

NEMAA Championships

Monkton Stadium - 27th June 2015

Hurdles 80m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	76	Don Butler	Jarrow & Hebburn	M75		16.0
2	269	Liz Page	Houghton	L50		19.6

Hurdles 110m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	7	Darren Towart	Tynedale	M35		22.8
2	26	Neil Yorston	South Shields	M35		25.6
3	32	Richard A Hunter	Tynedale	M40		DNF

100m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	234	Angela Kelly	Giffnock North	L50		14.9
2	263	Stephanie White	Tynedale	L55		16.4
3	213	Val Baxter	Birtley	L50		17.3
4	269	Liz Page	Houghton	L50		18.1
5	222	Nadine Garnham	NEVAC	L65		20.0

100m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	266	Jacqui Hodgson	Durham	L45		14.3
2	227	Anna Harris	Sunderland H	L40		14.4
3	204	Jacqueline Etherington	Tynebridge	L35		14.5
4	225	Gillian Tomlinson	Houghton	L45		16.1
5	258	Heather Hogg	Jarrow & Hebburn	L35		16.7
6	237	Helena Wälsäter Lowes	Heaton	L35		18.8
7	206	Kelly Dodds	Heaton	L35		19.0
8	205	Julie A Guy	North Shields Poly	L45		19.1

100m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	101	Dave Peffer	Heaton	M65		14.7
2	76	Don Butler	Jarrow & Hebburn	M75		15.5
3	157	Doug Maxwell	Tynedale	M70		17.6

100m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	14	Eric Smart	Gateshead	M55		13.5
2	73	Stephen Todner	Houghton	M60		13.5
3	48	Tony Gair	Jarrow & Hebburn	M60		14.6
4	13	David Johnson	North Shields Poly	M55		14.7
5	147	Michael Lloyd	Crook AC	M55		16.9

100m

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.

1	27	Paul Donaghy	Durham City	M45		12.8
2	113	Phil McCluskey	Sunderland Harriers	M45		13.5
3	100	David Hughes	North Shields Poly	M50		13.5
4	143	Steve Bousfield	Darlington Harriers	M45		13.6
5	86	Peter Sunderland	Tynedale	M50		14.2
6	68	David Savage	Sunderland Harriers	M45		15.5

100m

Position	Number	Name	Club	Age Cat.	Time Min.	Time Sec.
1	41	Bryn Mordey	Tynedale (guest)	T		11.9
2	34	Scott Garrett	Saltwell	M40		12.0
3	7	Darren Towart	Tynedale	M35		12.9
4	26	Neil Yorston	South Shields	M35		14.3

1500m 1

Position	Number	Name	Club	Age Cat.	Time Min.	Time Sec.
1	235	Sue Philips	Darlington	L50	5	27.1
2	251	Louise Lennox	Tynebridge	L40	5	43.6
3	242	Shannel Curtis	Birtley	L35	5	51.6
4	206	Kelly Dodds	Heaton	L35	6	.00.1
5	236	Jenny Friend	Heaton	L50	6	.07.5
6	264	Kim Matthews	Elswick	L55	6	.09.5
7	219	Helen Morris	Blyth	L50	6	24.6
8	244	Vicki Thompson	Jarrow & Hebburn	L40	6	30.2
9	134	Richard Harvey	Aycliffe	M70	6	50.4
10	159	Ian Barnes	Darlington Harriers	M80	7	14.1
11	31	Reg Checkley	Heaton	M75	7	35.1
12	80	Arthur Potter	South Shields	M70	7	45.2

1500m 2

Position	Number	Name	Club	Age Cat.	Time Min.	Time Sec.
1	6	Colin Hodgson	Blackhill	M50	5	.02.7
2	119	John Stephens	Low Fell	M55	5	.05.8
3	79	John James	Heaton	M55	5	.07.7
4	99	Michael Stacey	Low Fell	M55	5	20.2
5	19	Harry Matthews	Elswick	M65	5	41.6
6	136	Archie Jenkins	Morpeth	M60	5	54.4
7	91	David Wright	Heaton	M60	6	.01.8
8	93	Steve Eccleston	Houghton	M65	6	.05.6
9	70	Bill Doidge	Low Fell	M65	6	.09.3
10	121	Ian Graham	Durham City	M60	6	10.0
11	96	Kenneth Pyle	Aurora	M65	6	13.7
12	3	Brian Brown	Durham City	M65	6	26.4
13	160	Alan Elders	Low Fell	M65	7	14.5

