

# PAPAKURA ATHLETIC & HARRIER CLUB 2018-2019 MEMBER BOOKLET





### - OUR MISSION -

To sustain a club that has a growth mindset, that caters for all athletes and their whanau, ensuring they enjoy a safe, happy, inspiring culture that allows all stakeholders to be the best they can be.

PAHC exists to serve the needs of its members and the wider community, to advance the love of athletics, promote wellbeing and resilience, foster lifelong friendships and provide opportunity for all to succeed.



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## VOLUNTEERS

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The **SUCCESS** of the club comes down to the number of volunteers.

NOTE: CLUB NIGHT is not a childcare centre, So **PLEASE DO NOT LEAVE** your children at the grounds unsupervised, it is NOT the responsibility of the volunteers to keep their eyes on YOUR children, their role is simply to co-ordinate the events.

Please direct any complaints to the Club email:

[pahc.complaints@gmail.com](mailto:pahc.complaints@gmail.com)

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## CLUB MEMBERS

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All members are required to be financial. The financial year is 1st April 2018 – 31st March 2019. This covers Cross Country and Athletics Season Membership fees.

Club athletes shall at all times abide by instructions of the club Officials, failure to comply with the rule may lead to suspension. All Judges and Officials decisions' shall be final.

All disputes shall be lodged with the secretary or controller in writing within 30 minutes of the alleged dispute-taking place.

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## JUNIOR CLUB NIGHT

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**Wednesday Nights**  
**Massey Park, Papakura**

- **TINY TOTS - 5 YEARS**

Meet 5.30pm for 5.45pm Start

- **6-14+ YEARS**

Meet 6.15pm for 6.30pm Start

- **FUN / FITNESS RUN**

Adults & children 12+ 6.00pm  
(Meet upstairs in clubrooms)

- **CANCELLATIONS**

(Due to weather etc) will be notified on the day via our FACEBOOK page at 5pm



### CLUB NIGHT FORMAT

The Club night format this year, will run 4 programmes.

We will provide an environment where the children are learning new skills yet still enjoying participating in competition.

It is important for children to learn a **FUND**amentals in sports to allow them to participate and compete. Children should enjoy a variety of sport and not specialise at an early age, as per Athletics New Zealand Guidelines.

# RULES

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## MASSEY PARK STADIUM

- Alcohol is not permitted within the grounds (No exceptions)
- We are SMOKE FREE No smoking inside Massey Park grounds at ALL.
- Dogs are not permitted within the grounds (No exceptions)
- There is to be No fighting or verbal abuse inside the grounds.
- Parent, Athlete & Volunteer codes of conduct apply see our website.
- Failure to comply with these rules will result in the offenders being banned from the grounds



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## AUCKLAND CENTRE

- Starting blocks must be used by all 10 to 14 years old in events 0 to 400m.
- A crouched Start is to be used by all athletes 7 years and over for all races up to and including 400m.
- For safety reasons, athletes are NOT to wear spiked shoes outside the track area. Competitors must run in their lane in the 60m, 75, 100, 200, 400m and all hurdle events and stay in their lane until selected for place positions by the judges.
- For Safety reasons no one is permitted to cross the middle of the Field, movement to events is on the outside of the track. The Athletics New Zealand, Auckland Centre and NZCAA shall lay down competition rules.

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## UNIFORM

- Competition Age (7yrs up) Club Singlet, with a Colgate age group patch SEWN on the left front shoulder, Plain black shorts or Black/Red shorts from SAS sport.
- Tiny tots are to wear Tiny tot Singlet with Black tights/shorts/ number sewn on the front.
- Athletes must wear full uniform at all outside meetings. Any athlete failing to comply will be ineligible to compete.
- On club nights long sleeve tops under singlets are allowed.
- Spiked Shoes – only Athletes 10 years and over may wear spiked shoes.

# UNIFORM



**SAS SPORT**  
UNIT A, 28  
WOOD STREET,  
PAPAKURA.

09 299 8412  
shop@sas.co.nz  
www.sas.co.nz



PAPAKURA ATHLETICS CROP TOP -  
NZ\$ 40.00 (tax incl.)



PAPAKURA ATHLETICS SHORTS -  
NZ\$ 32.00 (tax incl.)



PAPAKURA ATHLETICS TIGHTS -  
NZ\$ 34.99 (tax incl.)



PAPAKURA ATHLETICS SHORTS -  
NZ\$ 34.99 (tax incl.)



PAPAKURA ATHLETICS SINGLET -  
NZ\$ 45.00 (tax incl.)



PAPAKURA ATHLETICS SINGLET -  
NZ\$ 40.00 (tax incl.)



PAPAKURA ATHLETICS HOODIE -  
NZ\$ 50.00 (tax incl.)



PAPAKURA ATHLETICS SINGLET -  
NZ\$ 45.00 (tax incl.)



PAPAKURA ATHLETICS TEE - ADULTS  
NZ\$ 20.00 (tax incl.)



PAPAKURA ATHLETICS TEE - KIDS  
NZ\$ 18.00 (tax incl.)



PAPAKURA ATHLETICS HOODIE -  
NZ\$ 55.00 (tax incl.)



PAPAKURA ATHLETICS DRIFT  
NZ\$ 17.00 (tax incl.)

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## PRIZE GIVING

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The majority of the awards at Prize Giving this year will be based on performances throughout the club nights and at the Club Champs, Centre and National events.

