



Lake City Kids

Where athletics is FUN!
19 November 2012



WAIBOP Children's Relay Champs

Dec 1st, Domain, Tauranga, 9:30am
ENTRIES CLOSE TONIGHT!

I've attached a DRAFT of those kids who have already emailed me, please note **we need more kids to make up teams**, please email me TODAY or ring me tonight after 8pm if your child can join a team!

For all Grades 7-14 years. The Relay Champs are **NOT JUST RUNNING!** They also have 'field relays' which is a mix of kids doing long jump, discus, and javelin as well. Plus the Walks championships are on this day too, so come try out your walking skills! All the forms are attached so you can see what to enter.

Your child can enter up to 4 events - one 4x100 relay, one medley relay, one field team, and for 10-14yrs the individual walk. Please **email today/tonight** if you want to go, remember we need others to enter as well in order to make teams. The Lake City Athletic Club has graciously agreed to pay the entry fees for this event, and it's much closer than Colgate Games, so I'd really like to support it this year.

HELPER needed at High Jump tomorrow

We need a couple of parents helping at High Jump this coming week, as Michelle is away and Nicki Reid will be on her own.



Te Awamutu Ribbon Day Sat Nov 24th

10am The Stadium, Te Awamutu

Great family day out, and parents always learn something new too! Tiny Tots to 15yrs, free entry.

When you go to Ribbon Day, meet with all other Lake City parents and choose a meet manager to take total athlete numbers to the organizers.

Things to remember:

Uniform, lunch, drinks, gazebo, sunscreen.

Let your child enter as many events as they wish (free). Collect your ribbons!



Uniforms

All children should be coming to club night in their **correct uniform** now - ie club running singlet and plain black shorts, with your age patch sewn on the left chest.

PARKING

The bottom carpark on Devon St will no longer be used due to safety of little children crossing the main road. The back carpark will be opened now, so please park behind the grounds from this week.

FIRST AID COURSE

It's important we have some parent-coaches who are skilled in first aid, especially considering the numbers we have at club nights.

Sat Dec 8th Full day (9am-4:30pm) course on offer.

Cost \$70. If you/your child is a club member and you are a helper, the club will subsidise \$50 of this.

www.lakecity.co.nz

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PARENTS CAN DO ATHLETICS TOO!

Did you know we have adults club night on Wednesdays at 6:15pm? We've had a couple newbie parents join last week already.



RATS Aquathons start November 19th

First session is an introduction to open water swimming - safe swimming zones, sighting, tricks to the wetsuit...children included.

Where: Blue Lake, Waterski Club

When: 5:30pm registration, 6pm start

What: 750m swim, 5.5km off-road run.

Kids: We also offer a short swim option which is parallel to the shore (water waist deep) AND a shorter run option also for children.

Cost: Free for RATs members, \$2 for non-members

What else? Races are fortnightly, and we have a break over Xmas/New Year's holidays details in weekly emails. On the in-between Mondays, there will be an open water swim training session with like-minded RATs.

RESULTS so far...

These are just some results collected so far. Encourage your child to record them in their Record Booklet so they can compare their progress and feel really good when they get their first PB (Personal Best) improvement. If you don't have a Record Booklet yet, come and get one from me for \$5.

