

Sunderland 5Km Road Race

(inc. 5K NECAA Championships)

Silksworth Sports Complex - Wednesday 22nd July 2009

Pos	Name	Cat/Pos	Club	Time
1	Mark Hood		Sunderland Harriers	14:45
2	Serod Batochir		Morpeth Harriers	14:57
3	Peter Newton		Morpeth Harriers	15:13
4	Nathan Shrubbs		Morpeth Harriers	15:21
5	Neil Wilkinson	V40 1	Morpeth Harriers	15:41
6	Greg Ritchie		Jarrow & Hebburn AC	15:43
7	Michael Dawson		Morpeth Harriers	15:44
8	Kristen Forster		Morpeth Harriers	16:00
9	James Buis		Heaton Harriers	16:01
10	David Swinburne		Morpeth Harriers	16:04
11	Graham Hunt		Durham City	16:09
12	Liam Johnsten		Jarrow & Hebburn AC	16:10
13	Andrew Teate		Gateshead Harriers	16:13
14	Mike Jefferies		Unattached	16:15
15	Ian Crampton	V45 1	Durham City	16:17
16	Michael Grimes		Durham City	16:19
17	Chris Paton		Gateshead Harriers	16:22
18	Daniel Flint		Blaydon Harriers	16:27
19	Phil Walker	V40 2	Morpeth Harriers	16:29
20	Jamie Thom		Unattached	16:34
21	Jason Waite		Sunderland Harriers	16:36
22	Jonathan Stephens		Low Fell RC	16:38
23	Ian Robinson		Heaton Harriers	16:44
24	George Harden	V45 2	Sunderland Harriers	16:44
25	Les Smith		Heaton Harriers	16:46
26	Conrad Franks		Gateshead Harriers	16:53
27	Paul Waterson	V40 3	Morpeth Harriers	16:56
28	Rob Hand	V45 3	Durham City	17:00
29	James Raven		Chester-le-Street	17:04
30	Jason Allison		Crook AC	17:05
31	Graham Lancaster		Sunderland Harriers	17:06
32	Chris Jeffries		Billingham Marsh House H	17:06
33	Kenny Macpherson	V40 4	Wallsend Harriers	17:11
34	Emma Raven	F 1	Chester-le-Street	17:14
35	Alan Thompson	V45 4	Elswick Harriers	17:16
36	Paul Redman	V45 5	Sunderland Harriers	17:18
37	Angela Hibbs	F 2	Chester-le-Street	17:22
38	Alistair MacDonald	V45 6	Morpeth Harriers	17:27
39	David Masterman		Durham City	17:28
40	Melissa Turner	F 3	Chester-le-Street	17:32
41	Martin Slater		Gateshead Harriers	17:34
42	Liam Agton		Durham City	17:36
43	Vaughan Hemy	V40 5	North Shields Poly	17:41
44	Phil Branston		Gateshead Harriers	17:44
45	Paul Hilton	V40 6	Wallsend Harriers	17:46
46	Tom Campian	V50 1	Unattached	17:49
47	Jane Mooney	F 4	Morpeth Harriers	17:50
48	Michael Jones	V45 7	South Shields	17:51
49	Andrea Girdano		Unattached	17:52
50	David Steel	V40 7	Morpeth Harriers	17:54
51	James Dowdle		Durham City	17:55
52	Christopher Rumsey		Middlesbrough & Cleveland H	17:55
53	Chris Jackson		Sunderland Strollers	17:58
54	Aiveen Fox	F 5	Morpeth Harriers	18:02
55	Hester Dix	F 6	Blaydon Harriers	18:11
56	Mick Rennison		Sunderland Strollers	18:12
57	Peter Milburn	V50 2	Newton Aycliffe AC	18:13
58	Sean Kelly		Wallsend Harriers	18:14