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## CLUB CHAMPIONSHIPS

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To be eligible to compete in the Club Championships, athletes must be fully registered prior to the Club Champs and have attended a minimum of 10 club nights or external championship events.

We will be taking a register.

The title of "Age Group Champion" will be awarded to the athlete with the most points gained from the club championship day(s).

1ST PLACE:	5 POINTS
2ND PLACE:	3 POINTS
3RD PLACE:	1 POINT

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## OUTSIDE MEETINGS

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To attend the outside meetings, Athletes must be registered and must wear correct uniform as set out in the front of this booklet.

Refer to the Calendar of Events for all the meetings in the Auckland Junior Section for this season. This list indicates those grades eligible for each meeting.

Open refers to all grades i.e T/T to 14 Years.

When attending these meetings, check in with the team manager on arrival and he/she will take your name and you report your placings to him/her throughout the day.

Most meetings listed are fun days, where the athletes compete for ribbons. Those attending usually have an enjoyable time, Athletes and supporters alike. The children gain valuable experience and encouragements at these events.

Throughout the season various Club championship teams will be selected to compete outside the club, selection will be based on individual athletes performances and attendance at club night, so turning up and performing in both track & field events on the night are both important to gain selection.

Parent support is essential to assist with club duties at meetings.





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## **MAJOR (7-14YRS) MEETS**

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### **COUNTIES RELAYS:**

Club selected teams

### **AUCKLAND RELAYS:**

Club selected teams

### **TOP 10:**

Club selected pairs

### **COUNTIES CHAMPS:**

Individuals competing in age groups

### **AUCKLAND CHAMPS:**

Individuals competing in age groups

### **Check the noticeboard**

and Facebook and listen for announcements on Wednesday nights for upcoming events. If you have any queries please see one of the committee member listed on the cover of this booklet.

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## **ATHLETICS NZ GUIDELINES**

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Athletes will improve at different rates and stages, just as children grow at different rates.

A period of improvement may be followed by a plateau / consolidation period. Parents it is important not to put pressure on child to participate but let them enjoy participating and they will learn.

Early specialisation is not advocated by Papakura Athletic & Harrier Club Inc and Athletics New Zealand. We follow the Athletics New Zealand Guidelines that athletes should not be trained until 10-12yrs of age.

High mileage is not for junior athletes. We do not want to see young athletes burn out or drop out of the sport early. Children should participate in a variety of sports for enjoyment and learning.

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## **CODE OF CONDUCT**

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Papakura Athletic & Harrier Club Inc is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, officials, administrators parents and spectators associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, all those associated with Papakura Athletic & Harrier Club Inc should comply by the Codes of Conduct found on the website.

**A BIG Thank you to all our sponsors this year**

# Papakura Athletic & Harrier Club Club

## Night Programme

### 2018 / 2019 Season

DATE	EVENT
<b>SEPTEMBER 2018</b>	
Sat 22nd	OPEN DAY 1-5
Sat 29th	Cross Country Prize Giving
Sun 30th	RUN,JUMP,THROW Ages 6-9
<b>OCTOBER 2018</b>	
Wed 10th	First club night
Wed 17th	Club Night
Wed 24th	Club Night
Wed 31st	Club Night
<b>NOVEMBER 2018</b>	
Sun 4th	RON KEAT DAY
Wed 7th	Club Night
Wed 14th	Club Night
Wed 21st	Club Night
Sun 24th	COUNTIES MANUKAU RELAYS CHAMPS
Wed 28th	Club Night
<b>DECEMBER 2018</b>	
Wed 5th	Club Night
Wed 12th	Club Night
Wed 19th	Club Night
<b>CHRISTMAS BREAK</b>	
<b>JANUARY 2019</b>	
Wed 16th	Club Night
Wed 23rd	Club Night
Wed 30th	Club Night
<b>FEBRUARY 2019</b>	
Wed 6th	Club Night
Wed 13th	Club Night
Wed 20th	Club Night
Wed 27th	Club Night
<b>MARCH 2019</b>	
Wed 6th	COUNTIES MANUKAU CHAMPS
Sat 9th	CLUB CHAMPS
Wed 13th	Club Night
Wed 20th	Club Night
Wed 27th	LAST CLUB NIGHT & FUN NIGHT
<b>APRIL 2019</b>	
Sat 14th	Papakura Athletics & Harrier Club Prize Giving



## PAPAKURA ATHLETICS CLUB NIGHT JUNIOR PROGRAMME

### Tiny Tots - 5 years & under. Run, jump, throw. Start 5.45pm

Week, 1, 2 & 3	Event 1	Event 2	Event 3
1 - 2 year olds	20m	30m	40m
3 - 4 year olds	30m	40m	60m
5 year olds	40m	60m	100m

\* Run, jump, throw circuit to be running in between sprints

Week 4	Event 1	Event 2	Event 3
1 - 2 year olds	20mH	30m	40m
3 - 4 year olds	30mH	40m	60m
5 year olds	40mH	60m	100m

\* Run, jump, throw circuit to be running in between sprints

\* H (mini hurdles)



### Juniors - 6 Years. Start 6.15pm warm up. Roll call 6.25pm. Start 6.30pm

	Event 1	Event 2	Event 3
Week 1	60m	Shot Put	100m
Week 2	60m	Discus	80m
Week 3	60m	L/Jump	145m
Week 4	40mH	H/Jump (scissors)	200m

