

START FITNESS NEHL : PRUDHOE 17th MARCH

| Senior Men | Handicaps 2min 30s and 5min | | | | | | | | |
|------------|-----------------------------|------------------------|--------------------------|-------|-----|---------|------------------------|--------------------------|-------|
| 1 | 0:32:09 | MOORE, Gary | North Shields Poly (1) | S | 77 | 0:36:31 | PATTON, John | Alnwick Harriers (1) | S |
| 2 | 0:32:44 | JONES, Gary | Blyth RC (2) | S | 78 | 0:36:32 | DIXON, David | Sunderland Strollers (2) | S (V) |
| 3 | 0:32:55 | MEHARI, Teklit | Claremont RR (3) | S | 79 | 0:36:33 | THOMAS, David | Blaydon Harriers (1) | S (V) |
| 4 | 0:32:57 | PEARSON, Jonathan | | M | 80 | 0:36:34 | CLARK, Peter | Durham City H (1) | S (V) |
| 5 | 0:33:54 | MATTHEWS, Harry | Elswick H (1) | S (V) | 81 | 0:36:35 | KELLY, John | Crook AC (1) | S (V) |
| 6 | 0:34:00 | WALKER, Rob | Durham City H (1) | M | 82 | 0:36:38 | STEPHENSON, Kevin | Elswick H (1) | F (V) |
| 7 | 0:34:04 | SHUTTLEWORTH, Peter | Crook AC (1) | S (V) | 83 | 0:36:41 | ASTON, Luke | Blaydon Harriers (1) | M |
| 8 | 0:34:04 | DOUGHTY, Tom | Sunderland Harriers (1) | F (V) | 84 | 0:36:42 | REEVES, Thomas | Elvet Striders (2) | S (V) |
| 9 | 0:34:04 | STEPHENS, John | Low Fell RC (3) | S (V) | 85 | 0:36:44 | BINGHAM, Hugh | Tynedale H (2) | M (V) |
| 10 | 0:34:07 | BANAKIEWICZ, Adam | | F | 86 | 0:36:45 | WILSON, Ed | South Shields (1) | S (V) |
| 11 | 0:34:20 | HORSLEY, Will | Elvet Striders (2) | M | 87 | 0:36:46 | WHITE, Steve | Elswick H (1) | M (V) |
| 12 | 0:34:34 | MACKEY, Keith | South Shields (1) | M (V) | 88 | 0:36:47 | DARKE, Peter | Sunderland Strollers (2) | S (V) |
| 13 | 0:34:41 | FIELD, Tim | Sunderland Harriers (1) | F (V) | 89 | 0:36:49 | HEMY, Vaughan | North Shields Poly (1) | M (V) |
| 14 | 0:34:46 | BARKLEY, Rob | Blyth RC (2) | S | 90 | 0:36:50 | BAILES, Brian | Birtley (3) | S (V) |
| 15 | 0:34:48 | LAWRENCE, Andrew | Morpeth H (1) | F | 91 | 0:36:51 | SYERS, Graham | Alnwick Harriers (1) | M |
| 16 | 0:34:50 | HAYDEN, Ian | Aurora (2) | S | 92 | 0:36:52 | HEWITSON, Geoff | Crook AC (1) | S (V) |
| 17 | 0:34:53 | MACRAE, Andrew | Sunderland Harriers (1) | M | 93 | 0:36:54 | SCOTT, Zak | Birtley (3) | F |
| 18 | 0:34:55 | HUXLEY, Gareth | Wallsend H (1) | M | 94 | 0:36:56 | TAIT, Ted | Durham City H (1) | M (V) |
| 19 | 0:35:04 | WEAR, Alan | Birtley (3) | S | 95 | 0:36:58 | GREY, Stephen | Chester-le-Street (3) | F |
| 20 | 0:35:05 | LYDON, Dan | Sunderland Strollers (2) | M | 96 | 0:37:01 | THOMPSON, Jim | Saltwell Harriers (2) | M |
| 21 | 0:35:07 | POTTS, Steven | Sunderland Harriers (1) | F | 97 | 0:37:03 | ROBINS, Dan | Heaton Harriers (2) | M |
| 22 | 0:35:09 | LEIGH, Paul | Wallsend H (1) | M (V) | 98 | 0:37:04 | SUMLER HUTCHINSON, Ian | Crook AC (1) | M |
| 23 | 0:35:10 | MCMILLAN, Brendan | Claremont RR (3) | M | 99 | 0:37:07 | VINCENT, Phil | Tynedale H (2) | M |
| 24 | 0:35:16 | COXON, Syd | Tynedale H (2) | M (V) | 100 | 0:37:10 | BRYSON, Martin | Tynedale H (2) | S |
