



2023/24 Season

11 March 2024

Congratulations to the ACA members who competed at the ACA Club Night and the 2024 Sir Graeme Douglas International.

This Week:

- There is NO ACA Club Night this week on Wednesday 13rd March
- Entries close 11.59pm Sunday 17th March for the Rescheduled Auckland Children's Track & Field Championships on Saturday 23rd March.
- Children's Go Series Meet 3 on Saturday 16th March at Mt Smart. Entries close 11.59 Wednesday 13th March
- Good luck to the ACA members who are competing in the Jennian Homes New Zealand Track and Field Championships in Wellington this weekend. Please remind your supporters (family and friends) to purchase spectator tickets – please refer to the Athletics New Zealand website for details.

ACA Club Nights at Mt Smart

There is no ACA Club Night on Wednesday 13th March.

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.



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.

AGM Meeting

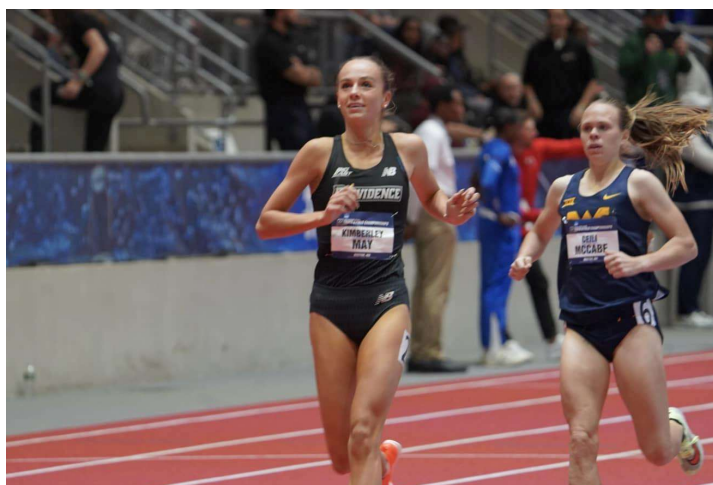
The AGM minutes from our recent AGM meeting are now on the ACA website.

Up and Coming Events

Date	Event	Venue
Thursday 14 th – 17 th March	Jennian Homes New Zealand Track and Field Championships	Newtown Park, Wellington
Saturday 16 nd March	Children's The Go Series - Meet 3	Towers Track, Go Media Mt Smart Stadium
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

ACA Overseas Members

A special mention to Kimberley May for coming 3rd in the mile at the NCAA Nationals in a personal best of 4.27.36.



Questions/Help/Clarification

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



Experiences of returning to exercise or sport following recovery from long COVID: a qualitative study

Our team is undertaking research for an investigation to explore peoples' experiences of returning to exercise or sport following their recovery from long COVID. The research will attempt to understand the support and challenges involved in this.

We are seeking adults who were participating in exercise or sport at least twice weekly on a regular basis prior to developing long COVID and who have recovered enough to have returned to exercise or sport in some capacity.

Participants will be asked to take part in an individual 45-minute Zoom interview. There will be an opportunity to review the themes from the data analysis and receive a copy of the study findings. The total time commitment is between 60 to 70 minutes.

Please contact Dr Sarah Rhodes at the School of Physiotherapy, University of Otago for more information: sarah.rhodes@otago.ac.nz

[This project has been reviewed and approved by the School of Physiotherapy, University of Otago]