



Pakuranga Athletic Club

Junior Track and Field 2026/27 Season • Newsletter Six (11 October 2026)

1. On Your Marks, Get Set ... Go!

Our first club night for 2026/27 is almost here. **We start this Wednesday – 14th of October.**

We can't wait to see everyone back at the track for another season of fun, fitness and friendship. Whether you are joining for the first time or returning for another year, here is everything you need to know for the first club night.



Where exactly is the track?

The Yvette Williams Track is in Lloyd Elsmore Park. The easiest entrance to find is between #36 and #38 Cascades Road – look out for our sign.



Where should I park?

There is a car park at the entrance between #36 and #38 Cascades Road, or parking is available on Cascades Road if this car park is full. You can also enter the track from the car park we share with the Howick Pakuranga cricket club. Entry is at 2 Bells Road – turn right at the first roundabout off the Pakuranga Highway. Once this is full, there is parking available on Bells Road.



What time does it start?

- 2-6 year olds start at 4:45 pm
- 7 years + start at 5:45 pm

Please try to be on time so you can find your group easily and hear all the notices.



What should we do when we arrive?

- 2-4 year olds: Head for the back straight of the track (so the opposite side from the blue building)
- 5-6 year olds: Head for the main straight of the track (the same side as the blue building)
- 7 years+: Head for the main straight of the track (the same side as the blue building)

Look for the age group signs. When you have found your age group, report to the grade manager. They will welcome you and tick you off the roll.



How do the age groups work?

All athletes are placed in groups according to their age and their gender – so 2 Girls, 10 Boys etc. The athlete's age is based on **how old they will be on the 31st of December 2026**. So if your child has a birthday between now and 31st December, **they will be in one age group higher than their current age**. Other than in exceptional circumstances, children must compete in their correct age group.



How do I get my child's age patch? What do I do with it?

Grade managers will hand out age patches to athletes who have registered. The age patch should be pinned on to 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. For 7-14 year olds it also shows your club ID number so you can check your club night results. (More on this soon 😊)

To receive your age patch on the first club night, you need to be registered by 10 pm on Tuesday 13th October



What should we bring to club night?

We recommend:

- Water bottle
- Shorts or leggings suitable for running (no jeans or board shorts)
- Jacket or hoodie – especially for 7 years + as the evenings can be cold at the track
- Hat

Bare feet are fine for competing – but no Crocs or slides for competing please. **Please name everything you bring to the track.**



How do I get a uniform?

Club singlets (for 7-14 year olds) (\$45) and t-shirts (for 2-6 year olds) (\$20) will be for sale from the equipment shed on Wednesday evening from about 4:15 pm. EFTPOS, credit card and PayWave payments are preferred but cash is fine too. Athletes should wear plain black or navy blue shorts or leggings.



Is it OK to drop my child and pick them up later?

For everyone's safety, we ask that a parent or nominated caregiver stays at the track throughout club night. This means there's always someone available if your child needs you. Parents are also responsible for making sure their children behave safely and respectfully, allowing everyone to enjoy the activities and ensuring equipment is used appropriately



What if my child has never done athletics before?

Absolutely no problem! Many of our athletes are completely new to athletics when they join us. Our Grade Managers and helpers will explain the activities and help children learn the basics. There's no expectation that children will know what they're doing when they arrive – that's what we're here for! For 7 years +, the first two club nights in particular are focused on learning. We also have coaches available at field events throughout the season who can help children with their technique.



What is expected of me as a parent?

For our 2-6s: The sessions are a great opportunity for you to interact with your child – cheer them on in the races, partner with them in the activities and role-model sportsmanship, respect for coaches and officials, sharing and being a team player.

For 7 years +: We'd love you to get involved where you can. Grade Managers always need help with moving equipment (and children!), measuring jumps and throws, and recording results. **You don't need any athletics experience – just a willingness to pitch in!** Please ask your grade manager how you can help. And of course, cheering on your child (and their teammates!) is always encouraged!



What time does club night finish?

Tiny Tots finish around 5.35 pm; '5s and 6s' finish at 5.40 pm. 7-9 year olds taking part in three blocks only will finish around 7.15 pm; those staying for coaching will finish around 7.40 pm. 10-14 year olds will finish around 7.40pm. Note that exact finishing times are dependent on the level of parental support. More helpers = earlier finish 😊 Athletes are free to leave earlier if they need to.



What if it rains?

We are fortunate to have an all-weather track, so club nights go ahead each week except in very extreme weather. If we do have to cancel, those who have registered will be advised by email (another good reason to register before Wednesday!) and via our Facebook page. We try to leave the decision until around 2 pm as Auckland weather is so changeable.

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 7:40 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！

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



2. Is Your Age Patch In The Pile For Wednesday?

All registrations need to be done through the club's website - <https://pakurangaathletics.co.nz/>. The process is easy and only takes a couple of minutes.

Please note that **only those who have never been a member of the Junior Track and Field section or are moving from Grade 6 to Grade 7 are entitled to attend two free club nights before they register.** All returning members should be registered prior to the 14th of October.

To the 358 athletes who have registered already – thank you 😊. Your age patches are in the pile and will be handed out by your grade manager on Wednesday night.

Athletes registered by 10 pm on Tuesday the 13th of October will have their names on the roll and will receive an age patch on Wednesday; registrations received after this time will receive their patches the following Wednesday.

3. What An Awesome 'Have A Go' Morning!



We had a fabulous 'Have A Go' morning on Saturday. It was great to be able to showcase our junior track and field programme to our local community. The weather was perfect, the track and our newly-painted building looked fantastic and there were lots of enthusiastic children at the track. We have received loads of follow-up enquiries and registrations.

