



Lake City Kids

Where athletics is FUN!
18th March 2013



Club Champs 2nd week in Rain

Even if it rains tomorrow, we will go ahead. There are no hurdles and no high jump, and the rain is nice and warm! But PLEASE send all children without patches or uniforms over to me at the shed. I need to establish if they are paid members or merely forgot...**not registered = no certificate!** Thank you to all the awesome parents who are stepping up and helping.

Crossing Lanes Rule

Where a runner crosses lanes on a bend (making the circuit shorter), or crosses lanes on the straight where they get in the way of another runner, they are disqualified.

However, if they cross lanes on the finishing 100m straight, but do not hinder any other runners, there is no disqualification. The effect of crossing lanes just means they ran a bit further zig-zagging :-))

!!!RETURN your TROPHIES please!!!

I've only got a small number back so far - **Please return all trophies URGENT**, I need to start getting them ready for this year's prizegiving.

PERSONAL-BEST Booklets \$5

Now is the time to purchase your PB Booklets from me for \$5, to record your child's end-of-season best times/distance for this year. Then you can come back to that next year and compare his/her improvements.

Rotorua Mini Marathon 2013

Participating children are required to log 40km worth of running in the build up to the event (between February and April) and then they complete the final 2.1km of their marathon on the actual Rotorua Marathon course. This gives the children an idea of the commitment a full marathon is, with the opportunity to enjoy the atmosphere that is created along the finish line of a real marathon course. Each child that finishes the mini marathon receives a Certificate of Completion and Goodies upon race finish.

When: Thursday 18th April (final 2.1km)
Where: Energy Events Centre Rotorua
Cost: \$5 Entry per child
Entries close: Wednesday 27th March - All school registration sheets to be returned to Jenin@sportbop.co.nz no later than Wednesday 27th March 2013

Final Trout Fly on Thursday 6pm this week

And it's a Dress Up!! Wear whatever you want, the louder and more outlandish the better!! Walk, jog or run, choose 2.8km or 5km from the Neil Hunt Park Clubrooms. ANYONE can come, kids included. We have over 100 people each time! Cost \$5 adult and \$3 child, and you get a drink and bbq sausage after. Plus another recorded time to put in your PB Booklet.



This is the daddy of a couple of our Tiny tots!

Host needed for Tahitian Girl over Easter:

As the mother of a 12 years daughter, Alexandra MONTUCLARD, very keen on track and field (having participated in the Northern Island Colgate Games in Inglewood in January), I'm sending her for 2 weeks to Rotorua during the Tahitian Eastern holidays (from the 31 of March to 1st of April 2013) to learn English at Rotorua English Language Academy (RELA). I was wondering if a family with children also training track and fields in Rotorua would like to make acquaintance with Alexandra and maybe host her for

www.lakecity.co.nz

3480863 wrk, 3480790 a/hs, 021 753691, swingmills@xtra.co.nz, kbrowne@petersonsawmills.com

the 2 weeks. I'm, of course, prepared to pay for the bed and the food, and if the family wants to send their kids later on to Tahiti to train in track and fields, or learn French, to host them at our place as well. RELA is located at 1460 Pukuatua Street, it would be convenient that the family live not too far away. Our family is composed by the 2 parents (both doctors) and 3 kids: 17, 15 and 12 years old, all 3 training track and fields in AS AORAI, Papeete. Alexandra's brother, Axel (15) is also coming to Rotorua at the same period, but is hosted by a family he knows since 3 years. As we want Alexandra to train her English (she has been studying since 2 years at school) we are looking for another family for her.

If you happen to know a family which would be interested in hosting Alexandra, please, contact me by mail. Best regards,
 Christine MONTUCLARD
 BP 140 421
 98701 ARUE, TAHITI
 FRENCH POLYNESIA
 Tel/Fax: 00-689-837077 (evening)
 chrekstrom@hotmail.com



Kids having fun in sprinkler after Trout Fly

Congratulations to WaiBOP Team

A big thank you to all the parents for their support with helping run events on the day - we were well organised as a club. Also a big thank you to Gavin for officiating at long jump for what was a very long hot day. Unconfirmed results for Lake city is 10 gold, 11 silver and 5 bronze - **total of 26 medals**. Probably missing one or two as no results up when this list came in. We did well, no serious injuries only a few scratchings from heats and unfortunately 2 no shows to finals as had gone home (Waldo 100m, Tom 200m).

