



The Despatch Runner

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Local Sponsors

- Parafield Gardens Community Club
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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 5th 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

Welcome to 2016/17



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:

15th October
3rd December

Hi everyone,

We've had a bit of a wet start to the season, however the weather is getting better, and we don't anticipate being limited to wet weather programmes for some time now.

A reminder to our new athletes that only two Come and Try / Growing 4 Gold sessions can be completed before you will need to make a choice on whether to become a member. Please see Maree at the desk if you have any questions about this. The early bird fees will no longer apply after Monday, so we recommend registering quickly if you haven't already.

Our first away meetings are on the horizon. As shown in the column to the left, our first away meetings are on the first two Sundays in November. More information on these is in our Programme Booklet, which we anticipate will be ready to distribute to all registered families next week. There will also be an online version, available on our website. We also have the first events at the Stadium before Christmas – more info on that on the next page.

Training has started, and is on Mondays and Thursdays, 5-6pm. Shane and Lillie will be coaching throws on Mondays, Sam and Liam will be coaching Jumps and Runs, respectively, on both days. It is currently unclear who will be coaching throws on Thursdays. While training is not compulsory, barring those seeking relay selection (more on the next page), we strongly recommend it.

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 close 6th November (and open Monday), 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 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 open later this month, and close on the 2th of November.

For all events at the Stadium, nominations are online. On the SALAA website, click Competitions from the bar at the top, then Championship 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.

We would prefer expressions of interest to be in by the end of the month, so that we have adequate time to select and train the teams. Expressions of interest after this point will be accommodated where possible, however are not guaranteed equal consideration.

Recent Achievements:

Level 2 Coaching Accreditation: Lisa Crayford
Level 1 Coaching Accreditation: Lillee Wakefield
Level 1 Coaching Accreditation: Will Crayford
Level 1 Coaching Accreditation: Liam Sanders
Highest ever attendance: Ryan Dorrian (**262 meets**)
250 meets: Ryan Dorrian
100 meets: Armond & Charlie Seneratna
Life Membership: Melissa Fraser & Paige Fraser (Jr)

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. (I've been busy, so this time it's the same as the pre-season Issue.)

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.