

**From:** Jason Allison [jason@inbitz.com]  
**Sent:** 28 June 2010 23:32  
**To:** jason@inbitz.com  
**Subject:** Crook AC Update 29-06-2010  
**Attachments:** crook\_10K\_map.pdf; Clamber\_Form\_2010.doc



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

**Members only: Crook 5K & 10K Tonight**

**In this 29<sup>th</sup> of June  
update email:**

**New Crook Vest Design  
as voted by you!**

**This week's Race  
Results!**

**Crook AC 5K & 10K  
Race TONIGHT!  
Map Attached**

**Bradley Burn 'XXXX'  
Run 1<sup>st</sup> July 6.30pm**

**Kilburn Feast Update  
(BBQ? After?)**

**MALE & FEMALE  
Northumberland  
Coastal Ticket 4  
SALE... STILL!**

**Forthcoming Races:  
Court Inn Clamber July**



## New Vest Design 2010

### New Crook Vest Sample sizes to try at club

We have a range of sample sizes for both men and women members, we'll need you to try them on and decide which size you need. Ian is bringing the samples to the club TONIGHT... 29<sup>nd</sup> June.

We have Female 34" 36" 38" 40" and male 40", 42",44", 46" to try.

### Race Results

Beamish 10K - Race the tram?

Our Patrick Duffy beat the tram and came 2<sup>nd</sup> Overall.

Full results to follow!

### CROOK AC CLUB 10k and 5K Race - TONIGHT!

It's here, tonight!! See PDF attached for map!!

### Bradley Burn 'XXXXX' Run - This Thursday July 1<sup>st</sup> @ 6.30pm

I REPEAT!! A run, starting and finishing at Bradley Burn Farm, no longer than 5 miles with refreshments available to purchase at the farm shop afterwards which is being kept open especially for this event!! We should all be there!!

It was decided at some point over the last month or two a club run could be held over the surrounding countryside to John Stephenson's 'Bradley Burn Farm'. The suggestion came from Martin Harbisher and was actioned, thanks Martin for thinking of it, thanks to John S and his son for sorting it out!

I personally tinkered with a few names for the race and thought it isn't really fair for me to name it, so without consultation from anyone, I reckon if you run the race and you put '*your choice of name*' in a hat (keep it clean please) it will be drawn after the race whilst having refreshments at the Bradley Burn Farm Cafe and thus the run will be named!

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>

## KILBURN FEAST UPDATE from IAN BAINBRIDGE

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

Hi everyone,

It is now only 2 weeks 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 - FEMALE & MALE TICKET FOR SALE

Clive's ticket is back! AND Annelise still has hers, please contact Clive on [clive.golledge@btinternet.com](mailto:clive.golledge@btinternet.com) if you're interested!

## Forthcoming Races

**Court Inn Clamber Wednesday 14th July 2010. Start time 7pm.**

**5 mile trail and road run  
Invitation only social event**

**Entry Form Attached needs to be in by this Friday.**

### **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 big 62 email members now!**  
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