

Crookstown Millview Athletic Club



Volume 1, Issue 2, May 2010

MAY 2010 NEWSLETTER

AAI Indoor Championships, Nenagh

Well done to Ciara Dunne and Kathryn Weir who both won All Ireland Shot Putt medals at the recent AAI Indoor Championships.

Kildare League

The League is run for athletes from U/8 to U/15 between all Kildare Clubs. It is run over 4 rounds and points are awarded to each athlete for competing in 2 events in each leg. Crookstown are in Pool B of the league which consists of the smaller clubs in the county. At present we are 2nd in pool B. At each round we need all our athletes to take part to help score points for the club. Individual awards are also presented at the end of the league for athletes who score the highest in their own age group.



New Prefabs

The new prefabs were kindly donated by John Paul Construction. We will be using one of them as a coffee / tea area for parents to use while the athletes are training. This will also be where our noticeboard is to go.

Swap Box

Do you have spikes that are too small but in good condition? Do you need new spikes?

We will be putting a swap box into the new coffee area so that athletes can make use of this.

New Rules

There is now a "no false start" rule for U16 and upwards.

For athletes U12 to U15, the one false start rule applies and any athlete breaking subsequently will be disqualified.

The use of blocks is now mandatory for sprints from U13 upwards.

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.

Upcoming Events

Sunday 2nd May - Day 1 of Kildare County Championships in Celbridge at 12

Monday 3rd May - St Abbans AC Open Sports, Crettyard, Monavea at 12.30

Sunday 16th May - Day 2 of Kildare County Championships in Naas at 12

Tuesday 18th May - Round 3 of League in Le Cheile at 7pm

Thursday 27th May - Little Athletics Jamboree in Newbridge at 7pm

Sunday 23rd May - Leinster Juvenile Relays in Greystones

Sunday 29th May - Leinster U/0 to U/11 Pairs & U/12 Track & Field in Tullamore