

Pakuranga Athletic Club

Junior Track and Field 2026/27 Season • Newsletter Seven (18 October 2026)

1. All Systems Go

What a fantastic first club night we had on Wednesday! At least 507 children joined us at the track across the afternoon/evening – what an incredible start to the season!! It was great to see so many familiar faces from last season, and to be able to welcome so many new families to Pakuranga Athletic Club. And judging by one parent's comment (see right) we're not the only ones happy to be back!



With the season now underway, **all members who were registered last season should now be signed up.** Returning club members are not entitled to free trial nights (unless moving from Grade 6 to Grade 7). Please make sure you register by 10 pm on Tuesday to allow time for age patches to be prepared and rolls to be updated.

Age Patches

All registered athletes will receive an age patch from their grade manager on club night. This should be pinned onto the athlete's singlet or t-shirt – ideally on the top left-hand side. Athletes should wear their age patch each club night as proof that they have registered (and therefore are eligible to earn club night points), so it is clear which age group they should be competing in, and to help grade managers learn athletes' names.

Uniforms

We had a massive run on our uniform stocks last Wednesday!

For our 2–6-year-olds, all t-shirt sizes will be back in stock on Wednesday afternoon and 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 but hoping that these will be available by Wednesday evening. 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.

Solution To A Spikey Problem

Our 'Second-hand Spikes' shop is up and running on Wednesdays. If your child has grown out of their spikes or waffles but they are still in good condition, please label them with your name, contact number or email address, size (if known) and how much you would like for them. Place them on the table near the BBQ and we will sell them on your behalf.



Wanted: Size 7 waffles. One of our families is on the hunt for a pair. Can anyone help?

If you are looking for a pair of spikes or waffles for your child, check out the table by the BBQ each Wednesday evening. With growing feet, second-hand spikes can be a great way to save money – and give perfectly good shoes another season of use. We also have replacement 6mm spikes (the actual metal pins that go into the shoes) for sale from the tuck shop.

If you are looking for new spikes, try Smith Sports Shoes or the sports stores at DressMart in Onehunga (ask if you don't see any spikes on display). The sports shops at Manawa Bay (the outlet mall at the airport) may also stock spikes. Online purchasing is also common. If you would like some advice on spikes, please let us know.

We also accept second-hand singlets in good condition. Please label these and bring to the BBQ too.

2. So What Will We Be Doing This Wednesday?

Tiny Tots (2-4 Year Olds)

What a fantastic group of enthusiastic Tiny Tots we had on Wednesday evening! We can already tell we are going to have lots of fun this season!

The Tiny Tots programme works on a two-week cycle so this week each grade will do the activities they didn't do last week. That means there'll be more parachute fun, cone chaos with our "Builders and Bulldozers" game, scarf play, and we'll be going on an expedition around the track. There will also be races on the track for all athletes.

'5s and 6s'

Our 5- and 6-year-olds have a new set of activities each week. This week, in preparation for long jump, we will be practising our two-footed landings with a game of 'Cross the River'. We'll also be practising our 'fling' throws, this time using quoits. (This teaches us the same technique used in discus.) And we will have a fast and furious game of 'Rob the Nest' at the Run station to work on our speed and stamina, and we'll be playing 'Cat and Mouse' to work on our reaction skills. There will also be races on the track for all groups.

Health and Safety for Tiny Tots and '5s and 6s'

Please treat the track and long jump runway like a road. Parents and children should always look both ways before crossing the track, and we ask that you don't leave personal belongings (shoes, drink bottles, pushchairs, young children ...) on the track. After their first race, please encourage your child to walk back for their next race on the grass, NOT UP THE TRACK. For safety reasons we can't start a race until the track is completely clear.