| 25 | 0:35:19 | MILBURN, Peter | Newton Aycliffe | S | 101 | 0:37:13 | CASSIDY, Neil | Tynedale H (2) | M (V) |
| 26 | 0:35:20 | CONLIN, Adrian | Claremont RR (3) | S | 102 | 0:37:16 | KINGSTON, Matthew | Claremont RR (3) | S |
| 27 | 0:35:20 | BUIS, James | Heaton Harriers (2) | F | 103 | 0:37:19 | BERYL, Stuart | Blaydon Harriers (1) | S (V) |
| 28 | 0:35:22 | BUNN, Michael | Jarrow & Hebburn AC (2) | S (V) | 104 | 0:37:20 | BYRON, Marcus | Tynedale H (2) | S (V) |
| 29 | 0:35:25 | BRADSHAW, Graham | Crook AC (1) | S (V) | 105 | 0:37:21 | GIBSON, Andrew | Blaydon Harriers (1) | S |
| 30 | 0:35:26 | GIBBONS, Mike | Houghton & Peterlee (2) | M | 106 | 0:37:22 | Unknown | | M |
| 31 | 0:35:30 | MAYNARD, Ken | Sunderland Strollers (2) | M (V) | 107 | 0:37:22 | CARROLL, Paul | Claremont RR (3) | M |
| 32 | 0:35:32 | MILLMORE, Lee | Birtley (3) | F | 108 | 0:37:23 | HAYES, Andy | North Shields Poly (1) | S |
| 33 | 0:35:32 | LAVERY, Larry | South Shields (1) | S | 109 | 0:37:25 | HUGHES, David | North Shields Poly (1) | S (V) |
| 34 | 0:35:32 | HILL, Stephen | Blaydon Harriers (1) | S (V) | 110 | 0:37:27 | MULLARKEY, Peter | Saltwell Harriers (2) | S (V) |
| 35 | 0:35:34 | NESBITT, Stephen | Durham City H (1) | S | 111 | 0:37:29 | SLESSER, Graeme | Jarrow & Hebburn AC (2) | S |
| 36 | 0:35:35 | AYRES, Kevin | South Shields (1) | S | 112 | 0:37:30 | GILROY, Stephen | North Shields Poly (1) | M (V) |
| 37 | 0:35:35 | RANSON, David | Birtley (3) | S (V) | 113 | 0:37:31 | DODDS, Alistair | Houghton & Peterlee (2) | S |
| 38 | 0:35:36 | BALMBRA, Robert | Morpeth H (1) | F | 114 | 0:37:32 | RUSSELL, George | Low Fell RC (3) | S |
| 39 | 0:35:37 | WHALEN-GRIFFITHS, Nick | South Shields (1) | S (V) | 115 | 0:37:34 | DRINNAN, Mike | Alnwick Harriers (1) | M |
| 40 | 0:35:38 | WEIGHTMAN, Owen | Crook AC (1) | S | 116 | 0:37:36 | CROWE, Martin | Elswick H (1) | S (V) |
| 41 | 0:35:39 | CRAIGS, Neville | Alnwick Harriers (1) | M | 117 | 0:37:38 | OAKES, Karl | Birtley (3) | M |
| 42 | 0:35:40 | BREWIS, Stephen | Houghton & Peterlee (2) | M | 118 | 0:37:40 | FORSTER, Tim | Saltwell Harriers (2) | S (V) |
| 43 | 0:35:41 | BIRD, Barry | Elvet Striders (2) | S (V) | 119 | 0:37:41 | YOUNG, David | Wallsend H (1) | M (V) |
| 44 | 0:35:42 | DONNEKY, John S | Derwentside AC (2) | F | 120 | 0:37:42 | BROWN, P | Wallsend H (1) | S |
| 45 | 0:35:43 | WOOD, Keith | Saltwell Harriers (2) | M (V) | 121 | 0:37:43 | DAGLISH, Graham | Elvet Striders (2) | S (V) |
| 46 | 0:35:44 | DAVIS, Geoff | Elvet Striders (2) | S (V) | 122 | 0:37:43 | MCKINNON, Iain | Heaton Harriers (2) | S |
| 47 | 0:35:46 | HITCHCOCK, Noel | Sunderland Strollers (2) | M | 123 | 0:37:44 | COOPER, Nick | Claremont RR (3) | S |
| 48 | 0:35:48 | HALL, Mark | Wallsend H (1) | M | 124 | 0:37:44 | SLATER, Paul | South Shields (1) | S |
| 49 | 0:35:51 | JENKINS, Archie | Morpeth H (1) | S (V) | 125 | 0:37:49 | MALLEN, Mike | Crook AC (1) | M (V) |
| 50 | 0:35:53 | GILL, Alasdair | Tynedale H (2) | M | 126 | 0:37:51 | SYKES, Robin | Claremont RR (3) | S |
