

## Watergate 5k Results - 24th August 2011

Race Position	Name and race number	Club	Race Time	Sex	Group
1	Yarod Hagos (2)	Bradford	14.38	M	
2	Kyan Stephenson (13)	Gateshead Harriers	15.34	M	
3	Justina Heslop (276)	Clapham Chasers	16.30	F	
4	Patrick Duffy (173)	Crook AC	16.31	M	
5	Conrad Franks (131)	Gateshead Harriers	16.34	M	
6	Stewy Bell (151)	Chester-le-Street	16.46	M	O40
7	Phil Walker (166)	Morpeth Harriers	16.48	M	O40
8	Jonathon Stephens (20)	Low Fell RC	16.55	M	
9	Tony Maxwell (74)	Low Fell RC	17.13	M	
10	Richy Kemp (33)	Sunderland Harriers	17.15	M	
11	Lee Bennett (119)	Elswick Harriers	17.21	M	O40
12	Mike Hegarty (298)	Morpeth Harriers	17.32	M	
13	David Warren (126)	Low Fell RC	17.35	M	
14	Sparrow Morley (118)	Tyne Bridge Harriers	17.41	M	
15	Lee Millmore (49)	Birtley AC	17.42	M	
16	Sarah Wilkinson (159)	Morpeth Harriers	17.46	F	O40
17	Les Smith (51)	Heaton Harriers	17.49	M	O40
18	Jason Clark (135)	Elswick Harriers	18.04	M	
19	Alan Hodgson (192)	Sunderland Harriers	18.06	M	O40
20	Neil Morris (132)	Low Fell RC	18.14	M	O45
21	Paul Wilkinson (168)	North Shields Poly	18.31	M	
22	Michael Friburg (129)	Blaydon Harriers	18.34	M	
23	Tim Allsop (150)	Sunderland Strollers	18.35	M	O40
24	Samuel Beckett (69)	Crook AC	18.37	M	
25	Andy Harrison (198)	Tyne Bridge Harriers	18.38	M	O40
26	Michael Barker (297)	Unattached	18.40	M	
27	John Taylor (62)	PB Fitness	18.46	M	
28	Carl Watson (28)	Low Fell RC	18.49	M	O40
29	Steven McMahon (152)	Sunderland Strollers	18.56	M	
30	Martin Crowe (296)	Elswick Harriers	19.01	M	O50
31	Michael Graham (68)	Low Fell RC	19.05	M	O45
32	Kevin Lister (278)	North East Vets	19.06	M	
33	Mark McNally (293)	Elswick Harriers	19.11	M	O60
34	Phillip Hilton West (81)	Low Fell RC	19.18	M	
35	David Reay (44)	Derwentside AC	19.20	M	O40
36	Graham Yare (25)	Jarrow & Hebburn AC	19.21	M	
37	Steve Tinwell (153)	Sunderland Strollers	19.25	M	O45
38	Jordan Bell (274)	Blackhill Bounders	19.39	M	U17
39	David Jardin (124)	Elswick Harriers	19.47	M	O40
40	Heather Robinson (9)	Chester-le-Street	19.48	F	O45
41	John Watson (272)	Sunderland Harriers	19.49	M	O55
42	Geoff Hewitson (257)	Crook AC	19.55	M	O50
43	Geoff Robinson (8)	North East Vets	20.01	M	O50
44	David Coulson (229)	Birtley AC	20.04	M	O45
45	Iain McGinnon (15)	Heaton Harriers	20.05	M	
46	Michael Armstrong (32)	Sunderland Strollers	20.13	M	O45
47	Kevin O'Neill (279)	Sunderland Strollers	20.16	M	O45
48	Harry Matthews (262)	Elswick Harriers	20.17	M	O60
49	Steph Scott (157)	Tynedale Harriers	20.19	F	O40
50	Archie Jenkins (199)	Morpeth Harriers	20.23	M	O55
51	Mark Powell (294)	Unattached	20.36	M	O45
52	Chris Duke (215)	Sunderland Strollers	20.37	M	O40
53	Ian Middlemas (265)	Fetch Everyone RC	20.38	M	
54	Gordon Long (260)	Low Fell RC	20.39	M	O55
55	Peter Richardson (99)	Unattached	20.40	M	O55
56	Patrick Hanson (172)	Sunderland Strollers	20.41	M	O45

