



2023/24 Season

18 March 2024

Congratulations to the ACA members who competed at the 2024 Jennian Homes New Zealand Track and Field.

This Week:

- **Wednesday 20th March** is **ACA Club Night** at Mt Smart at 6pm.
- The **Rescheduled Auckland Children's Track & Field is on Saturday 23rd March** at Yvette Williams Track, Lloyd Elsmore Park, Pakuranga.
- On Saturday 23rd and Sunday 24th March is the **Auckland Combined Events Championship/McKinnon Shield (Non Scoring)** at Mt Smart. **Entries close 11.59pm Wednesday 20th March.**

ACA Club Nights at Mt Smart

Next Wednesday on the 20th March is ACA Club Night at 6pm.

All Secondary School and Registered Club athletes aged 12 years and up are welcome to compete at ACA Wednesday Club Night competitions.

Athletes report to the start of their events. Only 3000m & 5000m runners must pre-register with the recorder at the start/finish line before going to the start of their race

<u>Track Events</u>	
6pm	60m
	100m/Hurdles by request
6.20pm	1500m
6.40pm	200m
7.00pm	3000m & 5000m

Additional or substitute events may be added on request if time and circumstances permit.

Field Events

Long Jump/High Jump/Javelin/Discus.

Please note: The following number of Field Event trials will apply unless athlete numbers allow extras:

- LJ/TJ - 4 jumps per athlete; HJ – 6 jumps per athlete.
- Shotput, Discus, Javelin - 4 throws per athlete.

FIELD EVENTS ON ACA CLUB NIGHTS ARE ENTIRELY DEPENDENT ON SUFFICIENT VOLUNTEERS BEING AVAILABLE TO HELP RUN EVENTS.

It would be great to see ACA Club members supporting our ACA Club Nights. We would also welcome any family/coaches/supporters willing to help run some of the events. Without volunteers it makes these events very difficult to run.

ACA Club Night Programme – March 2024

<u>Date</u>	<u>Track Events</u>				<u>Field Events</u>	
	<u>6pm</u>	<u>6.20pm</u>	<u>6.40pm</u>	<u>7pm</u>	<u>6pm</u>	<u>6.45pm</u>
Wed 20 th March	60m/100m/Hurdles by request	1500m	200m	3000m/5000m	LJ/HJ	DT/JT
Wed 27 th March (LAST CLUB NIGHT FOR THE SEASON)	60m/100m/Hurdles by request	800m	400m	3000m/5000m	LJ/TJ	SP

Programmes are subject to adjustment according to athlete numbers - The programme may be changed during the season.

2024 Cross Country and Road Winter Season

2024 Cross Country and Road Winter Season is nearly here. Athletics Auckland have announced dates and details of the 2024 XCR Winter Calendar. Athletics Auckland have a full and varied programme of events across the winter to suite all ages and abilities. The programme is a mixture of fun team and individual events run on the road and in our parks all around our beautiful city.

The programme for Juniors (U16s) is very much as before. There is the Junior Grand Prix Series plus the Junior Winter Relay League where teams compete for the Hansen and Turnco Shields – 12 events in total.

The big changes this year are for the seniors (U18s and up) with the first year of the XCR Senior Winter League. The goal is to increase field sizes and participation through an emphasis on running with your team and we really hope that clubs, coaches and athletes will all get involved. In each event, your place will help earn your club league points and tables will be updated after every round. There are 4 age categories for both male and female – U18, U20, Seniors, Junior masters and Senior Masters. Also, there will be category points that will be combined for the overall. The League has 10 rounds starting with the Auckland Half Marathon Champs at the Waterfront Half and ending with Auckland Road Relay Champs and includes a number of innovations. TTT take over hosting a cross country event at Pukekohe and promise a new course. Whippets Night Cross has been incorporated this year. There's a new road race at Owairaka too to add to the calendar.

The first round of the Senior Winter League is the Auckland Half Marathon Champs at the Waterfront Half on the 7th April. The organiser is generously offering a 20% discount for current registered senior club members who want to enter the Half Marathon event. Contact your club or AAI office for the entry code. Unfortunately, if you have already entered, you won't be able to get a discount and you will need to make sure your membership is up to date – this will be checked if you use the code.