Juniors (7 years +)

This week's club night programme for 7 years + will be as follows:

Block	7	8	9	10	11	12	13+
1	400m	400m	400m	Long jump	Discus	Shot Put	High Jump
2	Long Jump	High Jump	Discus	100m	100m	100m	100m
3	100m	100m	100m	Discus	Long Jump	High Jump	Shot Put
4	Optional - Coaching			1500m	1500m	1500m	1500m

For the first few club nights, the emphasis is on coaching and learning, with the measuring and recording of field results at the Grade Managers' discretion. Points nights begin from the 28th of October. However, we will be timing the 100m races this week as input into decisions around relay team selection (these results will not be published). The 1500m races may also be timed.

3. Coaching Opportunities - Get In Now!

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 are 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

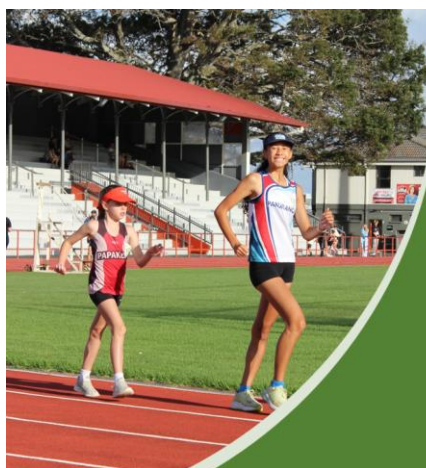


Junior Speed and Stamina Squad

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



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 21st 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

4. Want More Than Just Wednesday Evenings? How about ...

Counties-Manukau Girl Power Morning – Girls, This One's for You!

A promotional poster for the Counties Manukau Girl Power event. The background features a stylized sunburst in shades of orange and yellow. In the center is a black silhouette of a girl with pigtails, wearing a cape and holding up a large, dark, curved banner. The text is arranged around this central image. At the top, it says 'It's back for 2026!' followed by the main title 'Counties Manukau Girl Power!' in large, bold, white letters. Below the title, it describes the event as a fun, participation-focused, team-based athletics competition. It mentions that athletes are assigned to teams to compete for points, and that more events lead to more points for the team. It also states that every team member counts. The event is open to girls aged 7-14 years of all abilities and experience levels. The date and time are given as Saturday 24 October, 9.30 am to 1 pm, at Yvette Williams Track, Lloyd Elsmore Park, Pakuranga. It notes that entry is free and there are awesome spot prizes. Registrations close at 11.59 pm on Wednesday 21 October. Registration can be done by emailing pakrun@gmail.com or scanning a QR code, which is shown in a box on the right side of the poster.

It's back for 2026!

Counties Manukau Girl Power!

A fun, participation-focused, team-based athletics competition just for the amazing girls from Counties-Manukau athletics clubs

Athletes assigned to teams to compete to earn the most points. Points awarded for places in each event – but also for participation. The more events you try, the more points for your team. Every team member counts!

Open to girls 7-14 years of all abilities and experience levels

Saturday 24 October – 9.30 am to 1 pm
Yvette Williams Track, Lloyd Elsmore Park, Pakuranga

Free entry • Awesome spot prizes

Registrations close 11.59 pm Wednesday 21 October

Register by emailing pakrun@gmail.com or scanning the QR code



Girl Power is back this Saturday, 24 October, and we'd love to see as many of our Pakuranga girls there as possible!

One of the best ways to keep girls involved in sport is to help them build friendships and feel part of a team. That's exactly what Girl Power is all about. It's a fun, team-based morning of running, jumping, throwing, making new friends – and even a bit of colouring and dancing! Girls aged 7–14 years from all Counties Manukau clubs are welcome, including those who have only just started athletics.

You don't need to be fast, experienced or competitive to take part. Every girl contributes to her team's success, and the only individual awards are for sportsmanship and effort. Entry is free, and there are ribbons, goodie bags and some fantastic spot prizes.

Registrations close at 11:59 pm on Wednesday 21 October. Register at <https://forms.gle/JZjTpWqKro67G1Nb9> Or contact pakrun@gmail.com to let us know you are keen to take part.



