From: Jason Allison [jason@inbitz.com]

 Sent:
 13 July 2010 08:10

 To:
 jason@inbitz.com

Subject: Crook AC Update 13-07-2010





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!

<u>Pictures on Facebook by Joanna Beckett</u> <u>Pictures on Facebook by Jason Allison</u>

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

Tynedale 10K

Geoff Hewitson	40.08	60
Helene Pratt	44.40	165
John Stephenson	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

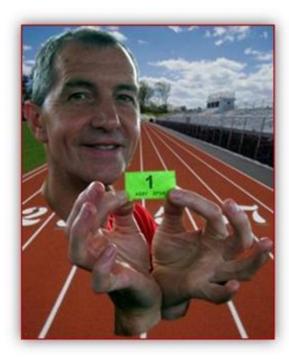
Angel View

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

&

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

The Crook AC Website

There are now some updates to look at on the website other than lan'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



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 ${\bf 65}$ 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.

E & OE