

# Elswick Harriers Good Friday Relays

## Senior Men Relay Results

<b>1</b>	<b>Morpeth Harriers - A</b>	<b>42.03</b>		<b>9</b>	<b>Sunderland Harriers - B</b>	<b>45.28</b>		<b>17</b>	<b>Gateshead Harriers - C</b>	<b>47.46</b>	
	Pater Newton	10.17	(2)		Andy Powell	11.08	(14)		Steven Medd	11.36	(24)
	Carl Avery	10.30	(1)		Ian Dixon	11.30	(10)		Callum Simpson	12.26	(21)
	Chris Smith	10.45	(1)		Jonny Howe	11.31	(9)		Sean Hall	11.37	(18)
	Ian Hudspith	10.31	(1)		Steve McMahon	11.19	(9)		Richard Ostell	12.07	(17)
<b>2</b>	<b>Morpeth Harriers - B</b>	<b>43.05</b>		<b>10</b>	<b>North Shields Poly - A</b>	<b>45.57</b>		<b>18</b>	<b>Heaton Harriers - A</b>	<b>47.53</b>	
	Ross Playd	10.44	(8)		Graeme Cook	11.04	(11)		Alan Bell	12.31	(37)
	Scott Beattie	10.42	(3)		Michael Dawson	11.27	(9)		Ben Brummel	11.49	(23)
	Tom Staughan	10.49	(2)		Ross Butcher	11.50	(10)		Tom Oliphant	11.49	(21)
	Ryan Stephenson	10.50	(2)		Scott Ellis	11.36	(10)		Mark Oliver	11.44	(18)
<b>3</b>	<b>Elswick Harriers - A</b>	<b>43.34</b>		<b>11</b>	<b>Gateshead Harriers - B</b>	<b>46.01</b>		<b>19</b>	<b>Gosforth Harriers - A</b>	<b>47.57</b>	
	Tadele Geremew	10.21	(3)		Greg Urwin	11.22	(17)		W Buswell	11.05	(12)
	Lee Ager	11.37	(7)		James Porteous	11.24	(12)		Tom Coates	12.14	(16)
	Bradley Clough	11.41	(7)		Ross Butcher	11.36	(11)		Gareth Driscoll	12.18	(17)
	Phil Hurst	09.55	(3)		Keven Connolly	11.39	(11)		Zak Wylie	12.20	(19)
<b>4</b>	<b>Gateshead Harriers - A</b>	<b>43.50</b>		<b>12</b>	<b>Jarrow &amp; Hebburn AC - A</b>	<b>46.38</b>		<b>20</b>	<b>Blyth RC - A</b>	<b>48.00</b>	
	Dan Johnson	10.38	(6)		Brendan McMillan	11.22	(16)		Sam Dodd	11.24	(18)
	Conrad Franks	10.49	(4)		Kevin Emmett	11.54	(15)		Jake Jansen	11.49	(14)
	Rob Dobson	11.30	(4)		Gareth Thraves	12.05	(15)		Jon French	12.04	(14)
	Barry Maskell	10.53	(4)		Liamm Emmett	11.17	(12)		Joseph Woods	12.43	(20)
<b>5</b>	<b>Morpeth Harriers - C</b>	<b>44.17</b>		<b>13</b>	<b>Wallsend Harriers - A</b>	<b>46.45</b>		<b>21</b>	<b>Heaton Harriers - B</b>	<b>48.33</b>	
	Kevin Calvert	10.36	(5)		Harry Coates	11.07	(13)		Wayne Fuller	11.49	(26)
	Graeme Taylor	11.01	(5)		Phil Aiston	11.43	(13)		Ian Robinson	11.59	(20)
	Robert Balmbra	11.17	(3)		Tim Nicholson	12.18	(13)		Les Smith	12.11	(20)
	Sam Hancox	11.23	(5)		Nick Zissler	11.37	(13)		Andy Burden	12.34	(21)
<b>6</b>	<b>Sunderland Harriers - A</b>	<b>44.22</b>		<b>14</b>	<b>Birtley AC - A</b>	<b>46.46</b>		<b>22</b>	<b>Blackhill Bounders - A</b>	<b>48.42</b>	
	Nathan Reed	10.51	(10)		Peter Franie	11.48	(25)		Jordan Bell	10.45	(9)
	Steve Rankin	10.59	(6)		Paul Reay	12.24	(22)		Ian Middlemass	12.54	(18)
	Sparrow Morley	11.24	(6)		Darren Purvis	11.40	(19)		Ian Young	12.50	(24)
	Craig Isherwood	11.08	(6)		Adrian Bailes	10.54	(14)		Stewy Bell	12.13	(22)
<b>7</b>	<b>Crook AC - A</b>	<b>44.27</b>		<b>15</b>	<b>Morpeth Harriers - D</b>	<b>46.50</b>		<b>23</b>	<b>Crook AC - B</b>	<b>48.55</b>	
	Wondiye Indelbu	10.31	(4)		Adam Gibbs	11.21	(15)		Sam Beckett	11.24	(19)
	Markhim Lonsdale	10.48	(2)		James Young	11.24	(11)		Tony Murray	12.19	(19)
	David Best	11.50	(5)		Matthew Bayle	12.07	(12)		Grahma Spowart	12.37	(23)
	Carl Chapman	11.18	(7)		Dave Swinburne	11.58	(15)		Liam Armstrong	12.35	(23)
<b>8</b>	<b>Tyne Bridge - A</b>	<b>44.38</b>		<b>16</b>	<b>Tyne Bridge - B</b>	<b>47.01</b>		<b>24</b>	<b>Sunderland Harriers - C</b>	<b>49.02</b>	
	Kurt Heron	10.42	(7)		David Johnson	11.25	(21)		Chris Bell	12.28	(36)
	Tom Charlton	11.18	(8)		Chris Graham	11.55	(17)		Sean Mackis	12.13	(25)
	Paul Turnbull	11.50	(8)		Stevie Barker	12.02	(16)		Mark Smith	11.30	(22)
	James Dunce	10.48	(8)		Alex Polding	11.39	(16)		Jack Tallentire#	12.51	(24)

