

Pos	Name	Club	Time	M/F	Grp
1	Jon Archer (206)	Low Fell RC	27.20	M	
2	James Buis (166)	Heaton Harriers	27.49	M	
3	Lee Millmore (200)	Birtley AC	28.06	M	
4	Daniel Flint (245)	Blaydon Harriers	28.27	M	
5	Andrew Macrae (266)	Sunderland Harriers	28.59	M	
6	Jon Stephens (189)	Low Fell RC	29.21	M	
7	Les Smith (184)	Heaton Harriers	29.25	M	
8	Ian Robinson (104)	Heaton Harriers	29.29	M	
9	Patrick Duffy (150)	Crook	29.38	M	
10	Adam Knox (416)	Low Fell RC	29.47	M	U20
11	Stephen Grey (234)	Elswick Harriers	29.48	M	O40
12	Lucas Longman (152)	Heaton Harriers	30.03	M	
13	Chris Hainsworth (273)	Gateshead Harriers	30.18	M	
14	Chris Mcdonald (249)	South Shields	30.19	M	O40
15	Sean Smith (243)	Unattached	30.44	M	
16	Jane Mooney (407)	Morpeth Harriers	30.53	F	
17	Tim Allsop (248)	Sunderland Strollers	30.55	M	O40
18	Josh Mcnany (141)	Birtley AC	31.02	M	U20
19	Chris Jackson (253)	Sunderland Strollers	31.06	M	
20	James Skilling (275)	Low Fell RC	31.13	M	
21	Ken Maynard (237)	Sunderland Strollers	31.14	M	O50
22	Aiveen Fox (222)	Morpeth Harriers	31.26	F	
23	Nigel Brown (230)	Chester-le-Street	31.56	M	O40
24	John Taylor (231)	PB Fitness	32.11	M	
25	Glen Ogden (98)	Tyne & Wear Fire Brigade	32.17	M	O45
26	Stephen Marshall (84)	Durham City	32.25	M	O50
27	Brian Bailes (143)	Birtley AC	32.28	M	O45
28	Andrew Hedley (164)	Unattached	32.35	M	
29	Kevin O'Neill (247)	Sunderland Strollers	32.37	M	O45
30	Barry Young (4)	North Shields Poly	32.39	M	O45
31	Drew Hailes (139)	Birtley AC	32.42	M	
32	Michael Armstrong (103)	Sunderland Strollers	32.44	M	O45
33	Philip Goode (267)	Saltwell Harriers	32.55	M	
34	Michael Johnson (174)	Derwentside	33.01	M	
35	Kevin Lister (87)	North East Vets	33.06	M	
36	Iain Mckinnon (172)	Heaton Harriers	33.08	M	
37	T Topping (97)	Sunderland Strollers	33.10	M	O40
38	David Kelly (142)	Birtley AC	33.27	M	O40
39	Paul Inskip (151)	Heaton Harriers	33.33	M	O40
40	Victoria Booth (62)	Sunderland Strollers	33.47	F	
41	Richard Halloran (414)	Unattached	33.56	M	
42	Gary Rutherford (258)	Elswick Harriers	34.01	M	O45
43	David Jardin (277)	Elswick Harriers	34.08	M	
44	Ian Middlemas (8)	Fetch Everyone R C	34.19	M	
45	Mel Evans (241)	Low Fell RC	34.22	F	
46	David Reay (251)	Derwentside AC	34.29	M	
47	John Huntley (192)	Unattached	34.37	M	O40
48	Colin Phillipson (209)	PB Fitness	34.55	M	
49	Anna Mcclean (274)	Low Fell RC	34.57	F	
50	M Thilway (272)	Gateshead Harriers	35.04	M	O50
51	Dean Robson (63)	Sunderland Strollers	35.05	M	
52	Michael Henry (214)	Alnwick Harriers	35.11	M	O55
53	Clare Buis (153)	Heaton Harriers	35.14	F	