| 51 | 0:36:00 | BROWN, Ian | Tynedale H (2) | S (V) | 127 | 0:37:54 | HADDON, Martin | North Shields Poly (1) | S |
| 52 | 0:36:02 | NETTLEWORTH, Rich | South Shields (1) | S (V) | 128 | 0:37:57 | BURNS, Graham | Blackhill Bounders (3) | M (V) |
| 53 | 0:36:03 | BELL, Stewy | Chester-le-Street (3) | F | 129 | 0:37:58 | HARDING, Jamie | Claremont RR (3) | S |
| 54 | 0:36:05 | REDMAN, Paul | Sunderland Harriers (1) | M (V) | 130 | 0:37:59 | FRIEL, Liam | Blaydon Harriers (1) | S (V) |
| 55 | 0:36:06 | CARTER, Tony | Wallsend H (1) | F | 131 | 0:38:03 | COLES, Louis | Claremont RR (3) | S |
| 56 | 0:36:08 | BELL, Graham | Elswick H (1) | M | 132 | 0:38:04 | WATT, Kevin | North Shields Poly (1) | M |
| 57 | 0:36:10 | SQUIRES, Andy | Alnwick Harriers (1) | S (V) | 133 | 0:38:06 | BOYER, George | Crook AC (1) | S (V) |
| 58 | 0:36:11 | BENNET, Mike | Elvet Striders (2) | S (V) | 134 | 0:38:08 | GRIFFITHS, Tim | Tynedale H (2) | S (V) |
| 59 | 0:36:12 | BROWN, Steven | Tynedale H (2) | M (V) | 135 | 0:38:10 | GRAHAM, Michael | Low Fell RC (3) | M (V) |
| 60 | 0:36:13 | DONNEKY, John A | Derwentside AC (2) | S (V) | 136 | 0:38:15 | REID, George | Newton Aycliffe | S |
| 61 | 0:36:15 | SIMON, Ian | Alnwick Harriers (1) | S | 137 | 0:38:17 | ATKINSON, Nick | South Shields (1) | S |
| 62 | 0:36:17 | HOWE, Paul | Heaton Harriers (2) | M | 138 | 0:38:19 | RUTHERFORD, Gary | Elswick H (1) | S (V) |
| 63 | 0:36:19 | DEVLIN, Iain | Durham City H (1) | S | 139 | 0:38:21 | HARDEN, George | Sunderland Harriers (1) | F (V) |
| 64 | 0:36:20 | GOODE, Philip | Saltwell Harriers (2) | M | 140 | 0:38:22 | SLESSER, Mark | Jarrow & Hebburn AC (2) | M |
| 65 | 0:36:21 | RICHARDSON, Danny | Alnwick Harriers (1) | M | 141 | 0:38:23 | HARBISHER, Martin | Crook AC (1) | S (V) |
| 66 | 0:36:22 | WILTON, Anthony | Sunderland Strollers (2) | M | 142 | 0:38:24 | COLVER, Philip | Elswick H (1) | S |
| 67 | 0:36:23 | STEEL, Jamie | Crook AC (1) | S | 143 | 0:38:25 | PRITCHARD, Fabian | Wallsend H (1) | S |
| 68 | 0:36:24 | BARTRAM, Andrew | Heaton Harriers (2) | S | 144 | 0:38:27 | BUCKLEY, Brian | Derwentside AC (2) | S |
| 69 | 0:36:25 | GIBSON, Malcolm | Heaton Harriers (2) | S | 145 | 0:38:28 | MCDERMOTT, John | Houghton & Peterlee (2) | M (V) |
| 70 | 0:36:26 | JACKSON, Chris | Sunderland Strollers (2) | F | 146 | 0:38:29 | MORRIS, Dave | North Shields Poly (1) | S (V) |
| 71 | 0:36:27 | MUIR, Alex | Blaydon Harriers (1) | M | 147 | 0:38:30 | FRASER, Walter | Saltwell Harriers (2) | M (V) |
| 72 | 0:36:28 | ALLISON, Jason | Crook AC (1) | S | 148 | 0:38:32 | HARGREAVES, Stephen | Wallsend H (1) | F |
| 73 | 0:36:29 | CONWAY, Ged | Saltwell Harriers (2) | S (V) | 149 | 0:38:34 | JACOBSON, Brian | Blaydon Harriers (1) | M (V) |
| 74 | 0:36:29 | SLOAN, Peter | Elswick H (1) | S (V) | 150 | 0:38:39 | JACONELLI, Angelo | Sunderland Strollers (2) | S |
| 75 | 0:36:30 | PSAILA, Ben | | S | 151 | 0:38:43 | WESTPHAL, Kevin | Wallsend H (1) | S |
| 76 | 0:36:31 | MERRISON, Paul | Sunderland Harriers (1) | F (V) | 152 | 0:38:46 | STOREY, Alan | Blaydon Harriers (1) | S (V) |