<b>25</b>	<b>Tyne Bridge - C</b>	<b>49.25</b>		<b>34</b>	<b>Saltwell Harriers- A</b>	<b>51.40</b>		<b>43</b>	<b>Blyth RC - B</b>	<b>53.39</b>	
	Dee Coughlan	12.15	(32)		Matt Hooper	13.31	(54)		Ben Cuthbertson	13.37	(57)
	Paul Omara	12.28	(27)		Dave Scribbins	12.30	(41)		Calum Storey	13.46	(54)
	Chris Huitson	12.19	(25)		Dale McCallum	12.55	(38)		Joseph Dungworth	13.09	(47)
	Tim Kelso	12.23	(25)		Graham Stephenson	12.44	(35)		Jake Masterman	13.07	(44)
<b>26</b>	<b>Sunderland Strollers - A</b>	<b>49.31</b>		<b>35</b>	<b>Jarrow &amp; Hebburn AC - B</b>	<b>51.47</b>		<b>44</b>	<b>Blyth RC - C</b>	<b>53.46</b>	
	Tom Clark	12.37	(42)		Alan Bell	12.54	(46)		Rob MacDonald	13.18	(51)
	Declan Munnelly	12.05	(26)		Darren Parks	13.03	(40)		Graeme Stewart	12.35	(39)
	Luke McCormack	12.47	(28)		Jack Moore	12.40	(34)		Peter Hulmbalic	13.10	(40)
	Aidan Crowe	12.02	(26)		Jack Brown	13.10	(36)		Ryan Shiel	14.43	(45)
<b>27</b>	<b>North Shields Poly - B</b>	<b>49.36</b>		<b>36</b>	<b>Heaton Harriers - C</b>	<b>52.35</b>		<b>45</b>	<b>South Shields - A</b>	<b>54.15</b>	
	Paul West	11.34	(22)		Ian Norman	12.51	(44)		D Morrow	12.06	(29)
	Kris Whitelaw	13.45	(32)		Dan Robins	12.46	(35)		A Day	14.20	(47)
	Will Robson	12.03	(27)		Micky Mallen	12.34	(31)		D Cooke	14.26	(50)
	Daniel Richardson	12.14	(27)		John Moore	14.24	(37)		J Ward	13.23	(46)
<b>28</b>	<b>Tyne Bridge - D</b>	<b>49.48</b>		<b>37</b>	<b>Sunderland Harriers - D</b>	<b>52.39</b>		<b>46</b>	<b>Elswick Harriers - C</b>	<b>54.21</b>	
	John Hurse	12.02	(28)		Jack Smith	13.13	(50)		Seamus Kellers	12.55	(48)
	Andrew Dougal	12.36	(24)		Alex Mitchell	13.36	(50)		Anthony Benyan	13.28	(46)
	Charlie Townsend	12.28	(26)		Kyle Howard	12.50	(43)		Michael Share	14.34	(51)
	Matt Davison	12.42	(28)		Nic Killeen	13.00	(38)		Ben Halt	13.24	(47)
<b>29</b>	<b>Gateshead Harriers - E</b>	<b>50.31</b>		<b>38</b>	<b>Gateshead Harriers - F</b>	<b>52.40</b>		<b>47</b>	<b>Low Fell RC - A</b>	<b>54.22</b>	
	Paul Tate	12.52	(45)		Richard Cutter	12.35	(40)		D Wade	13.35	(56)
	Joe Kirkley	12.28	(33)		Steve Wellings	12.30	(29)		D France	12.28	(42)
	Alan Johnson	12.12	(29)		Paul Andrews	13.17	(32)		P Smith	13.42	(44)
	Phil McKeown	12.59	(29)		Malcolm Thirlaway	14.18	(39)		K Roll	14.37	(48)
<b>30</b>	<b>Wallsend Harriers - B</b>	<b>50.38</b>		<b>39</b>	<b>Wallsend Harriers - C</b>	<b>52.49</b>		<b>48</b>	<b>Hunwick Harriers - A</b>	<b>54.47</b>	
	Kris Stobbes	12.14	(31)		Simon Lyon	11.59	(27)		Mark Ketley	12.50	(43)
	Robbie Livermore	13.09	(34)		Paul McAleer	13.16	(31)		Andrew Lee	13.14	(44)
	Callum Livermore	12.17	(30)		Nathan Halliday	13.23	(35)		George Boyer	13.45	(45)
	Paddy Dinsmore	12.58	(30)		Andy Wigmore	14.11	(40)		Paul Dawson	14.58	(49)
<b>31</b>	<b>Gateshead Harriers - D</b>	<b>51.01</b>		<b>40</b>	<b>North Shields Poly - C</b>	<b>52.56</b>		<b>49</b>	<b>Tyne Bridge - F</b>	<b>54.48</b>	
	Paul Attley	12.23	(34)		Simon Ellis	12.32	(38)		Adrian Hall	12.54	(47)
	Tom Mount	14.32	(51)		Adam Rowe	13.35	(45)		David Young	14.39	(55)
	Martin Slater	11.50	(36)		Stephen Hall	12.50	(39)		James Knox	13.30	(52)
	David Old	12.16	(31)		Domonic Lockhart	13.59	(41)		Matt Walker	13.45	(50)
<b>32</b>	<b>Tyne Bridge - E</b>	<b>51.26</b>		<b>41</b>	<b>South Shields - B</b>	<b>53.00</b>		<b>50</b>	<b>Ponteland Runners - A</b>	<b>55.07</b>	
	Simon Kristiansen	12.59	(49)		Michael Todd	12.22	(33)		Steve Allison	12.27	(35)
	David Colpitts	12.42	(36)		Kieran Moffat	12.27	(28)		John McFargill	14.08	(48)
	David Dickson	12.53	(33)		Declan Marshall	14.38	(41)		Paul O'Neil	14.15	(49)
	John Goldsbrough	12.52	(32)		Chris Warnock	13.33	(42)		Mattew Bell	14.17	(51)
<b>33</b>	<b>Darlington H &amp; AC - A</b>	<b>51.37</b>		<b>42</b>	<b>Elswick Harriers - B</b>	<b>53.11</b>		<b>51</b>	<b>Gosforth Harriers - B</b>	<b>55.08</b>	
	Darren Stockdale	13.49	(59)		Paul Jones	12.37	(41)		Matt Gwilyn	12.33	(39)
	Mark Tallon	14.13	(57)		John Lowes	13.12	(38)		Marc Oldham	13.10	(37)
	Jamie Rutherford	12.06	(46)		Tom Rebar	13.44	(42)		Brendon Maloney	15.47	(53)
	Drew Inglis	11.29	(34)		Mark Crowe	13.38	(43)		Martin Lloyd	13.38	(52)