59	Steven Medd			Gateshead Harriers	18:17
60	Paul Emmerson			Durham City	18:17
61	Karl Fairclough			Sunderland Harriers	18:18
62	Graig Deacon			Jarrow & Hebburn AC	18:18
63	Paul Cooper			Sunderland Harriers	18:21
64	Ben Catley			Unattached	18:24
65	Trevor Baker	V45	8	Middlesbrough & Cleveland H	18:27
66	Richard Hall			Gateshead Harriers	18:28
67	Nigel Brown	V40	8	Chester-le-Street	18:30
68	Tracey Laws	F	7	Chester-le-Street	18:33
69	Dave McAtomney	V40	9	Low Fell RC	18:35
70	Nick Jobson	V50	3	Unattached	18:37
71	Craig Birch			Blyth RC	18:38
72	Adam Smith			Blyth RC	18:40
73	Steven Borlos	V55	1	North Shields Poly	18:44
74	Ian Fenwick			Elswick Harriers	18:45
75	John Taylor			PB Fitness	18:46
76	David Nicholson	V50	4	Low Fell RC	18:50
77	Keith Elliott	V55	2	Sunderland Harriers	18:50
78	Stephen Marshall	V50	5	Durham City	18:51
79	Mark McNally	V60	1	Elswick Harriers	18:56
80	Chris Hassell	V45	9	North East Vets	18:57
81	Steven Gordon			Sunderland Harriers	18:58
82	Yamuna Thiru	F40	1	Elswick Harriers	18:59
83	Geoff Hewitson	V50	6	Crook AC	19:01
84	Chris Sanderson			Unattached	19:05
85	G Smith	V40	10	Gateshead Harriers	19:10
86	Gary Carter			Billingham Marsh House H	19:11
87	David Hindmarsh	V45	10	Wallsend Harriers	19:12
88	Bob Weightman	V50	7	Gateshead Harriers	19:15
89	Michael Walls			Heaton Harriers	19:17
90	John Gray			Billingham Marsh House H	19:19
91	Jack Foggin			Sunderland Harriers	19:23
92	Michael Dixon			Durham City	19:24
93	Zoe Armstrong			F 8 Morpeth Harriers	19:27
94	Richard Asquith			Durham City	19:28
95	Terry Topping	V40	11	Sunderland Strollers	19:29
96	Les Phillips	V45	11	Durham City	19:30
97	Jeff Stobbart			Sunderland Strollers	19:37
98	Mark Carbyn			New Marske	19:38
99	Paul Inskip	V40	12	Heaton Harriers	19:40
100	Malcolm Thirlaway	V50	8	Gateshead Harriers	19:41
101	Paul Tate			Gateshead Harriers	19:43
102	David Reay			Derwentside AC	19:49
103	Gareth Hope			Blyth RC	19:51
104	Len Christopher	V60	2	Sunderland Harriers	19:53
105	Gary Rutherford	V45	12	Elswick Harriers	19:54
106	Joe Balmer			South Shields	19:57
107	Stephen Winter	V55	3	Chester-le-Street	20:04
108	Tim Hassell			Unattached	20:05
109	Kevan Williams			Unattached	20:06
110	Melanie Evans	F	9	Low Fell RC	20:08
111	R Wilson	V45	13	Elswick Harriers	20:17
112	John Dennis	V55	4	Crook AC	20:19
113	Dave Dale			Heaton Harriers	20:22
114	Chris Lillistone			Unattached	20:24
115	Emma Thompson	F	10	Durham City	20:27
116	Colin Close			Unattached	20:29
117	Kate Chapman	F	11	Morpeth Harriers	20:30
118	Mick Joyce			Jarrow & Hebburn AC	20:32
119	Kevin Carrahar	V45	14	Sunderland Harriers	20:32
120	Paul Smith	V45	15	Crook AC	20:33
121	Tom Hanson	V50	9	Elswick Harriers	20:33
122	Helen Ford	F	12	Sunderland Harriers	20:34
123	Kevin Freeman	V50	10	Blyth RC	20:36
124	Fred Judson	V50	11	Sunderland Harriers	20:39
125	Peter Richardson	V55	5	Sunderland Harriers	20:48

