

Elswick Harriers Good Friday Relays

Results - 25/03/2016

Pos	Name	Club	Time	Pos	Name	Time
UNDER 13 Female				30	Reece Garrett (129)	Morpeth Harriers 11.49 UNDER 13
				31	Alex Russell (97)	Elswick Harriers 11.51 UNDER 13
1	Lily Heaton (80)	Morpeth Harriers	9.30 F UNDER 13			
2	Rebecca Wren (72)	Gosforth Harriers	9.31 F UNDER 13			
3	Olivia Katory (73)	Gosforth Harriers	9.38 F UNDER 13			
4	Lydia James (78)	Houghton Harriers	9.39 F UNDER 13			
5	Tess Graham (38)	Birtley AC	9.53 F UNDER 13			
6	Nicole Phillips (77)	Houghton Harriers	9.58 F UNDER 13			
7	Amy Ellis (69)	Gosforth Harriers	10.04 F UNDER 13			
8	Anna Pigford (76)	Houghton Harriers	10.08 F UNDER 13			
9	Abbie Lewis (50)	Blaydon Harriers	10.16 F UNDER 13			
10	Emily Allison (54)	Elswick Harriers	10.18 F UNDER 13			
11	Beth Chapman (176)	Jarrow & Hebburn	10.21 F UNDER 13			
12	Aaliyah Peacock (35)	Birtley AC	10.28 F UNDER 13			
13	Scarlett Newby (36)	Birtley AC	10.39 F UNDER 13			
14	Catriona Pascal (71)	Gosforth Harriers	10.40 F UNDER 13			
15	Lydia Stoker (81)	Sunderland Harriers	10.42 F UNDER 13			
16	Abby Nicholson (74)	Gosforth Harriers	10.52 F UNDER 13			
17	Brenna Orr (52)	Blaydon Harriers	10.56 F UNDER 13			
18	Lucy Cardno (57)	Elswick Harriers	10.59 F UNDER 13			
19	Kate Emmett (171)	Jarrow & Hebburn	10.59 F UNDER 13			
20	Maisie Aspinall (59)	Elswick Harriers	11.00 F UNDER 13			
21	Alix Walton (48)	Blackhill Bounders	11.03 F UNDER 13			
22	Grace Quinnin (67)	Gosforth Harriers	11.05 F UNDER 13			
23	Mia Openshaw (34)	Birtley AC	11.22 F UNDER 13			
24	Abi Bedford (75)	Gosforth Harriers	11.27 F UNDER 13			
25	Lucy Bacon (58)	Elswick Harriers	11.34 F UNDER 13			
26	Niamh Bell (64)	Gosforth Harriers	11.35 F UNDER 13			
27	Olivia McCormick (53)	Blaydon Harriers	11.57 F UNDER 13			
28	Katie-May Eastland (37)	Birtley AC	11.59 F UNDER 13			
29	Kerri-Ann Simpson (56)	Elswick Harriers	12.02 F UNDER 13			
30	Leah Parker (63)	Elswick Harriers	12.06 F UNDER 13			
31	Carys Purves (68)	Gosforth Harriers	12.07 F UNDER 13			
32	Lauren Bird (82)	Tyne Bridge	12.35 F UNDER 13			
UNDER 13 Male						
1	Henry Johnson (119)	Houghton Harriers	8.25 UNDER 13			
2	Ethan Mcglen (88)	Gateshead Harriers	8.36 UNDER 13			
3	Keiron Mutch (99)	Gosforth Harriers	8.38 UNDER 13			
4	Harry Morris (169)	Gateshead Harriers	8.58 UNDER 13			
5	Will Bellamy (117)	Houghton Harriers	8.59 UNDER 13			
6	Andrew Hudspith (132)	Morpeth Harriers	9.20 UNDER 13			
7	Wesley Croom (106)	Gosforth Harriers	9.25 UNDER 13			
8	Sam Edmundson (90)	Elswick Harriers	9.28 UNDER 13			
9	Jack Naughton (93)	Elswick Harriers	9.37 UNDER 13			
10	Alex Porteous (124)	Morpeth Harriers	9.47 UNDER 13			
11	Finlay Dorman (146)	Tyne Bridge	9.50 UNDER 13			
12	Joseph Anderson (104)	Gosforth Harriers	10.00 UNDER 13			
13	Matthew Lumb (120)	Houghton Harriers	10.07 UNDER 13			
14	Michael Graham (24)	Birtley AC	10.08 UNDER 13			
15	Ethan Richards (83)	Blackhill Bounders	10.10 UNDER 13			
16	Matt Summer (158)	Wallsend Harriers	10.16 UNDER 13			
17	Matthew Grant (89)	Elswick Harriers	10.17 UNDER 13			
18	Duncan Hughes (84)	Blackhill Bounders	10.20 UNDER 13			
19	Joshua Wilson (91)	Elswick Harriers	10.23 UNDER 13			
20	Rowan Bennett (95)	Elswick Harriers	10.24 UNDER 13			
21	George Turnbull (96)	Elswick Harriers	10.25 UNDER 13			
22	Jack Sweeney (122)	Houghton Harriers	10.35 UNDER 13			
23	Samuel Warren (155)	Wallsend Harriers	10.49 UNDER 13			
24	Thomas Spreadbury (100)	Gosforth Harriers	10.51 UNDER 13			
25	Jack Robinson (94)	Elswick Harriers	10.56 UNDER 13			
26	Robbie Mumford (7)	Birtley AC	10.57 UNDER 13			
27	William Gordon (85)	Blackhill Bounders	11.01 UNDER 13			
28	Mark Walker (98)	Gosforth Harriers	11.29 UNDER 13			
29	Alex Wallace (86)	Blaydon Harriers	11.42 UNDER 13			

