

# Sunderland Farringdon XC Relays 2015

Results - 5th September 2015

Pos	Name	Club	Time	Pos	Name	Club	Time
<b>UNDER 11 Female</b>				22	Thomas Millmore (11)	Birtley AC	5.11
1	Erin Keeler Clark (64)	Durham City	3.58	23	Jake Moir (27)	Tyne Bridge Harrier	5.16
2	Abigail Thwaites (72)	Birtley AC	4.00	24	Corban Cryer (5)	Morpeth Harriers	5.22
3	Lucy Scothern (65)	Chester-le-Street	4.04	25	Adam Richards (23)	Blackhill Bounders	5.25
4	Martha Tickner (89)	Unattached	4.28	26	William Adams (30)	Tyne Bridge	5.30
5	Katie Francis (69)	Birtley AC	4.28	27	Niall Turnbull (2)	Houghton Harriers	5.30
6	Melanie Charlton (93)	Birtley AC	4.37	28	Scott Calland (31)	Tyne Bridge	5.32
7	Hannah Bowyer (83)	Blackhill Bounders	4.39				
8	Elizabeth McKinnon (71)	Birtley AC	4.40				
9	Caitlan Flanagan (79)	Elswick Harriers	4.41				
10	Freya Gibson (63)	Durham City	4.41				
11	Alix Walton (85)	Blackhill Bounders	4.42				
12	Katie-may Eastland (68)	Birtley AC	4.46				
13	Anya Crowder (90)	Gateshead Harriers	4.46				
14	Isla Fishwick (76)	Derwentside AC	4.47				
15	Millie Teasdale (53)	Sunderland Harriers	4.48				
16	Lauran Kelsall (70)	Birtley AC	4.49				
17	Anna Dorman (87)	Tyne Bridge Harrier	4.50				
18	Rosie Teasdale (52)	Sunderland Harriers	4.51				
19	Connie James (56)	Houghton Harriers	4.53				
20	Abi Fiddaman (73)	Blyth RC	4.53				
21	Imogen Bungay (78)	Elswick Harriers	4.54				
22	Layla Oliver (55)	Houghton Harriers	4.58				
23	Emily Williamson (77)	Derwentside AC	5.12				
24	Corinn McDonald (80)	Blackhill Bounders	5.17				
25	Sophia Cunningham (60)	Morpeth Harriers	5.17				
26	Millie Balcombe (51)	Sunderland Harriers	5.19				
27	Kara Drummond (75)	Derwentside AC	5.23				
28	Hope Moir (88)	Tyne Bridge Harrier	5.23				
29	Joanna Hughes (82)	Blackhill Bounders	5.27				
30	Lauren Garrett (61)	Morpeth Harriers	5.28				
31	Kate Graham (50)	Sunderland Harriers	5.29				
32	Keira Peck (59)	Morpeth Harriers	5.31				
33	Alex Weaver (92)	Blackhill Bounders	5.35				
34	Tanith Dalton (94)	Sunderland Harriers	5.35				
35	Lexie Ellis (57)	Houghton Harriers	5.36				
36	Niamh Dickson (74)	Derwentside AC	5.37				
37	Ruby Berry (91)	Blackhill Bounders	5.38				
38	Angel Blakey (54)	Sunderland Harriers	6.01				
39	Jessica Middlemas (84)	Blackhill Bounders	6.02				
40	Ailsa Hughes (81)	Blackhill Bounders	6.28				
<b>UNDER 11 Male</b>							
1	Christopher Perkins (13)	Birtley AC	3.46				
2	Josh Blevins (29)	North Shields Poly	3.54				
3	Zak Old (20)	Elswick Harriers	3.56				
4	Rowan Mason (9)	Birtley AC	4.08				
5	Ethan Bond (24)	Gosforth Harriers	4.20				
6	Noah Curran (8)	Unattached	4.21				
7	Sam Browning (14)	Blyth RC	4.24				
8	Omar Tumia (21)	Elswick Harriers	4.25				
9	Zak Ikwue (19)	Elswick Harriers	4.26				
10	Ollie Edmundson (17)	Elswick Harriers	4.28				
11	Max Gwilym (25)	Gosforth Harriers	4.30				
12	Janes Tilley (4)	Morpeth Harriers	4.32				
13	Bailry Peacock (12)	Birtley AC	4.38				
14	Jordy Armstrong (3)	Houghton Harriers	4.40				
15	Jack Elwin (32)	Sunderland Harriers	4.43				
16	Hugh Twelves (22)	Elswick Harriers	4.45				
17	Josh Bland (1)	Sunderland Harriers	4.49				
18	Will McIntyre (26)	Gosforth Harriers	4.50				
19	Max Kerr-Foley (28)	Sunderland Harriers	4.52				
20	Jamie Grant (18)	Elswick Harriers	4.54				
21	Thomas Francis (10)	Birtley AC	4.55				