1500m 3

Position	Number	Name	Club	Age Cat.	Time Min.	Time Sec.
1	8	Dave France	Low Fell	M35	4	33.4
2	58	Tommy Brannon	North Shields Poly	M45	4	34.1
3	151	Les Smith	Heaton	M40	4	41.9

4	114	John French	Blyth	M35	4	43.5
5	124	David Stainthorpe	North Shields Poly	M40	4	44.1
6	1	Al Knebel	Sunderland Harriers	M45	4	45.0
7	155	Matty Tomlinson	Tynebridge	M45	4	46.7
8	158	Alan Hodgson	Tynebridge	M40	4	47.7
9	20	Ian Young	Blackhill	M40	4	47.9
10	104	John Moore	Heaton	M45	4	48.9
11	138	Mark Ketley	Hunwick	M35	4	51.6
12	7	Darren Towart	Tynedale	M35	5	.01.3
13	67	Dean Philips	Sunderland Harriers	M45	5	23.3

1 Mile Open Mile

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	166	Sparrow Morley	Sunderland Harriers	SNR	4	38.6
2	161	Rob Everson	Elvet	SNR	4	53.4
3	10	David Best	Crook	M35	5	.02.2

400m 1

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	266	Jacqui Hodgson	Durham	L45		63.4
2	225	Gillian Tomlinson	Houghton	L45		74.5
3	263	Stephanie White	Tynedale	L55		78.1
4	213	Val Baxter	Birtley	L50		79.1
5	255	Lynne Marr	Tynedale	L50		93.3

400m 2

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	208	Leanne Robertson	Tynebridge	L40		65.4
2	242	Shannel Curtis	Birtley	L35		74.5
3	206	Kelly Dodds	Heaton	L35		76.8
4	258	Heather Hogg	Jarrow & Hebburn	L35		80.2
5	237	Helena Wälsäter	Heaton	L35		83.6
6	244	Vicki Thompson	Jarrow & Hebburn	L40		93.7

400m 3

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	87	James Wightman	Sunderland Harriers	M65		80.7
2	134	Richard Harvey	Aycliffe	M70		82.9
3	96	Kenneth Pyle	Aurora	M65		84.1
4	31	Reg Checkley	Heaton	M75		98.4
5	80	Arthur Potter	South Shields	M70		103.7
6	18	George Routledge	Heaton	M65		104.1

400m 4

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	73	Stephen Todner	Houghton	M60		60.7
2	100	David Hughes	North Shields Poly	M50		60.8
3	16	George Harden	Sunderland Harriers	M50		64.1
4	13	David Johnson	North Shields Poly	M55		65.9
5	91	David Wright	Heaton	M60		84.7

400m 5

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	72	Jason Catterall	Sedgefield	M40		57.5
2	113	Phil McCluskey	Sunderland Harriers	M45		58.0
3	49	Sean Maley	North Shields Poly	M40		59.7
4	27	Paul Donaghy	Durham City	M45		61.3
5	124	David Stainthorpe	North Shields Poly	M40		61.8
6	158	Alan Hodgson	Tynebridge	M40		66.5

400m 6

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	114	John French	Blyth	M35		57.6
2	7	Darren Towart	Tynedale	M35		57.7
3	10	David Best	Crook	M35		60.4
4	138	Mark Ketley	Hunwick	M35		66.7
5	26	Neil Yorston	South Shields	M35		69.7

200m 1

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	234	Angela Kelly	Giffnock North	L50		30.9
2	263	Stephanie White	Tynedale	L55		33.8
3	213	Val Baxter	Birtley	L50		34.6
4	246	Lesley Downey	South Shields	L55		39.2
5	245	Patricia White	South Shields	L60		46.5