Elswick Harriers Good Friday Relays

Results - 25/03/2016

Pos	Name	Club	Time	Pos	Name	Time
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UNDER 15 Female

1	Eve Quinn (84)	Sunderland Harriers	9.36 F	UNDER 15
2	Sarah Knight (83)	Sunderland Harriers	9.37 F	UNDER 15
3	Lily Hardie (81)	Houghton Harriers	9.39 F	UNDER 15
4	Chloe Wellings (75)	Gateshead Harriers	9.45 F	UNDER 15
5	Hannah Short (49)	Birtley AC	9.50 F	UNDER 15
6	Eva Hardie (80)	Houghton Harriers	10.00 F	UNDER 15
7	Sophie Bedford (76)	Gosforth Harriers	10.19 F	UNDER 15
8	Grace Curtis (54)	Birtley AC	10.21 F	UNDER 15
9	Innes Orr (58)	Blaydon Harriers	10.26 F	UNDER 15
10	Georgia Anderson (77)	Gosforth Harriers	10.43 F	UNDER 15
11	Emily Turnbull (72)	Elswick Harriers	10.46 F	UNDER 15
12	Marissa O'Rourke (71)	Elswick Harriers	10.50 F	UNDER 15
13	Marlie Gardiner (266)	North Shields Poly	10.52 F	UNDER 15
14	Beth Fraser (67)	Blaydon Harriers	11.00 F	UNDER 15
15	Sophie Bell (48)	Birtley AC	11.01 F	UNDER 15
16	Emily Jones (87)	Jarrow & Hebburn	11.03 F	UNDER 15
17	Emily Sinton (86)	Jarrow & Hebburn	11.13 F	UNDER 15
18	Regan Butchart (73)	Elswick Harriers	11.36 F	UNDER 15
19	Elisabeth Middlemas (57)	Blackhill Bounders	11.45 F	UNDER 15
20	Lea Brown (55)	Birtley AC	12.16 F	UNDER 15
21	Holly Smith (85)	Jarrow & Hebburn	12.47 F	UNDER 15