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Pos	Name	Club	Time	Pos	Name	Time
<b>UNDER 13 Female</b>				28	Adam Lennox (1)	Sunderland Harriers 12.34
1	Holly Peck (59)	Morpeth Harriers	11.22	29	Joe Tisseman (44)	Sunderland Harriers 12.35
2	Rhiannon Hedley (62)	Morpeth Harriers	11.30	30	Haydn Jackson (38)	Blackhill Bounders 12.35
3	Nicole Phillips (57)	Houghton Harriers	11.32	31	Duncan Hughes (36)	Blackhill Bounders 12.37
4	Lily Heaton (60)	Morpeth Harriers	11.51	32	Josh Wilson (34)	Elswick Harriers 12.57
5	Millie Short (73)	Birtley AC	11.52	33	Max Austin (25)	Elswick Harriers 13.02
6	Tess Graham (69)	Birtley AC	11.54	34	William Gordon (37)	Blackhill Bounders 13.09
7	Lydia James (54)	Houghton Harriers	11.56	35	Rowan Edward Bennett (26)	Elswick Harriers 13.10
8	Ines Curran (64)	Gateshead Harriers	12.00	36	Thomas Spredbury (45)	Gosforth Harriers 13.19
9	Emily Salmon (63)	Durham City	12.11	37	Ben Lemmon (40)	Gateshead Harriers 13.30
10	Anna Pigford (58)	Houghton Harriers	12.21	38	Reece Garrett (11)	Morpeth Harriers 14.01
11	Lottie Tickner (85)	Gateshead Harriers	12.24	39	Duran Gunn (3)	Sunderland Harriers 14.01
12	Scarlett Newby (71)	Birtley AC	12.27	40	Daniel John Rowell (32)	Elswick Harriers 14.20
13	Lydia Stoker (50)	Sunderland Harriers	12.45	41	Jack Seeney (5)	Houghton Harriers 14.24
14	Emily Ruth Allison (76)	Elswick Harriers	12.46	42	Mark Walker (47)	Gosforth Harriers 14.50
15	Courtney Clark (53)	Houghton Harriers	13.01			
16	Grace Anne Quinnin (83)	Gosforth Harriers	13.06			
17	Hannah Tumia (80)	Elswick Harriers	13.11			
18	Suzannah Fielding (78)	Elswick Harriers	13.11			
19	Evie Compson (51)	Sunderland Harriers	13.13			
20	Amy Ellis (87)	Gosforth Harriers	13.20			
21	Anna Styles (79)	Elswick Harriers	13.27			
22	Molly Elliott (68)	Birtley AC	13.28			
23	Mia Liddle (70)	Birtley AC	13.35			
24	Jennifer Taylor (74)	Birtley AC	13.50			
25	Amy Drummond (66)	Birtley AC	14.06			
26	Aaliyah Peacock (72)	Birtley AC	14.13			
27	Maisie Aspinall (77)	Elswick Harriers	14.17			
28	Niamh Sophia Bell (82)	Gosforth Harriers	14.21			
29	Megan Charlton (88)	Birtley AC	14.41			
30	Phillipa Ellis (56)	Houghton Harriers	14.50			
31	Carys Purves (86)	Gosforth Harriers	15.11			
32	Freya Doran (52)	Sunderland Harriers	15.11			
33	Ella Cushlow (65)	Birtley AC	16.08			
34	Erin Tweddell (61)	Morpeth Harriers	16.17			
<b>UNDER 13 Male</b>						
1	Henry Johnson (6)	Houghton Harriers	10.11			
2	Matthew Cleugh (21)	Birtley AC	10.13			
3	Izaak Taylor (16)	Durham City	10.20			
4	Thomas Cunningham (13)	Morpeth Harriers	10.35			
5	Will Bellamy (4)	Houghton Harriers	11.05			
6	Dylan Davies (7)	Morpeth Harriers	11.12			
7	Josh Collinson (41)	North Shields Poly	11.13			
8	Benjamin Johnson (20)	Middlesbrough &	11.18			
9	Andrew Hudspith (10)	Morpeth Harriers	11.21			
10	Sam Fairhurst (43)	North Shields Poly	11.21			
11	Jonny Kidd (42)	North Shields Poly	11.22			
12	Ben Flannagan (28)	Elswick Harriers	11.24			
13	Will McKenna (49)	Durham City	11.25			
14	Joshua Wraith (17)	Durham City	11.27			
15	Wesley Croom (48)	Gosforth Harriers	11.30			
16	Thomas Wraith (18)	Durham City	11.33			
17	Jack Naughton (31)	Elswick Harriers	11.33			
18	Joseph Anderson (46)	Gosforth Harriers	11.35			
19	Samuel Edmundson (27)	Elswick Harriers	11.51			
20	Charlie Phillips (319)	Durham City	11.53			
21	Robbie Mumford (23)	Birtley AC	12.11			
22	Michael Graham (22)	Birtley AC	12.17			
23	Findlay Dorman (39)	Tyne Bridge Harrier	12.19			
24	Olly McKenna (318)	Durham City	12.20			
25	Harry Tiltman (2)	Sunderland Harriers	12.24			
26	Aaron Haldane (9)	Morpeth Harriers	12.25			
27	Jack Barrett (8)	Morpeth Harriers	12.33			

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Pos	Name	Club	Time	Pos	Name	Time
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## UNDER 15 Female

1	Rhian Purves (70)	Gosforth Harriers	10.53
2	Eva Hardie (55)	Houghton Harriers	11.22
3	Issy Robinson (72)	North Shields Poly	11.25
4	Lily Hardie (56)	Houghton Harriers	11.44
5	Eve Quinn (51)	Sunderland Harriers	11.52
6	Hannah Short (64)	Birtley AC	11.52
7	Sarah Knight (52)	Sunderland Harriers	11.56
8	Rachel Rees (71)	Gosforth Harriers	12.04
9	Grace Curtis (62)	Birtley AC	12.06
10	Gracie Hufton (57)	Morpeth Harriers	12.27
11	Lucy Walker (59)	Durham City	12.31
12	Rina Sebastiao-Yatshzuka (7)	Durham City	12.52
13	Sophie Bell (60)	Birtley AC	12.55
14	Lea Brown (61)	Birtley AC	12.59
15	Eve Southern (65)	Birtley AC	13.00
16	Kate Cleland (75)	Gateshead Harriers	13.13
17	Faye Bousfield (69)	Blackhill Bounders	13.15
18	Marissa O'Rourke (66)	Elswick Harriers	13.16
19	Brooke McDonald (67)	Blackhill Bounders	14.12
20	Laura Hopper (58)	Durham City	14.25
21	Georgia Anderson (73)	Gosforth Harriers	14.58
22	Abbie Sheavills (63)	Birtley AC	15.12
23	Ellie McIntyre (74)	Gosforth Harriers	15.16
24	Elisabeth Middlemas (68)	Blackhill Bounders	16.45

## UNDER 15 Male

1	Taylor Glover (10)	Morpeth Harriers	9.38
2	Patrick Donald (25)	Gosforth Harriers	9.46
3	Josh Fiddaman (15)	Blyth RC	9.52
4	Joe Dowd (7)	Morpeth Harriers	10.04
5	Connor Marshall (5)	Morpeth Harriers	10.17
6	Oliver Aird (23)	Unattached	10.32
7	Liam Marsh (16)	Blyth RC	10.34
8	Jake Dorman (26)	Tyne Bridge Harrier	10.47
9	Jacob Stephenson (29)	Durham City	10.51
10	Alex Cunningham (8)	Morpeth Harriers	10.52
11	Dillion Openshaw (13)	Birtley AC	10.58
12	Matthew Waterfield (12)	Morpeth Harriers	11.04
13	Alfie Phillips (31)	Durham City	11.05
14	Daniel Melling (6)	Morpeth Harriers	11.06
15	Jamie Styles (20)	Elswick Harriers	11.09
16	Cain Mason (14)	Birtley AC	11.18
17	Nathan Bland (3)	Sunderland Harriers	11.19
18	Jack Anderson (24)	Gosforth Harriers	11.54
19	Thomas Bowdon (32)	Houghton Harriers	12.02
20	Robert Dunlop (4)	Sunderland Harriers	12.26
21	Georgie Cheetham (30)	Gosforth Harriers	12.35
22	Rowan James (2)	Sunderland Harriers	13.08
23	Dan Connor (17)	Elswick Harriers	14.56
24	Joe Connor (18)	Elswick Harriers	15.13

