

# Claremont Road Runners' 4th Weetslade Relays

Wednesday 26th June 2013



3 x 2.5 miles approximately



Team Pos.	Team No.	Club	Club Team	1st Leg Runner	F/M	S/V	1st Leg Time	2nd Leg Runner	F/M	S/V	2nd Leg Time	Agg. Time	3rd Leg Runner	F/M	S/V	3rd Leg Time	Final Team Time
1	50	Jarrow & Hebburn AC	A	Brendan McMillan	M	S	13:16	Elaine Leslie	F	V	15:10	28:26	Andy Burn	M	S	12:43	0:41:09
2	37	Elswick Harriers	A	Lee Acer	M	S	13:49	Alison Dargie	F	V	14:53	28:42	Lee Bennett	M	V	13:30	0:42:12
3	43	North Shields Poly	A	Alan Haddon	M	S	13:52	Stephanie Dann	F	V	15:18	29:10	Scott Ellis	M	S	13:42	0:42:52
4	56	Tyne Bridge Harriers	A	Keith Smith	M	V	14:29	Sophie Marr	F	S	16:19	30:48	Marc Fenwick	M	S	12:35	0:43:23
5	9	Morpeth Harriers	A	Joanne Brown	F	V	16:18	Tom Straughan	M	S	13:24	29:42	Sam Hancox	M	S	14:01	0:43:43
6	21	Gosforth Harriers	A	Finn Brodie	M	S	13:39	Rachel Lundgren	F	S	15:05	28:44	John Musgrove	M	V	15:26	0:44:10
7	51	Jarrow & Hebburn AC	B	Kevin Emmitt	M	V	14:05	Heather Robinson	F	V	16:34	30:39	Steven Greenwood	M	S	14:14	0:44:53
8	57	Tyne Bridge Harriers	B	David Moir	M	V	14:16	Megan Parkin	F	S	16:54	31:10	Shaun Brown	M	S	13:45	0:44:55
9	38	Elswick Harriers	B	Paul Jones	M	S	14:28	Samantha Crowe	F	S	16:16	30:44	Iain Hardy	M	V	14:50	0:45:34
10	44	North Shields Poly	B	Michael Moore	M	V	14:25	Claire Twaddle	F	V	17:15	31:40	John Baty	M	V	13:55	0:45:35
11	22	Gosforth Harriers	B	Luke Buswell	M	S	13:31	Beth Larby	F	S	16:27	29:58	Kevin Thomas	M	V	15:40	0:45:38
12	15	South Shields Harriers	A	George Bainbridge	M	V	14:43	Michelle Ford	F	V	16:22	31:05	Dave Morrow	M	S	14:35	0:45:40
13	10	Morpeth Harriers	B	Alister Macdonald	M	V	14:40	Lorna Macdonald	F	S	16:55	31:35	Phil Walker	M	V	14:12	0:45:47
14	18	South Shields Harriers	D	Mark Hodgson	M	S	14:26	Linda Bone	F	V	17:11	31:37	Paul Bainbridge	M	V	14:22	0:45:59
15	12	Morpeth Harriers	D	Lindsay Turnbull	F	V	16:24	Chris Waugh	M	V	14:39	31:03	Dave Swinburne	M	S	15:07	0:46:10
16	11	Morpeth Harriers	C	Alison Brown	F	S	16:40	Rob Hancox	M	V	15:09	31:49	Mike Hegarty	M	S	14:24	0:46:13
17	23	Gosforth Harriers	C	Jack Reed	M	S	13:43	Harriet Buswell	F	S	16:31	30:14	Steven Bond	M	V	16:41	0:46:55
18	39	Saltwell Harriers	A	Graham Stephenson	M	S	14:22	Sarah Garret	F	V	17:56	32:18	Jim Thompson	M	V	14:51	0:47:09
19	63	Claremont Road Runners	A	Paul Robinson	M	S	15:20	Matthew Kingston	M	V	15:02	30:22	Charlotte Spencer	F	S	17:03	0:47:25
20	7	Ponteland Runners	A	Mark Lyon	M	S	15:23	Eva Lowther	F	S	16:27	31:50	Jon Parkin	M	V	15:48	0:47:38