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|-----|---------|--------------------------|--------------------------|-------|-----|----------|---------------------------|-------------------------|-------|
| 153 | 0:38:48 | LUMLEY, Ian | Sunderland Strollers (2) | S | 206 | 0:42:41 | DICKINSON, Michael | Houghton & Peterlee (2) | S (V) |
| 154 | 0:38:51 | RIDER, Toby | Claremont RR (3) | S | 207 | 0:43:11 | GRAHAM, Andrew | Claremont RR (3) | S |
| 155 | 0:38:54 | REA, Paul | Saltwell Harriers (2) | S (V) | 208 | 0:43:27 | WEAVERS, Keith | Aurora (2) | S |
| 156 | 0:38:55 | BIRD, Trevor | Gosforth H (3) | M (V) | 209 | 0:43:31 | DOIDGE, Bill | Low Fell RC (3) | S (V) |
| 157 | 0:38:56 | MURRAY, Ronnie | Wallsend H (1) | S (V) | 210 | 0:43:38 | PINKNEY, Robert | South Shields (1) | S (V) |
| 158 | 0:38:59 | DIXON, Paul | Sunderland Strollers (2) | S (V) | 211 | 0:44:02 | WELSH, Alan | Crook AC (1) | S (V) |
| 159 | 0:39:04 | LIDDLE, Brian | Blaydon Harriers (1) | S (V) | 212 | 0:44:13 | NIGHTINGALE, John | Crook AC (1) | S |
| 160 | 0:39:08 | HUTCHINSON, Wilf | Concordia R&P (3) | S (V) | 213 | 0:44:17 | STRAND, Frank | South Shields (1) | S (V) |
| 161 | 0:39:10 | HILL, Michael | Sunderland Harriers (1) | M (V) | 214 | 0:44:17 | MOORE, Robert | Tynedale H (2) | S (V) |
| 162 | 0:39:14 | SMITH, Neil | Derwentside AC (2) | S (V) | 215 | 0:45:03 | HURREN, Matthew | Wallsend H (1) | S |
| 163 | 0:39:16 | PURVIS, Stephen | Jarrow & Hebburn AC (2) | S | 216 | 0:45:27 | CLARK, Allan | Low Fell RC (3) | S (V) |
| 164 | 0:39:25 | HAYLEY, Ed | South Shields (1) | M (V) | 217 | 0:45:38 | BLACKWELL, Peter | Derwentside AC (2) | S (V) |
| 165 | 0:39:35 | ROBSON, Dean | Sunderland Strollers (2) | S | 218 | 0:46:04 | GREAVES, Laurence | Aurora (2) | S (V) |
| 166 | 0:39:40 | REAY, David | Derwentside AC (2) | M | 219 | 0:46:38 | ELDERS, Alan | Low Fell RC (3) | S (V) |
| 167 | 0:39:46 | GIBSON, John | Heaton Harriers (2) | S | 220 | 0:47:19 | MCCORMICK, Ken | Claremont RR (3) | S (V) |
| 168 | 0:39:58 | INSKIP, Paul | Heaton Harriers (2) | S | 221 | 0:47:43 | TREELOWN, Raymond | Aurora (2) | S (V) |
| 169 | 0:40:02 | RICKETTS, Mark | Sunderland Strollers (2) | S (V) | 222 | 0:48:06 | WRIGHT, David | Houghton & Peterlee (2) | S (V) |
| 170 | 0:40:03 | ROCHELLE, Steven | Saltwell Harriers (2) | S (V) | 223 | 0:49:03 | HUME, Geoff | Low Fell RC (3) | S (V) |
| 171 | 0:40:05 | SKIRROW, Graham | Alnwick Harriers (1) | S | 224 | 0:49:23 | STEWART, Ron | North Shields Poly (1) | S (V) |
| 172 | 0:40:14 | WELSH, David | Crook AC (1) | S (V) | 225 | 00:54:32 | ROUTLEDGE, George | Heaton Harriers (2) | S (V) |
| 173 | 0:40:15 | WINTER, Geoff | Derwentside AC (2) | S (V) | | | | | |
| 174 | 0:40:17 | KING, Graham | Wallsend H (1) | S (V) | | | Fastest | | |
| 175 | 0:40:19 | CARTER, Phil | Crook AC (1) | S (V) | | | 1 Tom Doughty | | |
| 176 | 0:40:21 | BROWN, Dennis | Crook AC (1) | S (V) | | | 2 Adam Banakiewicz | | |
| 177 | 0:40:23 | PRATHALINGHAM, Nilendran | Claremont RR (3) | S | | | 3 Tim Field | | |
| 178 | 0:40:26 | HUME, Brian | Low Fell RC (3) | S (V) | | | | | |
| 179 | 0:40:30 | READMAN, Alan | Houghton & Peterlee (2) | S (V) | | | | | |
| 180 | 0:40:42 | PEARSON, Stephen | Houghton & Peterlee (2) | S (V) | | | Division 1 | | |
| 181 | 0:40:46 | TREZISE, Johnathon | Saltwell Harriers (2) | S (V) | | | 1 Sunderland H 93 | | |
| 182 | 0:40:48 | RELTON, Melvyn | North East Vets (3) | S (V) | | | 2 South Shields 123 | | |
| 183 | 0:40:50 | WATSON, Geoff | Durham City H (1) | S | | | 3 Crook 143 | | |
| 184 | 0:40:53 | LOWDON, Lee | Tynedale H (2) | S | | | 4 Wallsend 187 | | |
| 185 | 0:40:55 | USHER, Brian | Aurora (2) | S (V) | | | 5 Alnwick 192 | | |
| 186 | 0:40:58 | COCKBURN, John | Alnwick Harriers (1) | S (V) | | | 6 Elswick 206 | | |
| 187 | 0:40:59 | EMMETT, Vince | Sunderland Harriers (1) | S (V) | | | 7 Durham C 222 | | |
| 188 | 0:41:00 | MAXWELL, Ross | Tynedale H (2) | S (V) | | | 8 Blaydon 229 | | |
| 189 | 0:41:04 | ATWELL, Chris | Alnwick Harriers (1) | S (V) | | | 9 NSP 270 | | |
| 190 | 0:41:07 | MITSIDES, Dave | Wallsend H (1) | S (V) | | | | | |
| 191 | 0:41:09 | HEPPEL, Nigel | Elvet Striders (2) | S (V) | | | Division 2 | | |
| 192 | 0:41:13 | ARMSTRONG, Nick | Morpeth H (1) | S | | | 1 Sunderland S 111 | | |
| 193 | 0:41:16 | KEAR, David | Claremont RR (3) | S (V) | | | 2 Elvet 121 | | |
| 194 | 0:41:19 | WHITE, Conrad | Elvet Striders (2) | S (V) | | | 3 Tynedale 127 | | |
| 195 | 0:41:29 | ADAMSON, George | North Shields Poly (1) | S (V) | | | 4 Heaton H 158 | | |
| 196 | 0:41:36 | CURRY, Stevie | Elswick H (1) | S (V) | | | 5 Saltwell 179 | | |
| 197 | 0:41:40 | BRIGNALL, David | Heaton Harriers (2) | S (V) | | | 6 Houghton & Peterlee 236 | | |
| 198 | 0:41:49 | BAINBRIDGE, Ian | Crook AC (1) | S (V) | | | 7 Derwentside 254 | | |
| 199 | 0:42:02 | BURN, Chris | Heaton Harriers (2) | S | | | 8 Aurora 382 | | |
| 200 | 0:42:03 | MEIGHEN, Peter | Blaydon Harriers (1) | S | | | | | |
| 201 | 0:42:06 | WATT, Alan | North Shields Poly (1) | S (V) | | | Division 3 | | |
| 202 | 0:42:10 | RAINE, William | Aurora (2) | S (V) | | | 1 Birtley 50 | | |
| 203 | 0:42:19 | SMITH, Paul | Crook AC (1) | S (V) | | | 2 Claremont 51 | | |
| 204 | 0:42:31 | WOODWARD, John | Sunderland Strollers (2) | S (V) | | | 3 Low Fell 124 | | |
| 205 | 0:42:32 | JACKSON, Paul | Sunderland Strollers (2) | S (V) | | | | | |

