

Sunderland 5K

Senior Results - 16th July 2014

| Pos | Name | Club | Time | Pos | Name | Time |
|-----|--------------------------|----------------------|-------------|-----|-----------------------------|--------------------------------|
| 1 | Ryan Mcleod (339) | Tipton Harriers | 14.40 | 67 | An Other (587) | Unattached 17.48 |
| 2 | Calum Johnson (334) | Gateshead Harriers | 15.15 | 68 | Emma Pearson (198) | Morpeth Harriers 17.48 F |
| 3 | Lewis Timmins (393) | Morpeth Harriers | 15.18 | 69 | Ian Pickett (148) | Tyne Bridge 17.49 |
| 4 | Kevin Calvert (317) | Sunderland Harriers | 15.21 | 70 | Paul Redman (13) | Sunderland Harriers 17.50 O50 |
| 5 | Daniel Johnson (333) | Gateshead Harriers | 15.22 | 71 | Simon Rogers (127) | Unattached 17.51 O40 |
| 6 | Daniel Jenkin (214) | Durham City | 15.23 | 72 | Kris Stobbs (275) | Wallsend Harriers 17.54 |
| 7 | Nathan Shrubbs (38) | Morpeth Harriers | 15.31 | 73 | Tim Allsop (244) | Sunderland Strollers 17.56 O45 |
| 8 | Kevin Jeffress (232) | Sunderland Harriers | 15.51 | 74 | Alastair Spanner (52) | Tyne Bridge 17.58 O40 |
| 9 | Scott Ellis (125) | North Shields Poly | 15.55 | 75 | Daniel Weatherill (346) | Wallsend Harriers 17.59 O40 |
| 10 | James Askew (329) | Durham City | 15.57 | 76 | Simon Lyon (328) | Wallsend Harriers 18.00 |
| 11 | Jed Marshall (377) | Gateshead Harriers | 15.58 | 77 | John Hunt (340) | Sunderland Harriers 18.01 |
| 12 | Marc Fenwick (380) | Tyne Bridge | 15.59 | 78 | Graham Armstrong (280) | Wallsend Harriers 18.02 |
| 13 | Sam Brand (331) | Gateshead Harriers | 16.01 | 79 | Wayne Fuller (391) | Heaton Harriers 18.06 |
| 14 | Thomas Straugham (388) | Morpeth Harriers | 16.05 | 80 | Alan Knebel (9) | Sunderland Harriers 18.09 O40 |
| 15 | Guy Bracken (353) | North Shields Poly | 16.15 O50 | 81 | Mark Turnbull (45) | Elswick Harriers 18.11 O45 |
| 16 | Kurt Heron (416) | Unattached | 16.22 | 82 | Graeme Pullman (402) | Sunderland Strollers 18.12 |
| 17 | Elliot Kelly (17) | Morpeth Harriers | 16.23 | 83 | Stephen Jackson (303) | Elvert Stridders 18.13 |
| 18 | Terry Scott (109) | Tyne Bridge | 16.24 O40 | 84 | Luke Aston (357) | Blackhill Bounders 18.14 |
| 19 | Chris Smith (130) | Unattached | 16.27 | 85 | Claire Mcmanus (90) | North Shields Poly 18.14 F O35 |
| 20 | Michael Hedley (342) | Jesmond Joggers | 16.30 | 86 | Paul Cook (348) | Darlington H & AC 18.19 |
| 21 | Andy Graham (140) | Durham City | 16.34 | 87 | Christopher Wilkinson (138) | Durham City 18.20 |
| 22 | Stephen Munro (371) | New Marske | 16.37 | 88 | Martyn Knox (111) | Aycliffe 18.21 |
| 23 | Andrew Powell (79) | Sunderland Strollers | 16.41 | 89 | Paul Stewart (195) | Unattached 18.22 O40 |
| 24 | Sam Hancox (220) | Morpeth Harriers | 16.51 | 90 | Vicky Gibbs (257) | Morpeth Harriers 18.24 F O35 |
| 25 | Michael Laws (161) | Sunderland Strollers | 16.52 | 91 | Richard Campbell (93) | Aycliffe 18.25 |
| 26 | Steve McMahon (311) | Sunderland Strollers | 16.52 | 92 | Matt Forster (385) | Morpeth Harriers 18.26 |