\* Run, jump, throw circuit to be running in between sprints

\* H (mini hurdles). Mini scissors H/Jump to be run on javelin/Pole vault run ups.  
L/jump to be run off

# PAPAKURA ATHLETICS CLUB NIGHT JUNIOR PROGRAMME

**Junior - 7 years-9 years. Start 6.15pm warm up. Roll call 6.25pm. Start 6.30pm**

	Event 1	Event 2	Event 3
Week 1	60m	Discus	100m
Week 2	80m	L/Jump	200m
Week 3	60m	H/Jump (Scissors)	100m
Week 4	60mH	Shot Put	300m

\* Run, jump, throw circuit to be running in between events

\* H (mini hurdles)

\* Please note the programme can change for 7 - 9 year olds due to the annual relay championships. PAHC will change the distance so the athletes get the opportunity to trial over 100m. The selectors can then ensure they are holding a fair trial for the athletes. The H/jump will be scissors and the the 9 year olds start transitioning over to the Fosbury flop.



**Juniors - 10 - 11 Years. Start 6.15pm warm up. Roll call 6.25pm. Start 6.30pm**

	Event 1	Event 2	Event 3	Event 4
Week 1	1500m	L/Jump	60m	300m
Week 2	200m	H/Jump	60m	800m
Week 3	1500m	Shot Put	400m	100m
Week 4	200m	Discus	60m	800m

\* Please note on week 4 there will be a mini Pole vault option or 60m mini hurdles

\* Please note the programme can change for 10 - 11 year olds due to the annual relay championships. PAHC will change the distance so the athletes get the opportunity to trial over 100m. The selectors can then ensure they are holding a fair trial for the athletes.

## PAPAKURA ATHLETICS CLUB NIGHT JUNIOR PROGRAMME

**Seniors - 12 yrs & Open. Start 6.15pm warm up. Roll call 6.25pm. Start 6.30pm**

	Event 1	Event 2	Event 3	Event 4
Week 1	1500m	H/Jump	60m	400m
Week 2	200m	Shot Put	100m	800m
Week 3	1500m	Discus	400m	80mH
Week 4	200m	L/Jump	100m	800m

\* Please note on week 4 there is hammer/javelin/triple jump or 2000/3000m on request)

\* Please note the programme can change for Seniors - 12 years & open due to the annual relay championships. PAHC will change the distance so the athletes get the opportunity to trial over 100m. The selectors can then ensure they are holding a fair trial for the athletes.



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## COACHING TEAM

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The following list contain our standard coaches along with special guest coaches to assist our PAHC athletes for the 2018/19 club season. They will be appearing on specific club nights and/or specific coaching clinics

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### **KIRSTEN HELLIER**

Athletics NZ High Performance Throws Coach. Silver medalist Commonwealth Games. Halberg Coach of the year. Former coach of Valerie Adams Gold medalist Commonwealth, World And Olympian shot put, Li Ling China bronze medalist Olympian shot put and current coach of Jacko Gill NZ Commonwealth And Olympian Rep.

### **PATRICK HELLIER**

Gold Medalist Oceania Games throwing Senior Men hammer.

### **MARSHALL HALL**

Current x8 NZ discus Champion and World Athletic Rep.

### **BRENT BOOKER**

Athletics NZ High Performance Assistant Coach Pole Vault. Specialist also in hurdles, heptathlon, decathlon, high, long and triple jump. Coaches NZ, Auckland, Counties athletes.

### **JONATHON MOYLE**

NZ Commonwealth Games Rep long jump.

### **LOUISE JONES**

NZ Commonwealth Games Rep 400m.

### **GRAHAM JONES**

Dad And former coach of Louise Jones.

### **DAVID VAN DEN BOGAARD**

NZ Championships Silver medalist Triple Jump. Current PAHC Committee Member.

### **CHANTAL BRUNNER**

NZ Rep Commonwealth, World and Olympics long jump Rep. World Masters long jump Gold Medalist.

### **KELLY IHAKA - PITAMA**

NZ Oceania Games Rep u/20 silver medalist discus.

### **LISA PUTT**

NZ Oceania Games Rep u/18 2nd triple jump and relay medalist.

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## COACHING TEAM CONTINUED

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### KEVIN PUTT

Lisa's dad, coach and Teacher at Kings College, former head coach Steelers, Natal Sharks, Former Springbok Rugby Rep.

### JOHN MAKI

Coach and dad of Percy Maki 12 year old boys discus World Record Holder. WETA Club.

### TARYN HAINSWORTH- FAAFO

Papakura And Counties Athletic Rep discus.

### ROB WARD

Current Counties Interprovincial And Trans Tasman Athletics Coach.

### RICHARD KEE

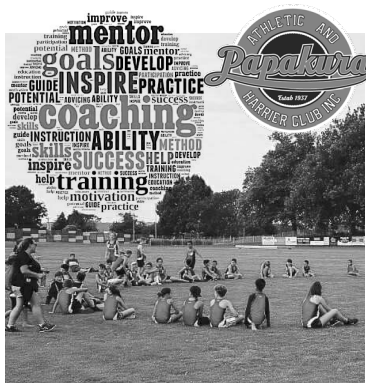
Papakura Coach of the year 2017. NZ Assistant Sprint Coach at Australian Nationals and specialises in fitness, speed, sprints, middle distance, jumps and conditioning, Auckland relay u/20 coach. Richards athletes are Counties, Auckland, NZ National medalists, Cook Island Commonwealth Games, Oceania Games reps. Kee Fitness Get Fit.

