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To: jason@inbitz.com
Subject: Crook AC Update 06-07-2010



Crook & District **2010** *Athletic Club*

July Handicap Tonight!

**It's the 6th of
July Update:**

**This week's Race
Results!**

**July Handicap
Tonight**

**Stivvies Ramble @
Bradley Burn Farm**

**Kilburn Feast 1-
week-to-go!**

**2 x MALE & 1 x
FEMALE
Northumberland
Coastal Ticket 4
SALE! COME ON!!**



The family Crook Ac @ Stivvies Ramble

Race Results

Race 4 Life

With several of our ladies running (and walking) the annual race for life 5k in Durham we were sure to have some great results and we did!

2nd Helen Pratt
4th Gail Abbott
6th Claire Oates

Walking with injury Sarah Oates.

Well done ladies and thanks to Graham Bradshaw for the support.

Newcastle Parkrun Saturday 3rd July

Sam Beckett ran a blinder of a 5k at the Parkrun Saturday gone with a new PB time of 18:38! Well done Sam, cracking run.

Crook AC Club 10K & 5 K results

[Click here for 5k results](#)
[Click here for 10k results](#)

Beamish 10K results

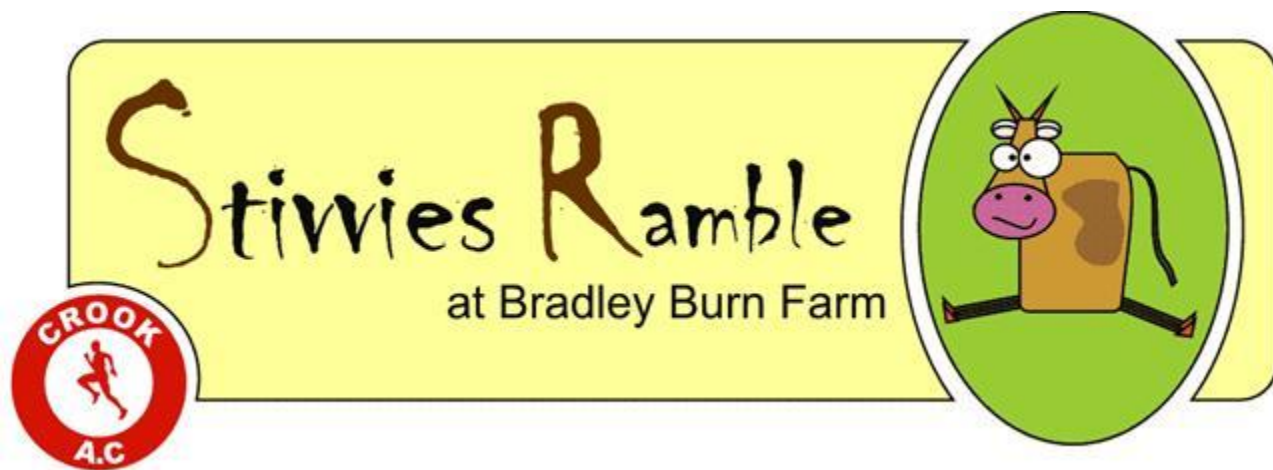
[Full results here](#) for Beamish

CROOK AC CLUB 3.3 mile Handicap Tonight

Yup, it's the first Tuesday of the month AGAIN! If you've not ran the Handicap before, have a go!

After a warm-up around the track we'll be setting runners off from 6.30pm to run the 3.3 mile, half-off-road, half-on-road course! Start near the Farrers Arms. Good luck and 'Enjoy!'

Any questions? Don't ask... just turn up and experience the wonders of the 'Crook AC Handicap!'
Stivvies Ramble @ Bradley Burn Farm



As the first casualty of the inaugural 'Stivvies Ramble' as it was named on the evening, I can say it was a toughie!

My recommendation would be to have the run classified by the FRA (Fell Runners Association) before it's ran again ;-)

We all had a great evening over the 4.5 mile course which took us through some lovely riverside scenery towards Wolsingham, a quick glimpse of the railway track before being whisked 'up' the Bowlees Farm track and skimming the horizon ready for the decent to Bradley Burn Farm, back through the pitted ground of the cattle field to the welcoming crowds of spectators at the finish.

A big thanks to Chris and staff for keeping the farm shop open for refreshments, Big John Stephenson for planning and marking out the course, Simon Fell for the photo's, Phil Carter for the support and Martin Harbisher for thinking of the whole thing in the first place!

Battered & Bruised, Over & Out!

More info below on Bradley Burn Farm:

<http://www.bradleyburn.co.uk/>

[or join the facebook page of Bradley Burn Farm here:
http://www.facebook.com/#!/BradleyBurnFarmShop?ref=ts](http://www.facebook.com/#!/BradleyBurnFarmShop?ref=ts)

KILBURN FEAST UPDATE from IAN BAINBRIDGE (Repeat)

If you're not booked, you still could be! Sunday 11th of July 2010

Hi everyone,

It is now only **1** week to the big race.

We have 22 competing runners plus 3 spectators (Emma Heslop, Phil Carter and Mr President Gordon Hope) There are several seats left on the bus and I know Graham Laverick and Paul Best have already indicated they may wish to bring family/friends.

Simon is driving and has suggested that we will have 4 pick up points.

The first will be in Spennymoor at approx 10.30am, Willington approx 10.45 am, Crook approx 11.00am and Bishop at 11.15-11.30am.

We should arrive in Kilburn for approx 1.00pm--we have a reserved parking space adjacent to the start/finish line. I have in my possession everyone's race number. The race starts at 2.00pm and the presentation will be outside the Forresters pub at 3.45pm. If wet, it will be in the Institute. We aim to leave shortly afterwards at approx 4.15pm with appropriate drop offs on the way back.

We should then be back at the Farrers in Crook for 6.00pm approx, well in time to watch the World Cup Final. Simon has already negotiated that the new landlord will bring in a large screen TV for our use for those wanting to watch the final there. This Tuesday Simon is going to persuade the

landlord to put on some food for us. This could be either BBQ food before the match starts at 7.30pm or curry/chilli for half time and during the match. Knowing Simon he will probably get us both. You will appreciate that to be fair to both Simon and the landlord, some indication of numbers is required. I know some of the club members not doing the race will also be in the Farrers later.

We are hoping to keep the costs for the day to no more than £5 per person

In the circumstances will you all please let me know by Tuesday night your answers to the following:

- 1 Do you want to bring any guests on the bus and if so how many
2. Which pick up point do you require
3. Are you and your guests intending to watch the Cup Final at the Farrers.
4. Anything else that you think is relevant and I should have thought of.

Ian

Northumberland Coastal Tickets - 1 x FEMALE & 2 x MALE TICKET FOR SALE

There are now 2 x male tickets (Clive's and Michaels) and also 1 x female ticket for the excellent Northumberland Coastal run.

The demand for these numbers are high, email jason@inbitz.com or call me on 07709 444511 if you're interested.

Crook AC Feedback

Any feedback/comments gratefully appreciated, please feedback to one of the committee!
If you find any results you may be the first to find them, send them over! ;)

See you tonight!

**By Jason Allison
Crook AC Captain**

***sent to all Crook AC members with email addresses, 62 email members in total.**
If you would like your email address changing, you know someone who would like to receive this email or some similar email related issue please let me know by return.

E & OE