

From: Jason Allison [jason@inbitz.com]
Sent: 13 July 2010 08:10
To: jason@inbitz.com
Subject: Crook AC Update 13-07-2010

CROOK & DISTRICT **2010 & BEYOND**



Us lot @ Kilburn Feast 7

13th of July Update:

This week's Race Results!

Vets Track Meet @ Monkton Stadium

Website Updates

Golf - Reminder!

2 x MALE & 1 x FEMALE Northumberland Coastal Ticket 4 SALE! COME ON!! IT'S THIS SUNDAY

Race Results

Loads of races this last week...

Kilburn 7

Need I say more, a great race and brilliant day out, loads of positive comments about the day, thanks to everyone involved, who came, who raced and who organised, looking forward to the next one!

If anyone would like to send in a race report please feel free!

[Pictures on Facebook by Joanna Beckett](#)

[Pictures on Facebook by Jason Allison](#)

<u>Paul Best</u>	42.07	8
<u>Jason Allison</u>	44.17	13
<u>Patrick Duffy</u>	44.49	16
<u>Sam Beckett</u>	48.09	39
<u>Geoff Hewitson</u>	48.50	42
<u>Dave Welsh</u>	51.16	69
<u>Helene Pratt</u>	53.23	90
<u>Martin Harbisher</u>	54.05	96
<u>Darren Heslop</u>	54.10	98
<u>Sarah Oates</u>	54.27	101
<u>Ian McGrath</u>	54.32	102
<u>Elizabeth Oates</u>	55.03	110
<u>Gail Abbott</u>	55.32	119
<u>Graham Laverick</u>	55.39	122
<u>Ian Bainbridge</u>	57.18	143
<u>Steph Blenkinsop</u>	57.46	150
<u>Claire Oates</u>	57.58	153
<u>Colin Everson</u>	58.53	165
<u>Simon Fell</u>	65.45	229

Tynedale 10K

<u>Geoff Hewitson</u>	40.08	60
<u>Helene Pratt</u>	44.40	165
<u>John Stephenson</u>	47.32	242

Darlington Pit Stop 10K

Lord Smyth Ran, results to follow.

July Handicap

Another great Turnout for our own monthly handicap race, full results on our website here...

Here are the July Handicap Results

Angel View

Well done Patrick he Came 6th overall

Saltwell Fell Race

Patrick again having a great race, results to follow.

As usual, if we've missed any races, send us the results and we'll publish them on the website. Thanks.



We need to be Number 1!! – Geoff

Monkton Vets track League **- Monday 19th July**

This is the second-last track meet, we AGAIN need you all there, we need ALL your help and effort to keep CROOK AC at the top!

Monday 19th July League No. 4.
6.30 pm - field; 7.00pm - track
100m, 800m, 300m, BMC races, 1500m, LJ, TJ, Hammer, Weight*, Javelin

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Monday 2nd August League No. 5. 6.30 pm -field; 7.00pm - track
100m, 800m, 200m, BMC Races, 3000m

(M & W), TJ, HJ, Shot, Discus, Weight*

The Crook AC Website

There are now some updates to look at on the website other than Ian's statistics!

Any race reports from members should be sent to me and I'll include them on the website, send them to jason@inbitz.com Thanks!

Enjoy! <http://www.crook-athletic-club.org.uk/index.htm>

RUNNING CLUB GOLF NIGHT

Knotty Hill Golf Course (Sedgefield) - £10 for 9 holes
Hire Clubs available - All abilities (Ahem!) welcome. - PUB AFTER for CHIPS and CRAIK

Friday ~~15th~~ 16th of July 2010
Write your name below to register

SOME SPORTS SHOULD NEVER BE MIXED.

Speak to Ian Bainbridge if you fancy going!

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, a whopping 65 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.

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