Lake City Athletic Club Results 23.10.12

200m

400m

7 year old girls

10 & 11 girls

Angela	39.87	Keirin	1.23
Emma	42.03	Hailey M	1.25
Zoe	42.03	Tara-Lee	1.26
Freiya	42.03	Gena	1.3
Stephanie	42.03	Rebecca	1.32
Lillian	42.59	Rebecca	1.33
Kaitlyn	43.68	Alyssa	1.34
Anna W	47.53	Katherine	1.34
Rylee	49.62	Cate	1.35
Tessa	50.06	Kristy Lyn	1.37
Emma M	50.06	Waiuru	1.37
7 year old boys			
Tama TeWhau	40.07	Chistine	1.37
Hawaiki	40.31	Anyssa	1.38
Aiden	42.5	Charlotte	1.39
Max	42.72	Kayleigh	1.41
Joel	45.91	Ansaisa	1.41
Tania Rika	46	Tayla	1.42
Drew	46.22	Stacey	1.47
Jake H.B	47.47	Leah	1.55
Kaitao	48.29	Briet	1.57
Lukas	48.59	Anei	2.02
Trey	49.16	Nia	2.03
Sam	49.2	10 & 11 boys	
Oscar	50.05	Javier	1.18
Hayden	53.13	Jacob	1.19
8-9 year olds			
girls			
Gisele	39.31	Waldo	1.2
Anna Armstrong	40.22	Jason	1.25
Hannah R	41.84	Ivan	1.25
Pania	43.47	Bjarni	1.3
Puti	44.2	Sean	1.45
Stacey	46	1200 m walk	
Charlotte	47.91	Hailey	8.37
Pahae	50	Jasper	8.39
Renee	51.03	Ivan	8.56
Sophie	55.03	Waldo	8.57
boys			
Mathew	36.28	Katherine	9.08
Joshua	36.3	Gena	9.09
Ashton	36.37	Keirin	9.15
Dean	38.1	Tara-Lee	9.18
Cailyn	38.87	Leah	9.19
Zack	39.03	Briet	10.43
Jasper	39.47		
Angus	42.16		
Daniel	42.16		
Oneedin	43.25		
Joel	46.85		

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Lake City Athletic Club Results 30.10.12

Long Jump		Long Jump	
7 year olds		10 year olds	
Joshua	—	Riley M	3.5
Ayden D	2.85	Javier	3.43
Ariaritea	2.75	Bradley	3.42
Hawaiki	2.65	Ivan F	3.4
Lillian Muir	2.6	Benjamin K	3.4
Richard Cunliffe	2.6	Riley L	3.4
Hayden	2.6	Ethan C	3.25
Tama TW	2.55	Jason B	3.23
Max Peterson	2.55	Kieran D	3.18
Sonique	2.47	Jacob S	3.1
Drew	2.46	Taylah K	3.05
Angela	2.42	Sean J	2.86
Jake Brown	2.4	Rebecca R	2.86
Oscar Lawson	2.35	Gina J	2.65
Zoe Stubbing	2.35	Stacey J	2.62
Tessa	2.3	Alyssa	2.56
Emma Balmer	2.28	Kayleigh	2.55
Freya B	2.22	Briett	2.52
Treye G	2.2	Christine C	2.5
Sam Reid	2.2	Waiuru R	2.35
Kaitou	2.2	Katherine	2.26
Tama TR	2.15	Anais L	1.96
Joe Evans	1.85	Nia K	1.65
Anna W	1.85	Annay K	1.61
Emma Monk	1.65		
Rylee Price	1.51		
Joel Nikora	1.5		
Christian W	1.45		
Stephanie	1.4		
800m			
8,9,10,11			
Keiren Davidson		2.07	
Jason Bennett		2.26	
Ivan Fisher		2.56	
Will Florence		2.57	
Waldo Van Der M		2.59	
Ethan Cox		2.6	
Mathew Veitch		2.61	
Alex Brackenbury		3.08	
Liam Peterson		3.15	
Tara Lee		3.16	

Riley Spargo	3.19
Joshua T	3.19
Troy Robson	3.2
Jasper Dowland	3.21
Bradley Rumble	3.23
Mathew Wynyard	3.25
Fin Gielen-Lilley	3.26