<b>52</b>	<b>Heaton Harriers - E</b>	<b>56.34</b>			
	Peter Smith	15.03	(65)		
	Scott McEntee	12.44	(56)		
	Keith Hadden	14.13	(55)		
	John James	14.34	(53)		
<b>53</b>	<b>Heaton Harriers - D</b>	<b>57.09</b>			
	Phil Green	13.19	(52)		
	Thomas Green	15.12	(58)		
	Alan Langford	14.42	(56)		
	James Green	13.56	(54)		
<b>54</b>	<b>Sunderland Strollers - B</b>	<b>57.15</b>			
	Michael Hendeson	13.33	(55)		
	Michael Dixon	13.49	(53)		
	Carl Smith	13.21	(48)		
	Paul Riddell	16.32	(55)		
<b>55</b>	<b>North Shields Poly - D</b>	<b>58.37</b>			
	Andrew Dyson	14.35	(61)		
	Richard Hanley	14.12	(59)		
	Dave Williams	14.48	(57)		
	Alan Whitley	15.02	(56)		
<b>56</b>	<b>Ponteland Runners - B</b>	<b>59.25</b>			
	Paul Holborow	14.46	(63)		
	Finlay Ward	15.02	(62)		
	Elliott Ward	15.31	(59)		
	Chis Kenyon	14.06	(57)		
<b>57</b>	<b>Blackhill Bounders - B</b>	<b>59.49</b>			
	James McElrue	13.27	(53)		
	Colin Hodgson	13.12	(49)		
	Mark Berry	15.09	(54)		
	Nick Hattrick	18.01	(58)		
<b>58</b>	<b>Derwentside AC - B</b>	<b>60.07</b>			
	Liam Taylor	15.13	(66)		
	Brian Buckley	14.33	(61)		
	Adian Cantel Jones	16.14	(61)		
	Dave Reay	14.07	(59)		
<b>59</b>	<b>Low Fell RC - B</b>	<b>60.37</b>			
	M Stacey	14.33	(60)		
	J Wiper	15.04	(60)		
	D Salmon	14.10	(58)		
	A Elders	16.50	(60)		
<b>60</b>	<b>Tyne Bridge - G</b>	<b>65.56</b>			
	David Curran	14.38	(62)		
	Danny Fletcher	15.58	(63)		
	Shaun Cowan	14.55	(60)		
	Scott Wilkinson	20.25	(61)		
<b>61</b>	<b>Blyth RC - D</b>	<b>67.48</b>			
	Mark Nicholson	14.51	(64)		
	Simon Sellaozs	23.06	(65)		
	Craig Harmon	16.05	(63)		
	Martin Scott	13.46	(62)		
<b>62</b>	<b>Heaton Harriers - F</b>	<b>70.23</b>			
	Less Bellins	15.44	(67)		
	Colin McEntire	16.08	(64)		
	Ian Sanderson	15.14	(62)		
	George Routeledge	23.17	(63)		
	<b>Sunderland Harriers - E</b>	<b>26.03</b>			
	Michael Laws	11.35	(23)		
	Gary Fox	14.28	(43)		
	<b>Houghton Harriers &amp; AC</b>	<b>27.21</b>			
	Alex Brown	11.25	(20)		
	Stephen Pearson	15.56	(52)		
	<b>Tipton Harriers A</b>	<b>10.11</b>			
	Ryan McLeod	10.11	(1)		
	<b>Jarrow &amp; Hebburn AC - C</b>	<b>13.46</b>			
	John Campbell	13.46	(58)		
<b>DQ</b>	<b>Derwentside AC - A</b>	<b>51.27</b>			
	Francisco Hartinel Sevilla	12.10	(30)		
	Graham Marshall	12.56	(30)		
	Dark Davinson	13.47	(37)		
	Steve Dickson	12.34	(33)		