Under 17 Men

| Handicap 2min 40s | | | |
|-------------------|---------|---------------------|----------------------|
| 1 | 0:20:38 | TAYLOR, Karl | Morpeth H F |
| 2 | 0:20:46 | SOUTHERN, Adam | Elswick H |
| 3 | 0:20:54 | DALBY, Dominic | Gateshead H |
| 4 | 0:21:29 | SCOTT, Jordan | Morpeth H F |
| 5 | 0:21:34 | FOGGIN, Matthew | Sunderland H F |
| 6 | 0:21:47 | WATT, David | North Shields Poly F |
| 7 | 0:21:53 | CALDER, Timmy | Tynedale H F |
| 8 | 0:21:56 | COCHRANE, Marc | Morpeth H F |
| 9 | 0:21:59 | RUTHERFORD, Cameron | Tynedale H F |
| 10 | 0:22:11 | RICHARDSON, Andrew | Tynedale H F |
| 11 | 0:22:37 | REGAN, Daniel | Blaydon Harriers F |
| 12 | 0:22:44 | ROBSON, Stefan | Tynedale H F |
| 13 | 0:22:45 | LINDSAY, Robert | Durham City |
| 14 | 0:23:16 | HOPKINS, Richard | Birtley AC F |
| 15 | 0:23:25 | CUTTER, Jamie | Sunderland H |
| 16 | 0:24:04 | HOOD, Corry | Houghton & Peterlee |
| 17 | 0:24:38 | FAIRCLOUGH, Karl | Sunderland H F |

Teams

| | |
|---|-----------------|
| 1 | Morpeth 13 |
| 2 | Tynedale 26 |
| 3 | Sunderland H 37 |
| | Fastest |
| 1 | Karl Taylor |
| 2 | Jordan Scott |
| 3 | Matthew Foggin |

Under 15 Boys Handicap 1min 40s

| | | | | | | | | | |
|----|---------|----------------------|---------------------|---|----|---------|--------------------|---------------------|---|
| 1 | 0:13:09 | ROWE, Gregor | Blaydon Harriers | F | 18 | 0:14:32 | HOPE, Phillip | Sunderland H | F |
| 2 | 0:13:26 | VENUS, Tristan | Tynedale H | F | 19 | 0:14:34 | AUBREY, Stefan | Houghton & Peterlee | F |
| 3 | 0:13:30 | ATTWELL, Luke | Houghton & Peterlee | | 20 | 0:14:34 | HOGARTH, Sam | Birtley AC | F |
| 4 | 0:13:33 | WINTRIP, Liam | Sunderland H | F | 21 | 0:14:35 | HEARN, Samuel | Tynedale H | F |
| 5 | 0:13:35 | MOORE, Jack | Jarrow & Hebburn | F | 22 | 0:14:43 | ANDERSON, James | Gosforth H | F |
| 6 | 0:13:38 | DOUGLASS, Alistair | Morpeth H | F | 23 | 0:14:47 | SCOTT, Josh | Birtley AC | F |
| 7 | 0:13:45 | FALCONER, James | Gosforth H | F | 24 | 0:14:51 | CAUSEBROOK, Samuel | Tynedale H | F |
| 8 | 0:13:53 | BENNETT, Matthew | Gateshead H | | 25 | 0:14:56 | FOGGIN, Jack | Sunderland H | |
| 9 | 0:14:07 | KILBRIDE, Michael | Sunderland H | F | 26 | 0:15:03 | WILSON, Andrew | Blaydon Harriers | F |
| 10 | 0:14:10 | PEARSON, Christopher | Houghton & Peterlee | | 27 | 0:15:19 | GIBBONS, Dan | Houghton & Peterlee | F |
| 11 | 0:14:12 | MCGARR, James | Gosforth H | | 28 | 0:15:24 | MCCOURT, Lawrence | Jarrow & Hebburn | F |
| 12 | 0:14:14 | REED, Nathan | Sunderland H | F | 29 | 0:15:31 | CAMPBELL, Joe | Sunderland H | F |
| 13 | 0:14:16 | WHITE, Robert | Tynedale H | F | 30 | 0:15:34 | AMOS, Kevin | Blaydon Harriers | F |
| 14 | 0:14:17 | NEWBY, Marc | Jarrow & Hebburn | F | 31 | 0:15:42 | GREY, Thomas | Houghton & Peterlee | F |
| 15 | 0:14:23 | WATSON, David | Sunderland H | F | 32 | 0:16:38 | BOSMAN, Josh | Blaydon Harriers | F |
| 16 | 0:14:24 | RICE, Matthew | Gosforth H | F | 33 | 0:20:46 | BENNETT, James | Birtley AC | |
| 17 | 0:14:29 | WALKER, Thomas | Gosforth H | F | | | | | |

Teams

| | | |
|---|---------------------|----|
| 1 | Sunderland H | 25 |
| 2 | Houghton & Peterlee | 32 |
| 3 | Gosforth | 34 |
| 4 | Tynedale | 36 |
| 5 | Jarrow & Hebburn | 47 |
| 6 | Blaydon | 57 |
| 7 | Birtley | 76 |

Fastest

| | |
|---|---------------|
| 1 | Gregor Rowe |
| 2 | Tristan Venus |
| 3 | Liam Wintrip |