UNDER 15 Male

1	Daniel Dixon (231)	Morpeth Harriers	7.56	UNDER 15
2	Taylor Glover (246)	Morpeth Harriers	8.10	UNDER 15
3	Joseph Ramshaw (99)	Gosforth Harriers	8.15	UNDER 15
4	Josh Fiddaman (92)	Blyth RC	8.23	UNDER 15
5	Ross Charlton (250)	Morpeth Harriers	8.25	UNDER 15
6	Cameron Thomas (210)	Hunwick Harriers	8.34	UNDER 15
7	Peter Donald (286)	Gosforth Harriers	8.39	UNDER 15
8	Liam Marsh (93)	Blyth RC	8.42	UNDER 15
9	Jamie Styles (94)	Elswick Harriers	8.48	UNDER 15
10	Matthew Waterfield (268)	Morpeth Harriers	8.54	UNDER 15
11	Dillon Openshaw (88)	Birtley AC	9.00	UNDER 15
12	Geordie Cheetham (100)	Gosforth Harriers	9.01	UNDER 15
13	Jake Dorman (288)	Tyne Bridge	9.04	UNDER 15
14	Luke Shears (91)	Blaydon Harriers	9.11	UNDER 15
15	Jack Anderson (119)	Gosforth Harriers	9.12	UNDER 15
16	Tom Rutherford (90)	Blaydon Harriers	9.27	UNDER 15
17	Stephen Bennison (197)	Gosforth Harriers	9.31	UNDER 15
18	David Raffle (189)	Gosforth Harriers	10.08	UNDER 15
19	Aidan Kempin (223)	Hunwick Harriers	10.15	UNDER 15
20	Joe Connor (95)	Elswick Harriers	10.22	UNDER 15
21	Rowan James (276)	Sunderland Harriers	10.26	UNDER 15
22	Dan Connor (96)	Elswick Harriers	10.37	UNDER 15
23	Aidan Mitchell (279)	Sunderland Harriers	10.55	UNDER 15

Elswick Harriers Good Friday Relays

Senior Women Relay Results

1	Birtley AC A	37.02		9	Crook AC A	41.24		17	Sunderland Harriers A	42.41	
	Chloe Price	12.20	(2)		Elizabeth Wood	14.19	(23)		Jess Fox	13.26	(13)
	Tracy Millmore	12.22	(1)		Joanna Beckett	13.35	(14)		Alice Smith	13.32	(8)
	Sophie Burnett	12.20	(1)		Joanne Raine	13.30	(9)		Amy Coulson	15.43	(17)
2	Morpeth Harriers A	38.04		10	Jarrow & Hebburn A	41.51		18	Gosforth Harriers D	43.01	
	Laura Weightman	11.08	(1)		Steph Pattinson	12.39	(5)		Sophie Daniels	14.00	(18)
	Josie Cram	13.45	(2)		Hazelle Webster-Cosklla	14.06	(7)		Carmen Guy	14.24	(16)
	Gemma Floyd	13.11	(2)		Peg Mole	15.06	(10)		Florence McPate	14.37	(18)
3	Gateshead Harriers A	38.36		11	Heaton Harriers A	41.58		19	Gosforth Harriers B	43.51	
	Mary Ferrier	12.37	(4)		Rachel Barnes	13.15	(9)		Beth Larby	13.11	(7)
	Michelle Nolan	12.35	(3)		Jo Zoppie	14.33	(12)		Connie Nicholson	16.14	(22)
	Ellie Mahon	13.24	(3)		Holly Matheson	14.10	(11)		Rachel Rees	14.26	(19)
4	Birtley AC B	39.30		12	North Shields Poly A	42.00		20	Heaton Harriers B	43.54	
	Amber Leigh	12.21	(3)		Gina Rutherford	12.49	(6)		Lisa Harpin	15.09	(32)
	Lorna Graham	13.38	(4)		Cheryl Hall	14.46	(10)		Hannah Shillitoe	14.17	(23)
	Lisa Short	13.31	(4)		Michelle Thompson	14.25	(12)		Nicola Roper	14.28	(20)
5	Gosforth Harriers A	40.07		13	Gateshead Harriers E	42.01		21	Sunderland Strollers A	44.05	
	Helen Warburton	13.15	(10)		Sarah Hill	13.47	(16)		Gillian Richely	14.08	(19)
	Rhain Purves	13.22	(5)		Allanah Browne	14.06	(13)		Vanessa Hogan	15.10	(21)
	Rachael Lundgren	13.30	(5)		Rebecca Pease	14.08	(13)		Jill Kislor	14.47	(21)
6	Gateshead Harriers B	40.16		14	Tyne Bridge A	42.02		22	Morpeth Harriers C	44.18	
	Sophie Wickham	13.23	(12)		Sophie Marr	13.18	(11)		Hannah Rank	14.12	(21)
	Faye Buckton	13.19	(6)		Lucy Turzynski	13.48	(9)		Lizzie Rank	15.05	(20)
	Paula Burrows	13.34	(6)		Natalia Bennett	14.56	(14)		Jess Swindells	15.01	(22)
7	Morpeth Harriers B	40.52		15	Elswick Harriers A	42.22		23	Birtley AC C	45.09	
	Abbey Sheldon	14.25	(26)		Catherine Lee	14.55	(30)		Ruth Dadswell	14.24	(24)
	Cat MacDonald	13.42	(15)		Robyn Bennett	13.32	(17)		Shannel Curtis	15.48	(25)
	Sarah Wilkinson	12.45	(7)		Gina Howorth	13.55	(15)		Lyndsey Peskins-Rodmell	14.57	(23)
8	Gateshead Harriers D	41.18		16	Gateshead Harriers C	42.35		24	Low Fell RC A	45.53	
	Jess Leslie	14.18	(22)		Gilian Manford	13.29	(14)		Claire Brewis	14.53	(29)
	Elisha Tait	13.26	(11)		Rebecca Bennett	15.07	(18)		Vicky Halse	16.39	(35)
	Isobel Chaudry	13.34	(8)		Freda Summerfield	13.59	(16)		Cheryl Parkin	14.21	(24)