# Elswick Harriers Good Friday Relays

## Senior Women Relay Results

<b>1</b>	<b>Gateshead Harriers - A</b>	<b>37.24</b>		<b>9</b>	<b>Sunderland Harriers - A</b>	<b>42.10</b>		<b>17</b>	<b>North Shields Poly - B</b>	<b>44.07</b>	
	Faye Buckton	12.29	(4)		Michelle Avery	13.49	(14)		Michelle Thompson	14.14	(17)
	Michelle Nolan	12.23	(1)		Jess Fox	13.57	(11)		Kate Dyson	15.11	(20)
	Elle Mahon	12.32	(1)		Judith Thriwell	14.24	(9)		Cheryl Hall	14.42	(17)
<b>2</b>	<b>Jarrow &amp; Hebburn AC - A</b>	<b>38.09</b>		<b>10</b>	<b>Jarrow &amp; Hebburn AC - B</b>	<b>42.17</b>		<b>18</b>	<b>Gateshead Harriers - C</b>	<b>44.21</b>	
	Alex Sneddon	12.08	(1)		Hazelle Webster Costella	13.31	(8)		Danielle Boddy	15.03	(32)
	Elaine Leslie	13.08	(2)		Amelia Leslie	14.08	(9)		Kate Lindsay	14.39	(23)
	Claire Simpson	12.53	(2)		Lisa Tweddle	14.38	(10)		Lisa Atkinson	14.39	(18)
<b>3</b>	<b>Birtley AC - A</b>	<b>38.42</b>		<b>11</b>	<b>South Shields - A</b>	<b>42.18</b>		<b>19</b>	<b>Gateshead Harriers - D</b>	<b>44.26</b>	
	Sophie Burnett	12.26	(3)		Mairi Standaloft	14.07	(16)		Emma Thomlinsoon McCrae	14.38	(21)
	Amber Leigh	13.24	(3)		Carly Henderson	15.03	(17)		Rebecca Bennett	14.41	(18)
	Kate Waugh	12.52	(3)		Georgia Campbell	13.08	(11)		Vaness Lloyd Cutter	15.07	(19)
<b>4</b>	<b>Gateshead Harriers - B</b>	<b>40.43</b>		<b>12</b>	<b>Tyne Bridge - A</b>	<b>43.00</b>		<b>20</b>	<b>Sunderland Strollers - A</b>	<b>44.28</b>	
	Sophie Wickham	13.14	(5)		Sophie Marr	13.35	(10)		Ashleigh Ewen	13.46	(13)
	Rebecca Pease	13.32	(5)		Jenny Logue	14.05	(10)		Gillian Ritchie	14.50	(14)
	Charlotte Wickham	13.57	(4)		Rachell Adamson	15.20	(12)		Kay Snowball	15.52	(20)
<b>5</b>	<b>Gosforth Harriers - A</b>	<b>40.47</b>		<b>13</b>	<b>Heaton Harriers - B</b>	<b>43.01</b>		<b>21</b>	<b>Tyne Bridge - B</b>	<b>45.21</b>	
	Helen Warburton	13.34	(9)		Fiona Robins	14.42	(22)		Clarie McElduff	15.02	(31)
	Beth Larby	13.42	(6)		Nina Cameron	14.08	(16)		Nichola Brady	15.37	(30)
	Racheal Lundgron	13.31	(5)		Ellen Roberts	14.11	(13)		Natalie Bennett	14.42	(21)
<b>6</b>	<b>North Shields Poly - A</b>	<b>41.09</b>		<b>14</b>	<b>Blackhill Bounders - A</b>	<b>43.06</b>		<b>22</b>	<b>Heaton Harriers - C</b>	<b>45.37</b>	
	Gina Rutherford	12.21	(2)		Dani Jackson	14.48	(27)		Caitlin Sowter	15.07	(34)
	Lucy Robinson	14.02	(4)		Lucy Wallace	13.24	(12)		Alison Janes	15.19	(29)
	Alison Dixon	14.46	(6)		Maresa Bell	14.54	(14)		Lisa Harpin	15.11	(22)
<b>7</b>	<b>Birtley AC - B</b>	<b>41.24</b>		<b>15</b>	<b>Elswick Harriers - A</b>	<b>43.33</b>		<b>23</b>	<b>Blaydon Harriers - A</b>	<b>45.38</b>	
	Katie Gunn	13.43	(12)		Janice Higginson	14.33	(20)		Liane Brown	14.25	(18)
	Robyn Waugh	13.36	(7)		Catherine Lee	14.54	(21)		Lynne Michelson	15.59	(28)
	Paige Gilhespy	14.05	(7)		Gina Howorth	14.06	(15)		Laura Kincaid	15.14	(23)
<b>8</b>	<b>Heaton Harriers - A</b>	<b>41.37</b>		<b>16</b>	<b>Birtley AC - C</b>	<b>44.06</b>		<b>24</b>	<b>Gosforth Harriers - B</b>	<b>45.45</b>	
	Sarah Burrell	13.18	(6)		Anna Fawcett	13.37	(11)		Susan Croney	15.01	(30)
	Holly Matheson	14.04	(8)		Sophie Forster	14.55	(13)		Olivia Hanlon	14.23	(19)
	Louise Johnson	14.15	(8)		Emily Cushlow	15.34	(16)		Sarah Rees	16.21	(24)

