

Pakuranga Athletic Club

Junior Track and Field 2026/27 Season • Newsletter Eight (25 October 2026)

1. Girls Just Wanna Have Fun!



What an amazing Girl Power Morning we had on Saturday! Team Pakuranga had a great turnout, including a massive 12 girls from our 7 Girls grade competing in their first athletics competition. It was fabulous to see the girls taking part in all the events, including those they were a bit nervous about. It was also wonderful to hear them cheering one another on. Well done to all the Team Pakuranga girls who took part. Special congratulations to the girls from the winning team, Team Hobbs, and to Tillie Koloamatangi who was awarded MVG (Most Valuable Girl) for Team McCartney and Imogen Campbell who was awarded MVG for Team Hobbs.

A huge thank you to everyone who helped make the morning such a success. Special thanks to our team captains Giselle Campbell, Anabelle Warner, Veronique Koole, Madeleine du Toit and Leah Marais – all former Junior Track and Field members – and Rylee Barrett, one of our student volunteers. You did a fantastic job keeping the younger girls engaged, encouraged and motivated. Thank you too to our student volunteers – Chloe, Ezekiel, Miah, Lauren and Yichen - who helped during the morning to ensure everything ran smoothly. It was also great to have Kelly Ihaka-Pitama, Athletics New Zealand's South Auckland Development Officer, join us so we could show off how awesome Counties Manukau girls are.



Photos courtesy of Claire Green. Check out more on our Facebook page

2. Only Six Sleeps Until Our Ribbon Day - Saturday 31 October



The Pakuranga Junior Ribbon Day is this Saturday, 31 October – and it's going to be a Halloween Special!

It's a little earlier than usual this year, with our track closing for resurfacing at the start of December, but we're determined to make the most of every opportunity to enjoy our track before work begins!

- It's free – and no pre-entry is needed. Just turn up on the day and join in the fun.
- Events and activities for everyone **OF ALL ABILITIES** aged 2-14 years. The focus of the day is on participation and having fun.
- Event starts at 9.50 am and finishes around 2.30 pm – but you can just come for part of the day if you like.
- Ribbons awarded in all events – including for Tiny Tots
- Parents races and 'give it a try' race walk around lunchtime
- Bouncy castles, coffee, BBQ and tuck shop for between events
- Amazing spot prizes on offer

The programme for the day is as follows:

Event Programme								
		Block 1	Block 2	Block 3	Lunch Break	Block 4	Block 5	Block 6
		10.10am	10.50am	11.30am	12.10pm	12.30pm	1.10pm	1.50pm
The Great Pakuranga Ribbon Day group warm-up 1500m track warm-up (open to everyone)	2B / 2G	Races and activities ¹ (10.15am start)	Exclusive use of bouncy castles	Races and activities ¹ 200m fun run	'Give it a go' 800m race walk (open to everyone) Parent races	Tiny Tot Halloween Treasure Hunt ¹	No events	No events
	3B / 3G							
	4B / 4G							
	5B / 5G	100m	60m + Games	Witchy Relays then bouncy castles ⁴		200m	Long Jump ²	400m fun run (pack run)
	6B / 6G	100m	60m + Games	Chicken Throw Discus ²		200m	Long Jump ²	
	7B / 7G	Discus ²	60m	Long Jump ²		200m	Shot Put ²	400m
	8B / 8G	Long Jump ²	60m	Shot Put ²		200m	High Jump ³	400m
	9B / 9G	Shot Put ²	60m	High Jump ³		200m	Discus ²	400m
	10B / 10G	100m	Discus ⁴	200m		High Jump ³	800m	Long Jump ²
	11B / 11G	100m	High Jump ³	200m		Discus ²	800m	Shot Put ²
	12B / 12G	100m	Long Jump ²	200m		Shot Put ²	800m	Discus ²
	13B / 13G	100m	Shot Put ²	200m		Long Jump ²	800m	High Jump ³
	14+B / 14+G	100m	Shot Put ²	200m		Long Jump ²	800m	High Jump ³

Note that Block 5 for 10-14 year olds will now be 800m rather than 400m.

For 7 years +, if an event you want to compete in is not on the programme, you are welcome to compete with the grade above for that event.

Families, we need your help with:



Spot prizes. We have had some amazing spot-prizes donated already (thank you!) but it would be great to have a few more. If you have anything that would be suitable for spot prizes (unwanted gifts, gift vouchers you won't use, corporate/promotional items such as drink bottles and umbrellas etc.), please bring them along to the tuck shop on Wednesday. or contact pakrun@gmail.com to arrange collection.



