



# The Despatch Runner

Version 2

Volume 1, Issue 0.2, 9<sup>th</sup> September 2016



## Local Sponsors

- Parafield Gardens Community Club
- Highland Accounting Services
- Cloudy Sheep Printing

## 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

Sat 5<sup>th</sup> Nov @ Golden Grove

## North East Challenge

Sun 13<sup>th</sup> Nov @ Enfield

## State Carnival (TT-U12)

Sun 20<sup>th</sup> Nov @ the Stadium.

## State Classic / P.B. Day

11<sup>th</sup> Dec @ the Stadium

## State Multi-Event Championships (U9+)

21/22 Jan @ the Stadium

## Nthn Region Open Day

5<sup>th</sup> Feb @ Playford

## State Relay Championships

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

## State Challenge

5<sup>th</sup> March @ the Stadium

## Northern Zone Improvers

12<sup>th</sup> March @ Gawler

## State Championships

17-19<sup>th</sup> March @ the Stadium

## Preparation for Season 2015/16



## 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 free 'Open Days' where any athlete aged 12+ can compete. The dates are below. Please see the Athletics SA website for more info.

The dates are:  
15<sup>th</sup> October  
3<sup>rd</sup> December

Hi everyone,

We are in the final stages of preparation for the upcoming season. An email with most details was sent out to all members a few weeks ago, if you did not receive this, please email us and we will forward it to you. For those of you who are not on TeamApp, we have instructions on how to join it on our website's homepage, should you wish to.

We held a Busy Bee last Saturday, and will hold another this Saturday, 2-4:30 PM, to finalise our preparations for the new season. If you have registered online, but wish to pay in person, please bring in your receipt and we can deal with that. In addition we will be able to take uniform orders. There is a discount of \$5 per athlete, up to \$10 per family, on the rego fee for those who pay in full across these two days.

Our shirts have a two year change over period between the old and new design. If you need a new shirt, you will need to place an order, as, to minimise costs, we will not be holding new stock. There is a 2-3 week turnaround between us placing the order and us getting the shirt, so we advise ordering quickly if you need one. Payment for the shirt will be a deposit of \$25 per shirt on placing the order, with the remaining \$25 upon receipt. We are accepting donations of 2<sup>nd</sup> hand shirts, to be resold at a lower price.

Please remember to watch our website / facebook / TeamApp for more info.

Regards, IFLAC Committee



# The Despatch Runner

inglefarmlac.wix.com/iflac



## Important Registration Info

SALAA have finally gotten the online registrations system functional. If you are having any issues with the system, please contact SALAA – it's their system, so if something isn't working there isn't anything we can do about it.

Sports Vouchers can now be redeemed online. If you wish to pay in person you must print off your receipt and bring it to us when you wish to pay.

Please remember that ALL athletes - including returning athletes - must either be at least partially registered, or else doing a Come & Try in order to participate. For an

athlete to be partially registered, they must have completed the online form and paid at least a \$5 deposit per athlete. To enable the first competition to run more smoothly, we will allow this payment to be made after the competition finished, but it must be paid before you leave the oval. This is primarily for insurance purposes.

Please note that, as always, an athlete is not properly registered until they have paid the full fee, and thus will be ineligible to compete at inter-centre competitions, gain points towards end of season trophies, achieve qualifying standards, and receive their registration packs, etc., until all fees are paid.

## Other News

Training will be held on two weekdays from 5-6pm, with the exact days still to be determined. If you have any feedback as to which days suit you, please let us know, so we can take this into consideration.

Ingle Farm will be returning to the North-East Challenge this season. This is the only (realistic) opportunity we have to win something as a club, so we hope to see everyone at Enfield LAC on the 13<sup>th</sup> of November. All ages are welcome, and there is no entry fee.

Please check our website (url at the top of the page), to ensure you are aware of the Centre's up to date policies.

Of note: there have been small changes to the Hot Weather Policy, and a new Centre Records Policy.

Once the season starts we will be releasing newsletter most weeks. These can be found at the following locations, and will generally be uploaded after the competition

- On the website (url above), under the news tab.
- On TeamApp
- Physically at the clubrooms (precise location TBA)

## Recent Achievements:

**Level 1 Coaching Accreditation:** Liam Sanders  
**Highest ever attendance:** Ryan Dorrian (262 meets)  
**250 meets:** Ryan Dorrian  
**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.

## From the Archive:



Each issue we showcase a moment from our history. This time we have the Under 6's photo from 2001/02.

One interesting thing about this photo is where we found it – on a floppy disk hidden away with several others in our clubrooms. The contents of these disks are providing an insight into our Centre in the years around the turn of the millennium, and have been transferred onto more modern storage medium to ensure they are not forgotten again.