200m 2

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	266	Jacqui Hodgson	Durham	L45		28.9
2	227	Anna Harris	Sunderland H	L40		29.6
3	225	Gillian Tomlinson	Houghton	L45		33.4
4	242	Shannel Curtis	Birtley	L35		33.9
5	258	Heather Hogg	Jarrow & Hebburn	L35		34.4
6	237	Helena Wälsäter Lowes	Heaton	L35		35.8

200m 3

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	73	Stephen Todner	Houghton	M60		27.6
2	101	Dave Peffer	Heaton	M65		30.8
3	76	Don Butler	Jarrow & Hebburn	M75		33.7
4	91	David Wright	Heaton	M60		39.7

200m 4

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	100	David Hughes	North Shields Poly	M50		27.6
2	14	Eric Smart	Gateshead	M55		28.5
3	86	Peter Sunderland	Tynedale	M50		28.9
4	13	David Johnson	North Shields Poly	M55		30.7
5	147	Michael Lloyd	Crook AC	M55		34.7

200m 5

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	27	Paul Donaghy	Durham City	M45		26.2
2	113	Phil McCluskey	Sunderland Harriers	M45		26.8
3	68	David Savage	Sunderland Harriers	M45		30.8
4	67	Dean Philips	Sunderland Harriers	M45		31.9

200m 6

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	41	Bryn Mordey	Tynedale (guest)	T		24.1
2	34	Scott Garrett	Saltwell	M40		25.7
3	7	Darren Towart	Tynedale	M35		26.9
4	10	David Best	Crook	M35		28.7
5	26	Neil Yorston	South Shields	M35		30.7

800m 1

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	208	Leanne Robertson	Tynebridge	L40	2	35.3
2	218	Heather Robinson	Jarrow & Hebburn	L50	3	.01.9
3	206	Kelly Dodds	Heaton	L35	3	.06.7
4	244	Vicki Thompson	Jarrow & Hebburn	L40	3	.09.6
5	255	Lynne Marr	Tynedale	L50	3	10.1
6	219	Helen Morris	Blyth	L50	3	10.6

800m 2

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	87	James Wightman	Sunderland Harriers	M65	3	.05.9
2	96	Kenneth Pyle	Aurora	M65	3	.08.9
3	134	Richard Harvey	Aycliffe	M70	3	12.3
4	70	Bill Doidge	Low Fell	M65	3	12.5
5	3	Brian Brown	Durham City	M65	3	15.9
6	31	Reg Checkley	Heaton	M75	3	38.8
7	159	Ian Barnes	Darlington Harriers	M80	3	39.5
8	80	Arthur Potter	South Shields	M70	4	.05.4
9	18	George Routledge	Heaton	M65		DNF

800m 3

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.
1	16	George Harden	Sunderland Harriers	M50	2	27.4
2	6	Colin Hodgson	Blackhill	M50	2	28.6
3	99	Michael Stacey	Low Fell	M55	2	32.9
4	13	David Johnson	North Shields Poly	M55	2	34.8
5	79	John James	Heaton	M55	2	39.4
6	42	Geoff Robinson	Jarrow & Hebburn	M55	2	52.5
7	136	Archie Jenkins	Morpeth	M60	2	59.9
8	121	Ian Graham	Durham City	M60	3	.05.0
9	91	David Wright	Heaton	M60	3	.07.2

800m 4

Position	Number	Name	Club	Age	Time	
				Cat.	Min.	Sec.

1	8	Dave France	Low Fell	M35	2	13.2
2	49	Sean Maley	North Shields Poly	M40	2	14.4
3	58	Tommy Brannon	North Shields Poly	M45	2	17.1
4	72	Jason Catterall	Sedgefield	M40	2	17.7
5	114	John French	Blyth	M35	2	18.2
6	104	John Moore	Heaton	M45	2	23.3
7	124	David Stainthorpe	North Shields Poly	M40	2	24.8
8	155	Matty Tomlinson	Tynebridge	M45	2	30.1
9	7	Darren Towart	Tynedale	M35	2	32.0
10	12	David Goodfellow	Crook	M40	2	44.0
11	41	Bryn Mordey	Tynedale (guest)	T	2	57.9