Volunteers on the day. To make sure the day runs smoothly, **we need lots of helpers.** There are plenty of different jobs to do including helping in the tuck shop or at the BBQ. Finish-line helpers, Tiny Tot activity leaders, and helpers at each field event. As it is a Ribbon Day you don't need to be a qualified official. If you know your way around a clipboard, you'll be fine. Older siblings are welcome to help too. If you can assist, please email pakrun@gmail.com. Even if you can only help for an hour or so, that would be great. All helpers receive a complimentary catered lunch to thank them for their time.



Coming along on the day. Please come and join us on the 31st. Ribbon Days are for all athletes, not just the top performers. There will be lots of familiar faces and you will get a chance to meet lots of athletes from other clubs. Please invite family, friends, classmates, neighbours to join us ... The event is free for everyone, and everyone will go home with at least one ribbon. Don't forget to bring your money for BBQ, tuck shop and coffee. Parents – bring your running shoes for The Great Pakuranga Ribbon Day warm up and parent races over the lunch break.

3. Volunteer of the Week



This week, we're celebrating **Cesar Garcia Soto**! A former Junior Track and Field athlete who now competes in our senior section, Cesar hasn't forgotten his junior roots. He continues to give back to our junior section, and this season has volunteered to help out on the BBQ at club nights.

But here's what makes Cesar extra special. Last Wednesday was Cesar's birthday, but rather than miss club night, he asked his family if they could celebrate a day early so he could still come along and volunteer. And when we found ourselves short of helpers selling uniforms on Wednesday, Cesar didn't hesitate to step in there too, mastering the EFTPOS machine after a very quick crash course.

Cesar, thank you for your incredible commitment, your willingness to help wherever you're needed, and that ever-present smile! We're so lucky to have you as part of our Junior Track and Field family. And belated happy birthday!

4. Club Night Reminders

We still have lots of new families joining the club each week. A big welcome to everyone who is new to Pakuranga Athletic Club this season. In response to some of the main questions we get asked ...

Club night start times are:

- 2-6 years - 4.45 pm
- 7 years + - 5.45 pm

Uniforms can be purchased from the equipment shed from 4.30 pm on club nights

Grades are based on the athlete's age on 31 December 2026

Age patches can be collected from the grade manager on club nights. They should be worn on club nights and at outside events

For health and safety reasons, all athletes must have a parent or guardian with them on club nights

If you are a returning family or a new family who have participated in the first two club nights, registrations are now overdue. Registrations are done online via our website – www.pakurangaathletics.co.nz. To be fair to families who have already registered, our committee will be following up with unregistered athletes at club night this Wednesday. **Please register by 10 pm on Tuesday evening** so your child can get straight into the activities on Wednesday without any delays.

5. Meet the Junior Track and Field Committee

Junior Track and Field at Pakuranga Athletic Club is completely volunteer-powered; no-one is paid to provide our programmes.

We are very proud – and very lucky – to have an awesome committee for the 2026/27 season.



CLAIRE GREEN
Section Chairperson



TANIA BOYER
Secretary



AMANDA WINTER
Treasurer

• Claire Green	Section chair; section representative on Management Committee, outside events team management
• Tania Boyer	Section secretary, registrations, Tiny Tots co-ordinator, club night programme, newsletter and communications
• Amanda Winter	Section treasurer, tuck-shop co-ordinator
• Bonnie Campbell	Grade manager liaison, outside events team management
• Cesar Garcia	Results team
• Errol Flynn	Schools' liaison, equipment custodian, technical advisor
• Jeff Doyle	Club night set up, starts team
• Jessie Chen	Chinese family liaison; Chinese-speaking club night support
• Larry Lam	Starts team
• Michelle Croxford	Uniform co-ordinator, results team, outside events team management
• Nate Fabricius	Committee member
• Norman Vaili	Committee member
• Paul Bruce	Race timer, results team, Athletics Auckland junior delegate
• Sarah Davies	'5s and 6s' co-ordinator, outside events team management
• Scott Davies	Club night set up, outside events team management
• Terry McLaughlin	Health and safety officer; club night first aid

On club nights, committee members can be identified by their navy and red polo shirts. Please feel free to approach a committee member if you have any questions, comments, concerns or suggestions. Jessie Chen is available to support our Chinese-speaking families (look for the pink vest). Alternatively you can email the committee at pakrun@gmail.com.

6. Uniforms

We had a massive run on our uniform stocks!

For our 2–6-year-olds, all t-shirt sizes are now back in stock. These are available from the equipment shed from about 4.20 pm until 6 pm. T-shirts are \$20. EFTPOS, credit card and PayWave payments are preferred but cash is fine too. Athletes should wear plain black or navy-blue shorts or leggings.