Lake City Athletic Club Results 6.11.12

Shotput		Long Jump	
5 year old boys		8 year olds	
Hunter W	4.14	Jasper	—
Scott P	2.93	Hapai	—
Sam W	2.61	Marcus	—
Caleb	2.13	Dean	2.94
Seth P	1.91	Ashton	2.93
Blair	1.83	Joshua	2.8
Ryder B	1.26	Daniel	2.66
		Cailyn	2.65
7 year old boys			
Tama R	—	Naianga	2.58
Noah Te K	—	Maea	2.51
Jared I-T	—	Giselle	2.45
Hamiora M	—	O'shae	2.31
Ari T	3.84	Zack	2.3
Richard C	3.46	Tyler	2.24
Tama Te		Reece	2.21
Whau	3.13	Katie	2.2
Oscar L	2.84	Sophie	2.18
Josh B	2.6	Stacey	2.17
Joel N	2.51	Puti	2.16
Kaito V	2.5	Ashleigh	2.11
Lucas J	2.38	Olivia	2.04
Drew JC	2.12	Oneedin	1.98
Sam R	2.1	Pania	1.96
Hayden D	1.97	Charlotte	1.92
		Joel	1.87
Discus 10 year old boys			
Javier B	—	Paea	1.68
Sean Johnston	—	Renee	1.67
Jayson B	13.2	9 year olds boys	
Ivan Fisher	13	Jasper	3.15
Ethan Cox	11.6	Troy	3.08
Benjamin		Jayden	2.95
Keaney	9.3	Liam	2.92
		Fin	2.92
girls			
Kieran		Riley	2.78
Davidson	—	Matt	2.77
Leah F	14.4	Jack	2.64
Taylah K	12.05	girls	

Briet				Trinity Nikora	45.71
Leggett_h	9.14	Renee	2.74	Briet Hilswardtir	46.25
Rebekah	8.16	Molly	2.63	Anei	55
Stacey James	7.95	Manaia	2.63		
Waioru	7.65	Danae	2.41	800m	800m
Riley L	6.75	Nicki	2.23	10 & 11	8,9,10,11
Charlotte	6.7	Ruth	2.2	Hana Stubbing	2.48
Katherine	5.85	Hannah	2.19	Ivan	3.02
Anais L	5.75	Bailey	2.17	Waldo	3.04
Gina Jansen	5.7	Olivia	2.08	Javier	3.05
Alyssa	5.25	Emma	2.05	Tara	3.11
Kayleigh	4.1	Kapua	1.65	Jacob	3.15
Christine	3.75	100 metres		Haley	3.15
		8 year olds		Jasper	3.22
1500m		Oneedin	16.75	Jayden	3.38
Ivan Fisher	6.13	Ashton	16.93	Kate	3.41
Jasper D	6.46	Mathew Vinch	17.03	Renee	3.53
Hayley M	7	Zac	17.19	Joshua	4
Rebekah	8.29	Kaylyn	17.56	Darna	4.08
Riley L	8.29	Joshua Taverndale	19.35	Olivia	4.09
		Dean Foster	1st	Kapua	4.12
60 metres		Koan Hemana	2nd	Jack	4.13
7 year old				Alyssa	4.27
boys		Joshua Taverndale	3rd	Maraea	4.33
Richard	10.62	Naianga Tapiata	4th	Ruth	4.33
Ari	10.63	200metres		Hannah Muir	4.33
Joel	10.75	10 & 11 year olds		Riley Lambert	4.34
Ayden	10.82	boys		Dean Foster	5.22
Lukas	10.87	Chris Werner	34	Anyssa	5.33
Hamish	10.9	Jacob Stubbing	35.84		
Trey	11.06	Oliver Keaney	35.97		
Max	11.47	Oliver Keaney	36.25		
Drew	11.47	Benjamin Kenney	36.63		
Jake	12	Jacob Rawles	36.79		
Phillip	12.31	Bjani L-H	36.94		
Joe	12.47	Bradley Rumble	37.15		
Sam	12.6	Javier	37.59		
Hayden	12.6	Waldo V.D.M	37.65		
Josh Peale	13.38	Ivan Fisher	38.78		
Jared Cole	23.19	Riley Martin	43.69		
girls		Marcus Beaty	47.63		
Angela	10.5	girls			
Sonique	10.5	Hailey	34.63		
Katlyn					
Unsworth	10.5	Alyssa Carnell	35.3		
Lillian	10.6	Charlotte	35.78		
Zoe Stubbing	11.41	Rebekah Edhouse	39.29		
Emma Barner	11.47	Charlotte Unsworth	40.44		
Freyja	11.81	Rebecca Reid	40.78		
Emma Monk	13.41	Katherine Hanson	40.84		
Stephanie	13.65	Cate Burge	43.03		
		Katherine Hanson	44.03		
		Riley Lambert	45		
		Christine Crowley	45.2		
		Briet Leggett-			
		Hilswardtir	45.2		

**Cheers for another week
Kerris Browne & Rina Joy**