3000m 1

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	235	Sue Philips	Darlington	L50	11	50.9
2	19	Harry Matthews	Elswick	M65	11	54.9
3	251	Louise Lennox	Tynebridge	L40	12	16.4
4	89	Graham Leslie	Elswick	M65	12	18.1
5	218	Heather Robinson	Jarrow & Hebburn	L50	12	28.6
6	203	Helen Hughes	North Shields Poly	L40	12	31.3
7	268	Karen Foster	North Shields Poly	L45	12	52.6
8	206	Kelly Dodds	Heaton	L35	12	53.9
9	78	Ben Hull	Claremont	M70	12	53.9
10	93	Steve Eccleston	Houghton	M65	13	30.3
11	244	Vicki Thompson	Jarrow & Hebburn	L40	13	39.4
12	219	Helen Morris	Blyth	L50	13	46.9
13	236	Jenny Friend	Heaton	L50	13	46.9
14	3	Brian Brown	Durham City	M65	14	10.2
15	246	Lesley Downey	South Shields	L55	14	27.1
16	245	Patricia White	South Shields	L60	14	29.1
17	80	Arthur Potter	South Shields	M70	16	58.6

5000m 1

Position	Number	Name	Club	Age Cat.	Time	
					Min.	Sec.
1	156	Paul Merrison	Sunderland Harriers	M55	17	44.7
2	151	Les Smith	Heaton	M40	17	45.6
3	144	Ken Harker	Richmond & Zetland	M40	17	47.7
4	114	John French	Blyth	M35	18	40.5
5	20	Ian Young	Blackhill	M40	18	54.4
6	6	Colin Hodgson	Blackhill	M50	19	20.4
7	164	Vaughan Hemy	North Shields Poly	M45	19	23.5
8	119	John Stephens	Low Fell	M55	19	31.9
9	42	Geoff Robinson	Jarrow & Hebburn	M55	19	43.6
10	116	Paul J Brennan	Crook	M45	20	15.3
11	79	John James	Heaton	M55	20	31.9
12	26	Neil Yorston	South Shields	M35	20	39.3
13	163	Scott Armstrong	Jesmond Joggers	M35	20	59.2
14	165	Dave Brignall	Heaton	M55	21	18.3
15	68	David Savage	Sunderland Harriers	M45	22	.05.2
16	136	Archie Jenkins	Morpeth	M60	23	43.0

High Jump	Number	Name	Club	Age	
				Cat.	Height
	237	Helena Wälsäter Lowes	Heaton	L35	1.05
	251	Louise Lennox	Tynebridge	L40	1.15
	7	Darren Towart	Tynedale	M35	1.40
	26	Neil Yorston	South Shields	M35	1.35
	32	Richard A Hunter	Tynedale	M40	1.35
	27	Paul Donaghy	Durham City	M45	1.40
	37	Trevor Straker	North Shields Poly	M60	1.25
	76	Don Butler	Jarrow & Hebburn	M75	1.15

Long Jump	Number	Name	Club	Age	
				Cat.	Distance
	204	Jacqueline Etherington	Tynebridge	L35	4.12
	237	Helena Wälsäter Lowes	Heaton	L35	3.38
	227	Anna Harris	Sunderland H	L40	4.55
	269	Liz Page	Houghton	L50	3.04
	263	Stephanie White	Tynedale	L55	3.39
	26	Neil Yorston	South Shields	M35	4.42
	10	David Best	Crook	M35	4.00
	12	David Goodfellow	Crook	M40	3.79
	27	Paul Donaghy	Durham City	M45	4.42
	1	Al Knebel	Sunderland Harriers	M45	4.17
	113	Phil McCluskey	Sunderland Harriers	M45	4.10
	33	Rob Foster	North Shields Poly	M45	3.88
	67	Dean Philips	Sunderland Harriers	M45	3.31
	68	David Savage	Sunderland Harriers	M45	3.16
	155	David Dixon	Tynedale	M55	5.07
	37	Trevor Straker	North Shields Poly	M60	2.52
	101	Dave Peffer	Heaton	M65	4.09
	41	Bryn Mordey	Tynedale (guest)	T	5.14