For our 7–14-year-olds, we are currently out of stock of our smaller sized singlets. Due to shipping delays, these will now be available from the 11th of November. Sizes from Kids 14 and up are in stock and will be available from the equipment shed from about 4.20 pm until 7 pm. Cost is \$45.

Supporter Hoodies and T-shirts

Orders and payments for club hoodies (\$65), tracksuit jackets (\$80), tracksuit pants (\$50) and supporter t-shirts (\$40) can also be made at the equipment shed. (Just \$5 extra to have your name on the back.) These are great for putting over the club singlet to keep warm/keep the sun off – and also come in adult sizes for parents who want to be part of Team Pakuranga, particularly to show their support at outside events.

Sample sizes are available for trying on. See the uniform team at the equipment shed on Wednesday evenings. Club-branded sunhats, visors, blankets and drink bottles are also available.

7. So What Will We Be Doing This Wednesday?

Tiny Tots (2-4 Year Olds)

Our theme for the next fortnight is “Jobs People Do”. We will be parcel couriers, firefighters, builders and paramedics! There will also be races on the track for everyone.



‘5s and 6s’

This week we will continue to learn more about flinging, the skill we need to throw the discus, this week working with real discuses. Over the last two weeks, we have been working on our two-foot landings; we’ll put our new skills into action in the long jump pit this week (just in time for long jump at Ribbon Day on Saturday). We will be making pizzas at the Run station – yum! – and trying a brand new game called ‘Hoop The Human.’ And on the track, we’ll be running 60m and 80m. Remember, bare feet are best for all activities especially for races on the track.

Juniors (7 years +)

This Wednesday marks the start of our points nights for athletes aged 7 years and over. Athletes earn points based on their placing in each event – 6 points for first place, 5 for second, and so on, with **every athlete who participates earning at least 1 point**. Points accumulate throughout the season, with awards presented at the end of the season for track events, field events and overall performance.

Note: Grade managers of younger grades (especially our 7 Boys and 7 Girls grades) have discretion to focus on teaching technique for field events rather than ‘measuring’ if they feel this will be more beneficial for the athletes.

This week’s club night programme for juniors (7 years +) will be as follows. Note that, to save time, all 400m races for 10-14 year olds will be run as pack runs; there will be no starting blocks used.

Block	7	8	9	10	11	12	13, 14B	14G
1	100m	100m	100m	Shot Put	High Jump	Discus	Long Jump	100m
2	Discus	Shot Put	High Jump	200m	200m	200m	200m	Long jump
3	200m	200m	200m	High Jump	Shot Put	Long Jump	Discus	400m
4				400m (Pack run)	400m (Pack run)	400m (Pack run)	400m (Pack run)	Discus

We have a very large group of 13 and 14 Girls this season – which is fantastic, but it is meaning that they are taking a long time to get through their events. This week we will trial running the two groups separately.

A Note on Non-Points Night Timing

We've had a few questions and concerns about why we've been timing the 100m and 200m races during our first two club nights, particularly as these aren't official points nights. **Please be assured that these are NOT the only results that will be used for relay team selection!**

Last season, several early points nights were affected by rain, leaving us with limited race times for some athletes and making relay team selection more difficult. To avoid a repeat of this, we've started recording times earlier this season. However, **all 100m and 200m times recorded between the start of the season and mid-November will be considered when selecting relay teams.**

So, if your child has missed a club night, been injured, or simply hasn't had their best race yet, please don't worry. Team selection will be based on performances across the selection period, not just one race. **There are still plenty of opportunities to record a time – or improve on an earlier one.**

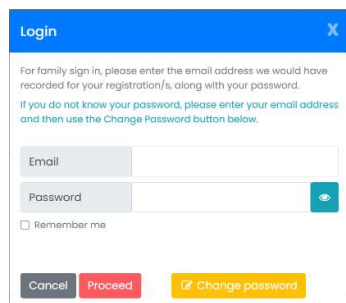
Checking Club Night Results

To better protect your child's personal information, we are introducing a new results login this season, requiring you to log in using your email address and a secure password.

Please use the email address you have registered with us. The first time you log in, follow the prompts to set up your password.

Instructions

1. Go to: <https://pakurangaathletics.co.nz/juniors-track-and-field/results/paku.wichit.com.au/> OR <https://akld-paku.wichit.com.au/>
2. [Login pop up box appears]

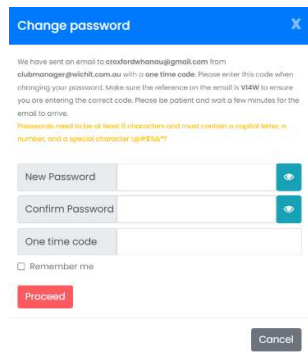
A login pop-up box with a blue header and a close button (X). The text inside says: "For family sign in, please enter the email address we would have recorded for your registration/s, along with your password. If you do not know your password, please enter your email address and then use the Change Password button below." There are input fields for "Email" and "Password" (with a toggle eye icon). Below the password field is a checkbox for "Remember me". At the bottom are three buttons: "Cancel", "Proceed", and "Change password" (highlighted in yellow).