# Sunderland Farringdon XC Relays 2015

Results - 5th September 2015

Pos	Name	Club	Time	Pos	Name	Time
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## UNDER 17 Female

1	Elizabeth Cramb (52)	Durham City	12.18
2	Mya Crowder (61)	Gateshead Harriers	12.21
3	Grace Oliver (50)	Houghton Harriers	12.31
4	Abby Sheldon (51)	Morpeth Harriers	12.36
5	Robyn Anne Bennett (56)	Elswick Harriers	12.57
6	Abbie Little (62)	Sunderland Harriers	13.12
7	Molly Carpenter (57)	Elswick Harriers	13.19
8	Emily Cushlow (53)	Birtley AC	14.00
9	Alex Elliot-Smith (60)	Elswick Harriers	15.05
10	Darcy Palmer (63)	Gateshead Harriers	16.29

## UNDER 17 Male

1	Alex Brown (7)	Houghton Harriers	9.12
2	Kieran Headley (21)	Morpeth Harriers	9.22
3	Cameron Stainsby (11)	Durham City	9.39
4	Jake Masterman (17)	Blyth RC	9.43
5	Sean Mackie (2)	Sunderland Harriers	9.47
6	Ryan Blakey (16)	Birtley AC	9.47
7	Michael Wade (12)	Durham City	9.50
8	Nathan Calvert (20)	Gosforth Harriers	9.52
9	Cameron Allan (13)	Durham City	9.53
10	Luke Pickering (5)	Durham City	10.07
11	Jacob Hopkins (10)	Morpeth Harriers	10.13
12	Kieran Moffat (15)	South Shields	10.21
13	William Morgan Rippon (14)	Durham City	10.40
14	Adam Shewry (9)	Morpeth Harriers	10.42
15	Jack Smith (3)	Sunderland Harriers	10.52
16	Kyle Howard (4)	Sunderland Harriers	11.18
17	Adam Middleton (8)	Houghton Harriers	11.22
18	Joe Bousfield (19)	Blackhill Bounders	11.41
19	Dominic Ellis (6)	Houghton Harriers	12.38
20	Daniel Smith (1)	Sunderland Harriers	12.39

# Sunderland Farringdon XC Relays 2015

Results - 5th September 2015

Pos	Name	Club	Time	Pos	Name	Club	Time
<b>Senior Female</b>				64	Stacey Bell (54)	Blackhill Bounders	15.13
1	Georgia Campbell (19)	South Shields	10.37	65	Ewa Johnson (36)	Blyth RC	15.19
2	Rachel Lundgren (67)	Gosforth Harriers	10.45	66	Margaret Finn (77)	Tyne Bridge Harrier	15.23
3	Tracy Millmore (28)	Birtley AC	10.49	67	Jackie Avery (39)	Elswick Harriers	15.45
4	Jessica Fox (3)	Sunderland Harriers	10.50	68	Paula Wear (18)	Durham City	15.51
5	Chloe Price (87)	Durham City	10.55	69	Aimee Richardson (89)	Sunderland Harriers	16.14
6	Lucy Robinson (92)	North Shields Poly	11.05	70	Ann Grenfell (79)	Tyne Bridge Harrier	16.18
7	Maxine Czarnecka (20)	Jarrow & Hebburn	11.15	71	Sue Skirrow (22)	Alnwick Harriers	16.25
8	Sophie Marr (80)	Tyne Bridge Harrier	11.18	72	Andrea Wilson (38)	Blyth RC	16.26
9	Lisa Short (30)	Birtley AC	11.21	73	Irene Ewart (64)	Gosforth Harriers	16.29
10	Dianne Henaghan (60)	Blackhill Bounders	11.27	74	Alison Bulman (74)	Tyne Bridge Harrier	16.34
11	Joy Fenwick (71)	Tyne Bridge Harrier	11.29	75	Anne Craddock (85)	Blyth RC	16.36
12	Harriet Buswell (62)	Gosforth Harriers	11.35	76	Helen Kent (17)	Durham City	17.43
13	Lorna Graham (26)	Birtley AC	11.37				
14	Leanne Herron (35)	Blyth RC	11.52				
15	Heather Dorman (81)	Tyne Bridge Harrier	11.59				
16	Susan Croney (63)	Gosforth Harriers	12.01				
17	Karen Gunn (84)	North Shields Poly	12.01				
18	Andrea Banner (40)	Elswick Harriers	12.03				
19	Claire Tumia (48)	Elswick Harriers	12.04				
20	Lucy Gwilym (66)	Gosforth Harriers	12.06				
21	Vikki Cotton (9)	Sunderland Harriers	12.28				
22	Kelly Bentley (16)	Durham City	12.29				
23	Catherine Lee (45)	Elswick Harriers	12.32				
24	Susan Stephenson (47)	Elswick Harriers	12.34				
25	Gillian Turnbull (5)	Sunderland Harriers	12.35				
26	Louise Priestley (57)	Blackhill Bounders	12.37				
27	Emma North (7)	Sunderland Harriers	12.37				
28	Nicola Brady (73)	Tyne Bridge Harrier	12.43				
29	Sarah Blight (41)	Elswick Harriers	12.46				
30	Rachel Falloon (33)	Blyth RC	12.47				
31	Maria Louise Drozdowicz (4)	Elswick Harriers	12.47				
32	Alison Walker (86)	Durham City	12.51				
33	Marie Liddell (27)	Birtley AC	12.59				
34	Collen Compson (10)	Sunderland Harriers	13.04				
35	Donna Carrigan (90)	Sunderland Harriers	13.06				
36	Sarah Graham (21)	Wallsend Harriers	13.06				
37	Kim Matthews (46)	Elswick Harriers	13.09				
38	Angela Bowyer (55)	Blackhill Bounders	13.13				
39	Helen Hughes (91)	North Shields Poly	13.14				
40	Stephanie Young (31)	Birtley AC	13.15				
41	Diana Weightman (23)	Alnwick Harriers	13.16				
42	Amanda Phillips (58)	Blackhill Bounders	13.21				
43	Karen Bousfield (59)	Blackhill Bounders	13.29				
44	Catherine Morris (8)	Sunderland Harriers	13.30				
45	Rachel Carr (82)	North Shields Poly	13.33				
46	Rachel Foster (53)	Blackhill Bounders	13.35				
47	Victoria McIntyre (68)	Gosforth Harriers	13.35				
48	Cat Purdy (2)	Sunderland Harriers	13.36				
49	Gwen Forster (34)	Blyth RC	13.45				
50	Jill Kisler (88)	Sunderland Strollers	13.48				
51	Susan Browning (32)	Blyth RC	13.50				
52	Denise Huddleston (44)	Elswick Harriers	14.08				
53	Lindsey Perkins (29)	Birtley AC	14.10				
54	Sue Tate (52)	Sunderland Strollers	14.24				
55	Emma Moir (76)	Tyne Bridge Harrier	14.24				
56	Val Baxter (25)	Birtley AC	14.26				
57	Sarah Gartside (65)	Gosforth Harriers	14.29				
58	Katy Goulding (43)	Elswick Harriers	14.30				
59	Sarah Rees (69)	Gosforth Harriers	14.31				
60	Lucie Forster (1)	Sunderland Harriers	14.51				
61	Jane McGrath (12)	Sunderland Harriers	14.54				
62	Lisa Scorer (37)	Blyth RC	14.55				
63	Susan Clughen (6)	Sunderland Harriers	15.06				