| 27 | Keith Smith (154) | Tyne Bridge | 16.55 O50 | 93 | Simon Pryde (408) | Tyne Bridge 18.27 O40 |
| 28 | George Rudman (141) | Blaydon Harriers | 16.58 | 94 | Paul Brown (370) | Unattached 18.28 O45 |
| 29 | Samuel Beckett (168) | Crook AC | 16.59 | 95 | Steve Johnson (367) | Houghton Harriers 18.29 O40 |
| 30 | Ian Dixon (2) | Sunderland Harriers | 17.00 | 96 | Jon Moss (88) | Tyne Bridge 18.30 |
| 31 | Patrick Houghton (69) | North Shields Poly | 17.00 | 97 | Michael Heskett (240) | Sunderland Harriers 18.30 |
| 32 | Andrew Pearson (57) | New Marske | 17.01 O40 | 98 | Christopher Waite (26) | North Shields Poly 18.33 O40 |
| 33 | Chris Auld (25) | Crook AC | 17.02 O40 | 99 | Paul Robinson (336) | Claremont R.R. 18.35 |
| 34 | Jonathan Wilkinson (137) | Durham City | 17.03 | 100 | Gavin Bayne (395) | Morpeth Harriers 18.37 O55 |
| 35 | Paul Darroch (115) | Redcar RC | 17.04 | 101 | Scott Mcintee (314) | Heaton Harriers 18.39 |
| 36 | Phil Walker (187) | Morpeth Harriers | 17.05 O45 | 102 | Sean Smith (217) | Sunderland Harriers 18.40 |
| 37 | Steven Potts (10) | Sunderland Harriers | 17.07 | 103 | Simon Ellis (382) | North Shields Poly 18.41 |
| 38 | Adam Walker (332) | Elvert Stridders | 17.10 | 104 | James Long (403) | Low Fell RC 18.42 |
| 39 | Lee Morgan (155) | Morpeth Harriers | 17.13 | 105 | Nick Mason (384) | Quakers RC 18.43 O45 |
| 40 | Ken Harker (235) | Rich & Zet | 17.14 O40 | 106 | Carl Watson (349) | Low Fell RC 18.44 O45 |
| 41 | James Porteous (55) | Gateshead Harriers | 17.14 | 107 | Les Smith (364) | Heaton Harriers 18.46 O40 |
| 42 | Sharon Barlow (180) | Ripon Run | 17.15 F O35 | 108 | Bruce Robertson (373) | North Shields Poly 18.48 O50 |
| 43 | Jordon Bell (392) | Blackhill Bounders | 17.15 | 109 | Alan Ball (163) | Jarrow & Hebburn 18.49 |
| 44 | Gareth Pritchard (190) | Elvert Stridders | 17.16 | 110 | Ian Dugdale (268) | Wallsend Harriers 18.50 |
| 45 | Rob Teasdale (233) | Crook AC | 17.17 | 111 | Luke McCormack (298) | Sunderland Strollers 18.51 |
| 46 | Lee Cuthberts (82) | Blyth RC | 17.18 | 112 | Matt Dickinson (308) | Unattached 18.52 |
| 47 | Iain Townsend (372) | Gateshead Harriers | 17.19 | 113 | Maxine Czarnecka (300) | Jarrow & Hebburn 18.53 F |
| 48 | Chris Walker (175) | Durham City | 17.22 | 114 | Declan Munnally (167) | Sunderland Strollers 18.54 |
| 49 | David Johnson (96) | Tyne Bridge | 17.23 | 115 | John Stephens (234) | Low Fell RC 18.55 O55 |
| 50 | Wayne Pearosn (338) | Crook AC | 17.24 O45 | 116 | Adam Ridley (358) | Sunderland Harriers 18.56 |
| 51 | Paul Waterson (398) | Morpeth Harriers | 17.25 O45 | 117 | Edwin Wong (84) | Tyne Bridge 18.57 |
| 52 | Nigel Camilleri (323) | Gateshead Harriers | 17.26 | 118 | Nathan Smith (182) | Harrogate Harriers 18.58 O40 |
| 53 | Rob Scott (350) | Rich & Zet | 17.27 | 119 | Stephen Hall (186) | North Shields Poly 18.59 |
| 54 | Matthew Fearn (200) | Sunderland Harriers | 17.27 | 120 | Louise Rodgers (54) | Tyne Bridge 18.59 F O40 |