<b>25 Blyth RC - A</b>	<b>45.51</b>		<b>34 Wallsend Harriers - A</b>	<b>48.06</b>		<b>43 Sunderland Harriers - B</b>	<b>51.29</b>	
Erin Scott	14.52	(28)	Arabella Arnott	14.31	(19)	Helen Higgins	16.38	(44)
Rachelle Falloon	15.16	(25)	Sarah Lynch	15.01	(22)	Kim Fox	17.34	(45)
Alice Dungworth	15.43	(25)	Michelle Kelly	18.34	(34)	Donna Corrigan	17.17	(43)
<b>26 Sunderland Strollers - B</b>	<b>45.58</b>		<b>35 Tyne Bridge - C</b>	<b>48.22</b>		<b>44 Saltwell Harriers - B</b>	<b>52.10</b>	
Rachel Ball	14.45	(26)	Laura Carrick	16.19	(41)	Claire Lloyd	16.44	(45)
Vanessa Hogan	15.34	(27)	Rachel Clewlow	16.17	(39)	Sarah Jones	17.35	(46)
Jill Kisler	15.39	(26)	Hannah Kirkham	15.46	(35)	Ria Knox	17.51	(44)
<b>27 Ponteland Runners - A</b>	<b>46.45</b>		<b>36 Blyth RC - B</b>	<b>48.30</b>		<b>45 Tyne Bridge - E</b>	<b>52.43</b>	
Joanne Brown	13.58	(15)	Lauren Barrett	15.45	(38)	Stephanie McFarlane	18.18	(48)
Alison Britt	16.57	(34)	Leanne Herron	14.10	(24)	Gemma Cowan	17.29	(48)
Alison Jurowski	15.50	(27)	Leanne Davies	18.35	(36)	Sophie Wardrobe	16.56	(45)
<b>28 Wallsend Harriers - B</b>	<b>47.02</b>		<b>37 Heaton Harriers - D</b>	<b>49.02</b>		<b>46 Saltwell Harriers - C</b>	<b>52.50</b>	
Victoria Erickson	15.53	(39)	Lisa Boyd	15.38	(37)	Lisa Perry	17.06	(47)
Lyndsey Thompson	15.02	(33)	Jenny Friend	16.08	(37)	Sam Robertson	18.27	(47)
Karen Livermore	16.07	(28)	Helena Walsater Lowes	17.16	(37)	Sara Fenna	17.17	(46)
<b>29 Blackhill Bounders - B</b>	<b>47.06</b>		<b>38 North Shields Poly - C</b>	<b>49.05</b>		<b>47 Claremont R.R. - A</b>	<b>53.08</b>	
Louise Priestley	14.55	(29)	Helen Hughes	15.20	(35)	Colette Byrne	15.24	(36)
Amanda Phillips	15.54	(32)	Rachel Carr	15.39	(35)	Elaine Henderson	18.37	(44)
Bianca McElrue	16.17	(29)	Mandy Naumann	18.06	(38)	Marie Slack	19.07	(47)
<b>30 Low Fell RC - A</b>	<b>47.45</b>		<b>39 Hunwick Harriers - A</b>	<b>49.27</b>		<b>48 Jarrow &amp; Hebburn AC - C</b>	<b>54.31</b>	
Clare Brewis	14.44	(24)	Laura Lee	13.27	(7)	Lesley Ann Lydon	19.30	(50)
Jane Pollinger	18.02	(40)	Felicity Smith	15.19	(15)	Hayley Deacon	17.11	(50)
Tara Stott	14.59	(30)	Tricia Chaplin	20.41	(39)	Alice Penrose	17.50	(48)
<b>31 Saltwell Harriers - A</b>	<b>47.46</b>		<b>40 Wallsend Harriers - C</b>	<b>50.12</b>		<b>49 Sunderland Strollers - C</b>	<b>56.38</b>	
Ria Chaston	15.05	(33)	Julie Collinson	16.37	(43)	Michelle Houghton	18.38	(49)
Nicola Whitman	15.09	(26)	Jo Cunningham	15.47	(38)	Sarah Watt	17.55	(49)
Sandra Carlosoma	17.32	(31)	Jitka Richards	17.48	(40)	Susan Edwards	20.05	(49)
<b>32 Elswick Harriers - B</b>	<b>47.58</b>		<b>41 Tyne Bridge - D</b>	<b>50.13</b>		<b>North Shields Poly - D</b>	<b>33.57</b>	
Sarah Davies	14.43	(23)	Joanne Wood	16.28	(42)	Sylvie Heath	16.58	(46)
Robyn Bennett	15.58	(31)	Ann Grenfell	17.15	(42)	Gemma Thompson	16.59	(43)
Molly Carpenter	17.17	(32)	Annette Kelly	16.30	(41)			
<b>33 Gateshead Harriers - E</b>	<b>48.03</b>		<b>42 Gateshead Harriers - F</b>	<b>50.49</b>				
Liz Raven	14.44	(25)	Jackie Phillips	16.04	(40)			
Kate Wickham	16.48	(36)	Susie Rave	16.51	(41)			
Sadie Gormally	16.31	(33)	Liz Medd	17.54	(42)			

