



The Despatch Runner

Version 2
Volume 1, Issue 5, 6th December 2016



Local Sponsors

- Parafield Gardens Community Club
- Cloudy Sheep Printing
- David Pfeiffer (accountant)

Away Meet Dates:

For more information, please see the Programme Booklet, our Website, or a Committee Member.

State Classic / P.B. Day

11th Dec @ the Stadium
Nominations closed.

State Multi-Event Championships (U9+)

21/22 Jan @ the Stadium
Nominations close 2nd Jan.

Nthn Region Open Day

5th Feb @ Playford
No nominations necessary

State Relay Championships

12th Feb @ the Stadium
We handle nominations

State Challenge

5th March @ the Stadium
Nominations close 19th Feb

Nthn Zone Improvers

12th March @ Gawler
Nominations close 19th Feb

State Championships

17-19th March @ the Stadium
Nominations close 19th Feb

State Classic Edition



Little Athletics SA

SA STATE CLASSIC

PB DAY: TT - U17

SUNDAY 11th DECEMBER

SA Athletics Stadium
Railway Terrace, MILE END

No Home meet this week

Sponsor in Focus

From now on, I am going to be using this space to go into a bit more detail about our sponsors for this season.

David Pfeiffer

David, one of our parents, has offered the following for of sponsorship.

For every Centre member who writes their home loan through him, he will donate \$250 to the club. This could be a simple refinance to get a better rate or structure, or it could be for a new property purchase. He is also qualified to provide debt reduction strategies to fast track their debt reduction.

Hi Everyone,

Only one more home meet before the end of the year, but before that: The Jetstar State Classic. For most of our athletes, this will be their first time competing at the stadium this season.

The Christmas break-up is a little different from other home meets, more on which will be in the next issue. We will then take a two week break, resuming on the 8th of January; and continuing until the 19th of March. Cross Country is available in the winter, and we will provide more information on that as it draws nearer.

For those athletes in the Under 9 and older age groups, please note that nominations for the State Multi-Event Championships will close, for those eligible, on the 2nd of January, during the break.

I've started working out the Relay Teams, and will continue doing so over the next week. More info on that on the next page.

Finally, I'd like to thank everyone who has put themselves on the roster for PB day next week, in what is the best response to a Stadium roster in years.

Training will continue until the Christmas break-up, and the coaches will be discussing what training, if any, will be available during break soon.

Regards, IFLAC Committee



The Despatch Runner

inglefarmlac.wix.com/iflac



Jetstar State Classic (PB Day)

Please take note of which events you have entered in, and know what time you need to be at them for. In the event of a clash between a track and a field event, report to the field event to have your name marked off, notify the chief official of the clash, then leave to do the track event when it is time. Return to the field event as soon as the track event is finished. In High Jump you will need to continue from the height the bar is at when you return.

State Relay Day Teams

We can confirm the following relay teams:

U17 Girls Field Relay:

Nikki Thompson: Discus, Shot Put
Ebony Seneratna: High Jump, Long Jump

U15/16 Boys Field Relay:

William Crayford: High Jump, Long Jump
Andy Wakefield: Discus, Shot Put

U14 Girls Relay:

Paige Fraser:
Aurora Seneratna:

I am going through the younger age groups, however there are more options there, so it will take a little longer.

We don't have to submit the teams until late January, so if something comes up, and you will be unable to attend, we can attempt to organise a replacement.

For field teams, the exact events each athlete will be doing are provisional, and will be reviewed before the submission date, to take into account improvements in that time

For track teams, the coaches will sort out who is running in each position, based on their suitability for it, as judged at training, both during the week, and in post-competition practice relays that we will run in the new year.

Multi-Event Championships

Nominations are open for the State Multi-Event Championships, at the following link:
<https://salaaportal.myrCRM.com/events/>

We will send out more information via email, to those families who are eligible, next week. This will allow us to take the results from this week into account.

Recent Achievements

Attention Chaperones:

We are seeking athletes who have achieved something, whether a massive PB, or a PB in every event, or something else, to be included in this section.

If you know any athletes who fit the description, let us know to the end of the meet, and they might find their name in the newsletter!

Congratulations to **Matilda Flynn**, who set a massive PB in Discus on Sunday.

Congratulations are also due to the two IFLAC athletes who competed in the National All Schools Games over the weekend. **Nikki Thompson** came 4th in Shot Put, 7th in Javelin, and 12th in Hammer Throw; while **William Crayford** finished 12th in the 200m Hurdles.

In the coming issues, we'll bring you up to date with new Centre Records, and any other achievements brought to our notice.

From the Archive:



I don't have any new photos this week, so I've got more from the State Challenge. All photos from this season have been uploaded to TeamApp. Members can even upload their own photos directly to it!

Not on TeamApp? Facebook or email us any photos you have, and we can upload them for you. They might even find their way into one of our newsletters.