

# Crookstown Millview Athletic Club



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## SEPTEMBER 2011 NEWSLETTER

**Cross Country Season:** The Cross Country season kicks off with an Open XC competition in Adamstown, Co. Wexford on 11th September and then the County XC Competitions on 25th September at Crookstown and 9th October at Eire Og, Carragh.  
Brian has already started training for Cross Country but any athlete who is interested is more than welcome to join in this training on any of the training nights.

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★ **Track & Field (including Little Athletics):**  
★ Training will continue outdoors on Monday, Wednesdays and Fridays at the track. Navan AC  
★ are holding an Open Sports on Sunday 18th September. It is a good sports day to round off  
★ the track & field season. See noticeboard or website for full details.  
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★ **Annual Presentation Evening and Grand Prize Draw**  
★ We will be holding our Presentation evening on Saturday 17th September at the track.  
★ There will be BBQ, bouncy castles, face painting and presentation of awards to athletes.  
★ It is meant as a fun evening for our athletes and to reward them for all the hard work put in throughout the year.  
★ This is also the night of our Grand Prize Draw where 1st prize is €1000. If you've not bought a ticket yet - it's still not too late!

[www.crookstownathletics.ie](http://www.crookstownathletics.ie)  
The most up to date place to find out about the club, its coaches and its athletes.



**Help Required:**  
Interested in getting involved in the club? We'd love to hear from you. Whether you are interested in Coaching, writing Newsletters, updating our website, collecting money on training evenings or even cleaning up around the track we would love you to get involved. All help is much appreciated, please chat to Anne or Carmel for more information.

