



Lake City Kids

Where athletics is FUN!



Great NEW EVENT last week

YES we turned up in the light showers, yes we had a full program, and yes we had a new coach teach us how to RACE WALK. This event is available to all 10yr olds up. My daughter, who is not a very fast runner, entered the Race Walk in Tokoroa on Saturday and came home with a first place Ribbon! So it would pay to learn how to race walk. We will be repeating the coaching for the rest of you - make sure you come this Tues!



Fairfield Ribbon Day is this Sat Nov 12th

10am Porritt Stadium, Crosby Rd, Hamilton

I will be going if anyone needs a ride. Great family day out, and we parents always learn something new too! Map attached if you are coming.

Tokoroa Ribbon Day was fabulous

We had a blast in Tokoroa, with 13 kids from Lake City. We helped out with the Shot Put and even I learned more about the competition rules. My kids were a bit shy about their abilities, especially my daughter who is certainly not competitive, but both came back with a handful of ribbons, so their confidence has gone through the roof!

Colgate Games Entries close this Friday!

Jan 6-8, Tga Domain, Cameron Rd, Tga

Colgate Games are also open entry (you don't have to be of a certain standard to enter). You choose 4 events, and each event is only \$5. At the very least, all those kids getting 1st, 2nd, or 3rd at different club night events should definitely be entering!! I will have spare entry forms with me at track. If you miss me, you can drop the form and cash off to me at Arias Farm 396 Clayton Rd most evenings.

WAIBOP Childrens Relay Champs

Dec 3rd, Porritt Stadium, Hamilton, 9:30am

Grades 7-14years

This is running AND field events in a team. The entry details are attached. It's a bit of minefield, so if your child is interested in competing, just email me and we can work it out. This is another great event to get some experience for the kids prior Colgates.

Results of Club Night 25th October

8yr Girls 100m - 1.Molly Sinclair 2.Marie Reuben 3.Briana Owsley

8yr Boys 100m Heat A - 1.Liam Petersen 2.Alex Brackenbury 3.Benedict Larkin

8yr Boys 100m Heat B - 1.Liam Kalan 2.Amtiri Torres 3.Jaden Mills

8yr Girls Discus - 1.Marie Rueben 2.Molly Sinclair 3.Jessica-Rose Taylor

8yr Boys Discus - 1.Alex Brackenbury 2.Jayden Mills 3.Campbell Haigh

8yr Girls High Jump - 1.Molly Sinclair 90cm 2.Jessica-Rose Taylor 79cm

8yr Boys High Jump - 1.Alex Brackenbury 90cm+ 2.Liam Kalan 90cm 3.Liam Petersen 87cm

9yr Girls 100m Heat A - 1.Briet 2.Charlotte 3.Leah

9yr Girls 100m Heat B - 1.Kieran Davidson 2.Holly 3.Rebecca

9yr Boys 100m Heat A - 1.Taataa 2.Jacob Stubbing 3.Benjamin

9yr Boys 100m Heat B - 1.Javier Browne 2.Terama 3.Adam

9yr Girls Hurdles - 1.Tessa Nathan 2.Kieran Davidson 3.Holly Gardner

9yr Boys Hurdles - 1.Javier Browne 2.Jensen 3.Jacob Stubbing

10yr Girls 200m - 1.Ariana 2.Caitlin 3.Alyssa

10yr Boys 200m - 1.Ellis 2.Chris 3.Seth

10yr Girls Quoits - 1.Alyssa & Caitlin 2.Ariana

10yr Boys Quoits - 1.Chris & Seth 2.Jude & Angus

11yr Girls 200m - 1.Isla Norman-Bell 2.Hana Stubbing 3.Maia Carrington

11yr Boys 200m - 1.Byron Haigh 2.Bailey Rangitaawa 3.Trent Davidson

11yr Girls Throwing - 1.Becky Bain 2.Hana Stubbing 3.Terina Fitzpatrick

11yr Boys Throwing - 1.Ben Veper 2.Matene Tewhata 3.Lucas Doidge

***Parents please make an effort to learn how to record correctly so you can help on our Ribbon Day 17th December.**

www.lakecity.co.nz

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OUR Ribbon Day

Dec 17th, right here at our track

Grades Tiny Tots to 14years (yes 15yrs can too)

This will be the first time in years that Lake City is holding their own ribbon day right here in Rotorua.

There could be several hundred children attending, and

ALL of our Lake City kids should be there.

NOTE: ALL parents are expected to help marshal.

Sponsorship for Ribbon Day

If any of you know anyone who could sponsor the following items for our Ribbon Day, please pass them on to me;

Portable Fencing x3 panels for second discus cage

50 bananas for official's lunches

50 filled rolls or sandwiches for official's lunches

50 small bottles water/juice for official's lunches

Pop-up tents or gazebos for athletes

Chocolates or kids prizes for raffle basket

PARENTS CAN DO ATHLETICS TOO!

Did you know we have a beginners adult session on Wednesdays at 5:15pm? Coach Pete Quax (brother of famous Dick Quax) runs an intro track session for adults. We also have other coaches who will show you how to do the field events at 6:15pm for club night. Come along! We've had several newbie parents join last week already.

Thanks to Willi Werner for the fabulous photos!

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