# Elswick Harriers Good Friday Relays

## Veterans Men Relay Results

<b>1</b>	<b>Morpeth Harriers - A</b>	<b>47.45</b>		<b>9</b>	<b>Gosforth Harriers - A</b>	<b>52.43</b>		<b>17</b>	<b>Blyth RC - A</b>	<b>55.56</b>	
	Fergus Bates	11.23	(1)		Dave Bell	12.30	(8)		Ian Baxter	13.50	(21)
	Paul Waterston	11.54	(1)		Steve Quninnin	13.35	(11)		Dave Roberts	14.22	(22)
	Rob Hancox	12.08	(1)		Phil Guy	12.57	(8)		Paul Knight	14.16	(20)
	Phil Walker	12.20	(1)		K Thomas	13.41	(10)		Steven French	13.28	(18)
<b>2</b>	<b>Tyne Bridge - A</b>	<b>48.06</b>		<b>10</b>	<b>Sunderland Strollers - A</b>	<b>52.52</b>		<b>18</b>	<b>Wallsend Harriers</b>	<b>56.11</b>	
	Keith Smith	11.35	(3)		Mich Hobson	12.49	(12)		Graham Armstrong	12.36	(10)
	David Wright	12.10	(2)		Keven Blyth	13.15	(9)		Lee Walker	15.19	(20)
	Dave Moir	12.15	(2)		Michael Armstrong	14.08	(12)		Steve Aird	15.01	(23)
	Kenny McPherson	12.06	(2)		Tim Allsop	12.40	(11)		Sean McIntyre	13.15	(19)
<b>3</b>	<b>Tyne Bridge - B</b>	<b>49.14</b>		<b>11</b>	<b>Low Fell RC - A</b>	<b>53.16</b>		<b>19</b>	<b>Sunderland Harriers - B</b>	<b>56.27</b>	
	Alan Hodgson	12.15	(7)		G Paterson	13.12	(16)		Peter Richardson	14.30	(25)
	Chris Meek	12.21	(5)		C Watson	13.06	(12)		Dean Phillips	14.19	(24)
	Simon Pryde	12.19	(5)		J Stephens	13.28	(11)		Tony Allinson	13.42	(22)
	Matt Tomlinson	12.19	(3)		M Graham	13.30	(12)		Paul Cooper	13.56	(20)
<b>4</b>	<b>Sunderland Harriers - A</b>	<b>49.52</b>		<b>12</b>	<b>Alnwick Harriers - A</b>	<b>53.59</b>		<b>20</b>	<b>North Shields Poly - B</b>	<b>56.41</b>	
	Michael Thompson	11.50	(4)		Garry Hall	13.07	(13)		Dave Gilmore	13.24	(18)
	Paul Merrison	12.23	(4)		Micky Aiston	13.45	(16)		Dave Hughes	14.39	(21)
	Alan Knebel	12.33	(4)		Mark Doctor	14.03	(15)		Dave Johnson	14.27	(21)
	George Harden	13.06	(4)		IanS Simon	13.04	(13)		Barry Young	14.11	(21)
<b>5</b>	<b>North Shields Poly - A</b>	<b>49.59</b>		<b>13</b>	<b>Tyne Bridge - D</b>	<b>54.14</b>		<b>21</b>	<b>Claremont R.R. - A</b>	<b>59.54</b>	
	Gary Robson	12.00	(6)		Keith Rooney	13.08	(14)		Tom Tinsley	13.47	(20)
	Tommy Brannon	12.03	(3)		Alex Lockwood	13.16	(13)		John Grimshaw	15.01	(23)
	Chris Waite	12.29	(3)		Graham King	14.38	(16)		Richard Slack	15.36	(26)
	Neil Dick	13.27	(5)		John Tolliat	13.12	(14)		Mungai Wairia	15.30	(22)
<b>6</b>	<b>Crook AC - A</b>	<b>51.31</b>		<b>14</b>	<b>Saltwell Harriers - A</b>	<b>54.40</b>		<b>22</b>	<b>North Shields Poly - C</b>	<b>60.21</b>	
	Chris Auld	11.32	(2)		Phil James	14.39	(27)		Ian Thorburn	16.17	(35)
	Jason Bridgewater	13.14	(6)		Jim Thompson	12.34	(17)		Graham Hall	14.28	(31)
	Wayne Pearson	12.48	(6)		Scott Garrett	13.06	(13)		Robert Foster	13.52	(27)
	Geoff Hewitson	13.57	(6)		Paul Richardson	14.21	(15)		Ian Richardson	15.44	(23)
<b>7</b>	<b>Tyne Bridge - C</b>	<b>51.57</b>		<b>15</b>	<b>Jarrow &amp; Hebburn AC - A</b>	<b>55.04</b>		<b>23</b>	<b>Jarrow &amp; Hebburn AC - B</b>	<b>60.46</b>	
	Andy Harrison	12.38	(11)		Mick Thornton	13.14	(17)		Frank Devlin	14.47	(30)
	David Appleby	12.58	(8)		Nigel Brawn	13.15	(14)		Geoff Robinson	14.15	(25)
	David Daniels	13.00	(7)		Brian Hurst	14.36	(17)		Michael Bunn	14.31	(24)
	Paul Hilton	13.21	(7)		Paul Simpson	13.59	(16)		Barry Pascoe	17.13	(24)
<b>8</b>	<b>Morpeth Harriers - B</b>	<b>52.27</b>		<b>16</b>	<b>Sunderland Strollers - B</b>	<b>55.50</b>		<b>24</b>	<b>Crook AC - B</b>	<b>60.48</b>	
	Chris Waugh	13.55	(23)		Harry Harrison	13.43	(19)		David Goodfellow	14.38	(26)
	Gavin Bayne	13.21	(18)		Bill Bowman	13.53	(19)		Gerry Hehir	14.53	(26)
	Paul Brown	13.04	(14)		Kevin O'Neill	14.06	(18)		Simon Fell	15.28	(28)
	Mick Thomsen	12.07	(8)		Malcolm Cox	14.08	(17)		Graham Laverick	15.49	(25)

