

Pakuranga Athletic Club

Junior Track and Field 2026/27 Season • Newsletter Five (4 October 2026)

1. The Countdown is On!



The countdown to the 2026/27 Junior Track and Field season is on! Only 10 days to go until our first club night on **Wednesday 14 October**.

For those who still need to sign up, registrations can be done via our website - www.pakurangaathletics.co.nz - or by scanning the QR code. Click on the 'Online Registration' button on the home page and follow the instructions from there.



A couple of friendly reminders:

- Families who were registered last season are not eligible for the two free club nights unless you are moving from Grade 6 to Grade 7 (since these two programmes are very different). All returning families need to be registered by the first club night please.
- Payment plans are still available. These allow you to pay off your registration fees throughout the season if you prefer. Please contact pakrun@gmail.com and we can set this up for you.

2. Need Something To Wear?

From Wednesday the 28th of October, all athletes need to wear a club t-shirt (2–6-year-olds; \$20) or a club singlet (7 years +; \$45) on club nights. To avoid the queues on the first couple of club nights, uniforms will be available on Saturday 10th October, 9 am to 12 noon at the large equipment shed (alongside the track). Cash, EFTPOS, credit card and PayWave payments are available.

Orders can also be placed now for club hoodies, trackpants, jackets and supporter t-shirts (remember, it gets cold at the track in the evenings!). We have a range of samples for you to try on.

3. Just Two More Grade Managers Needed

We are super-excited that Savannah has agreed to step up from grade manager assistant and take on the grade-manager role for the 8 Boys this season. Thank you Savannah!

We are still looking for grade managers for the **12 Boys** and **14 Girls** grades. If you can help, please email us – pakrun@gmail.com. Full training is provided plus a free item from the tuck shop each week and your section fees refunded. If we don't have volunteers come forward, we will need to organise for all parents to grade manage on a roster basis.

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. Congratulations to Our Newest Level 1 Officials!



Many thanks to Amy Pratt, Sarah Davies, Jasper Venida and Siamak Anahid who attended the Level 1 Officials course run by Athletics Auckland this afternoon - and special congratulations to Amy, Sarah and Jasper who sat the assessment and passed, and are now qualified Level 1 officials.

Officials play a really important role in athletics – helping make sure events are safe, fair and run properly, while also helping our young athletes learn the rules and get the best possible competition experience. Having more qualified officials within our Junior section is a huge plus for the club, so thank you to all four for giving up their time to learn more.

6. What's New This Season?

• Funding for Club Night Coaching



We're excited to share that Grassroots Trust has awarded Pakuranga Athletic Club funding to support coaching at our Junior club nights this season.

This funding will help us provide experienced coaching support across our club night programme, giving our athletes more opportunities to learn the correct techniques, develop their skills and confidence, and get even more out of their Wednesday nights at the track.

And we have some awesome club night coaches lined up for this season – Mike Trathen, Jordan Viljoen, Savannah Atoaga, James Trathen, Harrison Day, Ethan Vaili and Natalyah Atoaga.

A huge thank you to Grassroots Trust for continuing to support junior athletics at Pakuranga and helping us provide the best possible experience for our young athletes.

• Chinese-Speaking Club Night Support

各位 Pakuranga Athletic Club 的华语家庭大家好，我是 Jessie。我的女儿加入俱乐部已有 5 年（今年升入 Junior 7 岁组），小儿子新赛季会在 5 岁组。每周三下午 4:45 起我都会在田径场，一直到 7:30 活动结束。大家如果对报名、训练或比赛等有任何问题，随时欢迎来找我沟通。期待在田径场见到更多新面孔！

Welcome to all Chinese-speaking families joining Pakuranga Athletic Club. My name is Jessie. Our family has been part of the club for quite a while—my daughter has been here for 5 years (stepping up to Junior Grade 7 this year), and my son is in the 5s group this season.

You can find me at the track every Wednesday between 4:45 PM and 7:30 PM. If you need any assistance regarding registration, training, coaching sessions, or upcoming competitions, please don't hesitate to reach out. We look forward to seeing you all around the grounds!