### JAMES KUEGLER

NZ Rep Oceania Games. Coach for middle, long distance, Individual programmes, fundamentals of running, runs coaching clinics NZ wide. Papakura Senior Athlete of the year 2017, Coach of Auckland Aspire Academy. James Kuegler Coaching. Current PAHC Committee Member.

### MELISSA BREARLEY- TIPENE

NZ Oceania Rep And Gold Medalist Javelin Senior Women. World Masters 40-44 Javelin Gold Medalist. Current PAHC President.



## COMMITTEE



**President:**  
Melissa  
Brearley-Tipene



**Vice President:**  
Eric Sila

<b>President:</b>	Melissa Brearley-Tipene	021 464 801
<b>Vice President:</b>	Eric Sila	021 311 112
<b>Secretary:</b>	Joe Tipene	
<b>Treasurer:</b>	Vaughan Couillault	027 454 7995
<b>Registrar:</b>	Fawna Dissmeyer & Sue Millen	021 627 835

ROLE	PERSON
<b>MARKETING AND FUNDRAISING</b>	
Sales / Marketing / PR / Fundraising / Website / FB	Gavin & Sarah Healy / Dean & Rebecca Ogilvie / Tony & Donna Tumai / Melissa Brealey-Tipene
Graphic Design Team	Vanessa Couillault / Mira Ralphs (Friends of the Committee)
Club Information Booklet	Executive Members / Vanessa Couillault & Mira Ralphs
PAHC FB & Website Updates	Glen Millen / Eric Sila / Melissa Tipene / James Kuegler
PAHC Uniform	Vaughan Couillault / Eric Sila / Eric O'brien (Friends of the Committee)
Sponsorship / Fundraising	Executive / Bruce Pulman / Noeline Hodgins
<b>LEGAL</b>	
Pahc Constitution/Policies	Bruce Pulman / Tony And Donna Tumai / Vaughan Couillault / James Kuegler / Sarah Healy / Joe Tipene
Health And Safety Officer	Bridgette Reid
Accountant	Lara Camage (Friend Of The Committee)
<b>CLUB ADMINISTRATION</b>	
Registrar / Manager of Registrations & Affiliation Fees	Sue Millen / Fawna Dissmeyer
Registrar Assistants X2	Bridgette Reid
Club History	Alison Brearley
Club Statician / Club Records Juniors	Glen Millen / Fawna Dissmeyer
Prize Giving Coordinator X3	Bridgette Reid

## COMMITTEE

CLUB COACHES, MANAGERS & DELEGATES	
COORDINATORS	
Coaching Coordinator	James Kuegler / Melissa Brearley-Tipene
Officials Coordinator	Eric Sila
Volunteer Coordinator / Friends of the Committee	Melissa Brearley-Tipene
CONVENORS / CLUB CAPTAINS	
Tiny Tots	Alison Brearley / Melissa Brearley-Tipene / Joe Tipene / Sue Millen. Russell Brearley (Friend of the Committee)
Junior 6-14	Seluone Seluone / Bridgette Reid / Angela Bimler / Alison Fletcher (Friend of the Committee)
Seniors	David Van Den Bogaard
Masters	Melissa Brearley-Tipene
Harriers	Fawna Dissmeyer / James Kuegler / Rob Ward (Friend of the Committee)
Para-Athletes	Angela Bimler
TEAM MANAGERS	
Colgate Games	Bridgette Reid / Fawna Dissmeyer / Eric Sila
Trans Tasman	Bridgette Reid
PROPERTY MANAGEMENT	
Facilities Upgrades	Bruce Pulman / Tony Tumai / Executive
Building / Site Maintenance / Security / Equipment Hire	Rex Allen / Ranbir Pablir
Bookings for School Athletics	Alison Brearley / Rex Allen / Ron Brearley (Friend of the Committee)
Bookings for Clubrooms / Events / Facilities	Angela Bimler / Bridgette Reid
CATERING	
Canteen / Food / Beverages	Brook Hainsworth (Friend Of The Committee)
PARTNERSHIPS	
Massey Park User Group (PUG) / Papakura Marae / CLM / Counties Manukau Sport (CMS) / John Walker / Find Your Field of Dreams / Council / Local Board Contact / Blue Light & other opportunities	
FRIENDS OF THE COMMITTEE	
Noeline Hodgins / Lydia McClennan / Gavin McClennan / Lachie McClennan / Vanessa Couillault / Rafe Couillault / Allison Millen / Russell Brearley / Ron Brearley / Mira Ralphs / Rona Varney / Rachel Mcaleer / Sian Mcaleer / Brook Hainsworth / Donna Tumai / Jenny-May Clarkson / Rob Ward / Lara Carnage / Sharon Keat / Eric O'brien / Alison Fletcher	