Please refer to the Athletics Auckland website for more details.



2024 Jennian Homes New Zealand Track & Field Championships

Congratulations to all the ACA members who competed at the 2024 Jennian Homes New Zealand Track and Field Championships in Wellington over the last 4 days.

Well done to the following medallists:

- Emilia Goldsmith** – 1st Women 100m Under 18 🏆
- Indie Williams** – 1st Women 1500m Under 16 🏆
- Indie Williams** – 1st Women 3000m Under 16 🏆
- Imogen Skelton** – 1st Women High Jump Senior 🏆
- Josh Hawkins** – 1st Men 110m Hurdles Senior 🏆
- Charlotte Goldsmith** – 1st Women Long Jump Under 20 🏆
- Emilia Goldsmith** – part of the winning Auckland 4 x100m relay U18 team. 🏆
- Sienna Moyle** - part of the winning Auckland 4 x100m relay U18 team. 🏆
- Zach Nannestad** – part of the winning Auckland 4x100m relay U18 team. 🏆
- Chloe Luo** – part of the winning Auckland 4 x100m relay U20 team. 🏆
- Jonty Batchelor** – part of the winning Auckland 4 x400m relay U16 team. 🏆
- Abbey Bolton** – part of the winning Auckland 4 x400m relay U20 team. 🏆
- Charlotte Goldsmith** - part of the winning Auckland 4 x400m relay U20 team. 🏆
- Peyton Leigh** - part of the winning Auckland 4 x400m relay Senior team. 🏆
- Emilia Goldsmith** – 2nd Women 200m Under 18 🏆
- Grace Meredith** – 2nd Women 2000m Steeplechase Under 18 🏆
- Chloe Luo** – 2nd Women Triple Jump Under 20 🏆
- Amy Shennan** - part of the winning Auckland 4 x400m relay U18 team. 🏆
- Nina Chalmers** – part of the winning Auckland 4 x400m relay U18 team. 🏆
- Sophia Haines** - part of the winning Auckland 4 x400m relay U18 team. 🏆
- Lisa Hellyer** – 3rd Women 800m Under 18 🏆
- Scarlett Robb** – 3rd Women 1500m Under 18 🏆
- Scarlett Robb** – 3rd Women 3000m Under 18 🏆
- Zach Nannestad** – 3rd Men 100m Under 16 🏆
- Zach Nannestad** – 3rd Men 200m Under 16 🏆
- Daequan Su** - 3rd Men 100m Hurdles Under 16 🏆

A very special mention to **Indie Williams** who took home 2 Championship titles – i1500m and 3000m. Congratulations Indie. Also, **Josh Hawkins** secured his ninth national senior men's 110 hurdles title in a time of 14.03 (+0.5).



ACA Membership

Please note:

- **Under 20's ACA Annual Memberships** will expire on 31/03/2024. Registrations will open on 1/4/2024 - we will advise once registrations for the 2024/2025 season are open.
- **20+ ACA Annual Memberships** are rolling memberships – Your membership will expire 1 year from the day that you registered with ACA. We will send you an email prior to your membership expiring.

Up and Coming Events

Date	Event	Venue
Wednesday 20 th March 6pm	ACA Club Night	Towers Track, Go Media Mt Smart Stadium
Saturday 23 rd – Sunday 24 th March	AAI Combined Events Champs/McKinnon Shield (Non-Scoring)	Towers Track, Go Media Mt Smart Stadium
Saturday 23 rd March	Rescheduled Auckland Children's Track & Field Championships	Yvette Williams Track, Lloyd Elsmore Park, Pakuranga
Tuesday 26 th March	Auckland Secondary School Championship	Towers Track, Go Media Mt Smart Stadium
Wednesday 27 th March 6pm (Last Club Night for this Season)	ACA Club Night	Towers Track, Go Media Mt Smart Stadium
Saturday 30 th March	Summer Throws Competition - AUT Millennium Stadium	AUT Millennium Stadium
Saturday 6 th & Sunday 7 th April	NZSSAA North Island Champs,	Palmerston North

Questions/Help/Clarification

If you have any questions, please refer to our website acaclub.co.nz otherwise please email auckland.city.athletics@gmail.com