21	3	Heaton Harriers	C	Deborah Hicks	F	V	17:47	Craig Hodgson	M	S	14:42	32:29	Andrew Bell	M	S	15:16	0:47:45
22	1	Heaton Harriers	A	Nicola Roper	F	S	16:29	Les Bellis	M	V	17:38	34:07	Mark Oliver	M	S	13:41	0:47:48
23	58	Tyne Bridge Harriers	C	Paul Turnbull	M	S	13:56	Annette Kelly	F	S	18:59	32:55	David Appleby	M	V	14:54	0:47:49
24	40	Saltwell Harriers	B	Rob Brooks	M	V	14:31	Fiona Braithwaite	F	V	17:38	32:09	Ged Conway	M	V	16:18	0:48:27
25	46	North Shields Poly	D	Mick Brown	M	V	15:49	Vicky Houghton	F	S	15:53	31:42	Dave Johnson	M	V	16:50	0:48:32
26	2	Heaton Harriers	B	Hannah Shillitoe	F	S	16:39	Alan Langford	M	V	16:15	32:54	Simon Jobe	M	S	15:48	0:48:42
27	52	Jarrow & Hebburn AC	C	Geoff Robinson	M	V	15:53	Anne-Marie Shiels	F	V	18:21	34:14	Ian Richie	M	S	14:35	0:48:49
28	45	North Shields Poly	C	Adam Rowe	M	S	16:00	Michelle Thompson	F	S	17:02	33:02	Bruce Robertson	M	V	15:52	0:48:54
29	28	Stocksfield Striders	A	Jonny Walker	M	S	16:10	Cath Walker	F	S	17:20	33:30	Ian Brown	M	V	15:55	0:49:25
30	59	Tyne Bridge Harriers	D	Stephen Barker	M	S	14:37	Nicola Brady	F	S	19:11	33:48	Alex Lockwood	M	V	15:46	0:49:34
31	4	Heaton Harriers	D	Caroline Billis	F	S	18:35	Andy Burdon	M	V	15:51	34:26	Scott McEntee	M	S	15:12	0:49:38
32	20	South Shields Harriers	F	Mairi Standaloft	F	S	16:59	Paula Atkinson	F	V	17:41	34:40	Nick Atkinson	M	V	15:03	0:49:43
33	24	Gosforth Harriers	D	Tom Coates	M	S	14:34	Gareth Driscoll	M	S	15:21	29:55	Rachel Daniels	F	V	19:54	0:49:49
34	13	Morpeth Harriers	E	Mike Steven	M	V	17:12	Gwenda Cavill	F	V	17:17	34:29	Mike Winter	M	V	16:05	0:50:34
35	53	Jarrow & Hebburn AC	D	Michael Joyce	M	V	17:05	Hazelle-Webster Co	F	S	17:55	35:00	Robert Weighman	M	V	16:10	0:51:10
36	54	Jarrow & Hebburn AC	E	Malcolm Leece	M	V	15:51	Vicki Thompson	F	V	18:46	34:37	Andrew Hudson	M	S	16:34	0:51:11
37	61	Tyne Bridge Harriers	F	Phil Scott	M	S	16:08	Julie Shaw	F	V	19:01	35:09	Nick Varley	M	V	16:04	0:51:13
38	64	Claremont Road Runners	B	Heather Steel	F	S	17:19	Nina Jensen	F	V	17:19	34:38	Jonathan Mains	M	V	16:47	0:51:25
39	19	South Shields Harriers	E	Helen Gallacher	F	V	17:23	Pablo Bernaio	M	V	17:43	35:06	Colin Robson	M	V	16:56	0:52:02
40	6	Heaton Harriers	F	Helena Walsater-Lowes	F	V	19:06	Cristina Tyley	F	S	19:14	38:20	Magnus McGillivray	M	S	14:49	0:53:09
41	25	Gosforth Harriers	E	Maurice Bourke	M	S	15:43	Mark Thomas	M	S	16:51	32:34	Donna Broxup	F	V	20:48	0:53:22
42	47	North Shields Poly	E	Thomas Hitchen	M	V	18:24	Alison Dixon	F	S	17:18	35:42	Ian Richardson	M	V	18:17	0:53:59
