

2. Need Something To Wear?

From Wednesday the 28th of October, all athletes need to wear a club t-shirt (for 2–6-year-olds; \$20) or a club singlet (for 7 years + \$45) on club nights. To avoid the queues on the first couple of club nights, we are offering some pre-season uniform days:

- Saturday 3rd October 3 – 5 pm in the clubrooms (36-38 Cascades Road)
- Saturday 10th October 9 – 12 noon at the trackside tuckshop

Cash, EFTPOS, credit card and PayWave payments are available. Orders can also be placed now for club hoodies, trackpants and supporter t-shirts so they are ready for you on the first club night. We have a range of samples for you to try on.

3. Time To Get Involved!

We are still on the hunt for grade managers for three grades:

- **8 Boys**
- **12 Boys**
- **14 Girls**

We have grade manager assistants for these grades to help with measuring, raking, recording etc but need a parent or confident youth athlete to lead. If you can help, please email us – pakrun@gmail.com. Full training provided + a free item from the tuckshop each week + your section fees refunded.

4. Help Us Spread The Word - Have A Go Morning

We're opening the track to our local community on **Saturday 10th October** with a free 'Have A Go' morning. It's a chance for children to find out what junior athletics is all about and try some of the fantastic activities our section has to offer.

Know someone who might enjoy athletics? Please send them the poster below or invite them along! We'll have a coffee van on-site, and the tuck shop and BBQ will be up and running. Tiny Tots (2–6-year-olds) will start at 9:30 am; 7–14-year-olds are welcome from 10:30 am. Club uniforms will also be available to purchase on the day.

Free


Looking for a new sport over summer?
How about athletics?

**Junior Athletics
'Have a Go'
Morning**

• Saturday 10 October •
Yvette Williams Track,
Lloyd Elsmore Park

2-6 years: 9.30 am
7-14 years: 10.30 am

All abilities catered for
Beginners welcome in any age group

No need to register - just come along
Contact pakrun@gmail.com for more information
• www.pakurangaathletics.co.nz •



5. Want To Feel More Confident Helping Out on Club Nights?



The club is hosting a free Volunteer Officials course on **Sunday 4th October from 2 pm**. Run by Athletics New Zealand, it's ideal for grade managers and parents who want to learn the basic rules of athletics and how events are run.

The session includes plenty of opportunities to ask questions, plus a walk around the track to look at each event – including finding out what all those lines are for! It also covers safety and safeguarding.

The course is free for club members, and afternoon tea is provided.

Keen to come along? Please register via this link - [Volunteer Officials Training](#) or contact pakrun@gmail.com and we will register you.

6. Coaching Opportunities- Get In Early!

We have our fingers and toes crossed that we can get grant funding again this season to allow us to provide coaching on club nights. However, those athletes keen to make progress might like to also consider joining one or more of our coaching/training programmes. Some of these are already up and running but new members are very welcome. There are some great opportunities here. We encourage you to get in early.



JF Sprints and Hurdles Academy

What?	Speed and technique coaching for sprints, hurdles
For who?	Athletes 12 years + (or younger on application)
By who?	Johan Fourie
When?	Mondays, Tuesdays, Thursdays
Where?	Yvette Williams Track
How much?	Monthly fee on application

For more information, contact Johan (Johan.fourie@gmail.com)

Looking to take your sprinting to the next level? Keen to have a go at hurdles? Experienced club coach Johan Fourie has successfully coached several Auckland and New Zealand champion sprinters, short and long hurdlers. For more information about the Academy and to arrange a free trial, please contact Johan - johan.fourie@gmail.com or 027 843 8626

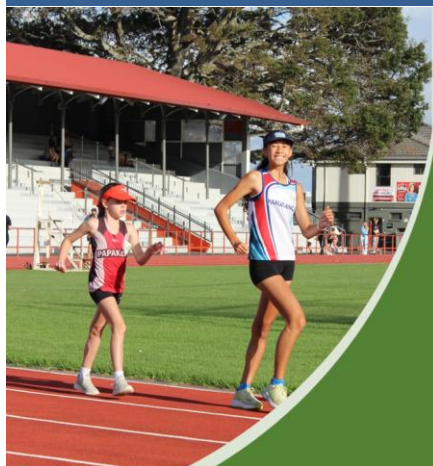


Sprints and Distance Training Squad

What?	Stamina and speed training
For who?	Registered members aged 10 years + interested in distances 100m-3,000m
By who?	Mike Trathen
When?	Mondays, Thursdays, Fridays, 5 pm; Saturdays 10 am
Where?	Yvette Williams Track
How much?	\$60 a month

For more information, contact mtandtb@xtra.co.nz

Spaces are available for athletes aged 10 years + keen to train regularly as part of a middle distance/sprints training squad. Four different sessions are offered at the track each week (you can take part in all or some). All experience levels, abilities and ages (from 10 years to adults) are welcome to join. Free trial sessions welcome. For more information contact mtandtb@xtra.co.nz.



Race Walks Coaching

What?	Race walk coaching
For who?	Registered members aged 10 years +. Beginners welcome
By who?	Alana Barber/Damian Blocki/Racewalking Auckland
When?	Sundays, 8.30 am
Where?	Various Auckland locations
How much?	Free

For more information, contact pakrun@gmail.com

Racewalking is offered at all major junior athletics competitions including Colgate Games. Pakuranga is probably the strongest junior racewalkers club in the country. We have an active group of racewalkers who train together on Sunday mornings, coached by Commonwealth Games silver medallist racewalker Alana Barber, Olympian Damian Blocki and the team from Racewalking Auckland. All junior athletes aged 10 years + are welcome to come along. Coaching is available for absolute beginners up to experienced racewalkers. **To get started: Contact pakrun@gmail.com and**

Introduction to Starting Blocks and Spikes



James Trathen and Errol Flynn will be running training sessions for all athletes new to using starting blocks and spikes. Our “Introduction to Blocks and Spikes” session covers how to set up starting blocks and how to use them to get a good race start. James is also happy to provide advice on spikes – what to look for when buying, and what to avoid.