# PAPAKURA ATHLETICS CALENDAR 2018 / 2019 Season

DATE	EVENT / MEETING	VENUE	TIME	GRADE
<b>OCTOBER 2018</b>				
Sat 13th	Athletics Auckland Junior Open Meet	Mt Smart	8:30 - 1:30pm	7 - 14
Sat 20th	Athletics Auckland Junior Open Meet	Mt Smart	8:30 - 1:30pm	7 - 14
Sat 27th	Athletics Auckland Junior Open Meet	Mt Smart	8:30 - 1:30pm	7 - 14
	Athletics Auckland Senior Meet (Programme B)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
<b>NOVEMBER 2018</b>				
Sat 3rd	Athletics Auckland Trans Tasman & Interprovincial Trial	Mt Smart	8:30- 3pm	10 - 13
	Athletics Auckland Senior Meet (Programme A)	Mt Smart	5pm - 9pm	Sec.Sch - Senior
Sun 4th	Papakura Ribbon Day	Papakura		2 - 14
Sat 10th	Athletics Auckland Junior 2000m and 3000m Champs	Pakuranga	2pm - 8pm	10 - 14
	U18 3000m, U20 & Senior 5000m Champs	Pakuranga	2pm - 6pm	16 - Senior
Sat 17th	Papatoetoe Ribbon Day	Omana Park		2 - 14
	Athletics Auckland Combined Event Champs	Mt Smart	12pm - 5pm	Sec.Sch - Senior
Sun 18th	Athletics Auckland Combined Event Champs	Mt Smart	10am - 4pm	Sec.Sch - Senior
Sat 24th	Athletics Auckland Senior Meet (Programme B)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
Sun 25th	Athletics Auckland Relay Qualifiers - Central North Western	Waitakere		7 - 14
	Athletics Auckland Relay Qualifiers - Counties Manukau	Papakura		7 - 14
<b>DECEMBER 2018</b>				
Sat 1st	Manurewa Ribbon Day	Manurewa		2 - 14
Sat 8th	Athletics Auckland Relay Champs	Mt Smart	10am - 5pm	7 - Senior
	Athletics Auckland Senior Meet (Programme A)	Mt Smart	3pm-8pm	Sec.Sch - Senior
Sat 15th	Athletics Auckland Junior Pentathlon Champs	Mt Smart	9am - 4pm	7 - 14

DATE	EVENT / MEETING	VENUE	TIME	GRADE
<b>OCTOBER 2018</b>				
Fri 4th- 6th	2019 North Island Colgate Games	Hamilton		
Sat 12th	Athletics Auckland Senior Meet (Programme B)	Papakura	2pm - 6pm	Sec.Sch - Senior
Sat 19th	2019 U16 and U18 Interprovincials			
<b>FEBRUARY 2019</b>				
Fri 1st	Auckland Championships	Mt Smart	6pm - 10pm	7 - Seniors
Sat 2nd	Auckland Championships	Mt Smart	12pm - 8pm	7 - Seniors
Sun 3rd	Auckland Championships	Mt Smart	9:30am - 6pm	7 - Seniors
Fri 15th	Auckland Championships	Mt Smart	6pm - 10pm	7 - Seniors
Sat 16th	Auckland Championships	Mt Smart	12pm - 8pm	7 - Seniors
Sun 17th	Auckland Championships	Mt Smart	10am - 6pm	7 - Seniors
Sat 23rd	Athletics Auckland Senior Meet	Mt Smart	2pm - 6pm	Sec.Sch - Senior
<b>MARCH 2019</b>				
Sat 2nd	Athletics Auckland Senior Meet (Programme B)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
Sun 3rd	Pakuranga Ribbon Day	Pakuranga		2 - 14
Wed 6th	Counties Manukau Schools Athletics Zone Championship	Papakura		
Sat 16th	Athletics Auckland Top Ten / Club Challenge	Papakura	8am - 4pm	7 - 14
	Athletics Auckland Senior Meet (Programme A)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
Sat 23rd	Athletics Auckland Senior Meet (Programme B)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
Sat 30th	Athletics Auckland Senior Meet (Programme A)	Mt Smart	2pm - 6pm	Sec.Sch - Senior
<b>APRIL 2019</b>				
Sat 14th	Papakura Athletics & Harrier Club PRIZE GIVING			

\*Please note that this Event's Calendarat my be subject to changes. For updates check our Facebook page and Auckland Athletics website: <http://athleticsauckland.co.nz/Events>

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## PAPAKURA HARRIERS & WINTER TRAINING

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The Harriers seasons runs from April to September.

As a club, we have a number of weekly training sessions for all ages. Visit the weekly training page on our website for more details.

Each weekend through the season there is either an event or an organised PAHC run. Visit the calendar via our website for more details.

PAHC registration runs from April 1 - March 31 including both the harriers and athletics seasons.

### Road Run.

When: Wednesday 6:00-7:00pm.  
Beginning April 19.

Where: The Pizza Box, 58 Wood Street, Papakura.

Details: Rob Ward 025 79787.

### PAHC Thursday Night Track

Session hosted by James Kuegler Coaching.

When: Thursday 6:00-7:30pm.

Where: PAHC Clubrooms, Ron Keat Drive, Papakura

### PAHC Saturday Club Run

When: Usually Saturday 2:00pm.

Where: Various locations.

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### WEEKLY TRAINING SESSIONS:

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#### Night Trail Run.

When:

Every Wednesday 6:00-7:00pm.

Where:

23 Calluna Cres. Totara Heights.

Details:

Keith Crook 021 772 965.