<b>25</b>	<b>Blyth RC - B</b>	<b>61.05</b>		<b>Morpeth Harriers - C</b>	<b>39.32</b>
	David McGarry	14.42	(29)	Mark Snowball	11.55 (5)
	Brian Singleton	15.34	(30)	Jim Alder	13.27 (7)
	Dave Bradley	14.59	(29)	Archie Jenkins	14.10 (9)
	Joe Frazer	15.50	(26)		
<b>26</b>	<b>Sunderland Harriers - C</b>	<b>61.56</b>		<b>Elswick Harriers - B</b>	<b>44.03</b>
	Jim Whiteman	15.10	(32)	Sean Connelly	13.52 (22)
	Bill Bittlestone	16.02	(33)	Steve Curry	15.50 (27)
	Duncan Mitchell	14.54	(30)	Mike Russell	14.21 (25)
	Vince Emmett	15.50	(27)		
<b>27</b>	<b>Saltwell Harriers - B</b>	<b>62.25</b>		<b>Blyth RC - C</b>	<b>32.56</b>
	Phil Robertson	15.24	(33)	Ralph Dickinson	16.26 (36)
	Naz Basair	16.47	(35)	Kevin Freeman	16.30 (37)
	John Longstaff	15.59	(33)		
	Ian Swanston	14.15	(28)		
<b>28</b>	<b>Birtley AC - A</b>	<b>62.40</b>		<b>DQ Elswick Harriers - A</b>	<b>52.38</b>
	Jamie Graham	12.36	(9)	Iain Hardy	13.10 (15)
	Mark Wilson	14.04	(15)	Chris Pearce	12.55 (10)
	Patrick Kelly	15.28	(19)	Mark McNally	13.33 (10)
	Gerard Murray	20.32	(29)	Alan Thompson	13.00 (9)
<b>29</b>	<b>Tyne Bridge - E</b>	<b>62.50</b>			
	Stewart Dickson	14.52	(31)		
	Stephen Hall	16.43	(34)		
	Gary Marland	15.59	(32)		
	Chris Barlett	15.16	(30)		
<b>30</b>	<b>Sunderland Strollers - C</b>	<b>63.37</b>			
	Robert Welsh	13.59	(24)		
	Phil Watson	15.57	(28)		
	John Corcoran	16.27	(31)		
	Richard Wilson	17.14	(31)		
<b>31</b>	<b>Blackhill Bounders - A</b>	<b>66.15</b>			
	Mark Fish	15.29	(34)		
	Aidan Hughes	15.31	(32)		
	Stuart Smith	17.16	(34)		
	Mike Gill	17.59	(32)		
<b>32</b>	<b>North Shields Poly - D</b>	<b>67.04</b>			
	John Brottell	17.10	(37)		
	Phil Rees	15.34	(36)		
	Chris Oliphant	16.06	(35)		
	Dave Morris	18.14	(33)		
<b>33</b>	<b>Blackhill Bounders - B</b>	<b>70.53</b>			
	Jonathan Richards	14.41	(28)		
	Brian Richardson	15.30	(29)		
	Graham Stockdale	24.57	(36)		
	Dave Anderson	15.45	(34)		