43	29	Stocksfield Striders	B	Andrew Moore	M	V	18:48	Georgia Villalobos	F	S	18:19	37:07	Adam Hucklesby	M	S	17:05	0:54:12
44	60	Tyne Bridge Harriers	E	David Rowe	M	V	16:58	Sophie Wardrobe	F	S	19:53	36:51	Matt Walker	M	S	17:24	0:54:15
45	55	Jarrow & Hebburn AC	F	Alan Ball	M	S	15:25	Heather Hogg	F	S	22:17	37:42	Michael Bunn	M	V	16:47	0:54:29
46	5	Heaton Harriers	E	Nina Cameron	F	V	17:38	David Pace	M	V	17:48	35:26	Jenny Friend	F	V	19:13	0:54:39
47	30	Stocksfield Striders	C	David Leat	M	V	17:00	Anna Halstead	F	S	20:47	37:47	Dave Robson	M	S	16:58	0:54:45
48	8	Ponteland Runners	B	Chris Wright	M	V	17:24	Sue Heppell	F	V	19:33	36:57	Dave Legg	M	V	17:56	0:54:53
49	31	Stocksfield Striders	D	Elisse Spoon	F	S	18:42	Jo Mitchell	F	S	19:31	38:13	Phil Hindmarsh	M	V	16:47	0:55:00
50	41	Saltwell Harriers	C	Graham Harrison	M	V	18:27	Helena Simmonds	F	S	20:35	39:02	Ian Charlton	M	S	16:32	0:55:34
51	26	Gosforth Harriers	F	Richard McQuade	M	V	16:53	Susan Croney	F	S	18:31	35:24	Fiona Waugh	F	V	20:15	0:55:39
52	27	Gosforth Harriers	G	Sarah Rees	F	V	19:52	Angela Foley	F	V	19:17	39:09	Gordon Patterson	M	V	18:51	0:58:00
53	62	Tyne Bridge Harriers	G	Steve Compton	M	V	17:42	Becky Parkin	F	S	20:20	38:02	Sinead Coffey	F	V	20:17	0:58:19
54	42	Saltwell Harriers	D	Darren Smiley	M	S	17:56	Charlotte Proud	F	S	22:04	40:00	Isao Hara	M	V	18:45	0:58:45
55	16	South Shields Harriers	B	Bill Humphrey	M	V	18:57	Steph Charlton	F	S	21:16	40:13	Tommy Copp	M	V	18:40	0:58:53
56	33	Allen Valley Striders	B	Robert Welch	M	V	16:15	John Graham	F	V	23:19	39:34	Rose Todhunter	F	V	19:33	0:59:07
57	48	North Shields Poly	F	Dave Morris	M	V	20:50	Natalie Thorburn	F	V	17:45	38:35	Angela Green	F	V	20:47	0:59:22
58	65	Claremont Road Runners	C	Mungai Wairia	M	V	17:30	Mary Martin	F	V	19:56	37:26	Debbie McRory	F	V	22:09	0:59:35
59	32	Allen Valley Striders	A	Michael Sanderson	M	V	15:17	Sheilah Parr	F	V	24:14	39:31	Gayle Forster	F	V	20:10	0:59:41
60	17	South Shields Harriers	C	Chris Warnock	M	S	16:23	Caroline Morrow	F	S	23:27	39:50	Tracey Emmett	F	V	20:31	1:00:21
61	36	Allen Valley Striders	E	Meg Walke	F	V	21:46	Paul Moore	M	S	19:40	41:26	Simon Andreasson	M	V	19:06	1:00:32
62	35	Allen Valley Striders	D	Neil Harrison	M	V	17:11	Helen Edwards	F	V	23:10	40:21	Sara Stewart	F	V	20:38	1:00:59
63	34	Allen Valley Striders	C	Sue Bell	F	V	23:40	Craig Thomson	M	V	20:54	44:34	Celia Sanderson	F	V	19:42	1:04:16
64	49	North Shields Poly	G	Lesley Legg	F	V	21:23	Heather Gould	F	V	22:04	43:27	Judith Parkinson	F	V	22:00	1:05:27

