



## [Monaghan, Sligo, Monaghan and Letterkenny](#)

**The Athletic Association of Ireland has teamed up  
with SPAR**

**to test the fitness of the nation.**

On the 7th July 2007, the Spar Mile Challenge will take place at 28 locations throughout Ireland. Challenge your friends and family. Challenge your work colleagues. Challenge yourself to complete the classic one mile distance. No experience required. This is a fun event, a challenge for all the community.

The Spar Mile Challenge offers you a unique opportunity to test your fitness and compare yourself with the nation. All the results will be published on the website and you will be able to compare your time with others in your age group, within your county or within your profession. There will be a new grading system arising from this event. The grades are based on the colours of the rainbow. All finishers will receive the appropriate colour award.

The date is the 25<sup>th</sup> anniversary of Ray Flynn's Irish mile record of 3.49.77. Read about Ray and the other famous Irish Milers on the special event website ([sparmilechallenge.com](http://sparmilechallenge.com)) The historic mile distance is made up of 1,609m, 1,760 yards or 4 laps of an athletics track.

<b>Red</b>	<b>Sub 5 minute miler</b>
<b>Orange</b>	<b>Sub 6 minute miler</b>
<b>Yellow</b>	<b>Sub 7 minute miler</b>

<b>Green</b>	<b>Sub 8 minute miler</b>
<b>Blue</b>	<b>Sub 9 minute miler</b>
<b>Indigo</b>	<b>Sub 10 minute miler</b>
<b>Violet</b>	<b>10+ minute miler</b>

**To register and find out more details go to:**

[www.sparmilechallenge.com](http://www.sparmilechallenge.com)

**Your four local locations in the North/North West are**

[a] **Beech Hill College Track. Start time 12Noon**

The timetable for the Beech Hill College venue is as follows

<b>Time</b>	<b>Race Bands (min)</b>
12.00	7-8
12.15pm	8-9
12.30pm	10+
12.45pm	8-9
1.00pm	Sub 6
1.15pm	9-10
1.30pm	7-8
1.45pm	8-9
2.00pm	6-7
2.15pm	7-8
2.30pm	10+

All competitors can enter on the day by filling out an entry form and by paying the appropriate entry fee which is Seven Euro for Adults and Three Euro for U18's. All finishers will receive a bag and a wrist band. Monaghan Co Board look forward forward to seeing you all on Saturday.

[2] **Sligo I.T. Track Fri evening 06/07/07 start time 7pm**

Local organisers Sligo Co.Athletics Board welcome all to the new well appointed track in Sligo where it is anticipated that walks, walk and jog, jog and elite running group will be accommodated every hour.

**[3] Antrim Forum Saturday 07/07'07 start time 3.30pm**

Local organizing club Ballymena and Antrim invite all comers to come and participate. Community groups, walkers, joggers and the elite athlete are all welcome. Note starting time -- 3.30pm

**[4] Letterkenny New Track 07/07'07 start time 11.am**

Letterkenny's recently opened new tartan track will be the venue for the Donegal Co Board hosted Mile challenge Challenge. An elite Mile will be run at 2pm