

START FITNESS NEHL

CRAMLINGTON

15th December 2007

Senior Men									
1	0:34:26	RUSSELL, Kristopher	(2) Low Fell RC	S	60	0:39:17	BAYNE, Gavin	(2) Morpeth H	S(V)
2	0:34:38	TEATE, Andrew	Gateshead H	M	61	0:39:18	REED, Derek	(1) Wallsend H	S
3	0:34:59	KEMP, Richard	(1) Sunderland Harriers	S	62	0:39:19	HOPKINS, Richard	Birtley	S
4	0:35:02	ARMSTRONG, Matthew	(1) Blaydon Harriers	M	63	0:39:20	BYRON, Marcus	(1) Tynedale H	S(V)
5	0:35:30	LONGMAN, Lucas	(2) Heaton Harriers	S	64	0:39:20	CONNELLY, Martin	(1) Elswick H	S(V)
6	0:35:40	FENWICK, Michael	(2) North Shields Poly	S	65	0:39:21	ALEXANDER, Martin	(2) Low Fell RC	S
7	0:36:16	BROWN, Mark	(2) Morpeth H	F	66	0:39:21	DALEY, Sam	(2) Heaton Harriers	S(V)
8	0:36:42	HAND, Rob	(1) Durham City H	M(V)	67	0:39:22	BRANNON, Tommy	(2) North Shields Poly	F
9	0:36:55	ALLISON, Jason	(1) Crook AC	S	68	0:39:23	METTERS, Neil	(1) Sunderland Harriers	S
10	0:36:57	MARSHALL, Stephen	(1) Durham City H	S(V)	69	0:39:23	EMMETT, Vince	(1) Sunderland Harriers	S(V)
11	0:37:00	MUIR, Chris	(1) South Shields	M	70	0:39:24	BIRD, Trevor	Gosforth H	M(V)
12	0:37:02	JAMESON, Barry	(1) Tynedale H	S(V)	71	0:39:28	TOPPING, Terry	(1) Sunderland Strollers	S(V)
13	0:37:10	MOORE, John	(2) Heaton Harriers	M	72	0:39:29	David	(2) Heaton Harriers	M(V)
14	0:37:18	COCHRANE, Craig	(2) Heaton Harriers	S	73	0:39:30	VINCENT, Phil	(1) Tynedale H	M
15	0:37:20	BLYTH, Kevin	(1) Sunderland Strollers	S(V)	74	0:39:31	CLEMITSON, Michael	Blackhill Bounders	M
16	0:37:23	WYLIE, Tim	(1) Tynedale H	M(V)	75	0:39:34	ATKINSON, Nick	(1) South Shields	S
17	0:37:25	ELLIS, Dave	(1) Sunderland Harriers	S	76	0:39:35	BROWN, Steven	(1) Tynedale H	M(V)
18	0:37:32	GOLIGHTLY, Mick	(2) North Shields Poly	S	77	0:39:36	MILLMORE, Lee	Birtley	F
19	0:37:35	COCHRANE, Marc	(2) Morpeth H	M	78	0:39:37	BARKLEY, Rob	(2) Blyth RC	M
20	0:37:36	BINGHAM, Hugh	(1) Tynedale H	S(V)	79	0:39:43	STEPHENS, John	(2) Low Fell RC	M(V)
21	0:37:36	TURNER, Paul	(1) Elswick H	M	80	0:39:44	FRIEL, Liam	(1) Blaydon Harriers	S(V)
22	0:37:39	CARTER, Tony	(1) Wallsend H	F	81	0:39:45	OAKES, Karl	Birtley	M
23	0:37:41	GREY, Stephen	(1) Elswick H	M(V)	82	0:39:49	SIMON, Ian	(1) Alnwick Harriers	S
24	0:37:46	POTTS, Steven	(1) Sunderland Harriers	F	83	0:39:50	PULLAN, Graeme	(1) Sunderland Strollers	S
25	0:37:59	LAMB, Chris	Chester-le-Street	F	84	0:39:51	MOIR, David	(1) Wallsend H	M
26	0:38:02	DOXFORD, Paul	(1) South Shields	S(V)	85	0:39:54	BELL, Willie	(1) Crook AC	S(V)
27	0:38:04	FROST, Martin	(2) North Shields Poly	M(V)	86	0:39:57	HALL, Rob	(2) Blyth RC	M(V)
28	0:38:06	BUIS, James	(2) Heaton Harriers	F	87	0:39:59	BURNS, Graham	Blackhill Bounders	M(V)
29	0:38:09	ANDERSON, David	(1) Wallsend H	S(V)	88	0:40:01	COXON, Syd	(1) Tynedale H	M(V)
30	0:38:12	GREY, Peter	(1) Alnwick Harriers	S(V)	89	0:40:04	ARMSTRONG, David	(1) Tynedale H	M(V)
31	0:38:17	DOUGHTY, Tom	(1) Sunderland Harriers	F(V)	90	0:40:06	AULD, Chris	(2) Heaton Harriers	S
32	0:38:23	TAIT, Paul	(1) Tynedale H	S(V)	91	0:40:07	DANIELS, David	(1) Wallsend H	M
33	0:38:24	NEWTON, Peter	(2) Claremont RR	F	92	0:40:09	NETTLEWORTH, Rich	(1) South Shields	S
34	0:38:25	JONES, Mike	(1) South Shields	S(V)	93	0:40:09	HAYLEY, Ed	(1) South Shields	S(V)
35	0:38:27	MALLEN, Mike	(1) Crook AC	S(V)	94	0:40:10	WEIGHTMAN, Owen	(1) Crook AC	S
36	0:38:30	MORRIS, Neil	(2) Low Fell RC	S(V)	95	0:40:11	STEPHENSON, Kevin	(1) Elswick H	F(V)
37	0:38:32	REDMAN, Paul	(1) Sunderland Harriers	S(V)	96	0:40:12	KIRKLAND, David	(1) Alnwick Harriers	F
38	0:38:34	FLOYD, Ross	(2) Morpeth H	F	97	0:40:13	WOOD, Keith	(2) Saltwell Harriers	M(V)
39	0:38:38	JONES, Gary	(2) Blyth RC	M	98	0:40:14	STEVENS, David	(2) North Shields Poly	S(V)
40	0:38:39	AGAN, Richard	(1) Alnwick Harriers	S	99	0:40:15	CLARK, Gary	(2) Morpeth H	S
41	0:38:40	APPLEBY, Dave	(1) Elswick H	S(V)	100	0:40:17	ASTON, Luke	(1) Blaydon Harriers	M
42	0:38:41	CROWE, Martin	(1) Elswick H	S(V)	101	0:40:19	BERYL, Stuart	(1) Blaydon Harriers	S(V)
43	0:38:48	JACKSON, Chris	(1) Sunderland Strollers	M	102	0:40:20	SYERS, Graham	(1) Alnwick Harriers	M
44	0:38:49	MAYNARD, Ken	(1) Sunderland Strollers	M(V)	103	0:40:21	PURVIS, Stephen	(2) Jarrow & Hebburn AC	S
45	0:38:54	AYRES, Kevin	(1) South Shields	S(V)	104	0:40:22	BROWN, Peter	(2) Blyth RC	M
46	0:38:55	STEEL, David	(2) Morpeth H	M(V)	105	0:40:24	PRIOR, Paul	(1) Elswick H	M(V)
47	0:38:56	JAMESON, Philip	(1) Tynedale H	M	106	0:40:27	TAIT, Ted	(1) Durham City H	M(V)
48	0:38:57	ROBINS, Dan	(2) Heaton Harriers	M	107	0:40:28	MITSIDES, Chris	(1) Wallsend H	S
49	0:38:59	BROADHURST, Mike	(1) Tynedale H	S(V)	108	0:40:31	ROONEY, Peter	(1) South Shields	S(V)
50	0:39:01	ELLIOTT, Keith	(1) Sunderland Harriers	S(V)	109	0:40:32	O'NEILL, Kevin	(1) Sunderland Strollers	S(V)
51	0:39:02	ATWELL, Stephen	(2) North Shields Poly	S	110	0:40:33	BUNN, Michael	(2) Jarrow & Hebburn AC	M(V)
52	0:39:03	HEWITSON, Geoff	(1) Crook AC	S(V)	111	0:40:34	LIKEMAN, Mark	(2) Heaton Harriers	S
53	0:39:04	DONNEKY, John A	(2) Derwentside AC	S(V)	112	0:40:35	MCENTEE, Scott	(2) Heaton Harriers	S
54	0:39:06	DRINNAN, Mike	(1) Alnwick Harriers	S(V)	113	0:40:38	THIRLAWAY, Malcolm	Gateshead H	S(V)
55	0:39:10	CRELLIN, Rob	(1) Durham City H	M	114	0:40:40	RUSSELL, George	(2) Low Fell RC	S(V)
56	0:39:11	HILL, Steve	(1) Blaydon Harriers	S(V)	115	0:40:41	ALDER, Jim	(2) Morpeth H	S(V)
57	0:39:12	LILLICO, Jim	(1) Alnwick Harriers	S(V)	116	0:40:41	HEMY, Vaughan	(2) North Shields Poly	M(V)
58	0:39:13	BELL, Stewy	Chester-le-Street	M(V)	117	0:40:42	MULLARKEY, Peter	(2) Saltwell Harriers	S(V)
59	0:39:14	STEPHENS, Jonathan	(2) Low Fell RC	S	118	0:40:43	THOMPSON, Jim	(2) Saltwell Harriers	M(V)