1st Place Team		Club	Time
Brendan McMillan			
Elaine Leslie		Jarrow & Hebburn 'A'	41:09
Andy Burn			
2nd Place Team		Club	Time
Lee Acer			
Alison Dargie		Elswick Harriers 'A'	42:12
Lee Bennett			
Fastest Under-35 Male		Marc Fenwick	Tyne Bridge Harriers 'A' 12:35
Fastest Under-35 Female		Rachel Lundgren	Gosforth Harriers 'A' 15:05
Fastest Over-35 Male		Lee Bennett	Elswick Harriers 'A' 13:30
Fastest Over-35 Female		Alison Dargie	Elswick Harriers 'A' 14:53

**Claremont Road Runners' Weetslade Relays - Individual Times**



Wednesday 26th June 2013



Team No.	Club	Team	Name	F/M	S/V	Time
56	Tyne Bridge Harriers	A	Marc Fenwick	M	S	12:35
50	Jarrow & Hebburn AC	A	Andy Burn	M	S	12:43
50	Jarrow & Hebburn AC	A	Brendan McMillan	M	S	13:16
9	Morpeth Harriers	A	Tom Straughan	M	S	13:24
37	Elswick Harriers	A	Lee Bennett	M	V	13:30
22	Gosforth Harriers	B	Luke Buswell	M	S	13:31
21	Gosforth Harriers	A	Finn Brodie	M	S	13:39
1	Heaton Harriers	A	Mark Oliver	M	S	13:41
43	North Shields Poly	A	Scott Ellis	M	S	13:42
23	Gosforth Harriers	C	Jack Reed	M	S	13:43
57	Tyne Bridge Harriers	B	Shaun Brown	M	S	13:45
37	Elswick Harriers	A	Lee Acer	M	S	13:49
43	North Shields Poly	A	Alan Haddon	M	S	13:52
44	North Shields Poly	B	John Baty	M	V	13:55
58	Tyne Bridge Harriers	C	Paul Turnbull	M	S	13:56
9	Morpeth Harriers	A	Sam Hancox	M	S	14:01
51	Jarrow & Hebburn AC	B	Kevin Emmitt	M	V	14:05
10	Morpeth Harriers	B	Phil Walker	M	V	14:12
51	Jarrow & Hebburn AC	B	Steven Greenwood	M	S	14:14
57	Tyne Bridge Harriers	B	David Moir	M	V	14:16
18	South Shields Harriers	D	Paul Bainbridge	M	V	14:22
39	Saltwell Harriers	A	Graham Stephenson	M	S	14:22
11	Morpeth Harriers	C	Mike Hegarty	M	S	14:24
44	North Shields Poly	B	Michael Moore	M	V	14:25
18	South Shields Harriers	D	Mark Hodgson	M	S	14:26
38	Elswick Harriers	B	Paul Jones	M	S	14:28
56	Tyne Bridge Harriers	A	Keith Smith	M	V	14:29
40	Saltwell Harriers	B	Rob Brooks	M	V	14:31
24	Gosforth Harriers	D	Tom Coates	M	S	14:34
52	Jarrow & Hebburn AC	C	Ian Richie	M	S	14:35
15	South Shields Harriers	A	Dave Morrow	M	S	14:35
59	Tyne Bridge Harriers	D	Stephen Barker	M	S	14:37
12	Morpeth Harriers	D	Chris Waugh	M	V	14:39
10	Morpeth Harriers	B	Alistair Macdonald	M	V	14:40
3	Heaton Harriers	C	Craig Hodgson	M	S	14:42
15	South Shields Harriers	A	George Bainbridge	M	V	14:43
6	Heaton Harriers	F	Magnus McGillivray	M	S	14:49
38	Elswick Harriers	B	Iain Hardy	M	V	14:50
39	Saltwell Harriers	A	Jim Thompson	M	V	14:51
37	Elswick Harriers	A	Alison Dargie	F	V	14:53