126	Noel McLay	V60	3	Quakers RC	20:51
127	Phil Rees	V55	6	North Shields Poly	20:53
128	Dave Warnaby	V55	7	Sunderland Strollers	20:56
129	Rob Garbyth	V40	13	Durham City	20:59
130	Erin Pearson			New Marske	21:00
131	Claire Buis	F	13	Heaton Harriers	21:01
132	James Ford			Jarrow & Hebburn AC	21:02
133	Lorna McDonald	F	14	Morpeth Harriers	21:04
134	Ron Wills	V45	16	Sunderland Harriers	21:05
135	Adam Duncan			Longframlington RR	21:06
136	Derek Dixon	V55	8	Sunderland Strollers	21:13
137	Maggie Lorraine	F50	1	Gateshead Harriers	21:16
138	Elizabeth Oates	F	15	Crook AC	21:19
139	Howard Gold	V65	1	Heaton Harriers	21:20
140	Alan Rowell	V60	4	Durham City	21:28
141	Billy Bittlestone	V60	5	Sunderland Harriers	21:30
142	Christopher Shipman			Unattached	21:38
143	Allen Mulliss	V50	12	Heaton Harriers	21:42
144	Dianne Vaughan	F40	2	Quakers RC	21:44
145	Thomas Wall			Unattached	21:45
146	Ashleigh Thorpe	F	16	Sunderland Strollers	21:47
147	Paul Cutler	V45	17	Billingham Marsh House H	21:50
148	Melanie Hodson	F	17	Elvet Striders	21:58
149	Helen Morris	F45	1	Blyth RC	21:59
150	Jaime Hernandez	V40	14	Claremont R.R.	22:00
151	Brian Dixon	V50	13	Unattached	22:03
152	Ian Bainbridge	V55	9	Crook AC	22:08
153	Mike Stacey	V50	14	Low Fell RC	22:10
154	Kate Sergeant	F	18	Claremont R.R.	22:11
155	Andrea Clarke	F	19	PB Fitness	22:12
156	Melvyn Relton	V65	2	North East Vets	22:13
157	David Quinn			Unattached	22:16
158	Elwyn Baldwin	V60	6	Durham City	22:17
159	Alison Patterson	F35	1	Sunderland Strollers	22:20
160	Brian Hume	V60	7	Low Fell RC	22:25
161	Dave Morris	V55	10	North Shields Poly	22:29
162	John Stephenson	V65	3	Crook AC	22:30
163	Ralph Dickinson	V55	11	Blyth RC	22:33
164	Bob Balmer	V65	4	South Shields	22:34
165	Robert Stobbs	V45	18	Gateshead Harriers	22:35
166	Colin Everson	V55	12	Crook AC	22:39
167	Angela Lillistone	F	20	Unattached	22:49
168	Chris McCarton			Saltwell Harriers	22:50
169	Alison Cummings	F50	2	North Shields Poly	22:52
170	Keith Willshire	V55	13	Blyth RC	22:53
171	Catrione McDonald	F	21	Morpeth Harriers	22:54
172	Jo Buckley	F35	2	Sunderland Harriers	23:00
173	Bryon Hudson			Sunderland Strollers	23:04
174	David Graham	V40	15	Derwentside AC	23:07
175	Victoria Barrera	F	22	Unattached	23:11
176	Neil Smith			Heaton Harriers	23:13
177	Susanne Hunter	F40	3	Blyth RC	23:16
178	Jeff Henderson	V40	16	North East Vets	23:18
179	Valerie Wilson	F45	2	Claremont R.R.	23:22
180	Helen Bruce	F	23	Blyth RC	23:27
181	Brian Porter			Unattached	23:34
182	Steve Scott	V55	14	Unattached	23:35
183	Andrew Moore			Gateshead Harriers	24:04
184	Deborah McWilliams	F40	4	Gateshead Harriers	24:04
185	Ebolum Mordi			Sunderland Harriers	24:07
186	Ron Avery	V55	15	Sunderland Strollers	24:18
187	Noreen Rees	F55	1	North Shields Poly	24:19
188	Christine Lee	F65	1	Elswick Harriers	24:22
189	Rebecca Bennett	F	24	Gateshead Harriers	24:23
190	Walter Farquhauson	V55	16	Billingham Marsh House H	24:23
191	Tony Welsh			Claremont R.R.	24:24
192	Pamela Gold	F60	1	Heaton Harriers	24:45

193	Ian Marshall			Sunderland Strollers	24:57
194	David Williams	V60	8	Sunderland Strollers	24:58
195	Connor Cartledge			Sunderland Harriers	24:59
196	Simone Scott	F	25	Unattached	25:04
197	Rachel Cullen	F	26	Gateshead Harriers	25:05
198	Andrea Irvine	F35	3	Sunderland Harriers	25:23
199	Geoff Hume	V65	5	Low Fell RC	25:26
200	Sid Rudd	V60	9	Billingham Marsh House H	25:31
201	Emma Freeman	F	27	Blyth RC	25:50
202	Richard Shillinglaw			Blyth RC	25:51
203	Percy Parkin	V60	10	Crook AC	25:58
204	Helen Brown			Sunderland Strollers	26:06
205	John Mulligan	V70	1	Billingham Marsh House H	26:26
206	Fiona Irvine	F	28	Unattached	26:40
207	Jack Wilson	V60	11	Sunderland Strollers	26:59
208	Allison Lowes	F	29	Blyth RC	27:04
209	Joanne Straughan	F35	4	Blyth RC	27:06
210	Andrea Scott	F	30	Blyth RC	27:58
211	Rebecca Carrahar	F	31	Sunderland Harriers	28:18
212	Michael Nemest			Unattached	29:55