119	0:40:46	WHALEN-GRIFFITHS, Nick	(1) South Shields	S(V)	180	0:42:50	WHEELER, Kenneth	Concordia R&P	S(V)
120	0:40:47	HARTLEY, Andrew	(1) Elswick H	S(V)	181	0:42:52	HARDING, Jamie	(2) Claremont RR	S
121	0:40:48	REEVES, Thomas	(2) Elvet Striders	S(V)	182	0:42:57	DALBY, Edward	(1) Blaydon Harriers	S(V)
122	0:40:49	BISHOP, Gerald	(2) Low Fell RC	S	183	0:43:01	READMAN, Alan	(2) Houghton AC	S(V)
123	0:40:50	PARTRIDGE, Ed	(1) Crook AC	S	184	0:43:05	PEACOCK, Robert	(1) Blaydon Harriers	S
124	0:40:52	MORRIS, David	(2) North Shields Poly	S(V)	185	0:43:15	MURRAY, Ron	(1) Wallsend H	S(V)
125	0:40:53	BEANEY, David	(2) Claremont RR	S(V)	186	0:43:19	WRIGHT, David	(2) Houghton AC	S(V)
126	0:40:53	CARROLL, Paul	(2) Claremont RR	M	187	0:43:19	COOPER, Nick	(2) Claremont RR	S
127	0:40:54	GIBBONS, Mike	(2) Houghton AC	M	188	0:43:29	INSKIP, Paul	(2) Heaton Harriers	S(V)
128	0:40:55	BALMBRA, Robert	(2) Morpeth H	M	189	0:43:30	LINDSAY, Steven	(2) Elvet Striders	S(V)
129	0:40:56	STEVENS, David	(2) North Shields Poly	S(V)	190	0:43:35	BARRACLOUGH, John	(2) Claremont RR	S(V)
130	0:40:56	SWORD, Gavin	(1) Sunderland Strollers	M(V)	191	0:43:39	MCCAIG, John	(1) Sunderland Strollers	S(V)
131	0:40:57	CAIRNS, Martyn	(2) Morpeth H	M	192	0:43:42	DAGLISH, Kevin	(2) Houghton AC	S(V)
132	0:41:09	ROWELL, Alan	(1) Durham City H	S(V)	193	0:43:44	NORMAN, Harry	(2) North Shields Poly	S(V)
133	0:41:11	BENNETT, Michael	(2) Elvet Striders	S(V)	194	0:43:49	JAMES, Phil	(2) Saltwell Harriers	S(V)
134	0:41:12	TALBOT, Leo	(2) Blyth RC	F	195	0:43:50	HENRY, Lee	(1) South Shields	S
135	0:41:13	SMITH, Les	(2) Heaton Harriers	S	196	0:43:51	JUDSON, Fred	(1) Sunderland Harriers	M(V)
136	0:41:14	WALTON, Ian	Ryton Tri	M	197	0:43:52	STOREY, Alan	(1) Blaydon Harriers	S(V)
137	0:41:17	MEDD, Steven	Gateshead H	S	198	0:43:57	WOTTON, David	(2) Claremont RR	S
138	0:41:17	PRENDERGAST, John	(1) South Shields	S(V)	199	0:44:00	HANSON, Tom	(1) Elswick H	S(V)
139	0:41:20	BAKER, Micky	(1) Wallsend H	S(V)	200	0:44:02	SMITH, Neil	(2) Derwentside AC	S(V)
140	0:41:21	SEATON, Robert	(2) Jarrow & Hebburn AC	S	201	0:44:03	REA, Paul	(2) Saltwell Harriers	S(V)
141	0:41:24	KELLY, David	Birtley	S	202	0:44:06	WHITE, Conrad	(2) Elvet Striders	S(V)
142	0:41:25	COLVER, Philip	(1) Elswick H	S	203	0:44:09	BROWN, Dennis	(1) Crook AC	S(V)
143	0:41:28	CASSIDY, Neil	(1) Tynedale H	M(V)	204	0:44:12	WESSON, Keith	(2) Elvet Striders	S(V)
144	0:41:28	WILSON, Robert	(1) Elswick H	S(V)	205	0:44:14	USHER, Brian	Aurora	S(V)
145	0:41:30	GRAHAM, Peter	(1) Tynedale H	S(V)	206	0:44:24	ELLMAN, Jeremy	(2) Claremont RR	S(V)
146	0:41:32	SKELDON, Mick	(1) Wallsend H	S	207	0:44:26	BUCKLEY, Brian	(2) Derwentside AC	S
147	0:41:34	WILSON, Ed	(1) South Shields	S(V)	208	0:44:28	ROBSON, Tony	(1) Elswick H	S(V)
148	0:41:35	HUXLEY, Gareth	(1) Wallsend H	F	209	0:44:32	MADDISON, Ian	Ryton Tri	S(V)
149	0:41:36	MACKEY, Keith	(1) South Shields	F(V)	210	0:44:44	LANCASTER, Phil	(2) North Shields Poly	S(V)