54 Dave Dale (65)	Heaton Harriers	35.25	M	
55 David Warnaby (61)	Sunderland Strollers	35.31	M	O55
56 Les Cavill (239)	Morpeth Harriers	35.34	M	O50
57 Paul Mcmorrow (170)	Heaton Harriers	35.37	M	O40
58 David Wright (193)	Heaton Harriers	35.54	M	O55
59 John Carroll (254)	Low Fell RC	35.59	M	
60 Gwenda Cavill (240)	Morpeth Harriers	36.02	F	O45
61 Angelo Jaconelli (252)	Sunderland Strollers	36.11	M	
62 Darren Stewart (413)	Unattached	36.13	M	
63 Benjamin Box (259)	Heaton Harriers	36.14	M	
64 Ian Glasgow (140)	Birtley AC	36.23	M	
65 Fiona Turley (269)	Heaton Harriers	36.24	F	
66 Edward Baty (167)	Heaton Harriers	36.54	M	O55
67 Derek Dickson (260)	Sunderland Strollers	37.08	M	O55
68 Dianne Ford (168)	Unattached	37.10	F	O40
69 Lucy Prins (91)	Elswick Harriers	37.18	F	O40
70 Rob Earle (276)	Unattached	37.28	M	
71 Clive Hodgson (92)	Heaton Harriers	37.30	M	O40
72 Alan Langford (96)	Unattached	37.36	M	
73 Rachael Majumdar (263)	Heaton Harriers	37.37	F	
74 Allen Mullis (406)	Heaton Harriers	37.50	M	O50
75 Martin Brooks (95)	Sunderland Strollers	37.51	M	
76 Joy Champion (418)	Sunderland Strollers	37.54	F	O40
77 Frances Harkins (157)	Unattached	37.55	F	
78 A Runner (178)	Gateshead Harriers	37.56	F	
79 Bill Kirk (255)	Sunderland Strollers	37.59	M	O50
80 Vicki Thompson (405)	Jarrow & Hebburn AC	38.04	F	O35
81 John Stephenson (264)	Saltwell Harriers	38.06	M	O50
82 Keith Gray (108)	Low Fell RC	38.16	M	
83 Alyson West (83)	Sunderland Strollers	38.26	F	O40
84 Christopher Shipman (401)	Unattached	38.30	M	
85 Lyne Valentine (81)	Sunderland Strollers	38.36	F	O50
86 Neil Smith (261)	Heaton Harriers	38.50	M	O40
87 Kelly Dodds (160)	Heaton Harriers	38.51	F	
88 Tony Campbell (246)	Unattached	38.52	M	O45
89 Sue Long (79)	Unattached	38.56	F	O50
90 Graham Wood (271)	Unattached	38.57	M	O45
91 Malcolm Cox (242)	Sunderland Strollers	39.05	M	O50
92 Paul Lewins (154)	Sunderland Strollers	39.08	M	
93 Bob Balmer (257)	South Shields	39.11	M	O65
94 Jenny Friend (156)	Heaton Harriers	39.14	F	O45
95 John Davidson (400)	Unattached29	39.21	M	O50
96 Simon Beanland (210)	Unattached	39.30	M	O45
97 John Cockburn (235)	Alnwick Harriers	39.36	M	O60
98 Clare Anderson (64)	Sunderland Strollers	39.37	F	O35
99 Sharon Parr (238)	Chester-le-Street	39.43	F	O55
100 David Graham (232)	Derwentside AC	40.24	M	O40
101 Phil Mills (265)	Unattached	40.24	M	
102 Tara V Florance (228)	PB Fitness	40.39	F	O35
103 Charlotte Wardle (403)	Swaledale R R	40.50	F	
104 Paul Wilkinson (171)	Sunderland Strollers	40.57	M	
105 Bridget Peberdy (208)	Alnwick Harriers	41.03	F	O50
106 Stephen Allen (158)	Sunderland Strollers	41.04	M	
107 F R Strand (176)	South Shields	41.07	M	O65

108 Kelly Heslop (250)	Unattached	41.25	F	O35
109 Doug Michael (256)	Heaton Harriers	41.31	M	O45
110 Grace Morris (60)	Sunderland Strollers	41.32	F	
111 Bernis Cordes (88)	Morpeth Harriers	41.37	M	O70
112 Trevor Rowe (412)	Unattached	41.53	M	O55
113 Carole Ball (236)	Sunderland Strollers	42.11	F	O40
114 Ruth Wood (165)	Unattached	42.14	F	O45
115 Barry Murray (244)	Unattached	42.18	M	O40
116 Julia Scott (100)	Unattached	42.30	F	O40
117 Lee Pattinson (233)	Unattached	43.07	M	
118 Jeff Henderson (229)	North East Vets	43.14	M	O40
119 Tom Millmore (199)	Birtley AC	43.23	M	O50
120 Vicki Cuthbertson (402)	Saltwell Harriers	43.28	F	
121 Nick Parrott (173)	Unattached	43.55	M	
122 Stephen Robert (203)	Unattached	43.55	M	O40
123 M Carney (268)	Unattached	44.50	M	O40
124 Lynsey Hetherington (262)	Unattached	44.58	F	
125 Peter Rosenzweig (89)	Unattached	45.19	M	O55
126 Joy Bell (415)	Blackhill Bounders	45.47	F	O65
127 Anne Kirk (270)	Sunderland Strollers	46.31	F	O45
128 Emma Vasey (161)	Sunderland Strollers	46.51	F	
129 Ross Cooney (419)	Saltwell Harriers	47.00	M	
130 Judith Parkinson (82)	North Shields Poly	48.19	F	O50
131 Tracey Horseman (11)	Unattached	48.49	F	O35
132 Kaven Elliott (226)	PB Fitness	49.13	F	O40
133 P Kelly (409)	Birtley AC	49.23	M	O40
134 Vivien Stapley (74)	Sunderland Strollers	50.21	F	O55
135 Steve Long (80)	Elswick Harriers	50.38	M	O50
136 Lorraine Dickinson (221)	PB Fitness	51.10	F	O55
137 Harry Craven (105)	Heaton Harriers	58.28	M	O70
138 Jennifer Long (159)	Sunderland Strollers	58.53	F	

### Male

- 1 Heaton Harriers - 17\*
- 1 Low Fell RC - 17
- 3 Birtley AC - 48
- 4 Sunderland Strollers - 57
- 5 Unattached - 84
- 6 Elswick Harriers - 96
- 7 South Shields - 214
- 8 Saltwell Harriers - 243

\*Heaton win on count back of 4th finisher

### Female

- 1 Morpeth Harriers - 98
- 2 Heaton Harriers - 191
- 3 Sunderland Strollers - 199
- 4 Unattached - 234
- 5 PB Fitness - 370