# Sunderland Farringdon XC Relays 2015

## Senior Men Relay Results

<b>1</b>	<b>Sunderland Harriers 'A'</b>	<b>36.53</b>		<b>9</b>	<b>Elswick Harriers 'A'</b>	<b>40.10</b>		<b>17</b>	<b>Crook &amp; District A.C. 'A'</b>	<b>43.25</b>	
	Steve Rankin	09.03	(3)		Adam Hands	09.43	(13)		David Best	10.03	(17)
	Kevin Jeffress	09.06	(1)		Kev Richardson	09.49	(10)		David Goodfellow	12.06	(23)
	Matty Devlin	09.35	(2)		James Hadfield	10.25	(10)		Eric Moore	11.57	(25)
	Steve McMahon	09.09	(1)		Mark Crowe	10.13	(9)		Carl Chapman	09.19	(17)
<b>2</b>	<b>Tyne Bridge Harriers 'A'</b>	<b>37.10</b>		<b>10</b>	<b>Sunderland Harriers 'C'</b>	<b>40.16</b>		<b>18</b>	<b>Gosforth Harriers 'B'</b>	<b>43.28</b>	
	Tony Carter	09.12	(5)		Michael Laws	10.10	(19)		Zack Wylie	09.42	(12)
	Tom Charlton	09.08	(4)		Richard Kemp	10.12	(14)		Tom Coates	10.00	(13)
	Alex Polding	09.42	(3)		Michael Berker	09.53	(11)		Mark Thomas	11.46	(16)
	James Dunce	09.08	(2)		John Morley	10.01	(10)		Johnny McKhale	12.00	(18)
<b>3</b>	<b>Morpeth Harriers 'A'</b>	<b>37.35</b>		<b>11</b>	<b>Sunderland Harriers 'D'</b>	<b>40.50</b>		<b>19</b>	<b>Tyne Bridge Harriers 'C'</b>	<b>44.17</b>	
	Sam Hancox	09.19	(6)		Jonathon Howe	09.49	(14)		Paul Waller	10.43	(24)
	James Young	09.49	(7)		Ben Craig	09.33	(8)		Tom Colquitt	11.32	(24)
	Jonny Nisbit	09.33	(5)		Chris Bell	10.15	(9)		Cahlie Townsend	11.10	(23)
	Ross Floyd	08.54	(3)		Nicholas Killeen	11.13	(11)		Arnaud Albertini	10.52	(19)
<b>4</b>	<b>Gateshead Harriers 'B'</b>	<b>37.40</b>		<b>12</b>	<b>Hartlepool Burn Road 'A'</b>	<b>40.55</b>		<b>20</b>	<b>Sunderland Harriers 'E'</b>	<b>44.25</b>	
	Dan Johnson	08.54	(1)		Paul Wilson	10.01	(16)		Michael Heskett	10.24	(21)
	James Cripwell	09.16	(2)		Ben Ward	10.29	(15)		Mark Head	10.30	(20)
	Kevin Connolly	09.30	(1)		Paul Stephenson	10.20	(14)		Peter Shaw	11.40	(18)
	Steven Medd	10.00	(4)		Andrew Minister	10.05	(12)		Shaun Bagley	11.51	(20)
<b>5</b>	<b>Sunderland Harriers 'B'</b>	<b>38.26</b>		<b>13</b>	<b>Tyne Bridge Harriers 'B'</b>	<b>41.12</b>		<b>21</b>	<b>Houghton Harriers 'A'</b>	<b>44.29</b>	
	Stephen Potts	09.30	(9)		David Anderson	10.16	(20)		Lee Dover	10.06	(18)
	Nathan Reed	09.31	(6)		John Hurse	10.35	(19)		Rory Graham	10.43	(17)
	Michael Edwards	09.52	(6)		Simon Pryde	10.00	(15)		Shaun McGraph	12.09	(21)
	Craig Isherwood	09.33	(5)		Tom Vardy	10.21	(13)		Steve Johnson	11.31	(21)
<b>6</b>	<b>Gosforth Harriers 'A'</b>	<b>38.39</b>		<b>14</b>	<b>Sunderland Strollers 'A'</b>	<b>41.37</b>		<b>22</b>	<b>North Shields Poly 'A'</b>	<b>44.31</b>	
	Will Buswall	09.06	(4)		Brendan OGrady	09.27	(8)		Paul West	10.28	(23)
	Gareth Driscoll	09.13	(3)		Aidan Crowe	11.09	(16)		Simon Ellis	10.42	(21)
	Matt Gwilyn	10.05	(4)		Andrew Forbes	10.08	(13)		Richard Hanley	11.36	(19)
	James McCreesh	10.15	(6)		Declan Munnely	10.53	(14)		Barry Young	11.45	(22)
<b>7</b>	<b>Durham City 'A'</b>	<b>38.52</b>		<b>15</b>	<b>Gateshead Harriers 'A'</b>	<b>41.58</b>		<b>23</b>	<b>Sunderland Strollers 'B'</b>	<b>44.40</b>	
	Alex Mirley	09.24	(7)		Calum Simpson	09.41	(11)		Gareth Wills	10.57	(26)
	Adam Walker	10.04	(9)		Richard OStell	09.58	(12)		Michael Henderson	11.30	(27)
	Micheal Grimes	09.43	(8)		Paul Attley	10.46	(12)		Chris Dwyer	10.41	(22)
	Andy Graham	09.41	(7)		Andrew Roen	11.33	(15)		Michael Dixon	11.32	(23)
<b>8</b>	<b>Birtley A.C. 'A'</b>	<b>40.06</b>		<b>16</b>	<b>Derwentside A.C. 'A'</b>	<b>42.34</b>		<b>24</b>	<b>Low Fell Running Club 'A'</b>	<b>45.05</b>	
	Adrian Bailes	08.59	(2)		Steve Dickson	10.25	(22)		Carl Watson	11.25	(30)
	Kieran Reay	09.31	(5)		Luke Taylor	10.25	(18)		Stephen McGrath	10.54	(25)
	Jamie Graham	10.35	(7)		Mark Davinson	11.10	(17)		Mark Weatherall	11.38	(24)
	Dave Cleugh	11.01	(8)		John Donneky	10.34	(16)		Peter Smith	11.08	(24)