| 55 | Mark Banks (366) | Heaton Harriers | 17.28 | 121 | Joanne Lee (66) | Tyne Bridge 19.00 F O40 |
| 56 | Gary Wallace (158) | Blackhill Bounders | 17.29 | 122 | Alasdair Blair (102) | Tyne Bridge 19.02 |
| 57 | Gareth Thraves (135) | Chester-le-Street | 17.30 | 123 | Thomas Bell (363) | Heaton Harriers 19.04 |
| 58 | Alex Snook (212) | Jarrow & Hebburn | 17.31 F | 124 | Kevin Blyth (376) | Sunderland Strollers 19.06 O55 |
| 59 | David Moir (121) | Tyne Bridge | 17.33 O45 | 125 | Gareth Wills (76) | Sunderland Strollers 19.08 |
| 60 | Rob Everson (29) | Elvert Stridders | 17.36 | 126 | Michael Lyth (92) | New Marske 19.11 |
| 61 | Steve Rankin (188) | Sunderland Strollers | 17.37 | 127 | Steven French (150) | Blyth RC 19.13 |
| 62 | Steve Gordon (228) | Sunderland Harriers | 17.38 O40 | 128 | Kevin O'neil (47) | Sunderland Strollers 19.14 O50 |
| 63 | Rob Hancox (221) | Morpeth Harriers | 17.41 O45 | 129 | Ritchie Gerry (113) | Sunderland Strollers 19.15 O45 |
| 64 | Jon French (149) | Blyth RC | 17.43 | 130 | Will Crossley (283) | Wallsend Harriers 19.15 |
| 65 | Andy Smythe (107) | Tyne Bridge | 17.45 | 131 | Paul Brennan (53) | Crook AC 19.16 O45 |
| 66 | Luke Bryant (178) | Claremont R.R. | 17.46 | 132 | Nick Milley (194) | Houghton Harriers 19.17 |

| Pos | Name | Club | Time | Pos | Name | Club | Time |
|-----|------------------------------|----------------------|-------------|-----|--------------------------|----------------------|-------------|
| 133 | Garry Patterson (312) | Low Fell RC | 19.18 O40 | 204 | Malcolm Thiraway (368) | Gateshead Harriers | 21.14 O55 |
| 134 | Andy Biggs (152) | Durham City | 19.19 O45 | 205 | Lee Coulson (58) | Elswick Harriers | 21.15 O40 |
| 135 | Claire Simpson (176) | Jarrow & Hebburn | 19.21 F O35 | 206 | Mark Crosby (144) | Morpeth Harriers | 21.16 O50 |
| 136 | Robbie Livermore (267) | Wallsend Harriers | 19.22 | 207 | Stephen Hoggett (248) | Unattached | 21.17 |
| 137 | Christian Barlow (131) | Durham City | 19.24 | 208 | Dennis Hern (6) | Sunderland Harriers | 21.17 O45 |
| 138 | Alex Mitchell (254) | Sunderland Harriers | 19.25 | 209 | Erin Corbyn (379) | New Marske | 21.18 F |
| 139 | Mustafa Gun (7) | Sunderland Harriers | 19.27 | 210 | Andrew Hudson (255) | Jarrow & Hebburn | 21.19 |
| 140 | Michael Henderson (126) | Sunderland Strollers | 19.30 | 211 | Elizabeth Allison (294) | Crook AC | 21.20 F |
| 141 | Kath Aspin (73) | New Marske | 19.32 F O45 | 212 | John Brown (374) | North Shields Poly | 21.21 O60 |
| 142 | David Nicholson (401) | Unattached | 19.34 O55 | 213 | Michael Nemeth (98) | Tyne Bridge | 21.23 |
| 143 | Steve Wellings (156) | Elswick Harriers | 19.36 | 214 | Alison Cummings (292) | North Shields Poly | 21.26 F O55 |
| 144 | Ross Thraves (259) | Aurora Harriers | 19.37 | 215 | Chris Dunn (365) | Heaton Harriers | 21.28 |
| 145 | Stewart Hopes (99) | Unattached | 19.39 | 216 | Keith O'donnell (282) | Wallsend Harriers | 21.30 O40 |
