

# Crookstown Millview Athletic Club



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## JULY 2010 NEWSLETTER

### Kildare League - Round 4

The final round of the league is being held at our track on Sunday 27th June at 1pm. If possible, all athletes who compete in the league should be at this round.

Any athlete who has not yet competed but would like to give it a try is more than welcome to come along. The cost is €5.

Afterwards, there will be a presentation to the clubs who come 1st in their league as well as individual athletes who have scored highest in their age.

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★ **Summer Holidays.**  
★ **Please note that during the month of August there will be no training. We will finish up after training on Wednesday 28th July and restart on Monday 30th August at 7pm.**  
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### Cross Country

After the summer we will start cross country training. At the AAI Congress recently the distances were changed as follows for both boys & girls unless stated:  
U/11 1500m, U/12 2000m, U/13 2500m, U/14 3000m, U/15 3500m, U/16 4000m, U/17 4500m (girls) 5000m (boys), U/18 5000m (girls) 6000m (boys), U/19 5000m (girls) 7000m (boys).

### Well done.....

Congratulations and Well Done to the following athletes who recently won medals at All Ireland Championships, Leinster Championships, County Championship and Open Sports over the past few months:

**Jack Whelan U/8** Open Sports medal, **Sean Moore U/10** County Championship and Open Sports medals, **Molly Aspell U/10** County B Championship and Open Sports medals, **Sean Finn U/11** Leinster Championships, County Championship medals, **Eoin Curley U/11** Leinster Championship medal, **Aoife Kelly U/11** County Championship medal, **Lisa Aspel U/12** Leinster Championships, County Championship and Open Sports medals, **Tara Breen U/13** County Championship and Open Sports medals, **Laura Quigley U/13** County Championship and Open Sports medals, **Katie Quigley U/13** County Championship and Open Sports medals, **Brendan Aspel U/13** County B Championship and Open Sports medals, **Ciara Dunne U/14** All Ireland, Leinster Championships, County Championships and Open Sports medals, **Aaron Hennessy U/14** County Championship medal, **Dean Clifford U/14** County Championship medal, **Kathryn Weir U/16** All Ireland, Leinster Championship, County Championship and Open Sports medals, **Tony Aspel U/16** Open Sports medals, **Charles Weir U/18** Leinster Championship and County Championship medals.

To all our athletes who have not yet won medals.....never give up trying.

[www.crookstownathletics.ie](http://www.crookstownathletics.ie)

Don't forget to check the website on a regular basis for results, photos, upcoming fixtures and all news relating to the club.

