



The Despatch Runner

Version 2

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Regional News

During the season we will include any news or announcements in regards to Inter-centre competitions here.

In the absence of any news we will provide details on whichever regional event is next.

We are yet to nominate a delegate to the Northern Region Committee for the upcoming season. We will update on this after our first committee meeting.

Key Dates:

Nthn Regional Games

TBA @ TBA

\$TBA, TBA nominations

North-East Challenge

TBA @ Enfield

Free, no nominations

Australia Day Hurdles

25th January, @ TBA

\$TBA, TBA nominations

Nthn Region Open Day

TBA @ TBA

\$TBA, TBA nominations

Northern Zone Improvers

TBA @ TBA

\$10, Nominations due TBA

The next Northern Zone Committee meeting is:
TBA.

2015/16 AGM Recap, New Uniform and Newsletter



Hi everyone,

Following feedback in relation to our newsletter, we have decided to return to a more structured format, and so have brought back *The Despatch Runner*, our newsletter from 1998 to 2004.

Feedback indicated that a weekly newsletter was preferable, so we will aim for that during the season. In addition, we will make the newsletter available digitally as well as physically.

We will release another issue after our first Committee Meeting to cover our plans for the winter and introduce the new Committee. Further issues will be released following, and mostly covering, the SALAA AGM and State Conference, before we go weekly for the start of the 2016-2017 Season.

You will notice a significant amount of this issue is either blank, or else filled with descriptions of what content will be there, rather than actual content. This will change as we get closer to the season and can start filling in the details. This issue was intended as much as a demonstration as a news source.

The cross country season starts soon, and is available to everyone who was registered this season. SALAA have yet to release the final programme, however all info available at time of writing is on the website and teamapp.

Regards,
IFLAC Committee

Senior Athletics News

Next season we will look to start communication in regards to Senior Athletics, available to all aged 12 up.

This section will be used to that effect, and to continue recognising the results that our older athletes achieve at Senior level.

Key Dates

Athletics SA Club Days

TBA

Athletes age 12+ only.

Free rego online before the day. (we assume, based on this year. Details TBA)



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Recent Achievements:

250 meets & highest ever attendance:

Ryan Dorrian (262)

100 meets: Armond & Charlie Seneratna

Junior Life Membership: Paige Fraser

Senior Life Membership: Melissa Fraser

IFLAC @ the 2016 State Championships:

Ryan Dorrian: Long Jump (**Gold**), Shot Put (**Silver**), High Jump (**Silver**), Discus (**Bronze**), Javelin.

Lillee Wakefield: 1500m Walk, Discus, Shot Put.

Nikki Thompson: Discus (**Gold, SPB**), Shot Put (**Gold, SBP**), Javelin (**Gold, SBP**), 200m Hurdles, Long Jump.

Ebony Seneratna: 200m, Long Jump, Triple Jump.

Taylor Kenny: Discus, Shot Put.

Charlie Seneratna: Shot Put.

Brock St Clair: 100m.

Jaidyn Kenny: 100m.

Armond Seneranta: 70m, 100m, Discus.

Bere-kai Davey: 100m, 60m Hurdles.

Bailey Pfeiffer: Discus (**Silver**), Shot Put (**Silver**), 100m, 400m.

IFLAC at the 2016 State Challenge:

Andy Wakefield: Discus (**Gold**), Shot Put (**Gold**)

From the Archive:



Each issue we'll showcase a moment from the Centre's history. To start us off, the IFLAC Team at the 1984-85 State Relay Champs, held at the O.S.F., Kensington, was chosen, as it is one of the best photos we have of the original Centre uniform.

Leading the team is Centre Captain Amanda Schumacher. For a full list of athletes, come and have a look at the photo in our clubroom next season.

SALAA News

As it stands, both the SALAA AGM and State Conference are to be held on dates yet to be announced.