<b>25</b>	<b>Gosforth Harriers 'B'</b>	<b>45.48</b>		<b>34</b>	<b>Birtley A.C. 'B'</b>	<b>60.49</b>	
	Martin Lloy	11.34	(31)		Nick Newby	11.08	(27)
	Richard McQuade	11.41	(29)		Rikki Sewell	13.52	(35)
	Steve Quinnin	11.39	(27)		Pat Kelly	17.56	(34)
	Dan Peters	10.54	(25)		Gerard Murray	17.53	(34)
<b>26</b>	<b>Blyth 'A'</b>	<b>46.45</b>			<b>Morpeth Harriers 'B'</b>	<b>19.37</b>	
	Joseph Woods	09.58	(15)		Phil Winter	09.38	(10)
	Joseph Dungworth	11.25	(22)		David Swinburne	09.59	(11)
	Martin Scott	11.31	(20)				
	Ralph Dickinson	13.51	(26)		<b>Sunderland Harriers 'F'</b>	<b>12.26</b>	
<b>27</b>	<b>Low Fell Running Club 'B'</b>	<b>46.54</b>			Alan McManus	12.26	(34)
	Danny Wade	11.44	(32)				
	Neil Kavanagh	11.50	(30)				
	Dave Salmon	12.14	(29)				
	Jonathan Smith	11.06	(27)				
<b>28</b>	<b>Sunderland Strollers 'C'</b>	<b>47.42</b>					
	Chris Morrow	12.14	(33)				
	Mark Anderson	10.18	(28)				
	Brian Cairns	12.07	(26)				
	Wayne Smith	13.03	(28)				
<b>29</b>	<b>Durham City 'B'</b>	<b>48.14</b>					
	George Reid	12.45	(35)				
	David Hemming	11.29	(33)				
	Simon Pickering	11.52	(30)				
	Niall Salmon	12.08	(29)				
<b>30</b>	<b>Derwentside A.C. 'B'</b>	<b>50.11</b>					
	Brian Buckley	13.12	(36)				
	Dave Reay	11.28	(34)				
	Dave Howe	14.17	(32)				
	Graham Marshal	11.14	(30)				
<b>31</b>	<b>Elswick Harriers 'B'</b>	<b>50.18</b>					
	John Lowes	11.12	(28)				
	Richard Houghton	11.12	(26)				
	Steve Cumay	13.23	(28)				
	Neil Reed	14.31	(31)				
<b>32</b>	<b>Blackhill Bounders 'A'</b>	<b>50.34</b>					
	Jonathan Richards	11.24	(29)				
	John Hopps	12.37	(32)				
	Mike Gill	15.32	(33)				
	Stephen Collins	11.01	(32)				
<b>33</b>	<b>Blackhill Bounders 'B'</b>	<b>51.08</b>					
	Stven Bowyer	10.51	(25)				
	Aidan Hughes	12.55	(31)				
	Stuart Gordon	12.33	(31)				
	Steve Daghish	14.49	(33)				