Under 13 Boys Handicap 1 min 20s

| | | | | | | | | | |
|----|---------|-------------------|---------------------|---|----|---------|-------------------|---------------------|---|
| 1 | 0:11:27 | GREENWOOD, Simeon | Tynedale H | F | 14 | 0:12:09 | ROBLEY, Kieran | Tynedale H | F |
| 2 | 0:11:29 | BARRAS, Shaun | Jarrow & Hebburn | F | 15 | 0:12:11 | PEEL, Tristan | Jarrow & Hebburn | F |
| 3 | 0:11:33 | BROWN, Josh | Tynedale H | F | 16 | 0:12:12 | ROBERTSON, Corey | Blyth RC | |
| 4 | 0:11:33 | PARKER, Daniel | Tynedale H | F | 17 | 0:12:18 | BUNN, Mark | Jarrow & Hebburn | F |
| 5 | 0:11:34 | LOWRY, George | Jarrow & Hebburn | F | 18 | 0:12:29 | DANBY PLATT, Hugh | Houghton & Peterlee | F |
| 6 | 0:11:45 | LORAIN, Robert | Birtley AC | F | 19 | 0:12:31 | THOMAS, Mark | Gosforth H | |
| 7 | 0:11:46 | NEWTON, Nathan | Gateshead H | F | 20 | 0:12:41 | THOMAS, Tom | Gateshead H | |
| 8 | 0:11:46 | COSTELLO, Robbie | Gateshead H | F | 21 | 0:12:42 | ANDERSON, Steve | Gosforth H | |
| 9 | 0:11:54 | MASKELL, Barry | Gateshead H | F | 22 | 0:12:56 | TURNBULL, Matthew | Gateshead H | F |
| 10 | 0:11:56 | SLOANE, Jonathan | Elswick H | | 23 | 0:12:58 | FEARN, Matthew | Houghton & Peterlee | F |
| 11 | 0:12:02 | BAILES, Adrian | Birtley AC | F | 24 | 0:13:33 | ORAM, Jack | Elswick H | F |
| 12 | 0:12:03 | HEPPL, Ryan | Houghton & Peterlee | | 25 | 0:13:42 | SLACK, Carl | Elswick H | F |
| 13 | 0:12:08 | BOYD, Jonathan | North Shields Poly | F | | | | | |

Teams

| | | |
|---|---------------------|----|
| 1 | Tynedale | 8 |
| 2 | Jarrow & Hebburn | 22 |
| 3 | Gateshead | 24 |
| 4 | Houghton & Peterlee | 53 |
| 5 | Elswick | 59 |

Fastest

| | |
|---|------------------|
| 1 | Simeon Greenwood |
| 2 | Shaun Barras |
| 3 | Josh Brown |

Senior Women Handicap 2 min 40s

| | | | | | | | | | |
|----|---------|--------------------|----------------------|-------|----|---------|--------------------|----------------------|-------|
| 1 | 0:23:32 | WHITE, Steph | Tynedale Harriers | S (V) | 22 | 0:25:12 | WATSON, Anna-Marie | Heaton Harriers | S |
| 2 | 0:23:41 | JAMES, Donna | Elvet Striders | F (V) | 23 | 0:25:16 | FINDLEY, Zara | Elswick Harriers | S |
| 3 | 0:23:50 | ROBERTSON, Karen | Tynedale Harriers | F (V) | 24 | 0:25:18 | SHENTON, Fiona | Elvet Striders | F (V) |
| 4 | 0:23:53 | CRITCHLEY, Julia | Heaton Harriers | S | 25 | 0:25:19 | WYLIE, Angela | Tynedale Harriers | S (V) |
| 5 | 0:23:55 | MURRAY, Keira Jane | Newcastle University | F | 26 | 0:25:25 | ARCHIBOLD, Judith | Claremont RR | S (V) |
| 6 | 0:23:55 | ELLIOTT, Karen | Elvet Striders | S (V) | 27 | 0:25:27 | KISLER, Jill | Sunderland Strollers | S |
| 7 | 0:23:59 | DAWSON, Mandy | Elvet Striders | S (V) | 28 | 0:25:33 | SCOTT, Steph | Tynedale Harriers | F (V) |
| 8 | 0:24:00 | KERR, Rachel | Claremont RR | S | 29 | 0:25:42 | BRUCE, Claire | North Shields Poly | S (V) |
| 9 | 0:24:02 | FLYNN, Andrea | North Shields Poly | S | 30 | 0:25:43 | BROWN, Liane | Blaydon Harriers | F |
| 10 | 0:24:09 | WALKER, Lisa | Wallsend Harriers | S (V) | 31 | 0:25:51 | MILBURN, Susan | Newton Aycliffe | S (V) |
| 11 | 0:24:23 | MORRIS, Helen | Blyth RC | S (V) | 32 | 0:26:29 | RYALL, Joy | Tynedale Harriers | S (V) |
| 12 | 0:24:31 | HAMSON, Claire | Heaton Harriers | F | 33 | 0:26:32 | STRONG, Anne | Tynedale Harriers | S |
| 13 | 0:24:32 | LORAIN, Maggie | Birtley AC | S (V) | 34 | 0:26:34 | PEARSON, Sue | Elvet Striders | S (V) |
| 14 | 0:24:41 | ADAMSON, Paula | North Shields Poly | S (V) | 35 | 0:26:39 | SCOTT, Amy | Elswick Harriers | S |
| 15 | 0:24:44 | CROSS, Julie | Claremont RR | S (V) | 36 | 0:26:50 | BOOTH, Victoria | Sunderland Strollers | F |
| 16 | 0:24:50 | LAYTON, Roz | Elvet Striders | S (V) | 37 | 0:26:57 | MORRIS, Grace | Sunderland Strollers | S (V) |
| 17 | 0:24:51 | FEATHER, Eleanor | Blaydon Harriers | S | 38 | 0:26:59 | PARKER, Maureen | Tynedale Harriers | S (V) |
| 18 | 0:24:54 | NIELSON, Karen | North Shields Poly | S (V) | 39 | 0:27:28 | BILLCLIFFE, Louise | Elvet Striders | S (V) |
| 19 | 0:24:59 | PEACE, Angela | Heaton Harriers | F | 40 | 0:27:28 | NATHAN, Jane | Elvet Striders | S (V) |
| 20 | 0:25:09 | CHAMPION, Joy | Sunderland Strollers | S (V) | 41 | 0:29:04 | YOUNG, Jan | Elvet Striders | S (V) |
| 21 | 0:25:09 | DAVIES, Susan | Elvet Striders | S (V) | 42 | 0:29:15 | DYKINS, Natasha | Tynedale Harriers | S (V) |