57	Len Christopher (283)	Sunderland Harriers	20.43	M	O60
58	Fred Judson (21)	Sunderland Harriers	20.46	M	O50
59	Marie Drozdowicz (136)	Morpeth Harriers	20.48	F	O50
60	Liam Kelly (285)	Low Fell RC	21.01	M	O40
61	William Bittlestone (142)	Sunderland Harriers	21.09	M	O60
62	Paul Ohara (61)	PB Fitness	21.13	M	O45
63	Rachel Ball (163)	Sunderland Strollers	21.14	F	
64	Paula Ritchie (72)	Low Fell RC	21.21	F	
65	Dean Robson (230)	Sunderland Strollers	21.27	M	
66	Alyson West (195)	Sunderland Strollers	21.29	F	O40
67	Howard Gold (263)	Heaton Harriers	21.37	M	O65
68	Jon Grant (273)	Blaydon Harriers	21.44	M	
69	Alister Robson (12)	Elvet Striders	21.48	M	
70	Rob Kirtley (161)	Tyne Bridge Harriers	21.51	M	O45
71	Phil Watson (165)	Sunderland Strollers	21.54	M	O50
72	James Wightman (266)	Sunderland Harriers	22.03	M	O60
73	Stephen Kiszow (154)	Sunderland Strollers	22.06	M	
74	Brian Hume (75)	Low Fell RC	22.08	M	O60
75	Stevie Curry (23)	Elswick Harriers	22.14	M	O50
76	Bill Doidge (204)	Low Fell RC	22.15	M	O60
77	Louise Outterson (288)	Sunderland Strollers	22.16	F	O40
78	Percy Parkin (167)	Crook AC	22.21	M	O65
79	Sue Ramage (34)	Birtley AC	22.28	F	O55
80	Paul West (169)	Sunderland Strollers	22.29	M	O45
81	Amanda Crooks (53)	PB Fitness	22.49	F	
82	Andrea Clarke (197)	PB Fitness	22.52	F	O45
83	Vicki Thompson (47)	Jarrow & Hebburn AC	22.53	F	O35
84	Mark Ralph (295)	Sunderland Strollers	23.02	M	O40
85	Keith Weavers (133)	Aurora Harriers	23.04	M	O40
86	John Percival Stephenson (271)	Crook AC	23.06	M	O70
87	Maggie Loraine (291)	Gateshead Harriers	23.07	F	O55
88	Cath Young (66)	Blyth RC	23.17	F	O50
89	Chris Hogarth (216)	Unattached	23.31	M	
90	Bob Balmers (207)	South Shields	23.40	M	O65
91	Emma Moir (128)	Tyne Bridge Harriers	23.43	F	O40
92	Trevor Rowe (147)	Unattached	23.47	M	O55
93	Arthur Potter (202)	South Shields	23.47	M	O65
94	Michael Page (122)	Jarrow & Hebburn AC	23.48	M	
95	Stephen Allen (156)	Sunderland Strollers	24.17	M	
96	Phil Mills (121)	Unattached	24.21	M	O40
97	Nicola Todd (299)	Sunderland Strollers	24.22	F	O35
98	David Machin (22)	Sunderland Strollers	24.27	M	
99	Rachel Devlin (130)	Jarrow & Hebburn AC	24.32	F	
100	Rod Richardson (160)	Elswick Harriers	24.34	M	O40
101	Julie Richardson (275)	Elswick Harriers	24.35	F	O35
102	Allen Mullis (194)	Heaton Harriers	24.37	M	O50
103	Audrey Duncan (79)	Sunderland Strollers	24.49	F	O50
104	George Russell (138)	Low Fell RC	24.56	M	O40
105	Paul Lewins (134)	Sunderland Strollers	24.58	M	O40
106	Janette Kilgour (267)	Claremont R.R.	25.03	F	O60
107	Jill Bennett (116)	Elswick Harriers	25.06	F	O35
108	Pamela Gold (174)	Heaton Harriers	25.09	F	O65
109	Emma Bavcock (125)	Low Fell RC	25.14	F	
110	Lynne Marr (289)	Tynedale Harriers	25.30	F	O50
111	David Barraclough (227)	Sunderland Strollers	25.49	M	U20
112	Reg Checkley (162)	Heaton Harriers	25.56	M	O70
113	Gavin Cowen (46)	Unattached	26.18	M	
114	Anne Kirk (137)	Sunderland Strollers	26.25	F	O50
115	Mac Stephenson (290)	South Shields	26.28	M	O70

116	Jack Wilson (35)	Sunderland Strollers	26.30	M	O60
117	George Routledge (258)	Heaton Harriers	26.40	M	O60
118	Barry Gerard Murray (5)	Birtley AC	26.48	M	O45
119	Sheila Hudson (40)	Sunderland Strollers	27.35	F	O55
120	Kristian Press (115)	Sunderland Strollers	27.38	M	U17
121	A Purdham (189)	Crook AC	27.39	M	O70
122	Lindsay Weaver (286)	Unattached	28.27	F	O40
123	Mark Hume (292)	Alnwick Harriers	28.42	M	O65
124	Amanda Byworth (196)	Low Fell RC	29.40	F	O35
125	Lisa Quinn (287)	Unattached	29.54	F	O35
126	Emma Robson (76)	Sunderland Strollers	38.17	F	
127	David James Tait (39)	Saltwell Harriers	39.14	M	O60