## PAPAKURA ATHLETIC AND HARRIER CLUB



[www.pahc.co.nz](http://www.pahc.co.nz)

## COUNTIES MANUKAU ATHLETICS



[www.sporty.co.nz/countiesmanukauathletics/](http://www.sporty.co.nz/countiesmanukauathletics/)

## AUCKLAND ATHLETICS



[www.athleticsauckland.co.nz](http://www.athleticsauckland.co.nz)

### PAPAKURA PRIZE GIVING WINNERS 2017/18

5 Girls	Ella Wilson	Presidents Trophy <b>Hunter Corson</b>
5 Boys	Liam Kaukau	
6 Girls	Ellaray Tuhimata	P&O Ports trophy (Young achiever award) <b>Eva Seluone</b>
6 Boys	George Hattingh	
7 Girls	Eva Seluone	
7 Boys	Tighe Healy	The Te Hau Trophy (7-14 girl or boy Consistent performance) <b>Mackenzie Millen</b>
8 Girls	Paige Fletcher	
8 Boys	Harrison Tregurtha	
9 Girls	Harper Tuhimata	Grayson Trophy (7-14 Outstanding Performance - Boy) <b>Amani Sila</b>
9 Boys	Michael Ogilvie	
10 Girls	Avah Sila	
10 Boys	Patrick Bimler	Athina Trophy (7-14 Outstanding Performance - Girl) <b>Mackenzie Millen</b>
11 Girls	Riley Couillault	
11 Boys	Joseph Ogilvie	
12 Girls	Mackenzie Millen	
12 Boys	Amani Sila	Wells Family Champion (7-14 Girl or Boy Auckland Champs) <b>Joshua Tepai</b>
13 Girls	Siobhan Balle	
13 Boys	Ethan Dissmeyer	
14 Girls	Sian McAleer	Multi Sport Award Representative Achievement <b>Kees Kolose</b>
14 Boys	James Harding	
<b>Outstanding Achievement Trophies - 2017/18</b>		
Volunteer Youth of the Year <b>Rafe Couillault</b>		Spragg Family Trophy Most outstanding performance <b>Percy Maka</b>
Volunteer Parent of the Year <b>Walter Richards</b>		Attitude Trophy Best Attitude <b>Stella Lynch</b>

## PAPAKURA ATHLETICS CLUB RECORDS

### 60m

5 Girls N. Harding	1983	11.07
5 Boys Junior Fa	1995	10.81
6 Girls M. Trego	1983	10.20
6 Boys C. Spragg	2007	9.85
7 Girls Ahi Fa	1992	9.35
7 Boys I. Fa	1992	9.00
8 Girls Ahi Fa	1992	9.35
8 Boys T. Spragg	2002	8.60
9 Girls T. Wells	2006	8.96
9 Boys H. Wells	2002	8.52

New club records **60m** for older age groups introduced from 2016 (Counties Champs)

10 Girls M. Millen	2016	8.89
10 Boys P. Bimlér	2018	9.22
11 Girls M. Millen	2017	8.69
11 Boys K. Sua	2018	8.63
12 Girls M. Millen	2018	8.57
12 Boys R. Tuhimata	8.46	
13 Girls A. Parkes	2016	9.43
14 Girls L. Putt	2016	8.58

### 75m

5 Girls S. Henry	1981	13.60
5 Boys T. Spragg	1999	12.69
6 Girls M. Hunt	1979	12.50
6 Boys C. Spragg	2007	12.24

### 100m

7 Girls T. Wells	2004	15.50
7 Boys H. Wells	2000	15.09
8 Girls T. Wells	2005	14.82
8 Boys R. Couillault	2012	14.34
9 Girls T. Wells	2006	14.35
9 Boys T. Payne	2004	13.94
10 Girls L. Jones	1996	13.75
10 Boys R. Cullen	1999	13.42
11 Girls T. Ellery	1978	12.80

11 Boys B. Cavanagh	1991	13.04
12 Girls S. Wells	2004	12.76
12 Boys S. Savage	1998	11.88
13 Girls L. Jones	1999	12.71
13 Boys D. Coppins	2009	11.45
14 Girls A. Millar	1997	12.20
14 Boys D. Coppins	2010	11.20

### 200m

7 Girls T. Wells	2004	32.73
7 Boys I. Fa	1992	31.64
8 Girls J. Kolose	2010	31.17
8 Boys T. Spragg	2002	30.42
9 Girls T. Wells	2006	29.55
9 Boys H. Wells	2002	29.10
10 Girls M. Millen	2016	28.75
10 Boys H. Boyhan	2007	27.55
11 Girls T. Ellery	1978	26.80
11 Boys T. Spragg	2005	26.85
12 Girls S. Wells	2004	26.20
12 Boys D. Coppins	2008	24.71
13 Girls L. Jones	1999	25.99
13 Boys D. Coppins	2009	23.09
14 Girls I. Jones	2000	24.62
14 Boys D. Coppins	2010	22.65

### 400m

9 Girls T. Wells	2006	1.11.04
9 Boys E. Dissmeyer	2014	1.08.95
10 Girls K. Watene	2002	1.06.19
10 Boys R. Cullen	1999	1.02.40
11 Girls S. Wells	2003	1.02.00
11 Girls M. Millen	2017	1.02.00
11 Boys H. Wells	2004	1.00.72
12 Girls M. Millen	2018	58.72
12 Boys D. Coppins	2009	53.07
13 Girls T. Kolose	2013	58.14
13 Boys D. Coppins	2009	53.07
14 Girls I. Jones	2000	56.33
14 Boys D. Coppins	2010	51.82

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## PAPAKURA ATHLETICS CLUB RECORDS

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### 800m

10 Girls	K. Anderson	2003	2.36.05
10 Boys	T. Monnery	2006	2.29.08
11 Girls	K. Watene	2003	2.25.83
11 Boys	J. Timoteo	1997	2.17.55
12 Girls	M. Millen	2017	2.20.32
12 Boys	J. Timoteo	1998	2.17.47
13 Girls	N.Tulp	2011	2.17.82
13 Boys	J. Williams	1996	2.10.00
14 Girls	N. Tulp	2012	2.16.79
14 Boys	G. MacDonald	1989	2.03.14