150	0:41:37	DAGLISH, Ross	(2) Low Fell RC	S	211	0:44:48	BHOGAL, Paramjet	(2) Heaton Harriers	M(V)
151	0:41:37	DONNEKY, John S	(2) Derwentside AC	M	212	0:44:50	MCGUINNESS, David	(2) Claremont RR	S
152	0:41:38	ARMSTRONG, Geoff	(1) Sunderland Harriers	M(V)	213	0:45:04	MARTIN, Mark	(2) Blyth RC	S(V)
153	0:41:38	FLETCHER, Matt	(2) North Shields Poly	S	214	0:45:06	BRADLEY, David	(2) Blyth RC	S(V)
154	0:41:39	FREEMAN, Kevin	(2) Blyth RC	M(V)	215	0:45:09	ROCHELLE, Steven	(2) Saltwell Harriers	S(V)
155	0:41:42	ROE, Darryl	(1) Wallsend H	S	216	0:45:13	MARKS, Steven	(2) North Shields Poly	S
156	0:41:43	JOHNSON, Lawrence	(2) Low Fell RC	S(V)	217	0:45:24	RAINE, William	Aurora	S(V)
157	0:41:45	LEONARD, Simon	(2) Houghton AC	S	218	0:45:32	GIBSON, Malcolm	(2) Heaton Harriers	S
158	0:41:47	WRIGHT, Derek	(1) Sunderland Strollers	S(V)	219	0:45:38	BATY, Edward	(2) Heaton Harriers	S(V)
159	0:41:49	HARDEN, George	(1) Sunderland Harriers	F(V)	220	0:45:39	RICKETTS, Mark	(1) Sunderland Strollers	S(V)
160	0:41:59	HENRY, Mike	(1) Alnwick Harriers	S(V)	221	0:45:44	KEAR, David	(2) Claremont RR	S(V)
161	0:42:13	CONNELLY, Kevin	Gateshead H	S	222	0:45:49	PEARSON, Stephen	(2) Houghton AC	S(V)
162	0:42:15	BOWMAN, William	(2) Houghton AC	S(V)	223	0:45:52	CURRY, Stephen	(1) Elswick H	S(V)
163	0:42:17	TODD, Mick	(1) Wallsend H	S(V)	224	0:45:57	ADAMSON, George	(2) North Shields Poly	S(V)
164	0:42:22	SLOAN, Peter	(1) Elswick H	S(V)	225	0:46:02	COULSON, Lee	(1) Elswick H	S
165	0:42:24	ALLSOPP, Barry	(1) Wallsend H	M(V)	226	0:46:03	SMITH, Paul	(1) Crook AC	S(V)
166	0:42:25	DIXON, Paul	(1) Sunderland Strollers	S(V)	227	0:46:06	HOWE, David	(2) Derwentside AC	S(V)
167	0:42:27	RICHARDSON, Ian	(2) North Shields Poly	S(V)	228	0:46:07	KAY, Jonathan	(1) Alnwick Harriers	S(V)
168	0:42:29	DUNN, Terry	(1) South Shields	S(V)	229	0:46:09	MULLISS, Allen	(2) Heaton Harriers	S(V)
169	0:42:30	KENNEDY, Jonathan	(2) Saltwell Harriers	S	230	0:46:13	WRIGHT, David	(2) Heaton Harriers	S(V)
170	0:42:32	LINDSAY, Robert	(1) Durham City H	S	231	0:46:21	SLESSER, Alan	(2) Jarrow & Hebburn AC	S(V)
171	0:42:34	GRAY, Dave	(2) Morpeth H	S(V)	232	0:46:22	ATWELL, Chris	(1) Alnwick Harriers	S(V)
172	0:42:37	HAINWORTH, Paul	Gosforth H	S(V)	233	0:46:23	WOODWARD, John	(1) Sunderland Strollers	S(V)
173	0:42:42	RICHARDSON, Peter	(1) Sunderland Harriers	S(V)	234	0:46:24	PINKNEY, Robert	(1) South Shields	S(V)
174	0:42:43	BAILEY, Jeremy	Doncaster AC	M	235	0:46:34	FORD, David	(1) Tynedale H	S(V)
175	0:42:44	HAYDEN, Ian	Aurora	M	236	0:46:43	ROBSON, Colin	(2) Jarrow & Hebburn AC	M
176	0:42:45	KELLY, John	(1) Crook AC	S	237	0:46:44	SKIRROW, Graham	(1) Alnwick Harriers	S
177	0:42:46	DICKINSON, Ralph	(2) Blyth RC	S(V)	238	0:46:47	DICKINSON, Michael	(2) Houghton AC	S(V)
178	0:42:47	ROBERTS, Shaun	(2) Elvet Striders	S(V)	239	0:47:12	ROBSON, Dave	(2) Elvet Striders	S(V)
179	0:42:48	BIGGS, Andy	(1) Durham City H	M(V)	240	0:47:35	THOMPSON, Aaron	Concordia R&P	S

