



# Lake City Kids

Where athletics is FUN!  
6<sup>th</sup> Feb 2012



## First Club Night tomorrow Tues 7<sup>th</sup>

Welcome back to the second half of our season

Club night is back on tomorrow at 5:15pm at the top stadium track, Devon St. Still plenty of space for new kids to join us, if your children have friends that want to come, bring them along. They are welcome to give it a go first, before deciding to join etc.

## New Helpers, Training 4:30pm Tues

We have lost 7 helpers to the Marathon Clinic (yes it's great to see volunteers doing something for themselves too), so I've been ringing around to get new parents to step up. Here is the new list, a couple of you I was not able to get a hold of before this went to print. If you CAN'T help at all, please do ring me urgently. Otherwise I have put down several names for each event, which means when you can't make it, there is always someone else to cover. I will be at track early tomorrow from 4:30-5pm to give you some basic helper training and some handouts.

## Coaching Meeting, 5:10pm Tues

If you are interested in extra coaching for your child, please come to the meeting by the gearshed at 5:10pm sharp. I have lined up a special coach for hurdles and sprints. ALL HELPERS NEED TO BE HERE TOO.

## COLGATES - 15 medals & 25 Penants!

A most amazing result from Colgates, besides those who got medals or penants, there were lots of Lake City kids who earned 4<sup>th</sup> or 5<sup>th</sup> placings, which is right up there too. A little bit of extra coaching could make all the difference.

### 10yrs+ MEDAL winners

Brooklyn Tomo 11yr BRONZE Discus 29.46m  
Isla Norman-Bell 11yr GOLD 200m 28.09  
Isla Norman-Bell 11yr GOLD 100m 13.94  
Isla Norman-Bell 11yr SILVER 400m 1:07.12  
Isla Norman-Bell 11yr SILVER Long Jump 4.26m

Marina Tahana-Beazley 12yr SILVER Shotput 10.56m  
Marina Tahana-Beazley 12yr SILVER L-Jump 4.68m  
12yr Girls 4x100m Relay Team BRONZE 56.76  
Monica Pue  
Isla Norman-Bell  
Marina Tahana-Beazley  
Melkorka Legget-Hilmarsdottir  
MacKenzie Van-Fulpen 13yr GOLD High Jump 1.46m  
Paige Satchell 13yr SILVER 1500m 4:57.03  
Paige Satchell 13yr GOLD 800m 2:23.38  
Sasha Pue 14yr SILVER 2000m Walk 18:53.30

### 7-9yrs PENANT winners

Gisele Howard 7yr GOLD 60m  
Gisele Howard 7yr BRONZE 100m  
Hannah Richardson 7yr BRONZE 100m  
Hannah Richardson 7yr BRONZE Long Jump  
Libby Mollett 7yr BRONZE 200m  
Libby Mollett 7yr SILVER 60m  
Libby Mollett 7yr GOLD Long Jump 2.55m  
7yr Girls 4x100m Relay Team BRONZE;

Ashleigh Kalan  
Libby Mollett  
Hannah Richardson  
Gisele Howard  
Liam Kalan 8yr SILVER Shotput  
Ben Voss 8yr BRONZE 200m  
Ben Voss 8yr SILVER 100m  
Tome Poona 8yr BRONZE 100m  
Tome Poona 8yr SILVER 60m  
8yr Boys 4x100m Relay Team  
SILVER;

Liam Kalan  
Campbell Haigh  
Naianga Tapiata  
Tome Poona  
Javier Browne 9yr BRONZE Long Jump 3.55m  
Bradley Rumble 9yr SILVER Shotput 8.88m?  
Bradley Rumble 9yr SILVER Discus 28.33m  
West Pue 9yr BRONZE 200m  
West Pue 9yr BRONZE Discus 17.3m



## COLGATE TOOTHPASTE

Hi all congratulations on a fantastic Colgate games we all came away with personal bests and lots of great experiences. I have the **Colgate toothpaste for each competitor** if you didn't get one at the games please see me at the first kids club night 7th Feb. Found in the Lake city tent was a blue knife and white board. One large mug of a thermos. Lost was a size 12 colgate shirt, named Bjarni on the white tag.

[www.lakecity.co.nz](http://www.lakecity.co.nz)

swingmills@xtra.co.nz, ph 021 753691 day, 3480790 evenings

Many thanks to everybody and kids remember to thank the oldies as they made this all possible.

Leanne C Leggett

(Mum of Tanja Melkorka Bjarni and Briet)



### Putaruru Ribbon Day Sat Feb 11<sup>th</sup>

10am Glenshea Park, Reservoir St, Putaruru

Great practice for ALL club kids, no matter how slow you are. No joining fee, just rock up and enter whatever you want. Listen out for the 'Ribbon' event, which they only run 3 at a time so EVERYONE gets a ribbon in that event - great confidence booster!



### WaiBOP Childrens Triple Jump Champs

At the Bellevue/Greerton Ribbon Day Feb 25<sup>th</sup>

Tauranga Domain, Grades 13 & 14 only

Entry form is attached, closing date 17<sup>th</sup> Feb

### WaiBOP Seniors Champs - 13yrs to Adults

Also includes grade 13yrs & 14yrs in year of Comp

Feb 18<sup>th</sup> Tauranga Domain. Entries close Fri 10<sup>th</sup>

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### Feb 25<sup>th</sup> Porritt Stadium. Entries close Fri 17<sup>th</sup>

Entry forms are in the Seniors Track and Field Handbook and on the website.

### WaiBOP Childrens Champs Sat Mar 10<sup>th</sup>

9:30am, Porritt Stadium, Hamilton. 7-14yrs

This is similar to Colgates, but only covers the Waikato-Bay of Plenty areas rather than the whole of the North Island. So there will be a **lot more opportunities to get placings**. We have a huge number of Lake City kids who could gain medals, so mark it in your calendar now! I will forward the entry forms the minute they arrive (closes end Feb). Let's see an even bigger field than the Colgates team!

### More Uniforms

I've put a new order in, hopefully they should be here in a couple weeks. In the meantime, stick with your black shorts and whatever white tee shirt you have for club nights. If you plan on attending Ribbon Days, you will need to purchase the \$7 band off me and sew it onto a plain white tee.

The first tracksuit sample was not up to scratch and has been sent back. I will only order when the quality is sufficient.

### Club Champs - Need Trophies Back

Last year's winners to hand trophies in please.

There are 4 more weeks of coaching sessions, then 3 weeks of championship nights, where we record what you can achieve this year. Our final prize giving night is Tues 27<sup>th</sup> March at 5:30pm at the Clubrooms at Neil Hunt Park.

### PARENTS - BASIC RUNNING CLINIC

Those teens/parents interested in getting fit or trying for your first ever 5km event, we have a beginner running clinic in swing now. Still plenty of space to join the other parents who have come across. Tues & Thurs evenings plus Sun mornings. Email me direct if you are interested - [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz) or ph 3480790.

Thanks to my husband Chris for the Colgates photos  
Kerris Browne.