



AUCKLAND CITY
ATHLETICS CLUB

2025/26 Season

8th December 2025

This Week

- Wednesday 10th December: **Last ACA Club Night for 2025** 6pm at Mt Smart.
- Saturday 13th December: McKinnon Shield #6 5pm at Mt Smart. Click on this link to enter <https://events.mygameday.app/event/aai2025ms6> or refer to the Athletics Auckland website. **Entries close 11.59pm Wednesday 10th December.**
- Saturday 20th December: **Daikin Night of 5's**: Click on this link to enter. [Enter](#)
- The 2024.25 Season **ACA Club Annual General Meeting** is to be held on Wednesday 10th December at 7.30pm. You are welcome to join us at 7.30pm in-person or online. It is an opportunity to give some feedback to the committee and/or get more involved in the running of the club. To attend or find out more please email auckland.city.athletics.club@gmail.com

ACA Club Nights – Track and Field Season

ACA club nights are on every Wednesday evenings between 6pm and 7.30pm at Towers Track, Mt Smart. All Secondary School and Registered Club athletes aged 12 years and up are welcome to compete at the ACA Wednesday Club Night competitions.

On ACA Club Nights 60 Hurdles will start at normal sprint hurdle start line and be HAND-TIMED at 60m from start line.

Please Note: the following number of Field Event trials will apply unless athlete numbers allow extras:

- HJ - 6 jumps per athlete.
- LJ & TJ - 4 jumps per athlete.
- Discus, Javelin & Shot Put- 4 throws per athlete.

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

Nov/Dec 2025 - ACA Club Nights Programme

| <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> |
| Wednesday 10 th December Last ACA Club Night for 2025 | 60m/100m | 1500m | 200m | 3000m/ 5000m | LJ/TJ | SP |
| Wednesday 14 th January First Club Night for 2026 | 60m/100m/Hurdles by request | 800m | 400m | 3000m/ 5000m | LJ/HJ | DT/JT |

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

McKinnon Shield #6

Venue: Mt Smart Stadium #2 Arena

Date: Saturday 13th December

Start Time: 5.00pm

Click on this link to enter <https://events.mygameday.app/event/aai2025ms6> or refer to the Athletics Auckland website.

Entries close 11.59pm Wednesday 10th December.



McKinnon Shield #6

Saturday 13th December 2025

Mt Smart Stadium #2 Arena

DRAFT PROGRAM & TIMES

The programme is dependent on entry numbers

A final programme will be loaded to our website Friday evening

| TRACK | | | FIELD | | |
|--------|------------------|---------------|--------|--------------|---------------|
| 5:00pm | 200m Hurdles | Women and Men | 5:00pm | High Jump | Women & Men |
| | 300m Hurdles | Women | 5:00pm | Javelin | Women & Men |
| | 400m Hurdles | Women | | | |
| | 300m Hurdles | Men | | | |
| | 400m Hurdles | Men | | | |
| 5:30pm | 100m | Women | | | |
| | 100m | Men | | | |
| 6:00pm | 800m | Women | | | |
| | 800m | Men | | | |
| 6:30pm | 4 x 400m Relay | | 6:30pm | Long Jump | Women |
| | | | 6:30pm | Hammer | Women & Men |
| 6:45pm | 200m | Women | | | |
| | 200m | Men | | | |
| 7:15pm | 2000m/3000m Walk | Women and Men | 7:30pm | Long Jump | Men |
| | | | 7:30pm | Weight Throw | Masters Women |
| 7:45pm | 3000m | Women | | | Masters Men |
| | 3000m | Men | | | |

*Age is at 31st December 2025

Hurdles Clinic

Date: Sunday 14th December 2025

Venue: Mt Smart

For one day only, **Matt Wyatt** is delivering two fast-paced targeted clinics for 12–16-year-olds at Mt Smart Stadium. A Hurdles Clinic, designed for beginners through to developing hurdlers and a Long Jump Clinic, establishing the critical foundations for translating speed into flight.

Both sessions will focus on a mastery of great technique, rhythm and movement, with practical insights drawn from Matt's experience coaching NZ's top athletes—including the current NZ No.1 female long jumper and NZ's fastest ever woman over 60m hurdles.

Spaces limited – register early.