241	0:47:47	BROWN, Michael	(2) Blyth RC	S(V)			
242	0:47:49	SLESSER, Mark	(2) Jarrow & Hebburn AC	M		Division 1	
243	0:47:57	BROWN, Brian	(1) Durham City H	S(V)		1 Sunderland H	100
244	0:48:15	WEAVERS, Keith	Aurora	S(V)		2 Tynedale H	109
245	0:48:20	COWEN, Paul	(1) Crook AC	S(V)		3 South Shields	172
246	0:48:32	PRUDHAM, Joe	(2) Jarrow & Hebburn AC	S(V)		4 Elswick	173
247	0:48:48	CORDES, Bernie	(2) Morpeth H	S(V)		5 Alnwick	220
248	0:49:07	HAMPSON, John	(1) Durham City H	S(V)		6 Sunderland S	222
249	0:49:18	TURNBULL, Ken	(2) Blyth RC	S(V)		7 Wallsend	237
250	0:49:33	WEBB, Andrew	(2) North Shields Poly	S(V)		8 Crook	237
251	0:49:41	MURRAY, Barry	(2) Derwentside AC	S(V)		9 Durham C	272
252	0:49:42	MOWBRAY, Ian	Concordia R&P	S(V)		10 Blaydon	303
253	0:49:44	BLACKWELL, Peter	(2) Derwentside AC	S(V)			
254	0:50:08	GOLLEDGE, Clive	(1) Crook AC	S(V)		Division 2	
255	0:50:56	ELDERS, Alan	(2) Low Fell RC	S(V)		1 Heaton	60
256	0:51:03	OWEN, Phil	(2) Elvet Striders	S(V)		2 NSP	89
257	0:51:08	BURTON, Nick	North East Vets	S(V)		3 Morpeth	91
258	0:51:10	SMITH, George	Gateshead H	S(V)		4 Low Fell	117
259	0:51:14	STRAND, Frank	(1) South Shields	S(V)		5 Blyth	209
260	0:51:36	GREAVES, Laurence	Aurora	S(V)		6 Claremont	311
261	0:51:42	WHITFIELD, Terry	(2) North Shields Poly	S(V)		7 Saltwell	328
262	0:51:52	MCDONALD, Ken	(1) South Shields	S(V)		8 Houghton	380
263	0:53:06	PARKIN, Percy	(1) Crook AC	S(V)		9 Elvet	392
264	0:54:43	PASCOE, Barry	(2) Jarrow & Hebburn AC	S(V)		10 Jarrow & Hebburn	423
265	0:56:27	PURVIS, Alan	(2) Elvet Striders	S(V)		11 Derwentside	439
266	0:59:15	KELLY, Patrick	Birtley	S(V)			
267	1:00:43	WHITE, Stan	(2) Low Fell RC	S(V)		Division 3	