### 1500m

10 Girls	T. Castle	1992	5.15.20
10 Boys	B. Maguire	1983	4.58.00
11 Girls	T. Castle	1993	5.09.83
11 Boys	J. Timoteo	1997	4.52.63
12 Girls	A. Habraken	1994	5.00.32
12 Boys	S. Longstott	1994	4.40.80
13 Girls	A. Habraken	1995	4.46.14
13 Boys	S. MacDonald	1984	4.25.30
14 Girls	K. Castle	1996	4.43.64
14 Boys	M. Pulman	1989	4.17.27

### 2000m

11 Girls.	K Watene	2003	7.02.85
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## PAPAKURA ATHLETICS CLUB RECORDS

### HURDLES

#### 70m

12 Girls A. Ngawini 1992 12.36

#### 80m

12 Boys T. Spragg 2006 12.08

#### 70m

13 Girls D. Nacewa 1994 11.51

#### 80m

13 Boys R. Mataroa 2000 11.78

#### 70m

14 Girls D. Nacewa 1994 11.51

#### 80m

14 Girls A. Millar 1997 11.69

#### 80m

14 Boys R. Mataroa 2001 11.16

#### 100m

14 Boys R. Mataroa 2001 13.80

### SHOTPUT (Old weights)

7 Girls C. Pritchard 2006 6.23

7 Boys C. Mitchell 2001 7.70

8 Girls R. Te Hau 1996 8.41

8 Boys J. Hall 1991 9.78

9 Girls M. Tepai 2006 9.63

9 Boys B. Ngawini 1991 11.09

10 Girls M. Tepai 2007 11.20

10 Boys J. Mitchell 2001 11.11

11 Girls H. Paul 1993 9.63

11 Boys J. Atiga 1973 10.65

12 Girls M. Hunt 1985 10.58

12 Boys L. Paora 2004 12.29

13 Girls K. Marumaru 1996 10.19

13 Boys J. Vaoa 2006 13.51

14 Girls M. Vaka 2010 14.45

14 Boys P. Radden 1983 12.17

### WALK 1200m

10 Girls S Millen 2018 8.56.95

11 Girls T Bell 2015 7.59.10

### SHOTPUT

( New Weight Effective 2011)

7 Girls L. Lemalu 2011 6.68

7 Boys L. Richard 2013 9.54

8 Girls A. Wilson 2015 8.02

8 Boys L. Richard 2014 10.05

9 Girls A. Wilson 2016 9.06

9 Boys T. Maka 2018 13.44

10 Girls A. Wilson 2017 9.49

10 Boys L. Richard 2016 12.70

11 Girls L. Veigh 2012 10.76

11 Boys L. Richard 2017 11.26

12 Girls L. Velghe 2013 9.62

12 Boys P. Maka 2018 15.59

13 Girls

F. Te Ahuru -Kakahi 2012 8.96

13 Boys J. Vaoa 2006 13.51

14 Girls M. Vaka 2010 14.45

14 Boys P. Radden 1983 12.17

### HIGH JUMP

9 Girls C. Velghe 2012 1.20

9 Boys R. Couillault 2013 1.23

10 Girls J. Nomani 2017 1.37

10 Boys TK. Lee 2002 1.43

11 Girls J. Tulp 2011 1.44

11 Boys H. Wells 2004 1.49

12 Girls E. MacLennan 2017 1.55

12 Boys J. Williams 1995 1.61

13 Girls K. Anderson 2006 1.63

13 Boys J. Vaoa 2006 1.77

14 Girls K. Anderson 2006 1.63

14 Boys E. Travers 2015 1.83



## PAPAKURA ATHLETICS CLUB RECORDS

### LONG JUMP

7 Girls L. Renata	2001	3.81
7 Boys K. Read	1993	3.80
8 Girls T. Wells	2005	4.02
8 Boys T. Spragg	2002	4.42
9 Girls K. Anderson	2002	4.08
9 Boys T. Spragg	2003	4.49
10 Girls D. Hau	1999	4.61
10 Boys A. Williams	1995	4.82
11 Girls S. Dean	1997	4.77
11 Boys R. Mataroa	1998	5.22
12 Girls R. Le Grice	2004	5.10
12 Boys T. Spragg	2006	5.77
13 Girls C. Sililoto	2016	5.25
13 Boys E. Travers	2015	6.29
14 Girls A. Millar	1997	5.41
14 Boys P. White	1985	6.29

### DISCUS

7 Girls M. Eddington	2004	16.24
7 Boys J. Tepai	2012	23.99
8 Girls A. Wilson	2015	26.58
8 Boys L. Richard	2014	30.53
9 Girls A. Wilson	2016	29.91
9 Boys L. Richard	2015	35.68
10 Girls M. Tepai	2007	32.07
10 Boys J. Tepai	2015	34.15
11 Girls R. Maka	2018	38.34
11 Boys J. Tepai	2016	44.92
12 Girls R. Te Hau	2000	34.09
12 Boys P. Maka	2018	48.73
13 Girls R. Te Hau	2001	32.40
13 Boys J. Tepai	2018	48.28
14 Girls M. Vaka	2010	48.54
14 Boys A. Tubu	1991	43.24



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## CLUB FOUNDER - FRANK OSBORNE

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*This is an excerpt from "Papakura Amateur Athletic and Harrier Club (Founded January 1937)" Written by Stephen Fordyce....*

How long Frank Osborne had the idea in his head no one knows. What is known is that he first made public the possibility of forming an athletic club in Papakura in the late 1936. It happened this way.