# Sunderland Farringdon XC Relays 2015

## Senior Men fastest legs

	<i>Name</i>	<i>Club Name</i>	<i>Time</i>		<i>Name</i>	<i>Club Name</i>	<i>Time</i>
1	Ross Floyd	Morpeth Harriers 'A'	08.54	61	Steve Dickson	Derwentside A.C. 'A'	10.25
2	Dan Johnson	Gateshead Harriers 'B'	08.54	62	Luke Taylor	Derwentside A.C. 'A'	10.25
3	Adrian Bailes	Birtley A.C. 'A'	08.59	63	James Hadfield	Elswick Harriers 'A'	10.25
4	Steve Rankin	Sunderland Harriers 'A'	09.03	64	Paul West	North Shields Poly 'A'	10.28
5	Will Buswall	Gosforth Harriers 'A'	09.06	65	Ben Ward	Hartlepool Burn Road 'A'	10.29
6	Kevin Jeffress	Sunderland Harriers 'A'	09.06	66	Mark Head	Sunderland Harriers 'E'	10.30
7	James Duce	Tyne Bridge Harriers 'A'	09.08	67	John Donnelly	Derwentside A.C. 'A'	10.34
8	Tom Charlton	Tyne Bridge Harriers 'A'	09.08	68	Jamie Graham	Birtley A.C. 'A'	10.35
9	Steven McManan	Sunderland Harriers 'A'	09.09	69	John Hurse	Tyne Bridge Harriers 'B'	10.35
10	Tony Carter	Tyne Bridge Harriers 'A'	09.12	70	Chris Dwyer	Sunderland Strollers 'B'	10.41
11	Gareth Driscoll	Gosforth Harriers 'A'	09.13	71	Simon Ellis	North Shields Poly 'A'	10.42
12	James Cripwell	Gateshead Harriers 'B'	09.16	72	Rory Graham	Houghton Harriers 'A'	10.43
13	Carl Chapman	Crook & District A.C. 'A'	09.19	73	Paul Waller	Tyne Bridge Harriers 'C'	10.43
14	Sam Hancox	Morpeth Harriers 'A'	09.19	74	Paul Attley	Gateshead Harriers 'A'	10.46
15	Alex Mirley	Durham City 'A'	09.24	75	Stven Bowyer	Blackhill Bounders 'B'	10.51
16	Brendan OGrady	Sunderland Strollers 'A'	09.27	76	Arnaud Albertini	Tyne Bridge Harriers 'C'	10.52
17	Stephen Potts	Sunderland Harriers 'B'	09.30	77	Declan Munnely	Sunderland Strollers 'A'	10.53
18	Kevin Connolly	Gateshead Harriers 'B'	09.30	78	Stephen McGrath	Low Fell Running Club 'A'	10.54
19	Matthew Reed	Sunderland Harriers 'B'	09.31	79	Dan Peters	Gosforth Harriers 'B'	10.54
20	Kieran Reay	Birtley A.C. 'A'	09.31	80	Gareth Wills	Sunderland Strollers 'B'	10.57
21	Ben Craig	Sunderland Harriers 'D'	09.33	81	Dave Cleugh	Birtley A.C. 'A'	11.01
22	Craig Isherwood	Sunderland Harriers 'B'	09.33	82	Stephen Collins	Blackhill Bounders 'A'	11.01
23	Jonny Nisbit	Morpeth Harriers 'A'	09.33	83	Jonathan Smith	Low Fell Running Club 'B'	11.06
24	Matty Devlin	Sunderland Harriers 'A'	09.35	84	Peter Smith	Low Fell Running Club 'A'	11.08
25	Phil Winter	Morpeth Harriers 'B'	09.38	85	Nick Newby	Birtley A.C. 'B'	11.08
26	Andy Graham	Durham City 'A'	09.41	86	Aidan Crowe	Sunderland Strollers 'A'	11.09
27	Calum Simpson	Gateshead Harriers 'A'	09.41	87	Mark Davinson	Derwentside A.C. 'A'	11.10
28	Zack Wylie	Gosforth Harriers 'B'	09.42	88	Cahlie Townsend	Tyne Bridge Harriers 'C'	11.10
29	Alex Polding	Tyne Bridge Harriers 'A'	09.42	89	John Lowes	Elswick Harriers 'B'	11.12
30	Adam Hands	Elswick Harriers 'A'	09.43	90	Richard Houghton	Elswick Harriers 'B'	11.12
31	Micheal Grimes	Durham City 'A'	09.43	91	Nicholas Killeen	Sunderland Harriers 'D'	11.13
32	Kev Richardson	Elswick Harriers 'A'	09.49	92	Graham Marshal	Derwentside A.C. 'B'	11.14
33	James Young	Morpeth Harriers 'A'	09.49	93	Jonathan Richards	Blackhill Bounders 'A'	11.24
34	Jonathon Howe	Sunderland Harriers 'D'	09.49	94	Joseph Dungworth	Blyth 'A'	11.25
35	Michael Edwards	Sunderland Harriers 'B'	09.52	95	Carl Watson	Low Fell Running Club 'A'	11.25
36	Michael Berker	Sunderland Harriers 'C'	09.53	96	Dave Reay	Derwentside A.C. 'B'	11.28
37	Richard OStell	Gateshead Harriers 'A'	09.58	97	David Hemming	Durham City 'B'	11.29
38	Joseph Woods	Blyth 'A'	09.58	98	Michael Henderson	Sunderland Strollers 'B'	11.30
39	David Swinburne	Morpeth Harriers 'B'	09.59	99	Martin Scott	Blyth 'A'	11.31
40	Tom Coates	Gosforth Harriers 'B'	10.00	100	Steve Johnson	Houghton Harriers 'A'	11.31
41	Steven Medd	Gateshead Harriers 'B'	10.00	101	Tom Colquitt	Tyne Bridge Harriers 'C'	11.32
42	Simon Pryde	Tyne Bridge Harriers 'B'	10.00	102	Michael Dixon	Sunderland Strollers 'B'	11.32
43	John Morley	Sunderland Harriers 'C'	10.01	103	Andrew Roen	Gateshead Harriers 'A'	11.33
44	Paul Wilson	Hartlepool Burn Road 'A'	10.01	104	Martin Lloy	Gosforth Harriers 'B'	11.34
45	David Best	Crook & District A.C. 'A'	10.03	105	Richard Hanley	North Shields Poly 'A'	11.36
46	Adam Walker	Durham City 'A'	10.04	106	Mark Weatherall	Low Fell Running Club 'A'	11.38
47	Andrew Minister	Hartlepool Burn Road 'A'	10.05	107	Steve Quinnin	Gosforth Harriers 'B'	11.39
48	Matt Gwilyn	Gosforth Harriers 'A'	10.05	108	Peter Shaw	Sunderland Harriers 'E'	11.40
49	Lee Dover	Houghton Harriers 'A'	10.06	109	Richard McQuade	Gosforth Harriers 'B'	11.41
50	Andrew Forbes	Sunderland Strollers 'A'	10.08	110	Danny Wade	Low Fell Running Club 'B'	11.44
51	Michael Laws	Sunderland Harriers 'C'	10.10	111	Barry Young	North Shields Poly 'A'	11.45
52	Richard Kemp	Sunderland Harriers 'C'	10.12	112	Mark Thomas	Gosforth Harriers 'B'	11.46
53	Mark Crowe	Elswick Harriers 'A'	10.13	113	Neil Kavanagh	Low Fell Running Club 'B'	11.50
54	James McCreesh	Gosforth Harriers 'A'	10.15	114	Shaun Bagley	Sunderland Harriers 'E'	11.51
55	Chris Bell	Sunderland Harriers 'D'	10.15	115	Simon Pickering	Durham City 'B'	11.52
56	David Anderson	Tyne Bridge Harriers 'B'	10.16	116	Eric Moore	Crook & District A.C. 'A'	11.57
57	Mark Anderson	Sunderland Strollers 'C'	10.18	117	Johnny McKhale	Gosforth Harriers 'B'	12.00
58	Paul Stephenson	Hartlepool Burn Road 'A'	10.20	118	David Goodfellow	Crook & District A.C. 'A'	12.06
59	Tom Vardy	Tyne Bridge Harriers 'B'	10.21	119	Brian Cairns	Sunderland Strollers 'C'	12.07
60	Michael Heskett	Sunderland Harriers 'E'	10.24	120	Niall Salmon	Durham City 'B'	12.08



	<i>Name</i>	<i>Club Name</i>	<i>Time</i>	<i>Name</i>	<i>Club Name</i>	<i>Time</i>
121	Shaun McGraph	Houghton Harriers 'A'	12.09			
122	Dave Salmon	Low Fell Running Club 'B'	12.14			
123	Chris Morrow	Sunderland Strollers 'C'	12.14			
124	Alan McManus	Sunderland Harriers 'F'	12.26			
125	Stuart Gordon	Blackhill Bounders 'B'	12.33			
126	John Hopps	Blackhill Bounders 'A'	12.37			
127	George Reid	Durham City 'B'	12.45			
128	Aidan Hughes	Blackhill Bounders 'B'	12.55			
129	Wayne Smith	Sunderland Strollers 'C'	13.03			
130	Brian Buckley	Derwentside A.C. 'B'	13.12			
131	Steve Cumay	Elswick Harriers 'B'	13.23			
132	Ralph Dickinson	Blyth 'A'	13.51			
133	Rikki Sewell	Birtley A.C. 'B'	13.52			
134	Dave Howe	Derwentside A.C. 'B'	14.17			
135	Neil Reed	Elswick Harriers 'B'	14.31			
136	Steve Daghish	Blackhill Bounders 'B'	14.49			
137	Mike Gill	Blackhill Bounders 'A'	15.32			
138	Gerard Murray	Birtley A.C. 'B'	17.53			
139	Pat Kelly	Birtley A.C. 'B'	17.56			