This session is strongly recommended for all registered 10 Boys and 10 Girls + any athletes aged 11 years + who have not used starting blocks before or who would like a refresher. Having athletes confident in setting up their own blocks will save **a lot** of time on club nights.

Session times currently scheduled are:

- Tuesday 29th September at 4 pm (with James)
- Thursday 1st October at 4:15 pm (with James)
- Thursday 8th October at 4:15 pm (with James)
- Wednesday 14th October at 5 pm (with Errol)

Please meet outside the equipment shed. Sessions take about 30-40 minutes depending on numbers. No need to register – fine just to turn up. If you have spikes already, please bring them along.

Beginners' Guide to Junior Track and Field

To help children new to athletics this season feel more comfortable on club nights we are offering our ‘**Beginners' Guide to Track and Field**’ sessions again this season. This session is open to registered members **aged 8 – 14 years who have not done athletics before**. The session will include:

- Warming up, stretching and cool-downs to prevent injuries
- Introduction to shot put, discus, high jump, long jump and sprinting technique
- Introduction to using spikes and starting blocks (for athletes 10 years +)
- Coverage of event rules



Sessions available on either **Thursday 1st** or **Friday 9th October** – 9 am to 12.30 pm. Cost is \$50 per athlete. To register, please email pakrun@gmail.com.

7. Colgate Games 2027 - Entries Are Open!

We are excited to announce that Colgate Games entries are now open – for the North Island Games in Whangarei (8-10 January) and the South Island Games in Invercargill (15-17 January). Whether you are a ‘first-timer’ wanting to see what all the excitement is about, or a veteran of several Games, we would love to see you representing the club. **Just a word of warning** – Colgate Games are very addictive! Once you do one, you’ll be back every year. Find out more and enter here - <https://athletics.org.nz/colgate-games/>

Remember, you need to be registered with the club before you enter. No rush to enter – looks as though entries don’t close until 7th of December this year – yay!



8. Key Dates For Your Diary

Following is the provisional ‘calendar of events’ for the 2026/27 season. We will refine and add to this as the season progresses. Events, dates and locations may change so please make sure you keep an eye on the weekly newsletter for updates.

What?	When?	Where?	Who Can Go?		
			Tiny Tots	‘5s and 6s’	Juniors
Have A Go morning	10 October	Pakuranga	✓	✓	✓
First club night for 2026/27 season	14 October	Pakuranga	✓	✓	✓
Counties Manukau Girl Power Morning	24 October	Pakuranga			✓ Girls only
Pakuranga Junior Ribbon Day	31 October	Pakuranga	✓	✓	✓
Ron Keat Memorial Ribbon Day	7 November	Papakura	✓	✓	✓
Riverhead Ribbon Day	14 November	Riverhead	✓	✓	✓
Dick Quax Memorial Meet (including Auckland Junior 2000m/3000m Champs)	21 November	Pakuranga	✓	✓	✓
Counties Manukau Relay Champs	29 November	Pakuranga (TBC)			Selected athletes only
Auckland Junior Relay Champs	5 December	Mt Smart			Selected athletes only
Go! Series #1	12 December	Mt Smart		✓	✓
Auckland Junior Pentathlon Champs	19 December	Mt Smart			✓
Night of 5s	19 December	Mairangi Bay			✓
Christmas Fun Club Night	23 December	Pakuranga	✓	✓	✓
North Island Colgate Games	8-10 January	Whangarei			✓
South Island Colgate Games	15-17 January	Invercargill			✓
Junior Twilight Series #1	15 or 16 January	Mt Smart			✓

First club night for 2027	20 January	Pakuranga	✓	✓	✓
Go! Series #2	22 January	Mt Smart		✓	✓
Pukekohe Ribbon Day	23 January	Pukekohe	✓	✓	✓
Cultural Fun Night	27 January	Pakuranga	✓	✓	✓
Go! Series #3	30 January	Mt Smart			
U12/U14 Challenge Day	6 February	Hamilton			Grades 10-13
Junior Twilight Series #2	12 or 13 February	Mt Smart			✓
U16/U18 Challenge Day	13 February	Hamilton			Grade 14
Auckland Senior T&F Champs	20 to 21 February	Mt Smart			Grades 11-14s
Counties-Manukau Champs	26, 28 February	Papakura			✓
Auckland Junior T&F Champs	6 to 7 March	Mt Smart			✓
New Zealand T&F Champs	11 to 14 March	Waitakere			Grades 13-14
Club Champs Day 1	14 March	Mt Smart			✓
Go! Series #4	20 March	Mt Smart		✓	✓
Club Champs Day 2	21 March	Mt Smart			✓
Final club night for 2025/26	31 March	Pakuranga	✓	✓	✓

Note that the Auckland Junior Mile Championships for 10–14-year-olds is yet to be scheduled.

9. Got A Question? Need To Know More?

If you have any questions about the upcoming season, please feel free to contact the Junior Track and Field Committee at pakrun@gmail.com. We're always happy to help.

Junior Track and Field committee



A huge thank you to the businesses and organisations already supporting our section. We're still looking for additional supporters who can help with funding, products or services. **If you own or work for a business that might be able to help – or know someone who does – please get in touch at pakrun@gmail.com.**