The first time you login, you MUST

- a. Enter your email address that you entered when registering your athlete
- b. Select "Change password"
- c. This will send a "one-time code" to your email address (remember to check spam), go to next step

3. Enter your new password

- a. **Requirements:** Minimum 8 characters and **MUST** include a capital letter, a number and a "special character"
- b. Your "one time code" can be found in your emails (check spam). *It can take a few minutes for the email to arrive.*
- c. Select "proceed"

A "Change password" pop-up box with a blue header and a close button (X). The text inside says: "We have sent an email to croxfordshaneu@gmail.com from clubmanager@wichit.com.au with a one time code. Please enter this code when changing your password. Make sure the reference on the email is V4AW to ensure you are entering the correct code. Please be patient and wait a few minutes for the email to arrive. Passwords need to be at least 8 characters and must contain a capital letter, a number, and a special character (e.g. 12345678!)." There are input fields for "New Password", "Confirm Password", and "One time code". Below the "One time code" field is a checkbox for "Remember me". At the bottom are two buttons: "Proceed" (highlighted in red) and "Cancel".

4. You can now see your child's results.

If you have any issues with the new login system, please email michellecroxford@gmail.com

Note that athletes can only see their own results, not those of anyone else in the grade or section. This is deliberate. The purpose of the published results is to allow athletes to track their personal progress throughout the season, maybe set some goals and celebrate their PBs (personal bests). It is up to each individual family how much they want to engage with the online results.

Results for each Wednesday club night are analysed and entered on Thursday and Friday and uploaded on Saturday afternoons. If you have any issues accessing the results, please contact pakrun@gmail.com.

Privacy Reminder

The results pages on club nights contain information about all athletes. To help protect everyone's privacy, please do not take photos of the results pages or share them with others. If you need to confirm your own child's result, please see your grade manager on Wednesday evenings, who can provide your child's result directly.

8. Coaching Opportunities

Introduction to Starting Blocks and Spikes



Errol Flynn will be running a training session 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.

This session is strongly recommended for **all registered athletes in the 10 Boys and 10 Girls** grades as well as older athletes 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 will be Wednesday 28th October – 5 pm. Please meet outside the gear shed at the track. This session is free and there is no need to pre-register – fine to just turn up.

Please note: To keep our club nights flowing, we can't offer block-setup coaching on the start line. If you're new to using starting blocks or want a refresher, we encourage you to attend one of the introductory sessions or our coaches are happy to help before or after your race.

More coaching opportunities coming – watch this space.

9. McKinnon Shield Meets

McKinnon Shield competitions for athletes in Grade 12 or older are held each weekend at Mt Smart Stadium in Penrose. The McKinnon Shield Meet #2 will be held on Saturday 31st October.

 McKinnon Shield #2 + Secondary Schools Competition #2 Saturday 31st October 2026 Mt Smart Stadium #2 Arena DRAFT PROGRAMME & TIMES The programme is dependent on entry numbers A final programme will be loaded to our website Friday evening					
TRACK			FIELD		
2:00pm	200m Hurdles	Women and Men	2:00pm	High Jump	Women & Men
	300m Hurdles	Women and Men	2:00pm	Javelin	Women & Men
	400m Hurdles	Women and Men			
2:30pm	100m	Women			
	100m	Men			
3:00pm	800m	Women			
	800m	Men			
3:30pm	200m	Women	3:30pm	Long Jump	Women
	200m	Men	3:30pm	Hammer	Women & Men
4:00pm	1200m/1600m/2000m/ 3000m Race Walk	Women and Men			
4:30pm	3000m	Women	4:30pm	Long Jump	Men
	3000m	Men	4:30pm	Weight Throw	Masters Women
					Masters Men

The entry form can be accessed via this link: <https://www.athletic.net/TrackAndField/meet/674384/info>

You must be a registered club member to enter. Entries will close 11:59 pm on Wednesday 28th of October.

10. 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
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	7 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	20-21 February	Mt Smart			Grades 11-14s
Counties-Manukau Champs	26, 28 February	Papakura			✓
Auckland Junior T&F Champs	6-7 March	Mt Smart/Waitakere			✓
New Zealand T&F Champs	11-14 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 2026/27	31 March	Pakuranga	✓	✓	✓

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

11. Got A Question? Need To Know More?

If you have any questions at all about the junior track and field season, please feel free to contact the committee at pakrun@gmail.com. We're here 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.***