Many thanks to all our wonderful volunteers who ran the activities, tuck shop and BBQ, and to our club families who encouraged their wider whānau and friends to come along. And a very special thank you to the Howick Local Board who provided invaluable funding to help this event go ahead.



Photos courtesy of Claire Green

4. 135 Volunteers Ready To Make The Season Happen



Our Junior Track and Field programme is 100% volunteer-powered.

As well as welcoming back our athletes on the 14th of October, we will also be welcoming a massive 135 volunteers who will run our club night programme. There are many familiar faces among the group, but we are also excited to welcome new volunteers from our local high schools. They have spent the last week learning about their new roles and about our club and they are very excited – and just a wee bit nervous – about our first club night on the 14th. Please make them feel welcome and support them wherever you can. Remember, they are learning too!

5. So What Will We Be Doing? Junior Club Night Programme

Tiny Tots (2-4 year olds)

We are sooo looking forward to welcoming back our Tiny Tots from last season - and getting to know our new 2-4 year olds. This week we will be playing with the parachute (everyone's favourite 😊), learning all the things our arms can do, we'll be playing a fast and furious game of Builders and Bulldozers, and our activity leaders will take us on an adventure over, under and around some of our favourite equipment. There will also be races on the track for everyone.

5s and 6s

Bring lots of energy this week 5 and 6 year olds – we'll be doing lots of jumping, we'll be trying to run away from the Pirate Captains and our famous rubber chickens will make their first appearance of the season. There will also be races on the track for everyone.

A Note for Parents of 6 Boys

Our 6 Boys grade looks as though it's going to be big this year so we are being proactive and have split this group into two – 6 Boys with surnames A-L, and 6 Boys with surnames M-Z. Each group will have its own grade managers and will do the same activities but in a different order. We hope this will keep the groups manageable and make sure everyone gets plenty of turns at the games and activities. All the 6 Boys will race on the track together.

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	60m	60m	60m	High Jump	Shot Put	Long Jump	Discus
2	Shot Put	Discus	Long Jump	200m	200m	200m	200m
3	200m	200m	200m	Shot Put	High Jump	Discus	Long Jump
4	Coaching (optional)			800m	800m	800m	800m

For the first few club nights, 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 200m races this week as input into decisions around relay team selection (these results will not be published). The 800m races may also be timed.

6. Desperately Seeking ...

We are still on the hunt for a grade manager for our 14 Girls grade. You will work closely with the 13 Girls grade manager who is very experienced. If you can help, please let us know – pakrun@gmail.com. A parent roster will be established if we don't hear from anyone.

7. 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 available.

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 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 will be Wednesday 14th 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.

8. Girl Power - It's Back for 2026

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





Photo from 2025 Girl Power event

One of the most important ways of encouraging girls into sports and keeping them engaged is providing opportunities for them to make connections with one another. 'Girl Power' is a fantastic way to introduce our girls to athletics competitions whilst providing them an opportunity to make new friends – both within the club and with girls from other local clubs who they will see at events throughout the season. 'Girl Power' is a team-based event 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.

There will be ribbons and goodie bags for all participants plus we have some great spot prizes to give away during the morning thanks to our very generous sponsors. The tuck shop and BBQ will be open.

Register at <https://forms.gle/JZjTpWqKro67G1Nb9>

Or contact pakrun@gmail.com to let us know you are keen to take part. Entries must close 11.59 pm on **Wednesday 21st October** to give us time to make up the teams and send through more information.

9. Colgate Games News: T-Shirt Pre-Orders Now Open



For those planning to attend the Colgate Games in January - great news! Athletics New Zealand has set up a link that you can use just to pre-order your t-shirt, even if you are not quite ready to submit your event entries.

<https://athletics.org.nz/colgate-games/> (Scroll down to 2027 Merch)

T-shirt pre-orders close on **1st of November**. Don't miss out. While t-shirts can sometimes be purchased at the Games itself, popular sizes always sell out VERY early.



10. Let's Get Competing - McKinnon Shield Meet #1 This Week

McKinnon Shield competitions for athletes in Grade 12 or older are held each weekend at Mt Smart Stadium in Penrose. The McKinnon Shield Meet #1 will be held on Saturday 17th October. Note that this weekend it is a **morning programme**.

DRAFT PROGRAM & TIMES					
The program is dependent on entry numbers					
A final program will be loaded to our website Friday evening					
TRACK			FIELD		
10.00am	110m Hurdles	Men	10.00am	Pole Vault - Group A	
	100m Hurdles	Women and Men	10.00am	Shot Put	Men
	80m Hurdles	Women and Men	10.00am	Discus	Women
10.45am	60m	Women			
	60m	Men	11.00am	Shot Put	Women
11.10am	100m	Women	11.30am	Discus	Men
	100m	Men			
			11.30am	Pole Vault - Group B (lowest start heights)	
11.45am	1500m	Women			
	1500m	Men			
			12:00pm	Triple Jump	Women
12.30pm	400m	Women		Triple Jump	Men
	400m	Men			
12.50pm	1200m/1600m/ 2000m/3000m Walk	Women and Men			
1:15pm	Steeplechase 0.762m	Women and Men			
	Steeplechase 0.838m	Men			
	Steeplechase 0.914m	Men			

The entry form can be accessed via this link: <https://www.athletic.net/TrackAndField/meet/674315/info/279103>

You must be a registered club member to enter. Entries will close 11:59 pm on Wednesday 14th of October.

11. 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
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	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.

12. Got A Question? Need To Know More?

We can't wait to kick off the season with you all on Wednesday! Thank you for being part of the Pakuranga Athletic Club family. See you at the track.

If you have any questions at all about the upcoming season, please feel free to contact the Junior Track and Field 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.***