- 7 G Lillian Muir 2nd 60m, 2nd 200m, ? 100m
- 7B Oliver Weaver 3rd 100m, 3rd 200m
- 8G Stacey Wepa 2nd shotput
- 8B Dean Foster 1st Discus
- 9G Emma Taylor 2nd Long jump
- 10G Leah Foster 3rd Discus
- 10B Riley Martin 2nd Long jump
- 11G Ruby Ryan 1st 400m ? 1500m
- 12G Hannah Stubbing 1st 800m (JPC)
- 12B Booklyn Tomo 1st shotput, 1st Discus
- 13G Ella Fookes 2nd 1500m
- 13G Marina T.Beazely 1st Longjump, 1st shotput, 2nd Discus
- 13G Melkorka L.Hilmarsdottir 2nd Hurdles (JPC)
- 13B Alec Johnson 2nd Discus(JPC)
- 14 G Courtney Wiggins 3rd Shotput
- 14G Mackenzie van Fulpen 1st Hurdles, 2nd High jump, 3rd Longjump (JPC)
- 14G Paige Satchell 1st 800m, 1st 1500m 2nd Longjump (JPC)



Paige Satchell

www.lakecity.co.nz

3480863 wrk, 3480790 a/hs, 021 753691, swingmills@xtra.co.nz, kbrowne@petersonsawmills.com

Congratulations to Interprovincials Team

We have 3 athletes who have just been selected as part of the Waikato/Bay of Plenty team to compete in Timaru over Easter. Congratulations to **Melkorka Leggett-Hilmarsdottir, Brooklyn Tomo and Alec Johnson.**

Congratulations to Sec School Reps

Congratulations to the following club members who qualified for the Waikato/Bay of Plenty secondary School Champs held last Saturday over in Tauranga. They all did very well!

Molly Florence, 100m, 200m

Samantha Sinclair 100m, 200m javelin

Eilish Satchell 400m, 800m

Melkorka Leggett Hilmarsdottir discus, javelin, hurdles

Lily Florence 300m

Alec Johnson 100m, discus

Gus Dube 300m

Georja Kidd 800m

Mackenzie van Fulpen High jump, triple jump, hurdles

Tanja Leggett-Hilmarsdottir javelin

Julian Smith

Winter Cross Country starts soon!

Even though athletics finishes, running doesn't. We just switch to our Saturday cross country running. It's normally in the afternoon (2pm-ish), so you can still do your morning sports, have lunch, then come find our cross country venue. We use the forest, farms, reserves, lakes, and a variety of other club venues. Great training for school Cross Country! Lots of fun because you never quite know where you'll end up each week. Great for the WHOLE family to do together. I'll keep you posted.



Central Cross Country (RPSSA) Term 2

Always an exciting event on the Calendar. Having the course going through the Forest and back out onto the grass area this is a great atmosphere for the children, with fastest qualifiers going through to the Bay of Plenty Championships on Wednesday 10 July, Woodlands School, Opotiki. Schools are welcome to bring their Marque and put up for shade and shelter for the children on the day.

When: Weds 5 June 2013 (pp 7th June 2013)

Where: Waipa MTB Carpark

Entries Close: Friday 17th May 2013

For more information [CLICK HERE](#) to download an Entry Form [CLICK HERE](#) for the Coloured Tag ID template [CLICK HERE](#). Contact Jeni Nunn 07 348 4125 extn 607 Mob 027 706 8715 Email jenin@sportbop.co.nz

Stepping Aside as Convenor next season

My kids are dabbling in watersports this coming year, and I really have to follow them. So one of you needs to start thinking about taking on my Convenor's role. I will be more than happy helping with the first half of the season before I start my annual marathon clinic training. I'd like to stay involved with coaching and organizing coaches, and of course organizing the Ribbon Day. So if you are interested, come see me soon so we can start some mentoring now! Kerris.

Kerris Browne

www.lakecity.co.nz

3480863 wrk, 3480790 a/hs, 021 753691, swingmills@xtra.co.nz, kbrowne@petersonsawmills.com