Triple Jump	Number	Name	Club	Age	
				Cat.	Distance
	237	Helena Wälsäter Lowes	Heaton	L35	7.39
	227	Anna Harris	Sunderland H	L40	7.16
	269	Liz Page	Houghton	L50	6.84
	263	Stephanie White	Tynedale	L55	7.77
	26	Neil Yorston	South Shields	M35	9.25
	27	Paul Donaghy	Durham City	M45	9.45
	33	Rob Foster	North Shields Poly	M45	8.59
	16	George Harden	Sunderland H	M50	8.72
	37	Trevor Straker	North Shields Poly	M60	6.50
	101	Dave Peffer	Heaton	M65	8.44

Hammer	Number	Name	Club	Age	
				Cat.	Distance
	204	Jacqueline Etherington	Tynebridge	L35	14.31
	260	Sara James	Tynebridge	L35	10.98
	212	Sylvie Hargreaves	North Shields Poly	L40	10.39
	211	Sharon Richardson	Blyth	L50	26.06

220	Pam Gardiner	Gateshead	L50	17.31
236	Jenny Friend	Heaton	L50	16.56
263	Stephanie White	Tynedale	L55	17.88
30	Peter Gallagher	North Shields Poly	M35	29.30
7	Darren Towart	Tynedale	M35	21.45
32	Richard A Hunter	Tynedale	M40	28.70
39	Paul Corrigan	Wallsend	M45	23.71
113	Phil McCluskey	Sunderland Harriers	M45	18.26
27	Paul Donaghy	Durham City	M45	16.53
154	Richard Jeal	Middlesbrough AC	M50	40.65
62	Paul Young	Middlesbrough & Cleveland	M50	25.92
55	John Moreland	Rugby & Northhants (gu)	M55	42.25
63	John Wild	Middlesbrough & Cleveland	M60	35.73
37	Trevor Straker	North Shields Poly	M60	27.57
57	Terry Hudson	Jarrow & Hebburn	M65	29.34
18	George Routledge	Heaton	M65	14.36
145	Jim Sloan	Annan & District AC	M70	23.74
127	Paul Wheeler	NEVAC	M70	23.73
66	Hugh Ryan	NEVAC	M80	28.20

Shot	Number	Name	Club	Age Cat.	Distance
	204	Jacqueline Etherington	Tynebridge	L35	8.04
	237	Helena Wälsäter Lowes	Heaton	L35	5.47
	260	Sara James	Tynebridge	L35	5.17
	212	Sylvie Hargreaves	North Shields Poly	L40	6.18
	220	Pam Gardiner	Gateshead	L50	7.94
	211	Sharon Richardson	Blyth	L50	6.39
	236	Jenny Friend	Heaton	L50	6.16
	214	Janette Kilgour	Heaton	L65	5.21
	7	Darren Towart	Tynedale	M35	8.19
	30	Peter Gallagher	North Shields Poly	M35	7.86
	26	Neil Yorston	South Shields	M35	5.95
	34	Scott Garrett	Saltwell	M40	9.37
	32	Richard A Hunter	Tynedale	M40	9.21
	39	Paul Corrigan	Wallsend	M45	11.36
	27	Paul Donaghy	Durham City	M45	7.70
	113	Phil McCluskey	Sunderland Harriers	M45	7.33
	52	Stuart Ryan	Gateshead	M50	12.94
	135	Simon Duckworth	North Shields Poly	M50	12.06
	62	Paul Young	Middlesbrough & Cleveland	M50	8.48
	55	John Moreland	Rugby & Northhants (gu)	M55	11.62
	148	John Birkett	Annan & District AC	M55	9.08
	37	Trevor Straker	North Shields Poly	M60	11.30
	63	John Wild	Middlesbrough & Cleveland	M60	9.87
	136	Archie Jenkins	Morpeth	M60	6.67
	57	Terry Hudson	Jarrow & Hebburn	M65	10.21
	18	George Routledge	Heaton	M65	6.50
	3	Brian Brown	Durham City	M65	5.41
	145	Jim Sloan	Annan & District AC	M70	9.84

