



The Despatch Runner

Version 2
Volume 1, Issue 8, 22nd January 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.

Nthn Region Open Day
5th Feb @ **Playford**
No nominations necessary.
Program online and in family folder.

State Relay Championships
12th Feb @ the Stadium
We handle nominations.

Nthn Zone Improvers
26th February @ **Gawler**
Nominations due 5th Feb.
Forms in family folder.

State Challenge
5th March @ the Stadium
Nominations close 19/2
\$10 per event, max \$30.

State Championships
17-19th March @ the Stadium.
Nominations close 19/2
\$10 per event, max \$30.

State Multi-Events Championships



We're back home this Sunday

Sponsor in Focus

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,

Firstly an apology for the lateness of this issue, as it was intended to be released last week. However, the delay does allow me to include some new information in regards to the Northern Region competitions, and the results from the State Multi-Event Championships. As a result, there will not be another issue launching this week.

Please read the note on the second page regarding corrections to the end of the season calendar. We have updated TeamApp and the website to reflect these changes, and recommend you note them in your copy of the Programme Booklet.

We will be at home again this Sunday, and unless you will be going to Playford LAC for Northern Region Open Day, this will be your last chance to submit Improvers nomination forms. These are located in the family folders, and can be collected on Sunday or at Training. Alternatively a digital copy is attached, that you can print of, fill out, and return on Sunday or the NZ Open Day.

This Thursday is Australia Day, however some of our coaches will be available on for training at the usual time (5-6) if anyone wants to train.

Finally, we are calling for additional volunteers to arrive early to help set up the equipment prior to each competition, to minimise delays. This is particularly important for Sunday the 19th of February, as this clashes with the ASA State Championships (senior aths), so we will be missing many of the people who are usually involved in set up.

Regards, IFLAC Committee.



The Despatch Runner

inglefarmlac.wix.com/iflac



Calendar Corrections

We would like to advise of two corrections to our Calendar. Northern Zone Improvers will be on the 26th of February, at Gawler, not on the 12th of March, as was previously advertised.

By extension, the home meet that was advertised for the 26th of February will be on the 12th of March, making it our last home meet, rather than the twilight that was advertised as such.

We will be running a special programme on the last meet, more details on which will be made available closer to the date.

Bring a Friend Promotion

For all home meets for the remainder of the Season, athletes are encouraged to bring a (or multiple) friend/s or relative/s to Come and Try athletics for free.

A maximum of two sessions may be completed for free, after which they will need to register to compete for the remainder of the season. Please remember that an athlete is only covered by insurance if they complete the free registration process on SALAA's website.

Remember, registration also covers the cross country season that runs until July. This season we intend to run training during the winter, adding further value. Starting from the 1st of February, an end of season discount also applies on registration fees.

Northern Zone Open Day

The Programme for Northern Zone Open Day is now available in the family folders, and on TeamApp and the Centre website. Contrary to what we had advised, there is not a \$2.00 entry fee for Open Day, it is actually free.

Athletes are able to select the events in which they would like to compete, similar to PB Day. As with all Northern Region events, we will need parent help to run an event, in this instance, Shot Put; however we do not need to supply a chaperone/recorder for each age group as in the Northern Regional Games. A minimum of three people will be needed per hour, or 21 total. Preferably this would be 4 per hour and 28 total. It is an expectation of participation that each family will supply one person during the day.

Multi-Event Championship Results

The following results are taken from SALAA's Live Results page, and so may not be final. Please check the final results when they are posted.

While Nikki was the only medallist, we can safely say all IFLAC athletes did themselves proud, as we had a number of significant PBs set, which is what Little Aths is all about after all. Additionally, Nikki's Javelin throw (39.97m) was further than the current State Record (35.60m).

Age Group	Name	Points	Placing
U9 Girls	Isabell St Clair	536	16 th /40
U10 Boys	Bailey Pfeiffer	950	10 th /58
U10 Boys	Bere-Kai Davey-G.	673	39 th /58
U10 Girls	Tatum Giles	417	27 th /36
U11 Boys	Cooper Breeze	622	28 th /34
U16 Boys	William Crayford	2286	6 th /11
U17 Girls	Nikki Thompson	2807	2 nd /5

We also had one Ex-IFLAC athlete competing in the ASA Multi-Event Championships, taking the Bronze medal:

Age Group	Name	Points	Placing
U20 Men	Ryan Dorrian	3736	3 rd /4

AGM / Trophy Presentation

We have provisionally set the date of our AGM as Sunday 9th April. We will provide formal notice of the AGM time and date in the next few weeks.

This season the AGM will include a series of proposals relating to updating the Constitution, a process last taken in 2003. More details on this will be provided closer to the AGM. If you have any questions on this, please don't hesitate to ask Liam, as he is the primary author of the proposals.

A reminder that all athletes will receive a trophy, provided that they participate in at least half of the events, in at least half of the competitions this season, including at least half of the competitions after Christmas. Exceptions may be made in the event of serious injury, illness, etc., if we are aware of it. Additionally, all outstanding fees must be paid prior to the State Championships. All registered (and paid) athletes will receive a Certificate with their best results for the season regardless of the number of meets attended.