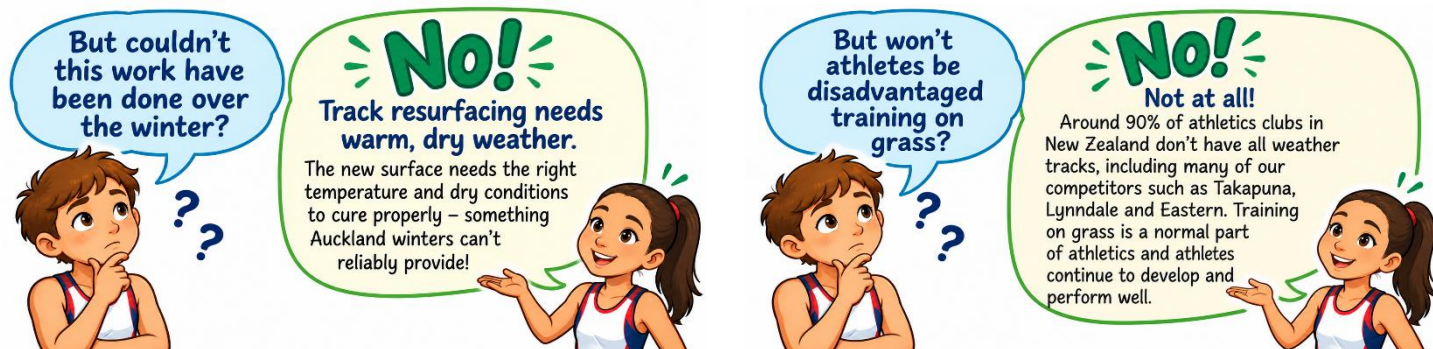
Look out for Jessie in the pink vest on club nights 😊

• Let's Get Excited – A New Track Is On The Way!

We are very pleased to announce that the Yvette Williams Track is FINALLY being resurfaced this summer! This is something our club has been waiting a very long time for, so we are super-excited that it is finally happening. Our much-loved track has been well-used over the last 17 years, and it is definitely ready for a makeover.

The project will give us a fantastic new track surface that will look amazing, be safer to run on and hopefully help produce plenty of fast times and new PBs! There will also be some exciting improvements to our field facilities, including a new discus cage.

A project this big does mean there will inevitably be some changes and compromises, particularly during the second half of the season. However, we are committed to providing Wednesday club nights at Lloyd Elsmore Park throughout the full season. Once the track closes, the clubrooms will become our base on club nights, and a track will be marked on the cricket pitch just outside. Auckland Council will also create a temporary throws and long jump area for us. We'll share more information as plans and timings are confirmed.



7. Coaching Opportunities - Get In Early!

Athletes who are keen to make progress this season might like to consider joining one of our coaching and training programmes. Some are already underway, but new members are very welcome. Check out the options below and 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, and 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.



Sprints with Jeff

What?	Technique and speed coaching
For who?	All athletes aged 7-11 years interested in 60m-400m
By who?	Jeff Doyle
When?	4:30 pm on Tuesdays (Starting from 20 th October)
Where?	Yvette Williams Track
How much?	Free

For more information, contact flash1956@me.com

If you've got a young athlete who loves to run fast – or would like to learn how to run faster – this is a great opportunity to develop their sprinting technique and speed with Jeff. Sprints with Jeff kicks off on Tuesday 20th October, offering technique and speed coaching for athletes aged 7–11 years who are interested in events from 60m to 400m.