No complete teams

Under 17 Men

1	0:22:44	CALDER, Timmy (DQ)	Tynedale H	F	9	0:25:56 CAUSEBROOK, Samuel	Tynedale H
2	0:23:11	ROWE, Gregor	Blaydon Harriers		10	0:26:12 MONTGOMERY, Nicholas	Blaydon Harriers
3	0:23:34	WALKER, Thomas	Gosforth H		11	0:26:12 AMOS, Kevin	Elswick H (NC)
4	0:24:19	WILSON, Andrew	Blaydon Harriers		12	0:27:08 GIBBONS, Dan	Houghton AC
5	0:25:02	MOORE, Jack	Jarrow & Hebburn	F	13	0:32:01 PEARSON, Christopher	Houghton AC
6	0:25:06	RITCHIE, Greg	Jarrow & Hebburn	F			
7	0:25:33	DOUGLASS, Alistair	Morpeth H	F		Fastest	
8	0:25:48	RUTHERFORD, Cameron	Tynedale H	F		1. J Moore	
						2. G Ritchie	
						3. Alistair Douglass	

Teams

1. Blaydon

Under 15 Boys

1	0:11:40	AYTON, Liam	Durham City		11	0:13:14 LOWRY, George	Jarrow & Hebburn	F
2	0:12:25	OLIVER, Thomas	Gateshead H		12	0:13:24 GREENWOOD, Simeon	Tynedale H	F
3	0:12:44	LAIDLAW, Cameron	Elswick H		13	0:13:30 BUSWELL, William	Gosforth H	F
4	0:12:52	BALMAIN, Daniel	Elswick H		14	0:13:32 GOFFEY, Ryan	Houghton AC	
5	0:12:57	LUNDGREN, Mark	Gosforth H		15	0:13:33 MCGARR, James	Gosforth H	
6	0:13:03	FEARN, Matthew	Jarrow & Hebburn		16	0:13:37 HEARN, Samuel	Tynedale H	F
7	0:13:06	BLACKETT, Sam	Chester-le-Street		17	0:13:40 NEWTON, Nathan	Gateshead H	F
8	0:13:07	BIRD, Tom	Gosforth H		18	0:14:18 BAILES, Mark	Birtley AC	
9	0:13:08	BROWN, Josh	Tynedale H	F	19	0:14:19 BUNN, Christopher	Jarrow & Hebburn	F
10	0:13:09	BARRAS, Shaun	Jarrow & Hebburn	F				

