



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 001 18319 0073**

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 2026</u>			
January 25 th Sun	Beach Road Onerahi Foreshore by Toilets Bring your togs	9am 10km 9.15am 7.5km 9.30am 5km 9.45am 2.5km		Followed by a swim and sausages The tide is coming in!	
Jan 29th	Trigg arena	60m 200m 1500/3km run or walk	Discus Long Jump		5.30pm warm up first event 6pm
Feb 5th	Trigg Arena	Handicap races	100m 400m 3km run/walk		Field events on request
Feb 12th	Trigg Arena	60m 200m 1 or 2miles run/walk	Shot Put High jump		5.30pm warmup
Feb 19th	Trigg arena	Pre Champs preparation night			5.30pm warm up
Feb 21 st 2026	Trigg Arena	Masters Northland Track and Field Champion ships combined with under 30s		8am first event TBC	Programme will be available soon entries online
Feb 28th	Trigg arena	Womans and Mens pentathlon Challenge! Will adjust so be suitable for everyone to have a go!! Will be fun trying 😊	Men: Long Jump Jav, 200m, Discus, 1500m. Women: 100m, Shot, Long Jump, Jav, 800m	Everyone welcome to have a go!! (For the long jump you can jump from edge of pit)!	Start 5.50pm first event! Depends on numbers but possibly only 2 throws/Jumps each TBD
March 5th	Trigg arena	60m 200m 1500/3km run/walk	Welcome to have a throw also		5.30pm warmup
March 12th	Trigg arena		100m 400m 1500m run/walk	Discus long jump	5.30pm warmup
March 12- 15th		Inglewood Masters Champs North Island			
March 19th	Trigg arena	Handicap races	100m/300m mile	Shot put and high jump	5.30pm warmup
March 26th	Trigg arena	Masters prizegiving for summer	Events TBD		