| 146 | Dean Phillips (213) | Sunderland Harriers | 19.41 O45 | 217 | Duncan Mitchell (290) | Unattached | 21.32 O45 |
| 147 | David Aspin (74) | New Marske | 19.42 O45 | 218 | Dave Collinson (278) | Wallsend Harriers | 21.34 |
| 148 | Kim Simpson (87) | Durham City | 19.43 F | 219 | Kyle Howard (286) | Sunderland Harriers | 21.36 |
| 149 | Trevor Whelan (359) | Unattached | 19.44 O40 | 220 | Robert Sewell (396) | Unattached | 21.38 O55 |
| 150 | Lorna Mcdonal (165) | Morpeth Harriers | 19.45 F | 221 | Michael Graham (407) | Low Fell RC | 21.39 O50 |
| 151 | Peter Richardson (202) | Sunderland Harriers | 19.46 O60 | 222 | David White (231) | Sunderland Harriers | 21.40 O60 |
| 152 | Marc Richardosn (400) | Unattached | 19.47 | 223 | Brian Long (210) | Sunderland Harriers | 21.41 O60 |
| 153 | Richard Harrison (132) | Unattached | 19.48 | 224 | John Bailey (142) | South Shields | 21.42 |
| 154 | Peter Harrison (34) | Durham City | 19.50 O40 | 225 | Jim Wightman (251) | Sunderland Harriers | 21.42 O60 |
| 155 | Megam Murdoch (307) | Claremont R.R. | 19.53 F | 226 | Michael Dufton (319) | Crook AC | 21.46 O40 |
| 156 | Robert Hurley (387) | Unattached | 19.56 | 227 | Alan Rowell (136) | Durham City | 21.50 O60 |
| 157 | Christopher Kent (56) | Unattached | 19.59 | 228 | Kelly Smith (151) | Aycliffe | 21.52 F |
| 158 | Peter Scaife (237) | Morpeth Harriers | 20.03 O50 | 229 | Rachel Adamson (321) | Tyne Bridge | 21.54 F |
| 159 | Joanne Raine (352) | Crook AC | 20.06 F | 230 | Steve Garrett (271) | Wallsend Harriers | 21.56 O40 |
| 160 | John Lowes (389) | Elswick Harriers | 20.08 | 231 | Kelly Dodds (297) | Heaton Harriers | 21.58 F O35 |
| 161 | Brian Cairns (414) | Sunderland Strollers | 20.10 O40 | 232 | Kirstin Farquhar (345) | Durham City | 22.00 F O45 |
| 162 | Geoff Hewitson (301) | Crook AC | 20.11 O55 | 233 | Lee Carruthers (191) | Houghton Harriers | 22.01 |
| 163 | Andy Wigmore (264) | Wallsend Harriers | 20.12 | 234 | Steve Curry (356) | Elswick Harriers | 22.02 O50 |
| 164 | Tony Allen (354) | Sunderland Strollers | 20.14 O50 | 235 | Fern Freeman (397) | Durham City | 22.03 F |
| 165 | Owen Brown (324) | North York Moors | 20.16 | 236 | David Triplow (411) | South Shields | 22.04 |
| 166 | Ben Hall (65) | Elswick Harriers | 20.17 | 237 | Robert Wilson (383) | Elswick Harriers | 22.05 O50 |
| 167 | Sean Mcintyre (265) | Wallsend Harriers | 20.18 O40 | 238 | Lee Walker (262) | Wallsend Harriers | 22.07 O40 |
| 168 | Steve Tiltman (227) | Sunderland Harriers | 20.19 O40 | 239 | Richard Mcdonald (43) | Tyne Bridge | 22.09 O40 |
| 169 | David Savage (8) | Sunderland Harriers | 20.21 O40 | 240 | Stacey Davidson (279) | Wallsend Harriers | 22.11 F |
| 170 | Harry Matthews (295) | Elswick Harriers | 20.22 O60 | 241 | Joe Glancy (246) | Sunderland Strollers | 22.14 O50 |
| 171 | Gavin Simmons (181) | Unattached | 20.23 | 242 | Phillip Howard (287) | Sunderland Strollers | 22.18 O45 |
| 172 | Douglas Long (51) | Low Fell RC | 20.24 O45 | 243 | Claire O'callaghan (410) | South Shields | 22.19 F |