Teams

1. Gosforth 26
2. Jarrow & Hebburn 27
3. Tynedale 37

Fastest

1. Liam Ayton
2. Josh Brown
3. Shaun Barras

Under 13 Boys									
1	0:12:28	NISBET, Jonathan	Morpeth H		25	0:14:08	NEWTON, Keiron	Gateshead H	F
2	0:12:39	GRUNDY, Matthew	Alnwick Harriers		26	0:14:10	CARR, Elliot	Gosforth H	
3	0:12:44	COYLE, Lewis	Morpeth H		27	0:14:16	BOLAM, Christopher	Alnwick Harriers	
4	0:13:01	RAMSAY, Reece	Morpeth H		28	0:14:22	CALDWELL, Phillip	Morpeth H	
5	0:13:02	HARRINGTON, Adam	Morpeth H	F	29	0:14:22	WILSON, Michael	Sunderland H	F
6	0:13:05	BELL, Christopher	Alnwick Harriers		30	0:14:25	HEWITT, Jonathan	Birtley AC	
7	0:13:08	WALLETT, Anthony	North Shields Poly		31	0:14:35	GOFFEY, Daniel	Houghton AC	
8	0:13:16	WILKIE, Thomas	Tynedale H		32	0:14:36	STEWART, James	Tynedale H	
9	0:13:21	LILLICO, Christopher	Blyth RC		33	0:14:46	ANDERSON, Jonathan	Morpeth H	F
10	0:13:23	LORAINE, Robert	Birtley AC	F	34	0:14:47	ORAM, Jack	Elswick H	F
11	0:13:25	ROBERTSON, Corey	Blyth RC		35	0:14:53	SKIRROW, George	Alnwick Harriers	
12	0:13:26	MASKELL, Barry	Gateshead H	F	36	0:14:54	KIRK, Jonathan	Houghton AC	
13	0:13:31	HETHERINGTON, Ellis	Blyth RC	F	37	0:15:04	EWART, Adam	Gosforth H	F
14	0:13:36	JACKSON, Matthew	Blyth RC		38	0:15:06	LAIDLAW, Robert	Elswick H	F
15	0:13:45	PEEL, Tristan	Jarrow & Hebburn	F	39	0:15:09	ROBSON, Ethan	Elswick H	F
16	0:13:46	PEVERLEY, Christopher	Chester-le-Street	F	40	0:15:27	BROWN, Jordan	Alnwick Harriers	
17	0:13:48	HALL, Ryan	North Shields Poly		41	0:15:28	SADLER, Andrew	Tynedale H	
18	0:13:51	ROBERTSHAW, Joe	Morpeth H		42	0:15:30	ANDERSON, Michael	Gosforth H	
19	0:13:52	BAILES, Adrian	Birtley AC	F	43	0:15:33	DENTON, Matthew	Morpeth H	
20	0:13:53	BUNN, Mark	Jarrow & Hebburn	F	44	0:16:06	KELLY, Jack	Sunderland H	
21	0:13:54	LOVE, Ryan	Alnwick Harriers		45	0:17:14	HOBSON, Daniel	Elswick H	
22	0:14:02	CRIPWELL, James	Gateshead H		46	0:17:54	BELL, Jordan	Blackhill Bounders	
23	0:14:05	REED, Jack	Gosforth H	F	47	0:18:32	SLOAN, Ben	Tynedale H	
24	0:14:07	WINKLER, Philip	Alnwick Harriers						

Teams

- 1 Morpeth 8
- 2 Alnwick 29
- 3 Blyth 33
- 4 Gateshead 59
- 5 Birtley 59
- 6 Tynedale 81
- 7 Gosforth 86
- 8 Elswick 111