Event Link: <https://events.humanitix.com/one-day-only-hurdles-and-lj-clinics>

HURDLES



**WORKSHOP ONE
HURDLES INTRO>ADVANCED**

12-16YRS
14 DECEMBER 2025
9:00AM - 10:45AM
GO MEDIA MT SMART STADIUM

SPEED DEVELOPMENT
MASTER FOUNDATION DRILLS
ELITE COACHING SEQUENCES
FAST PACED, FUN ENVIRONMENT

HURDLES COACHING ACHIEVEMENTS
NZ'S FASTEST EVER 60M(F) HURDLER
2X NZ HURDLE CHAMPIONS (F)
8X NZ HURDLE MEDALISTS

LIMITED SPOTS
REGISTER VIA QR CODE BEFORE 9 DECEMBER

EXPERT COACHING
ONE DAY ONLY
WITH COACH MATT WYATT

**WORKSHOP TWO
LONG JUMP FOUNDATIONS**

10-16YRS
14 DECEMBER 2025
11:15AM - 1:00PM
GO MEDIA MT SMART STADIUM

DEVELOP CORRECT TECHNIQUE
LEARN TRAINING TIPS
ADVANCED DEMONSTRATIONS
FAST PACED, FUN ENVIRONMENT

LONG JUMP COACHING ACHIEVEMENTS
FORMER NZ REP LONG JUMPER
FORMER 3X NATIONAL CHAMPION
MULTI NZ LJ CHAMPIONS
CURRENT NZ NO1 (F) LONG JUMPER

LIMITED SPOTS
REGISTER VIA QR CODE BEFORE 9 DECEMBER



LONG JUMP

ENQUIRIES TO ARCHIWYATT@GMAIL.COM

ACA Member's News

Last weekend the NZ Secondary School Track, Field and Road Championship was hold in Hastings.

Well done to all the ACA members who competed in the very hot conditions.

What a weekend it was for **Scarlett Robb** who came 1st in both the 1500m and 3000m, **Eden Moyle** who came 1st in the 100m, 200m and Long Jump (Junior) and **Sarah Hellyer** 1st in the 800m (Senior)

Medals

2nd **Lisa Hellyer** 800m Senior

2nd **Emma Ward** 4000m Senior Road Race

2nd **Charles Howlett** 400m Senior

2nd **Samuel Rickerby** 2000m Steeplechase Senior

3rd **Annabel Richardson** 4000m Senior Road Race

3rd **Zara Pomfret** 1500m Senior

3rd **Jett McKenzie** – 100mH Senior

3rd **Robbie Tahī** – 200m Junior

3rd **Margaret Croft** 4000m Junior Road Race

Relay Teams Medals

Dilworth School 1st in the 4x100m (Senior) team included **George Kennedy, Asher Boyd and Cole Yeager**

Auckland Grammar 1st in the 4x400m (Senior) team included **Charles Howlett**

Diocesan School for Girls 3rd 4x400m (Junior) team included **Lucy Bell, Abigail Bethell and Margaret Croft.**

Diocesan School for Girls 3rd 4x400m (Senior) team included **Hannah McManus, Maddie Worrall and Sophia Haines.**





Also great results for ACA athletes in mountain and trail this weekend: Jono Jackson 3rd in Luxmore Grunt 24k (Te Anau) Also Micheal Hale (1st) and Ron King (3rd) in the Ridgerunner 24k (Colville).



Up and Coming Events

| Date | Event | Location |
|---|---------------------------------|--------------------------------|
| Wednesday 10 th December 6pm Last ACA Club Night for 2025 | ACA Club Night | Mt Smart Stadium #2 Arena |
| Saturday 13rd December | McKinnon Shield #6 | Mt Smart Stadium #2 Arena |
| Sunday 14 th December | Hurdles Clinic | Mt Smart Stadium #2 Arena |
| Saturday 20 th December | Daikin Night of 5's | AUT Millennium |
| Friday 9 th January to Sunday 11 th January | 2026 North Island Colgate Games | Tauranga Domain, Track |
| Wednesday 14 th January 6pm First ACA Club Night for 2026 | ACA Club Night | Mt Smart Stadium #2 Arena |
| Friday 16 th to Sunday 18 th January 2026 | 2026 South Island Colgate Games | Saxton Athletics Track, Nelson |

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