| 173 | Philip Scott (41) | Tyne Bridge | 20.25 | 244 | Barry Calvert (285) | Unattached | 22.20 |
| 174 | Jessica Fox (4) | Sunderland Harriers | 20.26 F | 245 | Claire Rowell (85) | Unattached | 22.21 F |
| 175 | Craig Smith (406) | Unattached | 20.26 | 246 | Mary Lisle (68) | Unattached | 22.23 F O35 |
| 176 | Hamish Mcallister-williams (| Morpeth Harriers | 20.27 O50 | 247 | Vince Emmett (327) | Sunderland Harriers | 22.24 O55 |
| 177 | Michael Coxon (224) | Sunderland Harriers | 20.28 O40 | 248 | Catherine Lee (390) | Elswick Harriers | 22.26 F |
| 178 | Nick Wardle (179) | Heaton Harriers | 20.29 | 249 | David Goodfellow (78) | Unattached | 22.27 O40 |
| 179 | Mark Wood (143) | Unattached | 20.30 | 250 | Alan Mcmanus (19) | Sunderland Harriers | 22.28 |
| 180 | Steven Shotton (341) | Tyne Bridge | 20.33 O40 | 251 | Emma Turnbull (116) | Elswick Harriers | 22.29 F O40 |
| 181 | Judith Thirwell (252) | Sunderland Harriers | 20.35 F O40 | 252 | Geoffrey Rushworth (223) | Unattached | 22.31 O50 |
| 182 | Heather Steel (243) | Claremont R.R. | 20.37 F | 253 | Lesley Chapman (18) | Morpeth Harriers | 22.32 F O55 |
| 183 | Ryan Davison (157) | Elswick Harriers | 20.39 | 254 | Stephen Kiszow (325) | Sunderland Strollers | 22.33 |
| 184 | Lucy Matheson (42) | Tyne Bridge | 20.40 F O40 | 255 | Julie Williams (273) | Wallsend Harriers | 22.34 F |
| 185 | Robert Welsh (413) | Sunderland Strollers | 20.43 O50 | 256 | Lori Moon (162) | Unattached | 22.35 F |
| 186 | Rachel Ball (189) | Sunderland Strollers | 20.45 F | 257 | Alice Campbell (360) | Durham City | 22.37 F |
| 187 | Kay Snowball (337) | Sunderland Strollers | 20.47 F | 258 | Vicki Thompson (59) | Jarrow & Hebburn | 22.39 F O40 |
| 188 | Peter Armstrong (169) | Unattached | 20.49 | 259 | Angela Calvert (15) | Sunderland Harriers | 22.41 F O35 |
| 189 | Matthew Walker (106) | Tyne Bridge | 20.51 | 260 | Clare Twaddle (347) | North Shields Poly | 22.43 F O35 |
| 190 | Lindsay Walsh (172) | Tyne Bridge | 20.53 F O40 | 261 | Barry Marlee (207) | Sunderland Harriers | 22.45 O40 |
| 191 | David Hall (274) | Wallsend Harriers | 20.55 | 262 | Megan Parkin (124) | Tyne Bridge | 22.46 F |
| 192 | Michael Stacey (296) | Low Fell RC | 20.57 O55 | 263 | Kerry Reed (299) | Tyne Bridge | 22.50 F O35 |
| 193 | Alister Robson (310) | Elvert Stridders | 20.58 O40 | 264 | Tony Mcneil (293) | Durham City | 22.54 O50 |
| 194 | Gillian Barry (209) | Sunderland Harriers | 20.59 F | 265 | Alan Chapman (218) | Sunderland Harriers | 22.56 O50 |
| 195 | Helene Pratt (241) | Crook AC | 21.01 F O35 | 266 | Chris Oliphant (375) | North Shields Poly | 22.58 O60 |
| 196 | Nina Cameron (351) | Heaton Harriers | 21.03 F O40 | 267 | James Ford (258) | Unattached | 22.59 O40 |
| 197 | Iain Dalby (110) | Tyne Bridge | 21.05 | 268 | Ian Smith (362) | Sunderland Strollers | 23.01 |
| 198 | Rebecca Parkin (123) | Tyne Bridge | 21.07 F | 269 | Chris Parkin (122) | Tyne Bridge | 23.03 O50 |