Fastest

1. Adam Harrington
2. Robert Loraine
3. Barry Maskell

Senior Women									
1	0:25:34	MATTHEW, Kerry	Chester-le-Street	S	40	0:30:14	HORNE, Donna	Wallsend Harriers	F
2	0:26:04	JOHNSON, Helen	Heaton Harriers	S	41	0:30:15	WALLACE, Stephanie	North Shields Poly	S
3	0:27:16	FOX, Aiveen	Morpeth Harriers	F	42	0:30:23	ELLIOTT, Karen	Elvet Striders	S(V)
4	0:27:19	LAMBERT, Heather	North Shields Poly	S(V)	43	0:30:25	KERR, Rachel	Claremont RR	S
5	0:27:23	SIMPSON, Kim	Gateshead Harriers	F	44	0:30:31	KILGOUR, Janette	Claremont RR	S(V)
6	0:27:40	DOOLEY, Joanne	Tynedale Harriers	S	45	0:30:33	BOOTH, Victoria	Sunderland Strollers	F
7	0:28:01	JAMES, Donna	Elvet Striders	F(V)	46	0:30:34	WYLIE, Angela	Tynedale Harriers	S(V)
8	0:28:08	ROBINSON, Lucy	North Shields Poly	S	47	0:30:36	TURLEY, Fiona	Heaton Harriers	F
9	0:28:28	HOLT, Michelle	Sunderland Harriers	F	48	0:30:46	SYERS, Sarah	Alnwick Harriers	S(V)
10	0:28:29	ROBERTSON, Karen	Tynedale Harriers	F(V)	49	0:30:49	PEACE, Angela	Heaton Harriers	F
11	0:28:37	MILLER, Lesley	North Shields Poly	S(V)	50	0:31:09	GIDNEY, Kathryn	Wallsend Harriers	S
12	0:28:40	HALES, Debbie	Durham City	S(V)	51	0:31:11	SKELDEN, Krystal	Wallsend Harriers	S(V)
13	0:28:40	HERWORTH, Mandy	Claremont RR	S(V)	52	0:31:11	LOUGHNEY, Karen	North Shields Poly	S(V)
14	0:28:41	WALTON, Emma	Wallsend Harriers	S	53	0:31:22	PEACOCK, Laura	Blaydon Harriers	S
15	0:28:41	DAVIS, Katherine	North Shields Poly	S(V)	54	0:31:24	DANCE, Ruth	Ryton Tri	F(V)
16	0:28:43	MORRIS, Helen	Blyth RC	S(V)	55	0:31:26	NIELSON, Karen	North Shields Poly	S(V)
17	0:28:46	VINCENT, Rachel	Tynedale Harriers	F	56	0:31:28	JUDGE, Wendy	Blaydon Harriers	S(V)
18	0:28:47	ROBINSON, Heather	Chester-le-Street	F(V)	57	0:31:30	SHENTON, Fiona	Elvet Striders	F(V)
19	0:28:49	ZOPPI, Joanna	Heaton Harriers	F	58	0:31:49	NUTT, Judith	Elswick Harriers	F
20	0:28:49	CALVERT, Sue	Morpeth Harriers	S(V)	59	0:32:00	ROBINSON, Joanne	Derwentside AC	S
21	0:28:49	AULD, Susan	Heaton Harriers	S	60	0:32:03	BALMER, Sarah	Blyth RC	
22	0:28:52	WALKER, Lisa	Wallsend Harriers	S(V)	61	0:32:08	KISLER, Jill	Sunderland Strollers	S
23	0:28:59	CLARKE, Joanna	Heaton Harriers	S	62	0:32:17	HALL, Jill	Elvet Striders	S(V)
24	0:29:01	MAGOWAN, Moyra	Sunderland Strollers	S(V)	63	0:32:24	WHITE, Steph	Tynedale Harriers	F(V)
25	0:29:04	HINDSON, Victoria	Wallsend Harriers	S	64	0:32:25	HODGKINSON, Kelly	Wallsend Harriers	S
26	0:29:06	FRIEND, Jenny	Heaton Harriers	S(V)	65	0:32:27	STRONG, Anne	Tynedale Harriers	S
27	0:29:18	BRUCE, Claire	Morpeth Harriers	S(V)	66	0:32:32	HUNTER, Amanda	Elvet Striders	S(V)
28	0:29:26	LORENZI, Alice	Heaton Harriers	S(V)	67	0:32:38	BUTLER, Jen	Saltwell Harriers	S(V)
29	0:29:27	ELLIOTT, Dawn	Sunderland Strollers	S(V)	68	0:32:45	CHANEY, Diane	Ryton Tri	S(V)
30	0:29:36	FORD, Helen	Sunderland Harriers	S	69	0:33:06	CUTHBERTSON, Vicky	Saltwell Harriers	S
31	0:29:42	WATT, Kathryn	Sunderland Harriers	S	70	0:33:21	ALLAN, Anne	Alnwick Harriers	F(V)
32	0:29:43	MILLAR, Gillian	Alnwick Harriers	S(V)	71	0:33:27	BENTHAM, Kerry	Wallsend Harriers	S
33	0:29:49	MORAN, Michelle	North East Vets	S(V)	72	0:33:39	YOUNG, Jan	Elvet Striders	S(V)
34	0:29:54	LAYTON, Roz	Elvet Striders	S(V)	73	0:33:44	RYALL, Joy	Tynedale Harriers	S(V)
35	0:30:00	WELSH, Sally	Morpeth Harriers	S(V)	74	0:33:55	SAMPLE, Tracey	Alnwick Harriers	S(V)
36	0:30:03	TOMACZCK, Sophie	Durham City	S	75	0:34:11	LONSDALE, Lavinia	Blyth RC	S(V)
37	0:30:03	FLYNN, Andrea	North Shields Poly	S	76	0:35:20	HASSON, Caroline	Wallsend Harriers	S
38	0:30:08	PAWSEY, Wendy	North Shields Poly	S	77	0:38:42	SIMMONDS, Helena	Saltwell Harriers	S
39	0:30:13	BUIS, Clare	Heaton Harriers	F	78	0:41:45	GATT, Sadie	Low Fell RC	S

Teams

- 1 NSP 23
- 2 Tynedale 33
- 3 Heaton 42
- 4 Morpeth 50
- 5 Wallsend 61
- 6 Sunderland H 70
- 7 Elvet 83
- 8 Sunderland S 98
- 9 Claremont 100
- 10 Alnwick 150
- 11 Blyth 151
- 12 Saltwell 213