Pakuranga Athletic Club

**PAKURANGA JUNIOR
TRACK AND FIELD
RIBBON DAY
HALLOWEEN SPECIAL**

Saturday 31 October 2026
Yvette Williams Track, Lloyd Elsmore Park, Pakuranga

The Great Pakuranga Ribbon Day
group warm up at 9:50 am
10 am – 2:30 pm: Events for 5-14 year olds

Races and fun activities for 2-4 year olds from 10 am,
including treasure hunt and bouncy castle

Ribbons for places in all events + great spot
prizes

Coffee van, tuckshop and BBQ

All enquiries to pakrun@gmail.com

 Keep up-to-date via our Facebook page

Event generously supported by **Howick Local Board** 

Event Programme

		Block 1	Block 2	Block 3	Lunch Break	Block 4	Block 5	Block 6	
9.50am		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 (<i>open to everyone</i>)	2B / 2G	Races and activities ¹ <i>(10.15am start)</i>	Exclusive use of bouncy castles	Races and activities ¹	'Give it a go' 800m race walk (<i>open to everyone</i>)	Tiny Tot Halloween Treasure Hunt ¹	No events	No events	
	3B / 3G			200m fun run					
	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		Parent races	High Jump ³	400m	Long Jump ²
	11B / 11G	100m	High Jump ³	200m			Discus ²	400m	Shot Put ²
	12B / 12G	100m	Long Jump ²	200m			Shot Put ²	400m	Discus ²
	13B / 13G	100m	Shot Put ²	200m			Long Jump ²	400m	High Jump ³
	14+B / 14+G	100m	Shot Put ²	200m			Long Jump ²	400m	High Jump ³

Due to the track closure later in the year, the Pakuranga Junior Ribbon Day is early this season – **Saturday 31st of October** at the Lloyd Elmore track. And given the date, we couldn't resist making it a Halloween Special! This free event is open to all Junior Track and Field athletes **aged 2-14 years** throughout Auckland – and beyond. Join us for a group warm-up at 9:50am with events starting from 10 am. There will be six blocks of events for 5–14-year-olds, and a range of activities for Tiny Tots throughout the day including races, a treasure hunt and bouncy castle.

Participants don't need to be registered athletes to compete, so family and friends are welcome to come along and join in the fun too. We'll also be inviting our friends from Howick Tiny Tots. This is always a great day out and is the perfect way to introduce athletes to outside events in a friendly and familiar environment. Ribbons are awarded for all events (including for Tiny Tots and '5s and 6s'), and there are great spot prizes. It is also an important fundraiser for our section through the sale of food and drinks.

At this stage we are on the hunt for **spot prizes** that we can hand out throughout the day. If you have anything that might be suitable (gift vouchers you won't use, unwanted birthday presents, corporate promotional material such as umbrellas, drink bottles, free samples or leftover stock ...) please bring them along on club night and hand in at the tuckshop.

Have A Day - and Night - of Halloween In the Park

Why stop at one Halloween event when you can enjoy two right in Lloyd Elsmore Park? Start your Halloween celebrations at our Halloween Ribbon Day then keep the spooky fun going at Halloween at Howick Historical Village, just down the road! From 5 pm to 9 pm, the Village will come alive with trick-or-treating, haunted cottages, a Halloween trail, costume competitions, food trucks and plenty of spooky surprises! It's the perfect opportunity to make a whole day of Halloween fun with the family. 🇬🇧 Tickets are required for the Village event, and advance booking is recommended. [Find out more about Halloween at the Village](#)

Many thanks to the Howick Historical Village who have provided a complimentary family pass to their 'Festival of Frights' on the 31st. We will give this away at Girl Power on Saturday. *(Boys, don't worry – we have another family pass for you – for their Twilight Christmas event.)*

McKinnon Shield Meets

As it is Labour weekend next Saturday, there will be no McKinnon Shield Meet. McKinnon Shield Meet #2 will be Saturday 31st October.

5. 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
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	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.

6. 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.