127	Paul Wheeler	NEVAC	M70	7.69
59	Mac Stephenson	South Shields	M70	6.91
66	Hugh Ryan	NEVAC	M80	8.77

Javelin

	Number	Name	Club	Age Cat.	Distance
	204	Jacqueline Etherington	Tynebridge	L35	20.78
	212	Sylvie Hargreaves	North Shields Poly	L40	9.08
	205	Julie A Guy	North Shields Poly	L45	11.90
	269	Liz Page	Houghton	L50	16.08
	211	Sharon Richardson	Blyth	L50	13.38
	255	Lynne Marr	Tynedale	L50	12.00
	214	Janette Kilgour	Heaton	L65	10.18
	7	Darren Towart	Tynedale	M35	33.67
	26	Neil Yorston	South Shields	M35	16.24
	124	David Stainthorpe	North Shields Poly	M40	26.88
	32	Richard A Hunter	Tynedale	M40	24.02
	33	Rob Foster	North Shields Poly	M45	29.25
	113	Phil McCluskey	Sunderland Harriers	M45	27.65
	27	Paul Donaghy	Durham City	M45	23.18
	68	David Savage	Sunderland Harriers	M45	17.64
	39	Paul Corrigan	Wallsend	M45	12.67
	52	Stuart Ryan	Gateshead	M50	45.28
	62	Paul Young	Middlesbrough & Cleveland	M50	24.38
	55	John Moreland	Rugby & Northhants (gu)	M55	25.11
	63	John Wild	Middlesbrough & Cleveland	M60	29.47
	48	Tony Gair	Jarrow & Hebburn	M60	29.00
	37	Trevor Straker	North Shields Poly	M60	24.47
	57	Terry Hudson	Jarrow & Hebburn	M65	29.73
	18	George Routledge	Heaton	M65	15.01
	59	Mac Stephenson	South Shields	M70	18.04
	127	Paul Wheeler	NEVAC	M70	11.33
	66	Hugh Ryan	NEVAC	M80	16.93

Heavy Weight

	Number	Name	Club	Age Cat.	Distance
	32	Richard A Hunter	Tynedale	M40	9.71
	39	Paul Corrigan	Wallsend	M45	8.12
	52	Stuart Ryan	Gateshead	M50	12.17
	62	Paul Young	Middlesbrough & Cleveland	M50	8.85
	55	John Moreland	Rugby & Northhants (gu)	M55	14.89
	63	John Wild	Middlesbrough & Cleveland	M60	13.61
	37	Trevor Straker	North Shields Poly	M60	10.78
	57	Terry Hudson	Jarrow & Hebburn	M65	10.88
	18	George Routledge	Heaton	M65	6.01
	127	Paul Wheeler	NEVAC	M70	9.55
	66	Hugh Ryan	NEVAC	M80	11.25

Discus

	Number	Name	Club	Age Cat.	Distance
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204	Jacqueline Etherington	Tynebridge	L35	22.74
260	Sara James	Tynebridge	L35	11.55
212	Sylvie Hargreaves	North Shields Poly	L40	19.21
220	Pam Gardiner	Gateshead	L50	19.46
211	Sharon Richardson	Blyth	L50	13.57
236	Jenny Friend	Heaton	L50	12.34
214	Janette Kilgour	Heaton	L65	13.56
7	Darren Towart	Tynedale	M35	23.59
30	Peter Gallagher	North Shields Poly	M35	19.31
26	Neil Yorston	South Shields	M35	15.53
32	Richard A Hunter	Tynedale	M40	29.17
39	Paul Corrigan	Wallsend	M45	30.91
113	Phil McCluskey	Sunderland Harriers	M45	19.51
27	Paul Donaghy	Durham City	M45	18.19
67	Dean Philips	Sunderland Harriers	M45	14.58
52	Stuart Ryan	Gateshead	M50	39.47
135	Simon Duckworth	North Shields Poly	M50	34.63
62	Paul Young	Middlesbrough & Cleveland	M50	32.00
55	John Moreland	Rugby & Northhants (gu)	M55	43.78
37	Trevor Straker	North Shields Poly	M60	37.86
63	John Wild	Middlesbrough & Cleveland	M60	37.50
57	Terry Hudson	Jarrow & Hebburn	M65	32.72
18	George Routledge	Heaton	M65	15.96
145	Jim Sloan	Annan & District AC	M70	30.80
127	Paul Wheeler	NEVAC	M70	17.05
59	Mac Stephenson	South Shields	M70	15.39
66	Hugh Ryan	NEVAC	M80	22.04