Teams

| | | |
|---|----------------------|----|
| 1 | Elvet Striders | 15 |
| 2 | Tynedale | 29 |
| 3 | Heaton | 35 |
| 4 | NSP | 41 |
| 5 | Claremont | 49 |
| 6 | Sunderland Strollers | 83 |

Fastest

| | |
|---|-----------------|
| 1 | Donna James |
| 2 | Karen Robertson |
| 3 | Keira Murray |

FINAL RESULTS FOR THE SEASON

NEHL MEN'S DIVISIONS Grand Prix

Division 1

| | Blaydon | Consett | Sunderland Wrekenton | C-le-S | Prudhoe | Total |
|------------------------------|---------|---------|----------------------|--------|---------|-------|
| Sunderland H & AC | 4 | 1 | 1 | 2 | 1 | 10 |
| Wallsend H & AC | 1 | 3 | 2 | 1 | 4 | 15 |
| Alnwick H | 3 | 5 | 5 | 6 | 5 | 29 |
| South Shields H & AC | 8 | 8 | 4 | 5 | 2 | 29 |
| Durham City H | 2 | 9 | 7 | 3 | 3 | 31 |
| Elswick H | 9 | 4 | 3 | 4 | 6 | 32 |
| Blaydon H & AC | 6 | 6 | 8 | 7 | 7 | 42 |
| Crook & District AC | 10 | 10 | 6 | 8 | 9 | 46 |
| Relegated North Shields Poly | 5 | 7 | 9 | 9 | 8 | 47 |
| Relegated Morpeth H & AC | 7 | 2 | 15 | 15 | 15 | 69 |

Division 2

| | | | | | | |
|-------------------------------|----|----|----|----|----|----|
| Promoted Sunderland Strollers | 1 | 1 | 2 | 1 | 1 | 7 |
| Promoted Tynedale H & AC | 4 | 3 | 1 | 3 | 8 | 22 |
| Saltwell H | 3 | 4 | 6 | 5 | 4 | 27 |
| Heaton H | 5 | 10 | 4 | 2 | 2 | 27 |
| Elvet Striders | 6 | 5 | 3 | 10 | 3 | 29 |
| Blyth RC | 2 | 7 | 5 | 8 | 5 | 41 |
| Derwentside AC | 8 | 9 | 7 | 9 | 6 | 46 |
| Houghton & Peterlee AC | 7 | 8 | 8 | 7 | 10 | 46 |
| Jarrow & Hebburn AC | 15 | 6 | 9 | 4 | 7 | 55 |
| Relegated Aurora H | 9 | 11 | 10 | 11 | 11 | 60 |
| Relegated Gateshead H & AC | 15 | 2 | 16 | 6 | 9 | 62 |

Division 3

| | | | | | | |
|-----------------------|----|----|----|---|---|----|
| Promoted Clarendon RR | 2 | 2 | 2 | 1 | 1 | 10 |
| Promoted Low Fell RC | 4 | 1 | 1 | 2 | 2 | 13 |
| Birtley H & AC | 3 | 4 | 4 | 3 | 3 | 18 |
| Chester-le-Street | 1 | 10 | 3 | 9 | 9 | 41 |
| Gosforth H | 10 | 3 | 10 | 9 | 9 | 50 |

Under 17 Men

| | | | | | | | |
|----------|---|---|---|---|---|---|----|
| Tynedale | 1 | 1 | 1 | 2 | 8 | 2 | 15 |
| Morpeth | 7 | 7 | 7 | 1 | 1 | 1 | 24 |

Under 15 Boys

| | | | | | | | |
|---------------------|----|----|----|----|----|----|----|
| Tynedale | 2 | 3 | 1 | 5 | 2 | 4 | 17 |
| Sunderland H | 6 | 1 | 3 | 6 | 3 | 1 | 20 |
| Gosforth | 3 | 5 | 11 | 1 | 11 | 3 | 34 |
| Houghton & Peterlee | 7 | 6 | 5 | 13 | 1 | 2 | 34 |
| Blaydon | 13 | 2 | 11 | 3 | 4 | 6 | 39 |
| Jarrow & Hebburn | 1 | 12 | 4 | 13 | 5 | 5 | 40 |
| Morpeth | 5 | 12 | 2 | 4 | 11 | 13 | 47 |
| Gateshead | 13 | 4 | 11 | 2 | 11 | 13 | 54 |

Under 13 Boys

| | | | | | | | |
|--------------------|---|----|----|----|----|----|----|
| Tynedale | 3 | 2 | 1 | 1 | 1 | 1 | 9 |
| Jarrow & Hebburn | 2 | 4 | 4 | 2 | 6 | 2 | 20 |
| Gateshead | 5 | 3 | 13 | 3 | 2 | 3 | 29 |
| Birtley | 1 | 5 | 5 | 10 | 4 | 11 | 36 |
| Blyth | 6 | 6 | 6 | 10 | 7 | 11 | 46 |
| Alnwick | 4 | 7 | 13 | 4 | 14 | 11 | 53 |
| North Shields Poly | 8 | 13 | 3 | 10 | 8 | 11 | 53 |
| Shildon | 7 | 1 | 13 | 10 | 14 | 11 | 56 |

