



NORTHAND MASTERS ATHLETICS PROGRAMME 2025-2026

Registrations: DUE: by 1st October 2025.

FEES:

Full Member of an athletics NZ Affiliated club Pay Northland Masters \$10.00

Masters Member only:

Join through NZ Masters and Pay Northland Masters Fee \$10.00

Please pay by Internet banking: **12-3099-0118319-00 Northland Masters Athletics**

Please put your name and ref: registration and an e mail to: oringabrian72@gmail.com –

Will need your address and DOB and age -with the new Inc Societies law we need to have a register

*Members of Athletics Whangarei and paid up track users this will all be included in your fee but if not there will be a charge for the season of \$25 for the **Thursday** evening events for term 3 (\$2.50approx)*

The Sunday events are included in your registration

If this really does not make sense or you are a group and may need to discuss please call me 02102429890 Oringa

091025	Athletics Track Park Avenue Training /Coaching evening	"GIVE IT A GO Everyone welcome 150 m 300m Mile/3k	Long jump Discus Javelin	1730-1830	Carolyn Smith COACH Oringa Barach Organiser
161025	a/a	Run/walk options only 100m 400m 3k/5k run or walk	---	17.30-1830	a/a HELPERS needed
<u>SUNDAY</u> October 19th 2025	Trigg Sports Arena Park Avenue Whangarei Pancake Brunch upstairs at end of event 1045	Track Challenge How many laps can you run/Walk in? 90 mins 60mins 30 mins 15 mins	0900 for 90 mins 0930 for 60 mins 1000 for 30mins 1015 for 15 mins 10.30 ALL finish together	Lots of fun for everyone	Barach Family Event and Pancakes Cereal tea coffee etc \$5.00 per person Pay on the day

231025	a/a	60m 200m 1500m run or walk	High jump Shot Javelin	a/a	Date
301025	a/a	Handicap night 100 400 3or 5k or walk	---		a/a
061125	a/a	200 800 2k run or walk	Discuss Long jump		a/a
131125	a/a	60m 200m 1 or 2 mile Run or walk	---		a/a
201125	a/a	200m 1500 or 3k run or walk	High jump Shot Javelin		a/a
27 11 25	a/a	100m 2 or 4 k run or walk	---		a/a
Sunday November 16 th 2025	Athletics Track Park Avenue Whangarei Last practice for North Island Champs	100 400 3k/5/10k PV HJ Discuss LJ as required Shot		930 warm up 1000 start Followed by FOOD ??	A /a
28/29 November	Tauranga North Island Masters Championships	Entries required			If enough support may take a van and organize accommodation TBC
4 Dec 225	a/a no 2	Handicap fun night 60m 400m 3k run or walk			
Thursday DEC 11 th	a/a	Christmas Special Relays Catch me if you can 3 and 5 k		0530 warm up 6pm start Followed by Xmas Fare Please bring a plate	😊 🎄 🍰

		<u>NEW YEAR</u> <u>2026</u> <u>ALL TBC</u>			
January 25 th Sun	Beach Road Onerahi Foreshore by Toilets Bring your togs	1k 7.5 2.5 10.00 5		1000 Followed by a swim and sausages The tide is coming in!	
Feb 5th		TBC			
Feb 12th		TBC			
Feb 21 st 2026	Trigg Arena	Masters Northland Track and Field Champion ships combined with under 30s			
Feb28th March 1 st 2026	? Beach to Basin				
March 5th		Masters Relays evening	Lots of fun		
7 th /8 th March 2026	Ironman ? Beach to Basin				
March 12- 15th		Inglewood Masters Champs North Island			
March 19th	Trigg	Masters Prizegiving ??? Dinner after ??		1730	
March 25/26 th	Bay Of Islands Pahia ??	Run/walk Short medium and long options		1000 Car pooling etc	May be longer runners can do complete loop Or go over to Russell on boat and have Run walks over there and then may be a swim too TBC

Programme may be changed - You will be advised.