



The Despatch Runner

Version 2
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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.

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

State Challenge

5th March @ the Stadium

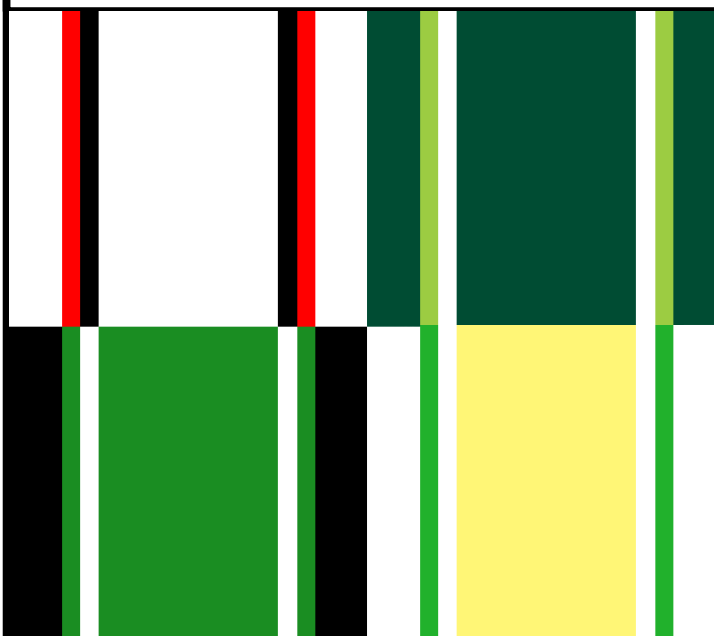
Nthn Zone Improvers

12th March @ Gawler

State Championships

17-19th March @ the Stadium

North East Challenge Edition



@ St Albans Reserve, Chester Avenue, Clearview

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

Hi Everyone,

We are away from home again this week, although we are much closer too it. Unlike last week, we will not be officiating any given events, as the parents in each group will manage their own events, similar to a home meet.

We would like to thank all those who helped last week, whether with Chaperoning, or with running an event. All of our athletes seemed to enjoy themselves, and the day progressed without issue.

Next week, we have a twilight home competition on Friday the 18th, before the State Carnival on Sunday.

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 will soon be 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.

Please remember to support our sponsors where possible.

Regards, IFLAC Committee



The Despatch Runner

inglefarmlac.wix.com/iflac



Stadium Events

The first two events at the Stadium will take place before the Christmas Break. The first event, nominations for which have closed, 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 by next week, as we will be selecting teams around then.

North East Challenge

The North East Challenge is a friendly competition contested each year by Campbelltown, Enfield, Magill, and Ingle Farm.

Each season we rotate the hosts, with this season being Enfield's turn. The competition will take place at St Alban's Reserve, Chester Avenue, Clearview. The day starts at 9:00, so arrival slightly before then is recommended.

The four Centres compete for the North East Challenge Shield. The best athlete in each event will be awarded four points. The next best athlete will be awarded three, then two, then one. However, only the best athlete from each Centre can claim points in an event.

From the Archive:



Each issue we showcase a moment from our history.

I don't have any old NEC photos one me, so instead we have a look at some from last week.

Thanks to Sam Trandafil for the photos.