| 199 | Gary Lewis (266) | Wallsend Harriers | 21.08 | 270 | Andrew Hodgson (404) | Sunderland Strollers | 23.05 |
| 200 | Fred Judson (229) | Sunderland Harriers | 21.09 O55 | 271 | Allen Mulliss (35) | Heaton Harriers | 23.06 O55 |
| 201 | Stuart Dickson (164) | Tyne Bridge | 21.10 O45 | 272 | Jess Riches (60) | Unattached | 23.07 F |
| 202 | David Purvis (86) | Unattached | 21.11 | 273 | Stephen Riley (71) | Sunderland Strollers | 23.10 O40 |
| 203 | Justin Hindmarch (313) | Aycliffe | 21.13 | 274 | Jeff Henderson (369) | North East Vets | 23.13 O45 |

| Pos | Name | Club | Time | | Pos | Name | Club | Time | |
|-----|------------------------------|----------------------|-------|-------|-----|------------------------|----------------------|-------|-------|
| 275 | Tom Hanlon (245) | Elswick Harriers | 23.18 | O55 | 346 | David Whitmore (304) | South Shields | 30.54 | O60 |
| 276 | Clare Calverley (381) | Blyth RC | 23.19 | F O35 | 347 | Michelle Donnelly (28) | Sunderland Strollers | 32.29 | F O40 |
| 277 | Tony Maddocks (263) | Wallsend Harriers | 23.21 | O50 | 348 | Vicki Milburn (104) | Northern Front Run | 37.40 | F O40 |
| 278 | Karen Livermore (269) | Wallsend Harriers | 23.22 | F | | | | | |
| 279 | Donna Corrigan (238) | Sunderland Harriers | 23.25 | F | | | | | |
| 280 | Claire Miller-grossett (378) | Tyne Bridge | 23.28 | F | | | | | |
| 281 | Kate Mcentee (315) | Unattached | 23.30 | F O35 | | | | | |
| 282 | Sarah Stokoe (64) | Elswick Harriers | 23.31 | F O40 | | | | | |
| 283 | Alexandra Battersby (145) | Tyne Bridge | 23.33 | F | | | | | |
| 284 | Nicola Coates (344) | Seafront Smilers | 23.40 | F O45 | | | | | |
| 285 | Kevin Short (277) | Wallsend Harriers | 23.43 | | | | | | |
| 286 | Sian Ellison (386) | Unattached | 23.46 | F | | | | | |
| 287 | Annette Kelly (129) | Tyne Bridge | 23.53 | F | | | | | |
| 288 | Lesley Tiltman (226) | Unattached | 23.54 | F O40 | | | | | |
| 289 | Rob Craig (309) | Sunderland Strollers | 23.55 | O50 | | | | | |
| 290 | Marguerite Harvey (193) | Houghton Harriers | 23.56 | F O35 | | | | | |
| 291 | April Jones (199) | Unattached | 23.57 | F O50 | | | | | |
| 292 | Catherine Morris (343) | Seafront Smilers | 23.59 | F O45 | | | | | |
| 293 | Steven Patterson (261) | Unattached | 24.02 | | | | | | |
| 294 | Stuart Reay (133) | Durham City | 24.04 | O55 | | | | | |
| 295 | Denise Huddleston (89) | Elswick Harriers | 24.06 | F O40 | | | | | |
| 296 | Laura Carrick (173) | Elswick Harriers | 24.08 | F | | | | | |
| 297 | Anthony Mcdermott (316) | Unattached | 24.27 | | | | | | |
| 298 | Keith Rhowbotham (171) | Unattached | 24.32 | | | | | | |
| 299 | Paul Mustard (206) | Seafront Smilers | 24.34 | O45 | | | | | |
| 300 | Leanne Smith (281) | Wallsend Harriers | 24.41 | F | | | | | |
| 301 | Krystian Jones (399) | Unattached | 24.42 | O35 | | | | | |
| 302 | Phil Ashcroft (128) | Unattached | 24.46 | | | | | | |
| 303 | John New (174) | Sunderland Strollers | 24.47 | O50 | | | | | |