# Sunderland Farringdon XC Relays 2015

## Veterans Men Relay Results

<b>1</b>	<b>Tyne Bridge Harriers 'A'</b>	<b>38.36</b>		<b>9</b>	<b>Gosforth Harriers 'A'</b>	<b>44.36</b>		<b>17</b>	<b>Low Fell Running Club 'A'</b>	<b>50.49</b>	
	Kenny Macpherson	09.45	(2)		Steve Boddy	10.54	(8)		Mike Stacey	12.21	(18)
	Terry Scott	09.25	(1)		Dave Bell	10.49	(8)		John Stephens	11.36	(13)
	David Moir	10.07	(1)		Simon Daniels	11.29	(8)		John Wiper	12.34	(12)
	Steve Cairns	09.19	(1)		Kevin Thiomas	11.24	(9)		Simon Turnbull	14.18	(17)
<b>2</b>	<b>Sunderland Harriers 'A'</b>	<b>39.31</b>		<b>10</b>	<b>Sunderland Strollers 'A'</b>	<b>45.41</b>		<b>18</b>	<b>Sunderland Harriers 'D'</b>	<b>51.26</b>	
	Tim Field	09.53	(3)		Mike Hobson	11.07	(10)		Anthony Erskine	12.19	(17)
	Michael Thompson	09.37	(2)		Steve Tinwell	11.03	(9)		Tony Thompson	12.57	(21)
	Paul Merrison	10.18	(2)		Malcom Cox	12.36	(10)		Vince Emmett	12.45	(19)
	Paul Blakey	09.43	(2)		Ken Maynard	10.55	(10)		Alan Chapman	13.25	(18)
<b>3</b>	<b>Elswick Harriers 'A'</b>	<b>41.33</b>		<b>11</b>	<b>Birtley A.C. 'B'</b>	<b>47.09</b>		<b>19</b>	<b>Aurora Harriers 'A'</b>	<b>51.34</b>	
	Jason Old	10.05	(5)		Mark Wilson	11.55	(13)		Dave Watts	12.07	(14)
	Iain Hardy	10.26	(4)		Jeff Southern	11.53	(12)		Phil Hunter	12.35	(18)
	Alan Thompson	11.20	(6)		B Bailers	12.55	(13)		Billy Raine	13.35	(20)
	Lee Bennett	09.42	(3)		Peter Gill	10.26	(11)		Brian Usher	13.17	(19)
<b>4</b>	<b>Tyne Bridge Harriers 'B'</b>	<b>41.59</b>		<b>12</b>	<b>Elswick Harriers 'B'</b>	<b>47.52</b>		<b>20</b>	<b>Sunderland Strollers 'C'</b>	<b>52.39</b>	
	Matty Tomlinson	10.02	(4)		Dave Armstrong	12.28	(19)		Ken Tweedy	12.38	(21)
	Paul Hilton	10.51	(6)		Harry Matthews	12.05	(17)		David Dury	13.25	(23)
	David Appleby	10.40	(4)		John Bell	10.38	(11)		Phil Watson	13.13	(21)
	Chris Meek	10.26	(4)		Graham Leslie	12.41	(12)		Jim McGovern	13.23	(20)
<b>5</b>	<b>North Shields Poly 'A'</b>	<b>42.21</b>		<b>13</b>	<b>Sunderland Harriers 'C'</b>	<b>48.06</b>		<b>21</b>	<b>Blackhill Bounders 'B'</b>	<b>54.55</b>	
	Tommy Brannon	09.45	(1)		Peter Richardson	12.16	(16)		Mark Fish	12.51	(22)
	Robert Walker	10.03	(3)		Dean Phillips	12.12	(16)		Mark Berry	12.39	(22)
	Paul Richardson	10.33	(3)		Gary Fox	12.23	(16)		Ian Pratt	12.06	(18)
	David Gilmore	12.00	(5)		David Lash	11.15	(13)		Graham Stockdale	17.19	(21)
<b>6</b>	<b>Morpeth Harriers 'A'</b>	<b>42.36</b>		<b>14</b>	<b>Tyne Bridge Harriers 'C'</b>	<b>48.35</b>		<b>22</b>	<b>Sunderland Strollers 'D'</b>	<b>55.34</b>	
	Paul Waterston	10.20	(6)		Billy Green	11.25	(12)		Peter Myerscough	13.02	(24)
	Rob Hancox	10.18	(5)		Micky Baker	12.05	(11)		Richard Wilson	15.52	(24)
	Steve Haswell	11.02	(5)		Neil Capstick	13.14	(14)		Joe Glancy	12.56	(22)
	Philip Walker	10.56	(6)		Paul Routledge	11.51	(14)		Peter Holmday	13.44	(22)
<b>7</b>	<b>Blackhill Bounders 'A'</b>	<b>43.58</b>		<b>15</b>	<b>Sunderland Strollers 'B'</b>	<b>49.27</b>			<b>North Shields Poly 'C'</b>	<b>24.27</b>	
	Ian Young	10.48	(7)		Wayne Davison	12.56	(23)		Peter Huxley	12.30	(20)
	Mick McDonald	10.47	(7)		Robert Welsh	12.15	(20)		David Hughesy	11.57	(15)
	Ian Middlemass	11.07	(7)		Mark Robison	11.45	(17)				
	Stewy Bell	11.16	(7)		Rob Craig	12.31	(15)				
<b>8</b>	<b>Sunderland Harriers 'B'</b>	<b>44.06</b>		<b>16</b>	<b>Gosforth Harriers 'B'</b>	<b>50.26</b>			<b>Houghton Harriers 'A'</b>	<b>24.53</b>	
	Paul Redman	11.20	(11)		Steve Bond	12.09	(15)		Steve Johnson	11.03	(9)
	Jon Dobson	11.34	(10)		John Berry	11.54	(14)		Stephen Pearson	13.50	(19)
	Steven Graham	10.36	(9)		Kevin Spreadbury	12.46	(15)				
	Steven Gordon	10.36	(8)		Gordon Patterson	13.37	(16)				