# Elswick Harriers Good Friday Relays

## Veterans Women Relay Results

<b>1</b>	<b>Sunderland Strollers - A</b>	<b>40.00</b>		<b>9</b>	<b>Alnwick Harriers - B</b>	<b>44.38</b>		<b>17</b>	<b>Sunderland Strollers - B</b>	<b>47.45</b>	
	Ashleigh Bennett	13.47	(4)		Venda Pollock	13.47	(5)		Tricia O'Neill	16.55	(25)
	Vicki Booth	14.43	(5)		Diana Weightman	15.20	(8)		Lesley Watson	15.37	(21)
	Alyson Dixon	11.30	(1)		Tracey Sample	15.31	(9)		Lyne Valentine	15.13	(17)
<b>2</b>	<b>Elswick Harriers - A</b>	<b>40.56</b>		<b>10</b>	<b>Tyne Bridge - B</b>	<b>44.58</b>		<b>18</b>	<b>Elswick Harriers - B</b>	<b>47.52</b>	
	Andrea Banner	13.53	(6)		Heather Dorman	14.22	(10)		Mary Lisle	15.27	(15)
	Emma Turnbull	15.19	(9)		Kerry Reed	15.27	(10)		Denise Huddleston	16.32	(18)
	Justina Heslop	11.44	(2)		Lindsay Walsh	15.09	(10)		Yvonne Swinhoe	15.53	(18)
<b>3</b>	<b>Tyne Bridge - A</b>	<b>41.14</b>		<b>11</b>	<b>Gateshead Harriers - A</b>	<b>45.45</b>		<b>19</b>	<b>Claremont R.R. - A</b>	<b>48.28</b>	
	Alison Dargie	12.43	(1)		Jane Giles	14.36	(13)		Julie Cross	15.35	(16)
	Louise Rodgers	13.17	(1)		Jacqui Walker	15.58	(13)		Nina Jensen	15.34	(15)
	Catherine Eaton	15.14	(3)		Maggie Loraine	15.11	(11)		Mary Martin	17.19	(19)
<b>4</b>	<b>Alnwick Harriers - A</b>	<b>41.33</b>		<b>12</b>	<b>Jarrow &amp; Hebburn AC - A</b>	<b>46.01</b>		<b>20</b>	<b>Gateshead Harriers - B</b>	<b>48.43</b>	
	Ella Brown	13.07	(2)		Heather Robinson	14.09	(9)		Leanne Wellines	16.15	(19)
	Lesley Miller	15.20	(4)		Vicki Thompson	15.45	(11)		Julie Richardson	15.47	(19)
	Johanna Gascoigne-Owens	13.06	(4)		Marsh Jobling	16.07	(12)		Aneela Kirtley	16.41	(20)
<b>5</b>	<b>Birtley AC - A</b>	<b>41.35</b>		<b>13</b>	<b>Low Fell RC - B</b>	<b>46.13</b>		<b>21</b>	<b>Tyne Bridge - C</b>	<b>49.29</b>	
	Lorna Graham	13.41	(3)		Diane Chaney	16.35	(22)		Karen Richardson	15.52	(18)
	Lisa Short	14.00	(2)		Michell Littlemore	14.46	(17)		Sarah McDougle	15.27	(16)
	Ruth Dadswell	13.54	(5)		Claire Dimond Howe	14.52	(13)		Emma Moir	18.10	(21)
<b>6</b>	<b>North Shields Poly - A</b>	<b>42.52</b>		<b>14</b>	<b>Ponteland Runners - A</b>	<b>46.49</b>		<b>22</b>	<b>Alnwick Harriers - D</b>	<b>51.12</b>	
	Helen Johnson	14.02	(7)		Nicola Conlon	14.30	(11)		Denise Drummond	16.33	(20)
	Lourdes Bradley	14.24	(3)		Kelly Humer	17.47	(20)		Mary Plumbley	17.27	(23)
	Karen Gunn	14.26	(6)		Laura Choake	14.32	(14)		Sue Bolam	17.12	(22)
<b>7</b>	<b>Gosforth Harriers - A</b>	<b>43.12</b>		<b>15</b>	<b>Blyth RC - A</b>	<b>46.51</b>		<b>23</b>	<b>Elswick Harriers - C</b>	<b>52.01</b>	
	Ruth Oldham	14.02	(8)		Claire Calverley	14.58	(14)		Lalage Brown	16.43	(23)
	Lucy Gwilym	14.31	(6)		Sue Browning	15.33	(12)		Jackie Avery	18.59	(26)
	Louise Watson	14.39	(7)		Helen Murry	16.20	(15)		Leah Avery	16.19	(23)
<b>8</b>	<b>North Shields Poly - B</b>	<b>43.29</b>		<b>16</b>	<b>Alnwick Harriers - C</b>	<b>47.08</b>		<b>24</b>	<b>Blyth RC - B</b>	<b>52.12</b>	
	Karen Foster	14.35	(12)		Lisa Williams	15.46	(17)		Claire Mason	16.50	(24)
	Natalie Thorburn	14.16	(7)		Jackie Prouse	14.58	(14)		Karen Singleton	16.28	(22)
	Katie Jones	14.38	(8)		Ruth Doctor	16.24	(16)		Ella Johnson	18.54	(24)



<b>25</b>	<b>Jarrow &amp; Hebburn AC - B</b>	<b>52.22</b>		<b>34</b>	<b>Blackhill Bounders - B</b>	<b>63.49</b>	
	Alison Slowther	17.01	(26)		Barbara Kelly	19.06	(33)
	Tracey Emmett	17.22	(24)		Gillian Hughes	22.30	(34)
	Julie Page	17.59	(25)		Beryl Stockdale	22.13	(34)
<b>26</b>	<b>Gosforth Harriers - B</b>	<b>52.25</b>					
	Irene Ewart	19.01	(32)				
	Ally Swift	17.31	(28)				
	Vicky McIntyre	15.53	(26)				
<b>27</b>	<b>Tyne Bridge - D</b>	<b>53.56</b>					
	Alison Bulman	18.21	(30)				
	Jane Shearer	18.22	(29)				
	Sinead Colley	17.13	(27)				
<b>28</b>	<b>Jarrow &amp; Hebburn AC - C</b>	<b>54.16</b>					
	Andrea Fyall	17.50	(27)				
	Kristina Vickers	17.46	(25)				
	Gillian Harris	18.40	(28)				
<b>29</b>	<b>Elswick Harriers - D</b>	<b>56.03</b>					
	Elizabeth Souter	17.55	(28)				
	Caron Green	20.11	(32)				
	Judith Flanagan	17.57	(29)				
<b>30</b>	<b>Blaydon Harriers - A</b>	<b>56.04</b>					
	Lisa Walsh	16.33	(21)				
	Jean Braine	19.40	(27)				
	Bernie James	19.51	(30)				
<b>31</b>	<b>North Shields Poly - C</b>	<b>56.44</b>					
	Heather Gould	19.01	(31)				
	Lesley Legg	18.10	(30)				
	Clare O'Neill	19.33	(31)				
<b>32</b>	<b>Sunderland Strollers - C</b>	<b>59.28</b>					
	Sarah Riddell	19.50	(34)				
	Michelle O'Neil	17.26	(31)				
	Michelle Donnelly	22.12	(32)				
<b>33</b>	<b>Blackhill Bounders - A</b>	<b>62.19</b>					
	Cheryl Newstead	18.05	(29)				
	Sara Sarginson	20.35	(33)				
	Fiona Carvell	23.39	(33)				