To get started: Contact flash1956@me.com

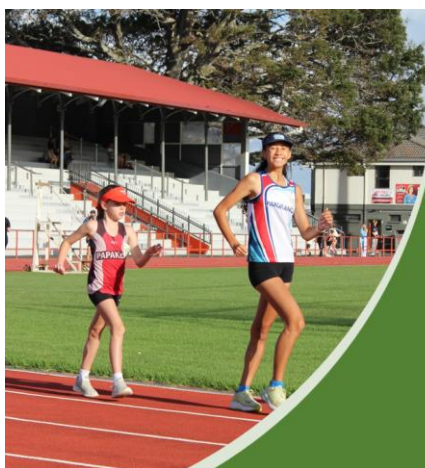


Junior Speed and Stamina Squad

What?	Stamina and speed training
For who?	Registered members aged 7-10 years who want to learn good sprinting technique and develop stamina for longer races
By who?	Mike Trathen
When?	Tuesdays and Fridays, 4 pm
Where?	Yvette Williams Track
How much?	\$15 a week

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

This squad started over the winter to help our junior athletes build stamina and speed for cross country and due to its popularity we have decided to continue it through the summer. This is a great group of 7-10 year olds who focus on developing stamina for longer races as well as speed work for sprinting. It is also a great introduction to squad training. 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 racewalks club in the country. We have an active group of racewalkers who train together on Sunday mornings, coached by 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 we'll confirm the location for the Sunday training session.**

Introduction to Starting Blocks and Spikes



It was great to have athletes attending the 'starting blocks and spikes' sessions last week. 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 Grade 10 athletes plus any athletes aged 11 years + who have not used starting blocks before or 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:

- 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 30-40 minutes depending on numbers. No need to register – 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



The next session is **Friday 9th October** – 9 am to 12.30 pm. Cost is \$50 per athlete. To register, please email pakrun@gmail.com.

8. Let's Get Competing - McKinnon Shield Pre-Season Meet

McKinnon Shield competitions for athletes in Grade 12 or older are held each weekend at Mt Smart Stadium in Penrose. The McKinnon Shield Pre-Season will be held next Saturday 10th October. The programme for the afternoon is as follows:

DRAFT PROGRAM & TIMES						
The program is dependent on entry numbers						
A final program will be loaded to our website Friday evening						
TRACK				FIELD		
3:00pm	Women	300m		2:00pm	Pentathlon Women	High Jump
	Men	300m			Pentathlon Men	High Jump
3:30pm	Pentathlon Women	80m Hurdles		2:00pm	Women	Long Jump
	Pentathlon Men	80m Hurdles			Men	Long Jump
	Pentathlon Women	100m Hurdles		3:15pm	Women	Shot Put
	Pentathlon Men	100m Hurdles			Men	Shot Put
	Pentathlon Men	110m Hurdles				
4:30pm	Women	60m		3:30pm	Women	High Jump
	Men	60m			Men	High Jump
4:45pm	Women	150m		4:15pm	Pentathlon Women	Shot Put
	Men	150m			Pentathlon Men	Shot Put
5:15pm	Women	1200m		5:00pm	Pentathlon Women	Long Jump
	Men	1200m			Pentathlon Men	Long Jump
6:00pm	Pentathlon Women	200m		5:30pm	Women	Discus
	Pentathlon Men	200m			Men	Discus
6:30pm	Auckland Championships	10,000m				
	Grades: U20+					

The entry form can be accessed via this link: <https://www.athletic.net/TrackAndField/meet/674296/info>

You must be a registered club member to enter. Entries will close 11:59 pm on Wednesday 7th of October.

9. Save The Date - Girl Power Is Back for 2026!

One of the most important ways of encouraging girls into sport and keeping them engaged is providing opportunities for them to make connections with one another. 'Girl Power' is a team-based event just for girls, which focuses on participation. There is lots of running, jumping and throwing, but also drawing, colouring, socialising, eating – and even some dancing!

This season, Girl Power will be held on **Saturday 24 October at our track – 9.30 am to 1 pm. Entry is free.**

Girl Power is for ALL girls aged 7-14 years, including those who have just started athletics. Lots of help is provided at each event – and the only individual awards are for sportsmanship and effort, not performance.

More information is coming soon, but for now please save the date. We'd love to see a huge Pakuranga turnout!



Photo from Girl Power 2025

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
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	20-21 February	Mt Smart			Grades 11-14s
Counties-Manukau Champs	26, 28 February	Papakura			✓
Auckland Junior T&F Champs	6-7 March	Mt Smart			✓
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 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





+ marina
physio



grassroots[®]
trust

*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.***