58	Tyne Bridge Harriers	C	David Appleby	M	V	14:54
63	Claremont Road Runners	A	Matthew Kingston	M	V	15:02
20	South Shields Harriers	F	Nick Atkinson	M	V	15:03
21	Gosforth Harriers	A	Rachel Lundgren	F	S	15:05
12	Morpeth Harriers	D	Dave Swinburne	M	S	15:07
11	Morpeth Harriers	C	Rob Hancox	M	V	15:09
50	Jarrow & Hebburn AC	A	Elaine Leslie	F	V	15:10
4	Heaton Harriers	D	Scott McEntee	M	S	15:12
3	Heaton Harriers	C	Andrew Bell	M	S	15:16
32	Allen Valley Striders	A	Michael Sanderson	M	V	15:17
43	North Shields Poly	A	Stephanie Dann	F	V	15:18
63	Claremont Road Runners	A	Paul Robinson	M	S	15:20
24	Gosforth Harriers	D	Gareth Driscoll	M	S	15:21
7	Ponteland Runners	A	Mark Lyon	M	S	15:23
55	Jarrow & Hebburn AC	F	Alan Ball	M	S	15:25
21	Gosforth Harriers	A	John Musgrove	M	V	15:26
22	Gosforth Harriers	B	Kevin Thomas	M	V	15:40
25	Gosforth Harriers	E	Maurice Bourke	M	S	15:43
59	Tyne Bridge Harriers	D	Alex Lockwood	M	V	15:46
7	Ponteland Runners	A	Jon Parkin	M	V	15:48
2	Heaton Harriers	B	Simon Jobe	M	S	15:48
46	North Shields Poly	D	Mick Brown	M	V	15:49
4	Heaton Harriers	D	Andy Burdon	M	V	15:51
54	Jarrow & Hebburn AC	E	Malcolm Liece	M	V	15:51
45	North Shields Poly	C	Bruce Robertson	M	V	15:52
52	Jarrow & Hebburn AC	C	Geoff Robinson	M	V	15:53
46	North Shields Poly	D	Vicky Houghton	F	S	15:53
28	Stocksfield Striders	A	Ian Brown	M	V	15:55
45	North Shields Poly	C	Adam Rowe	M	S	16:00
61	Tyne Bridge Harriers	F	Nick Varley	M	V	16:04
13	Morpeth Harriers	E	Mike Winter	M	V	16:05
61	Tyne Bridge Harriers	F	Phil Scott	M	S	16:08
53	Jarrow & Hebburn AC	D	Robert Weighman	M	V	16:10
28	Stocksfield Striders	A	Jonny Walker	M	S	16:10
33	Allen Valley Striders	B	Robert Welch	M	V	16:15
2	Heaton Harriers	B	Alan Langford	M	V	16:15
38	Elswick Harriers	B	Samantha Crowe	F	S	16:16
9	Morpeth Harriers	A	Joanne Brown	F	V	16:18
40	Saltwell Harriers	B	Ged Conway	M	V	16:18
56	Tyne Bridge Harriers	A	Sophie Marr	F	S	16:19
15	South Shields Harriers	A	Michelle Ford	F	V	16:22
17	South Shields Harriers	C	Chris Warnock	M	S	16:23
12	Morpeth Harriers	D	Lindsay Turnbull	F	V	16:24
7	Ponteland Runners	A	Eva Lowther	F	S	16:27
22	Gosforth Harriers	B	Beth Larby	F	S	16:27
1	Heaton Harriers	A	Nicola Roper	F	S	16:29
23	Gosforth Harriers	C	Harriet Buswell	F	S	16:31
41	Saltwell Harriers	C	Ian Charlton	M	S	16:32
54	Jarrow & Hebburn AC	E	Andrew Hudson	M	S	16:34
51	Jarrow & Hebburn AC	B	Heather Robinson	F	V	16:34
2	Heaton Harriers	B	Hannah Shillitoe	F	S	16:39
11	Morpeth Harriers	C	Alison Brown	F	S	16:40
