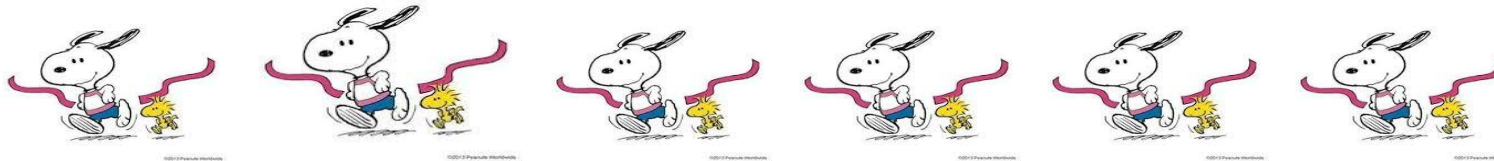


**NORTHLAND
MASTERS
ATHLETICS**



COME AND JOIN US

This is for you.... YES YOU!

Whatever your ability whatever your sport This is for everyone

Ages 30-100+

WHERE: TRIGG SPORTS ARENA

PARK AVENUE WHANGAREI

Starting October 8th 2026 "HAVE A GO"

TIME: 17.30(5.30) WARM UP 1800(6 PM) START

Every Thursday evenings fun/competition

and some Sundays

(see timetable attached)

THE MORE PEOPLE WE HAVE THE MORE FUN IT WILL BE.

Worried?... don't be just come along and try us out!!

Enquiries to:

Oringa Organiser

txt or call 02102796487

Carolyn: Coach 0212098116

Masters Programme 2026-27

Registrations: DUE: 1st October 2026

FEES: ages 30 years up

PLEASE READ CAREFULLY

You must be a Full Member of an athletics NZ Affiliated club + Pay Northland Masters \$10.00

Masters Membership only:

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

Please pay by Internet banking: **12 -3099-011-8319-00**(Northland Masters)

**Please put your name. address, DOB age grade Phone number and emergency contact with
your registration and an e mail to: oringabrian72@gmail.com**

If this really does not make sense and may need to discuss please call me

02102429890 Oringa

Throws will be available every week

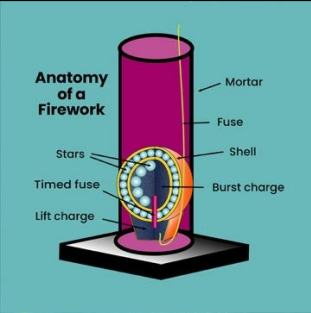
BUT alternating

JAV /shot

Hammer/discus

**and it all will be a bit of self -help- there are not enough of us to put it all out and then put
away again**

081026 1st night of summer season	Athletics Track Park Avenue Training /Coaching evening 5.30 for 6 pm start	"GIVE IT A GO" Everyone welcome 150 m 300m Mile/3k	Jumps and throws	17.30 warm up 1800 start
151026	a/a	Run/walk options 100m 400m 3k/5k run or walk	Throws Modified Steeplechase	
<u>SUNDAY</u> October 18 ^h 2026 NB START TIME 0900	Trigg Sports Arena Park Avenue Whangarei 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 Brunch after events Provided by masters
231026	a/a	60m 200m 400 modified hurdles for everyone	High jump Shot Javelin	
291026	a/a	Handicap night 100 400 3or 5k or walk	Throws Jumps	

051126	a/a	<i>Can you crack it or will you blow up??</i> 3.2 reverse wrong way around track start lane 8 or lane 4 100m 200	Discus Long jump	 The diagram shows a cross-section of a mortar firework. Labels include: Mortar (the outer tube), Fuse (the string leading down), Stars (the explosive material inside the shell), Timed fuse (the fuse leading to the burst charge), Lift charge (the charge at the base of the shell), and Burst charge (the explosive material inside the shell).
12126	a/a	60m 200m 1 or 2 mile Run or walk	---	
191126	a/a	200m 1500 or 3k run or walk combined with Modified steeplechase	High jump Shot Javelin	
26 11 26	a/a	100m Mixed gender relay 200/400/800 x 2	---	
Sunday November 15^h 2026 930 warm up 1000 start	Athletics Track Park Avenue Whangarei Last practice for North Island Champs	Fun heptathlon both genders • 100-meter hurdles/small • Walk or run • Shot put • 200-meter run/walk • Long jump • Javelin throw • 800-meter run/walk	This is do able for everyone and lots of fun and we can all have a go	930 warm up 1000 start Followed by Drink and Eats

28/29 November	Hamilton North Island Masters Championships	Entries required		See NZ Masters website
3Dec 26		Handicap fun night 60m 400m 3k run or walk		
Thursday DEC 10th		Christmas Gobble Gobble Special Relays 400 800 Hurdles modified And some interesting events		0530 warm up 6pm start Followed by Xmas Fare Please bring a plate Isn't he wonderful specimen ? 🎄

		<u>NEW YEAR 2027 ALL TBC</u>	🍷🥳🎉🥳	HAPPY 2027
27-31st Jan 2027	Oceania and NZ Masters Championships Christchurch			See website OMA2027 Christchurch
Jan 31st	Beach Road Onerahi Foreshore by Toilets 0930 registration 1000 am start	1k 7.5 2.5 10.00 5	Bring your togs Walk or run Look Stunning 	Followed by a swim and sausages And a cuppa
Feb 11th		TBC		
Feb 18th		TBC		
Feb 20th	Northland Masters Championships	5k and 3 k 0930	Rest of programme TBC	Whangarei Athletics Track Park Avenue
Feb 25th		Masters Relays evening	Lots of fun	
Feb 28th	Beach to Basin			
March 4th				
March 11th		TBC		
March 18th	Trigg	Masters Prizegiving Dinner etc	TBC	

Program is subject to change – you will be notified