Following these any changes SALAA will be bringing in for next season, whether on or off the field, will be known, and can be explained here.

Please remember that SALAA does not consider an athlete to be registered until all fees are paid, and will not allow athletes that they consider to be unregistered to compete at their events. The cut off point to be registered (i.e. paid) is TBA if you wish to attend the meets at the Stadium.

Key SALAA Dates

Personal Best Day (Jetstar State Classic)

TBA, Nominations due TBA, cost TBA

Whole Kids TT-U8 State Carnival

TBA, Nominations due TBA, cost TBA

State Multi-Event Championships

TBA, Nominations due TBA, cost TBA

Qualification period cut-off TBA

U9-U12 State Carnival

TBA, Nominations due TBA, cost TBA

U9-U12 State Relay Championships, TBA

Expressions of interest due to us by TBA

Nominations due to SALAA by TBA

We will select the teams and cover the entry fee.

All at the Stadium unless otherwise specified.



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Other News

Congratulations to the winners of our Centre Perpetual Trophies:

Stone Trophy: **Bere-Kai Davey Guterres**

Phil Holis Walks Trophy: **Lillee Wakefield**

Parafield Gardens Community Centre Encouragement Trophy: **Ryan Trandafil**

Salisbury Mayor's Trophy: **Isabelle St Clair**

Mark Schumacher Trophy: **Jaidyn Kenny**
Nikki Thompson
Ebony Seneratna

Renfrey May Memorial Trophy: **Aurora Seneratna**
Paige Fraser

Belinda Keily Field Trophy: **Charlie Seneratna**

Gwenda Mayne Memorial Trophy: **Cienna Graham**

IGA Club Person of the Year Trophy: **Maree Wakefield**

Congratulation to Captains **Nikki Thompson** and **Andy Wakefield** who have been selected to lead our athletes next season. Congratulations also to Vice Captains **Paige Fraser** and **Ryan Trandafil**, who will assist them. Consolations to those who weren't selected, and keep up the good work – Nikki will age out at the end of next season, so there will be at least one new member to the leadership group for 2017-18.

We have a sizing range of our new uniform. We will not be holding reserve stock, once you have determined the correct size you will need to place an order for your shirt. We believe that there is a 2-3 week turnaround, but have yet to test this.

There was discussion by the outgoing committee relating the price and ordering details for the new shirts, this will be confirmed by the incoming committee well in advance of the season start.

The new uniform will be phased in over the next two seasons, meaning that the old one will be valid until the end of the 2018 Cross-Country season. We have donated our remaining stock of uniforms, so the outgoing uniform will only be available for purchase if we gain more second hand shirts – which we will still happily accept.

Our new uniform can be seen to the left. Blackchrome, our new uniform supplier, have also tidied up our logo a bit, and the colour has been changed to match the new uniform.

From the Committee:

The new Committee, as elected at the AGM is:

President: **Paul Jennings**

Vice President: **Liam Sanders**

Treasurer: **Natalie Kenny**

Secretary/Recorder/Registrar: **Maree Wakefield**

Canteen Manager: **Tracy Ross**

Coaches/Officials: **Shane Wakefield**

Competition Director: **Maree Wakefield**

Fundraising: **Sarah Pfeiffer**

Equipment & Track: *Vacant*

Tiny Tot Coordinator: **Lillee Wakefield**

Northern Zone Rep: *Vacant*

General Members: **Melissa Fraser**

Steven St Clair

Steven Trandafil

Samantha Trandafil

Following near unanimous disapproval, this years weekly event programs are to be abandoned, with a new three week rotation including separated twilight, wet, and hot weather programs to be used, with the exact details to be determined by the new committee.

The new committee will be reviewing the Centre policies, notably a request has been made for proof of age to be sighted for any athlete claiming a Centre Record. If there are other policies you want to propose or have reviewed please let us know before the season starts. The policies page on our website is currently down, but should be back up by the end of next week.