23	Gosforth Harriers	C	Steven Bond	M	V	16:41
31	Stocksfield Striders	D	Phil Hindmarsh	M	V	16:47
55	Jarrow & Hebburn AC	F	Michael Bunn	M	V	16:47
64	Claremont Road Runners	B	Jonathan Mains	M	V	16:47
46	North Shields Poly	D	Dave Johnson	M	V	16:50
25	Gosforth Harriers	E	Mark Thomas	M	S	16:51
26	Gosforth Harriers	F	Richard McQuade	M	V	16:53
57	Tyne Bridge Harriers	B	Megan Parkin	F	S	16:54
10	Morpeth Harriers	B	Lorna Macdonald	F	S	16:55
19	South Shields Harriers	E	Colin Robson	M	V	16:56

**Claremont Road Runners' Weetslade Relays - Individual Times**



Wednesday 26th June 2013



Team No.	Club	Team	Name	F/M	S/V	Time
30	Stocksfield Striders	C	Dave Robson	M	S	16:58
60	Tyne Bridge Harriers	E	David Rowe	M	V	16:58
20	South Shields Harriers	F	Mairi Standaloft	F	S	16:59
30	Stocksfield Striders	C	David Leat	M	V	17:00
45	North Shields Poly	C	Michelle Thompson	F	S	17:02
63	Claremont Road Runners	A	Charlotte Spencer	F	S	17:03
53	Jarrow & Hebburn AC	D	Michael Joyce	M	V	17:05
29	Stocksfield Striders	B	Adam Hucklesby	M	S	17:05
18	South Shields Harriers	D	Linda Bone	F	V	17:11
35	Allen Valley Striders	D	Neil Harrison	M	V	17:11
13	Morpeth Harriers	E	Mike Steven	M	V	17:12
44	North Shields Poly	B	Claire Twaddle	F	V	17:15
13	Morpeth Harriers	E	Gwenda Cavill	F	V	17:17
47	North Shields Poly	E	Alison Dixon	F	S	17:18
64	Claremont Road Runners	B	Heather Steel	F	S	17:19
64	Claremont Road Runners	B	Nina Jensen	F	V	17:19
28	Stocksfield Striders	A	Cath Walker	F	S	17:20
19	South Shields Harriers	E	Helen Gallacher	F	V	17:23
60	Tyne Bridge Harriers	E	Matt Walker	M	S	17:24
8	Ponteland Runners	B	Chris Wright	M	V	17:24
65	Claremont Road Runners	C	Mungai Wairia	M	V	17:30
40	Saltwell Harriers	B	Fiona Braithwaite	F	V	17:38
1	Heaton Harriers	A	Les Bellis	M	V	17:38
5	Heaton Harriers	E	Nina Cameron	F	V	17:38
20	South Shields Harriers	F	Paula Atkinson	F	V	17:41
62	Tyne Bridge Harriers	G	Steve Compton	M	V	17:42
19	South Shields Harriers	E	Pablo Bernaio	M	V	17:43
48	North Shields Poly	F	Natalie Thorburn	F	V	17:45
3	Heaton Harriers	C	Deborah Hicks	F	V	17:47
5	Heaton Harriers	E	David Pace	M	V	17:48
53	Jarrow & Hebburn AC	D	Hazelle-Webster Costella	F	S	17:55
39	Saltwell Harriers	A	Sarah Garret	F	V	17:56
42	Saltwell Harriers	D	Darren Smiley	M	S	17:56
8	Ponteland Runners	B	Dave Legg	M	V	17:56
47	North Shields Poly	E	Ian Richardson	M	V	18:17
29	Stocksfield Striders	B	Georgia Villalobos	F	S	18:19
52	Jarrow & Hebburn AC	C	Anne-Marie Shiels	F	V	18:21
47	North Shields Poly	E	Thomas Hitchen	M	V	18:24