# Sunderland Farringdon XC Relays 2015

## Veterans Men fastest legs

	<i>Name</i>	<i>Club Name</i>	<i>Time</i>		<i>Name</i>	<i>Club Name</i>	<i>Time</i>
1	Steve Cairns	Tyne Bridge Harriers 'A'	09.19	61	Mike Stacey	Low Fell Running Club 'A'	12.21
2	Terry Scott	Tyne Bridge Harriers 'A'	09.25	62	Gary Fox	Sunderland Harriers 'C'	12.23
3	Michael Thompson	Sunderland Harriers 'A'	09.37	63	Dave Armstrong	Elswick Harriers 'B'	12.28
4	Lee Bennett	Elswick Harriers 'A'	09.42	64	Peter Huxley	North Shields Poly 'C'	12.30
5	Paul Blakey	Sunderland Harriers 'A'	09.43	65	Rob Craig	Sunderland Strollers 'B'	12.31
6	Tommy Brannon	North Shields Poly 'A'	09.45	66	John Wiper	Low Fell Running Club 'A'	12.34
7	Kenny Macpherson	Tyne Bridge Harriers 'A'	09.45	67	Phil Hunter	Aurora Harriers 'A'	12.35
8	Tim Field	Sunderland Harriers 'A'	09.53	68	Malcom Cox	Sunderland Strollers 'A'	12.36
9	Matty Tomlinson	Tyne Bridge Harriers 'B'	10.02	69	Ken Tweedy	Sunderland Strollers 'C'	12.38
10	Robert Walker	North Shields Poly 'A'	10.03	70	Mark Berry	Blackhill Bounders 'B'	12.39
11	Jason Old	Elswick Harriers 'A'	10.05	71	Graham Leslie	Elswick Harriers 'B'	12.41
12	David Moir	Tyne Bridge Harriers 'A'	10.07	72	Vince Emmett	Sunderland Harriers 'D'	12.45
13	Rob Hancox	Morpeth Harriers 'A'	10.18	73	Kevin Spreadbury	Gosforth Harriers 'B'	12.46
14	Paul Merrison	Sunderland Harriers 'A'	10.18	74	Mark Fish	Blackhill Bounders 'B'	12.51
15	Paul Waterston	Morpeth Harriers 'A'	10.20	75	B Bailers	Birtley A.C. 'B'	12.55
16	Peter Gill	Birtley A.C. 'B'	10.26	76	Joe Glancy	Sunderland Strollers 'D'	12.56
17	Chris Meek	Tyne Bridge Harriers 'B'	10.26	77	Wayne Davison	Sunderland Strollers 'B'	12.56
18	Iain Hardy	Elswick Harriers 'A'	10.26	78	Tony Thompson	Sunderland Harriers 'D'	12.57
19	Paul Richardson	North Shields Poly 'A'	10.33	79	Peter Myerscough	Sunderland Strollers 'D'	13.02
20	Steven Gordon	Sunderland Harriers 'B'	10.36	80	Phil Watson	Sunderland Strollers 'C'	13.13
21	Steven Graham	Sunderland Harriers 'B'	10.36	81	Neil Capstick	Tyne Bridge Harriers 'C'	13.14
22	John Bell	Elswick Harriers 'B'	10.38	82	Brian Usher	Aurora Harriers 'A'	13.17
23	David Appleby	Tyne Bridge Harriers 'B'	10.40	83	Jim McGovern	Sunderland Strollers 'C'	13.23
24	Mick McDonald	Blackhill Bounders 'A'	10.47	84	Alan Chapman	Sunderland Harriers 'D'	13.25
25	Ian Young	Blackhill Bounders 'A'	10.48	85	David Dury	Sunderland Strollers 'C'	13.25
26	Dave Bell	Gosforth Harriers 'A'	10.49	86	Billy Raine	Aurora Harriers 'A'	13.35
27	Paul Hilton	Tyne Bridge Harriers 'B'	10.51	87	Gordon Patterson	Gosforth Harriers 'B'	13.37
28	Steve Boddy	Gosforth Harriers 'A'	10.54	88	Peter Holmday	Sunderland Strollers 'D'	13.44
29	Ken Maynard	Sunderland Strollers 'A'	10.55	89	Stephen Pearson	Houghton Harriers 'A'	13.50
30	Philip Walker	Morpeth Harriers 'A'	10.56	90	Simon Turnbull	Low Fell Running Club 'A'	14.18
31	Steve Haswell	Morpeth Harriers 'A'	11.02	91	Richard Wilson	Sunderland Strollers 'D'	15.52
32	Steve Tinwell	Sunderland Strollers 'A'	11.03	92	Graham Stockdale	Blackhill Bounders 'B'	17.19
33	Steve Johnson	Houghton Harriers 'A'	11.03				
34	Ian Middlemass	Blackhill Bounders 'A'	11.07				
35	Mike Hobson	Sunderland Strollers 'A'	11.07				
36	David Lash	Sunderland Harriers 'C'	11.15				
37	Stewy Bell	Blackhill Bounders 'A'	11.16				
38	Alan Thompson	Elswick Harriers 'A'	11.20				
39	Paul Redman	Sunderland Harriers 'B'	11.20				
40	Kevin Thiomias	Gosforth Harriers 'A'	11.24				
41	Billy Green	Tyne Bridge Harriers 'C'	11.25				
42	Simon Daniels	Gosforth Harriers 'A'	11.29				
43	Jon Dobson	Sunderland Harriers 'B'	11.34				
44	John Stephens	Low Fell Running Club 'A'	11.36				
45	Mark Robison	Sunderland Strollers 'B'	11.45				
46	Paul Routledge	Tyne Bridge Harriers 'C'	11.51				
47	Jeff Southern	Birtley A.C. 'B'	11.53				
48	John Berry	Gosforth Harriers 'B'	11.54				
49	Mark Wilson	Birtley A.C. 'B'	11.55				
50	David Hughesy	North Shields Poly 'C'	11.57				
51	David Gilmore	North Shields Poly 'A'	12.00				
52	Harry Matthews	Elswick Harriers 'B'	12.05				
53	Micky Baker	Tyne Bridge Harriers 'C'	12.05				
54	Ian Pratt	Blackhill Bounders 'B'	12.06				
55	Dave Watts	Aurora Harriers 'A'	12.07				
56	Steve Bond	Gosforth Harriers 'B'	12.09				
57	Dean Phillips	Sunderland Harriers 'C'	12.12				
58	Robert Welsh	Sunderland Strollers 'B'	12.15				
59	Peter Richardson	Sunderland Harriers 'C'	12.16				
60	Anthony Erskine	Sunderland Harriers 'D'	12.19				