

From: Jason Allison [jason@inbitz.com]
Sent: 20 July 2010 08:58
To: jason@inbitz.com
Subject: Crook AC Update 20-07-2010

CROOK & DISTRICT  **2010 & BEYOND**

Crook AC 'TRAIL RACE' Tonight!

20th of July Update:

This week's Race Results!

Trail Race Tonight

Brilliant Golf Night

The last Vets Track Night Aug 2nd



Clamber 2010 - Go on Smithy!

Race Results

As usual all these results and many, many more can be found on our website [here](#).

Court Inn Clamber 5M

Albeit a bit wet, a good night was had at Durham by Crook AC, well done to all our runners especially Helene Pratt showing her continued improvement by achieving 2nd lady, well done Helene, hope you enjoyed the Vino!

<u>Geoff Hewitson</u>	33.54	9
<u>Paul Smith</u>	36.01	20
<u>Helene Pratt</u>	37.19	28
<u>Graham Laverick</u>	39.51	46
<u>Ian Bainbridge</u>	40.37	52
<u>Claire Oates</u>	40.56	54
<u>John Stephenson</u>	41.11	56
<u>Colin Everson</u>	41.55	71
<u>Simon Fell</u>	43.42	84

Thanks to Lord Smythe for the above results

Northumberland Coastal 2010

The toughest coastal 14M I've ran over the last 4 years, well done to all taking part, a great day overall.

A special mention to John Stephenson winning the Male V65 prize!

POS	NAME	NO.	TIME	CAT	CAT POS
21	Jason Allison	46	01:31:19	Senior M	10
85	Geoff Hewitson	473	01:40:51	V50	14
255	Paul Smith	901	01:55:58	V45	47
312	Sarah Oates	735	01:58:59	Senior F	17
370	John Stephenson	922	02:01:57	V65	1
374	Claire Oates	732	02:02:09	F35	13
421	Graham Laverick	575	02:05:08	V50	55

[Coastal Photo's here](#)

Darlington Pit-Stop 10K

Smithy's creeping up with his times, well done!

<u>Paul Smith</u>	42.33	37
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Thanks to Lord Smythe for the above results

Angel View 5M

Nice one PD, cracking position.

Patrick Duffy

29.17

6

CROOK AC Trail Race

It's tonight...

Brilliant Golf Night

Last Friday the Crook AC golf night tee'd off in fine style with 3 teams of 3 and a team of 4 venturing out in to the well-trimmed grassy areas of Sedgefield in the gorgeous evening sun.

"You don't have to play golf to play" was the theme and several of us lived by that on the night.

9 holes followed by some lovely chips and a pint!

[Crook AC Golf Night Photo's Here](#)

Thanks to Ian Bainbridge for organising a great event.



Phil Carter - Taking a shot from the rough



We need to be Number 1!! – Geoff

**Monkton Vets - FINAL track
League
Monday 2nd August**

Last night was the second-last track meet at Monkton Stadium, only one more to go and our competitors are sure to be out in force, let's have you all keeping your diary FREE for Monday the 2nd!!

This is the FINAL track meet, we need you all there, we need ALL your help and effort to achieve MAXIMUM points for CROOK AC!!

**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***

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! ;)
Thanks for your continued support!

Apologies, I'll not be at the track tonight, have a good one!

**By Jason Allison
Crook AC Captain**

***sent to all Crook AC members with email addresses. We now have 72 club 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