41	Saltwell Harriers	C	Graham Harrison	M	V	18:27
26	Gosforth Harriers	F	Susan Crony	F	S	18:31
4	Heaton Harriers	D	Caroline Billis	F	S	18:35
16	South Shields Harriers	B	Tommy Copp	M	V	18:40
31	Stocksfield Striders	D	Elisse Spoon	F	S	18:42
42	Saltwell Harriers	D	Isao Hara	M	V	18:45
54	Jarrow & Hebburn AC	E	Vicki Thompson	F	V	18:46
29	Stocksfield Striders	B	Andrew Moore	M	V	18:48
27	Gosforth Harriers	G	Gordon Patterson	M	V	18:51
16	South Shields Harriers	B	Bill Humphrey	M	V	18:57
58	Tyne Bridge Harriers	C	Annette Kelly	F	S	18:59
61	Tyne Bridge Harriers	F	Julie Shaw	F	V	19:01
6	Heaton Harriers	F	Helena Walsater-Lowes	F	V	19:06
36	Allen Valley Striders	E	Simon Andreasson	M	V	19:06
59	Tyne Bridge Harriers	D	Nicola Brady	F	S	19:11
5	Heaton Harriers	E	Jenny Friend	F	V	19:13
6	Heaton Harriers	F	Cristina Tyley	F	S	19:14
27	Gosforth Harriers	G	Angela Foley	F	V	19:17
31	Stocksfield Striders	D	Jo Mitchell	F	S	19:31
8	Ponteland Runners	B	Sue Heppell	F	V	19:33
33	Allen Valley Striders	B	Rose Todhunter	F	V	19:33
36	Allen Valley Striders	E	Paul Moore	M	S	19:40
34	Allen Valley Striders	C	Celia Sanderson	F	V	19:42
27	Gosforth Harriers	G	Sarah Rees	F	V	19:52
60	Tyne Bridge Harriers	E	Sophie Wardrobe	F	S	19:53
24	Gosforth Harriers	D	Rachel Daniels	F	V	19:54
65	Claremont Road Runners	C	Mary Martin	F	V	19:56
32	Allen Valley Striders	A	Gayle Forster	F	V	20:10
26	Gosforth Harriers	F	Fiona Waugh	F	V	20:15
62	Tyne Bridge Harriers	G	Sinead Coffey	F	V	20:17
62	Tyne Bridge Harriers	G	Becky Parkin	F	S	20:20
17	South Shields Harriers	C	Tracey Emmett	F	V	20:31
41	Saltwell Harriers	C	Helena Simmonds	F	S	20:35
35	Allen Valley Striders	D	Sara Stewart	F	V	20:38
30	Stocksfield Striders	C	Anna Halstead	F	S	20:47
48	North Shields Poly	F	Angela Green	F	V	20:47
25	Gosforth Harriers	E	Donna Broxup	F	V	20:48
48	North Shields Poly	F	Dave Morris	M	V	20:50
34	Allen Valley Striders	C	Craig Thomson	M	V	20:54
16	South Shields Harriers	B	Steph Chariton	F	S	21:16
49	North Shields Poly	G	Lesley Legg	F	V	21:23
36	Allen Valley Striders	E	Meg Walke	F	V	21:46
49	North Shields Poly	G	Judith Parkinson	F	V	22:00
42	Saltwell Harriers	D	Charlotte Proud	F	S	22:04
49	North Shields Poly	G	Heather Gould	F	V	22:04
65	Claremont Road Runners	C	Debbie McRory	F	V	22:09
55	Jarrow & Hebburn AC	F	Heather Hogg	F	S	22:17
35	Allen Valley Striders	D	Helen Edwards	F	V	23:10
33	Allen Valley Striders	B	Julie Graham	F	V	23:19
17	South Shields Harriers	C	Caroline Morrow	F	S	23:27
34	Allen Valley Striders	C	Sue Bell	F	V	23:40