Fastest

1. A Fox
2. K Simpson
3. D James

Under 17 / 20 Women				Teams
1	0:27:10	MASSON (U17), Emma	Gosforth	1. Houghton
2	0:27:17	FERRIER (U20), Mary	Gateshead Harriers	
3	0:27:55	GERTIG (U17), Helen	Blaydon Harriers	Fastest
4	0:28:06	OAKLEY (U17), Deborah (DQ)	Morpeth Harriers	1. M Ferrier
5	0:29:39	BELL (U17), Maresa	Blackhill Bounders	2. H Gertig
6	0:31:49	TINDALE, Olivia	Durham City	3. E Masson
7	0:32:18	DIXON (U20), Laura	Morpeth Harriers	
8	0:32:24	FAVIER (U17), Saoradh	Gateshead Harriers	
9	0:32:58	GRIEVES (U17), Rebecca	Blaydon Harriers	
10	0:33:08	LEWIS (U17), Megan	Tynedale Harriers	
11	0:33:26	WILTON, Cherise	Durham City	
12	0:34:14	BREWIS (U17), Victoria	Houghton AC	
13	0:34:43	POTTS (U20), Caroline	Houghton AC	
14	0:43:41	BOAL (U17), Helen	Houghton AC	

Under 15 Girls									
1	0:13:46	BRADBURY, Eleanor	Blaydon Harriers	15	0:15:30	BARKER, Bethany	Alnwick Harriers		
2	0:13:59	LUNDGREN, Rachael	Gosforth	F	16	0:15:33	WATT, Amanda	Gateshead Harriers	F
3	0:14:00	BRADBURY, Caitlin	Blaydon Harriers		17	0:15:34	TAYLOR, Lauren	Elswick Harriers	
4	0:14:19	EDWARDS, Sally	Gosforth		18	0:15:51	BRODIE, Lauren	Tynedale Harriers	
5	0:14:21	WADDELL, Helen	Gosforth	F	19	0:15:55	CAIRNS, Louise	Morpeth Harriers	F
6	0:14:26	JOHNSON, Kirstie	Blyth RC		20	0:16:00	MAUGHAM, Rebecca	Houghton AC	
7	0:14:40	SADLER, Charlotte	Tynedale Harriers		21	0:16:06	STRONG, Charlotte	Chester-le-Street	F
8	0:14:41	LOWDON, Kate	Tynedale Harriers		22	0:16:13	CALDWELL, Jessica	Morpeth Harriers	
9	0:14:44	OLDHAM, Rebecca	Gateshead Harriers	F	23	0:16:26	SWORDY, Louise	Alnwick Harriers	
10	0:14:44	ORAM, Rebecca	Elswick Harriers		24	0:16:35	WOODS, Sarah	North Shields Poly	F
11	0:14:57	WOOD, Jane	Gateshead Harriers		25	0:17:22	BROWN, Cassie	Derwentside AC	
12	0:15:09	SIMPSON, Mariska	Morpeth Harriers		26	0:17:22	PEARSON, Sophia	Houghton AC	
13	0:15:20	PAGE, Lyndsay	Houghton AC	F	27	0:18:23	RAMSAY, Stephanie	Blyth RC	
14	0:15:24	STEEL, Rachael	Morpeth Harriers	F					

Teams	Fastest
1 Gosforth 11	1. R Lundgren
2 Tynedale 33	2. H Waddell
3 Gateshead 36	3. R Oldham
4 Morpeth 45	
5 Houghton 59	

Under 13 Girls									
1	0:13:54	TURNER, Lydia	Birtley AC	15	0:15:12	LOCKHART, Faye	Gateshead Harriers	F	
2	0:14:17	BRUCE, Stephanie	Tynedale Harriers	F	16	0:15:16	JONES, Paige	Gateshead Harriers	F
3	0:14:30	GILL, Bethany	Gateshead Harriers		17	0:15:27	FORSTER, Sophie	Birtley AC	F
4	0:14:37	LARBY, Beth	Gosforth		18	0:15:47	WILKES, Sarah	Morpeth Harriers	
5	0:14:40	COURTY, Stephanie	Morpeth Harriers		19	0:15:48	HANEY, Melissa	Blaydon Harriers	
6	0:14:41	TINDALE, Georgia	Durham City		20	0:16:14	MORRISON, Jessica	Alnwick Harriers	F
7	0:14:46	STEWART, Adele	Morpeth Harriers		21	0:16:15	BROWN, Megan	Jarrow & Hebburn AC	
8	0:14:53	TAYLOR, Sophie	Birtley AC	F	22	0:16:26	PEEL, Anna	Blaydon Harriers	
9	0:15:01	CLEMENT, Laura	Gateshead Harriers		23	0:16:40	SIMPSON, Grace	Gateshead Harriers	
10	0:15:04	OAKES, Bethan	Birtley AC	F	24	0:17:11	MCCRAIG, Catlin	Sunderland Harriers	
11	0:15:05	SHIELD, Hannah	Blaydon Harriers		25	0:17:15	ARMSTRONG CHILTON, Eleanor	Tynedale Harriers	
12	0:15:06	ROBINSON, Stacey	Blyth RC	F	26	0:17:23	MURRAY, Sarah	Derwentside AC	
13	0:15:06	FALCONER, Charlotte	Gosforth	F	27	0:18:11	TAYLOR, Beatrice	Elswick Harriers	F
14	0:15:07	BROMLEY-DENY, Rebekah	Chester-le-Street	F	28	0:20:17	CONNELLY, Rebecca	Elswick Harriers	

Teams	Fastest
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- 1 Birtley 17
- 2 Gateshead 25
- 3 Blaydon 49

1. S Bruce
2. S Taylor
3. B Oakes