



The Despatch Runner

Version 2
Volume 1, Issue 2, 3rd November 2016



Local Sponsors

- Parafield Gardens Community Club
- Cloudy Sheep Printing
- David Pfeiffer

Away Meet Dates:

For details on cost, nomination due dates, and addresses, please see the Programme Booklet, our Website, or a Committee Member.

Nthn Regional Games

Sun 6th Nov @ Munno Para

North East Challenge

Sun 13th Nov @ Enfield

State Carnival (TT-U12)

Sun 20th Nov @ the Stadium.

State Classic / P.B. Day

11th Dec @ the Stadium

State Multi-Event Championships (U9+)

21/22 Jan @ the Stadium

Nthn Region Open Day

5th Feb @ Playford

State Relay Championships

12th Feb @ the Stadium
Expressions of interest due to us by Oct 30.

State Challenge

5th March @ the Stadium

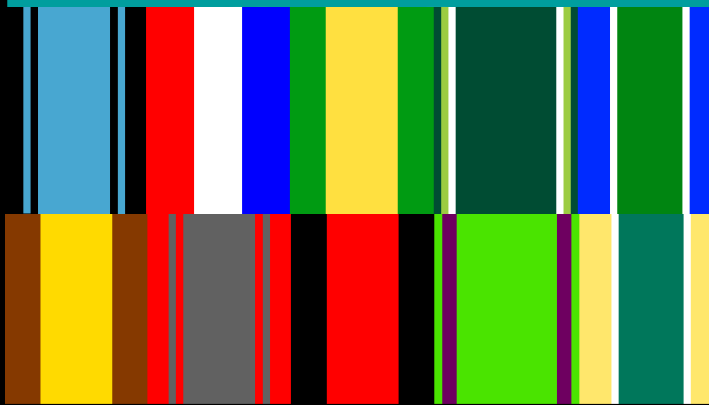
Nthn Zone Improvers

12th March @ Gawler

State Championships

17-19th March @ the Stadium

Northern Regional Games Edition



@ Kooraworra Reserve, Vincent Street, Smithfield Plains

Hi Everyone,

We will not be at Golding Oval for the next three Sundays, with away competitions at Munno Para, Enfield, and the State Carnival (TT-U12). There is a twilight home competition on the 18th, before the Carnival. More info on each of these is over the page. A reminder that we, as a club, have to run Discus 1 all day, so we ask that each family help with that, particularly those who have children in one of the age groups who are programmed to Discus 1. For those that haven't been to an away meet before, we will have shades set up as a home base for athletes (and parents) to rest at when they aren't competing.

Also coming up is the Salisbury Christmas Parade, on Saturday 19th. The Parafield Gardens Community Club sponsors us generously, and all they ask for in return is for us to march in the parade, so we ask that anyone available on that day, please support the event, more info on which has been sent via email, and is available on the website, under the Season 2016/17 tab.

We're having healthy attendances at training, and many athletes are already showing signs of improvement as a result. A reminder that training is on Mondays and Thursdays, 5-6pm.

The Season Programme Booklets are available, and can be collected from the family folders at any training session, or the next home meet.

Regards, IFLAC Committee

Senior Athletics

Athletes aged 12 or over are able to compete at Senior competitions, generally held on Saturdays at the Stadium. These are separate to Little Athletics, and so are not covered by your registration here.

Ingle Farm is not a senior club, however there are two 'Open Days' where any athlete aged 12+ can compete. The dates are below. Please see the Athletics SA website for more info.

The next date is:
3rd December



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Northern Regional Games

The Northern Regional Games are contested each year by the clubs of the Northern Region: Munno Para, Playford (formerly Elizabeth), Salisbury, Northern Districts (formerly Salisbury East), Barossa Valley, Gawler, Golden Grove, Lyndoch & District, Tea Tree Gully, ourselves, and, new this season Torrens Valley.

Each season we rotate the hosts, with this season being Munno Para's turn. The competition will take place at Koorawarra Reserve, Vincent Street, Smithfield Plains. The first events begin at 9:30, however some age groups may start later. We will conduct a warm-up around 9:10-9:15.

Unlike home meets, parents do not run their children's events. Each event is assigned to a club to manage, and we need to supply helpers to Discus 1, and a session of Shot Put. We ask that one person from each family assist with this if possible, to spread the load out.

The programme is available on our website, for anyone who doesn't have a copy. A \$2 fee applies, to cover the cost of the certificate and badge that each child will receive, however this can be paid after the day. No child will receive their certificate or badge without payment.

Stadium Events

The first two events at the Stadium will take place before the Christmas Break. The first event, nominations for which close on **November 6th**, is the State Carnival, open to those athletes from Tiny Tots up to U12s. Entry is \$5 for athletes up to U8s, and \$10 for athletes from U9-U12s. The carnival is on the 20th of November. There will be a twilight home competition on the preceding Friday.

The Jetstar State Classic (PB Day) will be on the 11th of December. It is open to all Athletes, of any age, with an entry fee of \$5. Athletes may choose which events they want to compete in on the day, however, unlike previous years, these must be selected as part of the online nomination process, rather than selected on the day. Nominations for the PB Day are open, and close on the 27th of November.

For all events at the Stadium, nominations are online. On the SALAA website, click Competitions from the bar at the top, then Events from the drop down. From there select the relevant event you are nominating for.

Relay Selection

Those athletes in the Under 9 or older age groups are invited to apply for selection in our teams for the State Relay Championships. Those athletes selected will need to be at the SA Athletics Stadium, Mile End, on the 12th of February. There is no cost, as we will pay for the entry of each team.

Selection is available in Field Teams (Shot Put, Discus, High Jump, and Long Jumps), and Track Teams (4x100 and 2x200). Our preference is for separate teams for each gender in each age group, however we are able to mix genders (track only) and combine some age groups (jumps and track only) if needed.

Athletes are expected to train in the events they are seeking selection in, so if you are unavailable on Monday and Wednesday evenings (or are available but want an extra competitive edge), please approach one of our coaches and we may be able to organise something after competition on Sundays.

If you are interested in Relays, but have not yet put your name down with us, please let us know soon, as we will start selecting teams in the next few weeks.

From the Archive:



Each issue we showcase a moment from our history.

This week we have a flash-back to the 2015-16 Season, With a few of those athletes that attended the last Northern Regional Games, hosted by Gawler, at Trinity College.

How many of these athletes can you recognise?

Thanks to Sam Trandafil for the photo