| 304 | Richard Wilson (49) | Sunderland Strollers | 25.02 | O60 | | | | | |
| 305 | Christopher Morrow (105) | Sunderland Strollers | 25.05 | | | | | | |
| 306 | Mac Stephenson (355) | South Shields | 25.08 | O60 | | | | | |
| 307 | Ian Hedley (120) | Unattached | 25.09 | | | | | | |
| 308 | Paula Wear (160) | Durham City | 25.20 | F | | | | | |
| 309 | Martin Bircham (192) | Unattached | 25.30 | | | | | | |
| 310 | Vikki Cotton (50) | Unattached | 25.41 | F | | | | | |
| 311 | Denise Forster (242) | Seafront Smilers | 25.42 | F O50 | | | | | |
| 312 | Loretta Greenshields (253) | Sunderland Harriers | 25.42 | F | | | | | |
| 313 | Robert Clark (70) | Unattached | 25.43 | | | | | | |
| 314 | Ashlyn Liddle (412) | Sunderland Harriers | 26.02 | F | | | | | |
| 315 | Michelle Coleman (306) | Elswick Harriers | 26.03 | F O40 | | | | | |
| 316 | Ron Avery (134) | Unattached | 26.06 | O60 | | | | | |
| 317 | Kim Fox (3) | Seafront Smilers | 26.12 | F O45 | | | | | |
| 318 | Michelle Mustard (204) | Seafront Smilers | 26.12 | F O45 | | | | | |
| 319 | Charly Blackburn (62) | Tyne Bridge | 26.14 | F | | | | | |
| 320 | Aimee Richardson (208) | Sunderland Harriers | 26.24 | F | | | | | |
| 321 | Tricia O'neil (46) | Sunderland Strollers | 26.25 | F O50 | | | | | |
| 322 | Susan Clughen (230) | Sunderland Harriers | 26.27 | F O60 | | | | | |
| 323 | Rebecca Fisher (97) | Elvert Stridders | 26.28 | F O35 | | | | | |
| 324 | Katherine Halshaw (72) | Sunderland Strollers | 26.32 | F | | | | | |
| 325 | Jackie Avery (83) | Elswick Harriers | 26.40 | F O50 | | | | | |
| 326 | Deborah Smith (14) | Sunderland Harriers | 26.46 | F O45 | | | | | |
| 327 | Christine Lee (215) | Elswick Harriers | 27.12 | F O60 | | | | | |
| 328 | Debbie Briffa (322) | Unattached | 27.16 | F | | | | | |
| 329 | Claire Newton (318) | Seafront Smilers | 27.19 | F O40 | | | | | |
| 330 | Helen Whitmore (305) | Unattached | 27.33 | F O50 | | | | | |
| 331 | Heather Stephenson (67) | Unattached | 27.38 | F O40 | | | | | |
| 332 | Michelle Houghton (361) | Sunderland Strollers | 27.42 | F | | | | | |
| 333 | Roger Heath (276) | Wallsend Harriers | 27.43 | O45 | | | | | |
| 334 | Laura Knox (112) | Aycliffe | 27.48 | F | | | | | |
| 335 | Frankie Wilson (166) | Unattached | 27.52 | F | | | | | |
| 336 | Tina Mitchell (289) | Seafront Smilers | 27.54 | F O40 | | | | | |
| 337 | Tracy Musgrove (37) | Unattached | 27.58 | F O45 | | | | | |
| 338 | David Stothard (146) | Unattached | 27.59 | O45 | | | | | |
| 339 | Carolyn Wood (103) | Northern Front Run | 28.13 | F O45 | | | | | |
| 340 | Tara Horner (32) | Unattached | 28.38 | F O40 | | | | | |
| 341 | Simon Sellars (184) | Blyth RC | 29.15 | | | | | | |
| 342 | Caroline Taylor (108) | Sunderland Strollers | 30.00 | F O40 | | | | | |
| 343 | Caroline Morrow (409) | South Shields | 30.22 | F | | | | | |
| 344 | Kathleen Bellamy (260) | Elvert Stridders | 30.35 | F O35 | | | | | |
| 345 | Margaret Thompson (12) | Sunderland Harriers | 30.47 | F O55 | | | | | |