The local rugby league club, of which Frank was a leading light (though never a player), held a picnic out at Clevedon in a paddock that later became the polo ground. (In more recent seasons, the same ground has been used as one of this club's cross-country venues). Frank was struck that day by how enthusiastically the children and Mums and Dads took part in the sports programme.

"After the presentations," he recalled many years later, "I asked the crowd if they would support me if I tried to form a sports club and they were all for it."



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## RON KEAT & BRUCE PULMAN

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We are greatly appreciative of the foresight and dedication from **Ron Keat** and **Bruce Pulman** to the past, current and future users of Massey Park. Ron Keat former Empire Games Athlete and team captain, NZ High Jump and Long Jump Champion, Past President and Life Member of Papakura Athletics instrumental in having the Stadium moved from Eden Park to Massey Park. The street the Stadium is on is named after him.

Bruce Pulman Past President and Life Member of Papakura Athletics donated and fundraised with the club members of the 1980's the funds and equipment for the laying of the fantastic all weather track.

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## MASSEY PARK HISTORY

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Massey Park was originally called Pahurehure Domain and was gazetted as domain in 1909. It was administered by the Pahurehure Domain Board and the Papakura Town Board. In 1936 the land became recreation reserve and in the same year the Pahurehure Domain was brought under the control of the Prince Edward Park Domain Board. In 1943 the name was officially changed to the Prince Edward Park Domain. It was not until 1979 that the park was officially gazetted as Massey Park (after Prime Minister William Massey). The reserve land was developed intensively from 1950 as demand for sports areas in Papakura grew. The shape of the stadium developed with the establishment of the historic grandstand (formerly in use at Eden Park) during the mid 1950s. The park's layout changed further in the mid 1960's with the construction of Papakura's outdoor pool complex.

Soon after the establishment of the reserve in the mid 1930's, the athletics club began to groom the central grassed area and organised track and field events. More intensive use, particularly by the rugby club and the athletics club saw the layout evolve further and the establishment of seating mounds and permanent buildings. The first few buildings to be established on site were the relocated grandstand, a timer's stand for athletics and some development underneath the grandstand to provide toilets, changing rooms and a social room. This facility was shared by athletics and rugby in the early days.

### GRANDSTAND

The main grandstand at Massey Park was originally located at Eden Park. It is a protected heritage item listed in both the Papakura District Plan and the Auckland Regional Plan. The stand was constructed in 1913 at Eden Park Number One ground and became known as the 'Number 1 Stand'. The grandstand was relocated to Massey Park in 1957 having been witness to such events as the British Empire Games in 1950 and historic rugby wins over South Africa in 1956. It is a timber and corrugated iron building with wrought iron detailing on the iron supports. When established on site in Papakura it included changing rooms, a gym and social area below the stand. It was later extended with a concrete seating area and storage facilities beneath.

### ALL WEATHER ATHLETIC TRACK

The all weather 400 metre athletics track inside the stadium was completed in 1989 and at the time was the only international standard track in South Auckland. Prior to this the track was grassed. It has since been resurfaced and is due for resurfacing as part of a redevelopment proposed for Massey Park.



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## PAPAKURA MASTERS & PARA ATHLETICS

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### MASTERS ATHLETICS

Papakura Athletic & Harrier Club goal is to encourage and support our masters athletes regardless of their age or ability and to have the opportunity to achieve their athletic goals. Coaching is available for our masters athletes here at PAHC depending on what event you are wishing to participate in.

There are many opportunities to compete in the Masters division through out NZ and are open to anyone as long as you meet the minimum age for your chosen sport (usually around 30 years of age!). There are no qualifying standards to participate, just a healthy appetite for fun, trying new sports and enjoying the social element Masters Games are renowned for.

<https://nzmastersathletics.org>.

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### PARA ATHLETICS

Para athletics is now here at PAHC. Our club nights are open to para athletes wanting to compete at club level.

Some Para athletes will compete in wheelchairs, some with prostheses, while those who are visually impaired receive guidance from a sighted guide.

The difference between an elite Paralympic Athlete and an Olympic Athlete is actually very small. Both train and compete with the same level of dedication, however a Para athlete has a disability or impairment that makes them eligible to compete in Para sport. Para sport is an adapted form of able bodied sport with different equipment or amended rules to accommodate for the physical differences of these athletes. Some Para sports are unique and there is no able bodied equivalent. The Paralympic Games takes place every four years and is now one of the most competitive multi-sport competitions in the world. The Para athletes that take part are amongst the fittest, strongest and fastest athletes in the world.

PAHC is very fortunate to have John Eden ex Australian Olympic Para medalist (originally from NZ) and former coach of Australian Para Olympic Medalists to be working for Athletics NZ. John will be available to be a special guest coach on specific nights at Papakura to help with all Athletes.

<https://nzmastersathletics.org>.



**NOTES**

[illegible]

# PAPAKURA ATHLETIC & HARRIER CLUB



[www.pahc.co.nz](http://www.pahc.co.nz)  
[www.facebook.com/PapakuraAthletics](http://www.facebook.com/PapakuraAthletics)



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