WOMEN'S TEAMS

| | BLAYDON | CONSETT | SUNDERL WREKENTON | C - LE - ST | PRUDHOE | |
|------------------------|---------|---------|-------------------|-------------|---------|----|
| Elvet Striders | 2 | 2 | 2 | 2 | 1 | 10 |
| Heaton H | 4 | 1 | 7 | 4 | 5 | 24 |
| Tynedale H & AC | 7 | 3 | 3 | 3 | 7 | 25 |
| North Shields Poly | 5 | 7 | 4 | 6 | 4 | 30 |
| Blaydon H & AC | 8 | 5 | 5 | 7 | 6 | 43 |
| Sunderland Strollers | 9 | 4 | 6 | 9 | 9 | 43 |
| Clarendon RR | 10 | 6 | 16 | 5 | 3 | 45 |
| Chester-le-Street | 1 | 15 | 16 | 1 | 2 | 47 |
| Alnwick H | 6 | 8 | 8 | 10 | 10 | 54 |
| Elswick H | 16 | 15 | 16 | 8 | 8 | 75 |
| Houghton & Peterlee AC | 16 | 9 | 9 | 16 | 16 | 78 |

Under 17 / 20 Women

| | | | | | | | |
|---------------------|---|---|---|---|---|---|----|
| Houghton & Peterlee | 3 | 2 | 2 | 1 | 1 | 2 | 11 |
| Jarrow & Hebburn | 2 | 1 | 8 | 7 | 7 | 1 | 26 |

Under 15 Girls

| | | | | | | | |
|------------------|---|----|----|----|---|---|----|
| Gateshead | 2 | 1 | 1 | 1 | 1 | 9 | 15 |
| Sunderland H | 6 | 2 | 3 | 4 | 2 | 2 | 19 |
| Gosforth | 1 | 3 | 12 | 2 | 9 | 1 | 28 |
| Morpeth | 7 | 4 | 4 | 3 | 9 | 9 | 36 |
| Durham C | 4 | 6 | 2 | 11 | 9 | 9 | 41 |
| Tynedale | 5 | 5 | 6 | 11 | 9 | 9 | 45 |
| Jarrow & Hebburn | 8 | 12 | 5 | 11 | 9 | 3 | 48 |

Under 13 Girls

| | | | | | | | |
|---------------------|----|----|----|----|----|----|----|
| Gateshead | 1 | 6 | 4 | 1 | 3 | 3 | 18 |
| Birtley | 5 | 4 | 2 | 5 | 2 | 2 | 20 |
| Sunderland H | 14 | 3 | 1 | 2 | 4 | 1 | 25 |
| Houghton & Peterlee | 8 | 7 | 10 | 6 | 6 | 4 | 41 |
| Morpeth | 14 | 1 | 3 | 12 | 1 | 11 | 42 |
| Shildon | 2 | 2 | 10 | 3 | 14 | 11 | 42 |
| Alnwick | 6 | 10 | 10 | 12 | 7 | 5 | 50 |
| Blaydon | 14 | 8 | 10 | 4 | 5 | 11 | 52 |

GRAND PRIX

SENIOR MEN

| | | |
|----------------|-------------------|------|
| 1 Steven POTTS | Sunderland H | 31 |
| 2 Stewy BELL | Chester-le-Street | 24 |
| 3 James BUIS | Heaton Harriers | 21.5 |

SENIOR WOMEN

| | | |
|-----------------|-----------|------|
| 1 Judith NUTT | Eiswick H | 35 |
| 2 Joanna ZOPPI | Heaton H | 28 |
| 3 Joanne DOOLEY | Tynedale | 21.5 |

VETERAN MEN

| | | |
|-------------------|--------------|----|
| 1 Brian RUSHWORTH | Sunderland H | 40 |
| 2= Tom DOUGHTY | Sunderland H | 36 |
| 2= Tim FIELD | Sunderland H | 36 |

VETERAN WOMEN

| | | |
|-------------------|----------|----|
| 1 Donna JAMES | Elvet | 40 |
| 2 Karen ROBERTSON | Tynedale | 36 |
| 3 Fiona SHENTON | Elvet | 32 |

UNDER 17 MEN

| | | |
|----------------------|-----------|----|
| 1 Marc COCHRANE | Morpeth H | 37 |
| 2 Cameron RUTHERFORD | Tynedale | 36 |
| 3 David WATT | NSP | 26 |

UNDER 17/20 WOMEN

| | | |
|--------------------|---------------------|----|
| 1 Monique HOWELL | Birtley | 33 |
| 2 Georgia CAMPBELL | Jarrow & Hebburn | 29 |
| 3 Caroline POTTS | Houghton & Peterlee | 22 |

UNDER 15 BOYS

| | | |
|-----------------|------------------|----|
| 1 Tristan VENUS | Tynedale | 40 |
| 2 Jack MOORE | Jarrow & Hebburn | 30 |
| 3 Greg URWIN | Tynedale | 28 |

UNDER 15 GIRLS

| | | |
|--------------------|-----------|----|
| 1 Rachael LUNDGREN | Gosforth | 35 |
| 2 Shonagh SMITH | Tynedale | 33 |
| 3 Rebecca OLDHAM | Gateshead | 25 |

UNDER 13 BOYS

| | | |
|--------------------|------------------|----|
| 1 Josh BROWN | Tynedale | 36 |
| 2 Simeon GREENWOOD | Tynedale | 32 |
| 3 Shaun BARRAS | Jarrow & Hebburn | 30 |

UNDER 13 GIRLS

| | | |
|-------------------|---------|------|
| 1 Hannah RANK | Morpeth | 36 |
| 2 Sophie TAYLOR | Birtley | 29 |
| 3 Mariska SIMPSON | Morpeth | 28.5 |