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To: jason@inbitz.com
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CROOK & DISTRICT  **2010 & BEYOND**

VETS TRACK AND FIELD AUGUST 2nd YOU'RE NEEDED!

27th of July Update:

Club Track Tonight!

This week's Race Results!

Geoff's Vets track league Run-down.

WE NEED YOU Vets Track Night Aug 2nd!!

Oh and the website has been updated!



Sarah Oates - 3rd Lady Marske Victorian 10K

Club Night - Tonight

Tonight is a regular Tuesday night track session, come and enjoy the fun with your Crook AC club mates, get some speed in those legs.

After a good warm-up tonight we'll be doing 12 x 400M efforts.

See you there!

Race Results

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

CROOK AC Trail Race

Congratulations to Steph for winning the trail race and also Paul (Best) for achieving the fastest time on the day.

Steph Blenkinsop	22.19	1
Darren Heslop	21.10	2
Simon Fell	24.40	3
Paul Best	17.06	4
Helene Pratt	22.26	5
Martin Harbisher	22.29	6
Percy Parkin	23.06	7
Mike Simpson	19.56	8
George Boyek	20.33	9
Sarah Oates	22.09	10
Geoff Hewitson	20.43	11
Elizabeth Oates	21.56	12
Paul Smith	21.47	13
Jason Allison	18.40	14
Allen Purdham	29.54	15
Jenni Campbell	23.21	16
John Stephenson	27.21	17

Thanks to Phil Carter for handicap timings and managing the event.

Great North 10K

Well done Gail & Steph at the Sunderland 10K last Saturday!

Gail Abbott	46.51	363
Steph Blenkinsop	47.33	432

Sunderland 5K

As if racing on Sunday, Monday AND Tuesday wasn't enough some crazy peeps ran on Wednesday too!

<u>Geoff Hewitson</u>	19.26	81
<u>Percy Parkin</u>	21.53	143
<u>John Stephenson</u>	23.13	171
<u>Colin Everson</u>	23.32	177

Marske Victorian 10K

The star of the show at Marske was Sarah Oates racing the 'flat-but-focus-sapping' 10K coast road run, well done Sarah achieving 3rd lady home and a nice £30 prize!

Marske Photo's

11th 0:37:14 ALLISON, Jason

39th 0:41:22 BECKETT, Sam

59th 0:43:55 OATES, Sarah Jane (3rd Lady)

North East Vets Track and Field League 4 - Run-down

Monkton Stadium, Jarrow Monday 19th July

After a 5 week break, the Vets' Track & Field titanic battle for supremacy between Crook and South Shields resumed, although for those of us who did the Coastal Run the day before, the timing could have been better! On a wet but mild night, Crook fielded a 9 strong squad, with the absence of Mike Mallen, Dave Welsh, Alan Welsh, and Allan Purdham being partly offset by first appearances in 2010 for Jason Alison and Mike Simpson. The return of the talismatic Percy Parkin from injury was also a welcome bonus!

Our points tally on the night was a highly respectable 128 (averaging 14.2 per person out of a maximum of 18), but South Shields were again out in force and amassed an enormous 185 points. This proved enough to overhaul our 41 point lead and the positions at the top of the league are now as follows:

Current Men's League standings (top four after 4 meetings):

SOUTH SHIELDS 519 points	
CROOK	503
HEATON	239
NSP	232

Assuming that Shields turn out similar numbers on August 2nd (the final meeting) our only chance of beating them is if everyone turns up, does 3 events, and tries to maximise their scores. This may require some tactical choices i.e. spreading ourselves around the field events at the expense of some of the track races.

Club photographer Phil Carter was again present to capture the action and his handiwork can be viewed on [Facebook HERE](#).



Highlights of the evening

Mike Simpson proudly showing off his new red shorts, without realising that he was wearing them back to front!

Excellent middle-distance (800m/1500m) winning doubles for Jason and Percy in their respective age categories.

Simon gaining maximum points in the two “jumps”. He seemed particularly pleased about the triple jump for some reason, but modestly asked me not to mention it - so I won’t!!!!

Mike Simpson and Lord “where’s Dave Welsh?” Smythe scored good points in the javelin, although Paul was quick to suggest that his best throw would easily have beaten Mike’s had it not brought down a seagull on the way.

After competition, it was back to the Stone Bridge, where bank loans were hastily arranged in order to purchase rounds. Simon lightened the mood by sharing some of the more tasteful jokes from his mobile phone.

Summary of results and points gained

	100m	300m	800m	1500m	Long jump	Triple jump	Javelin
Jason Allison		47.6 3	2m 19s 6	5m 03s 6			
Mike Simpson			2m 32s 4	5m 15s 5			21.19m 4
Paul Smith			2m 51s 3	5m 47s 4			21.10m 5
Simon Fell	14.3s 3				3.70m 6	8.74m 6	
Geoff Hewitson		48.2s 6	2m 35s 6			8.38m 6	
Colin Everson	17.7 4	62.4 5	3m 17s 5				
Percy Parkin			2m 59s 6	5m 59s 6	2.81m 6		

John Stephenson		69.3s 6	3m 09s 4	6m 33s 2			
Chris Foote-Wood	22.2s 6	80.4s 5	3m 55s 0				

REMINDER: the final league fixture takes place on **Monday 2nd August**. Let's try to get a **HUGE** club turnout for this event, and see if we can beat South Shields to the title! **ALL** qualifying vets - come and do 3 events!

Geoff Hewitson - Vice Captain

Monkton Vets - FINAL track League Monday 2nd August

We need CROOK AC to be Number 1!! – Geoff & Jason

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***

Oh, Website has been updated again!

As usual Ian has been updating the runners stats which has all the race results our members have told us about, these go back quite a few years now, learn more about the people you run with in a statistical fashion! Also there's some achievements which focus on events that Crook AC'ers have done and also some big historical achievements.

Also Fixtures & Events
and old newsletters & updates
The main page <http://www.crook-athletic-club.org.uk/>

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!

See you tonight!

**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