25	Claremont R.R. A	45.54		34	Elswick Harriers B	46.59		43	Sunderland Strollers B	50.22	
	Heather Steel	15.02	(31)		Rachel Galler	15.36	(39)		Pip McDonald	17.03	(47)
	Lucy Dunbar	15.33	(28)		Molly Carpenter	17.01	(42)		Michelle Houghton	16.10	(43)
	Sarah Bowen	15.19	(25)		Colltte Byrne	14.22	(34)		Chloe Johnston	17.09	(44)
26	Wallsend Harriers A	46.00		35	Gosforth Harriers E	47.42		44	Derwentside A	51.00	
	Leanne Smith	15.32	(38)		Susan Driscoll	14.25	(25)		Molly Foggon	16.05	(41)
	Sarah Graham	15.54	(34)		Kayleigh Nugent	19.06	(44)		Ella Brooks	18.29	(45)
	Becki Newman	14.34	(26)		Holly Willis	14.11	(36)		Janet Brooks	16.26	(45)
27	Gateshead Harriers F	46.12		36	Blackhill Bounders A	47.54		45	Eleswick Harriers C	51.18	
	Leanne Wellings	15.21	(35)		Dani Jackson	14.43	(28)		Emma Fraser	16.16	(42)
	Julie Richardson	15.52	(33)		Cheryl Richards	16.00	(31)		Holly Kelleher	18.19	(46)
	Venessa Cutter	14.59	(27)		Helen Guy	17.11	(37)		Amy Sixsmith	16.43	(46)
28	Gosforth Harriers C	46.22		37	Tyne Bridge C	48.06		46	Wallsend Harriers B	52.56	
	Olivia Hanlon	14.09	(20)		Sarah Chadwick	15.29	(37)		Lyndsey DM	16.50	(45)
	Faye Lancaster	16.19	(26)		Sara Tomassini	15.07	(29)		Christine Strevesky	19.19	(49)
	Katy Sajjanhar	15.54	(28)		Charly Blackburn	17.30	(38)		Julie Collinson	16.47	(47)
29	Tyne Bridge B	46.24		38	Saltwell Harriers A	48.19		47	Tyne Bridge D	53.19	
	Becky Parkin	15.14	(33)		Ria Chaston	14.30	(27)		Emma Giles	17.03	(48)
	Lysanne Jurriansen	15.28	(30)		Linda Gerute	18.04	(41)		Zsofia Nemeth	18.29	(47)
	Rachel Estrop	15.42	(29)		Nicola Whitman	15.45	(39)		Stephanie McFarlane	17.47	(48)
30	Heaton Harriers C	46.28		39	Claremont R.R. B	48.39		48	Sunderland Strollers C	53.49	
	Judith Archibald	15.42	(40)		Heidi Swaffield	15.26	(36)		Sarah Walt	17.29	(50)
	Louise Johnson	14.47	(27)		Rose Hawkswood	16.52	(40)		Amy Crow	18.31	(48)
	Jenny Friend	15.59	(30)		Julie Cross	16.21	(40)		Gemma Dixon	17.49	(49)
31	Blyth RC A	46.33		40	Sunderland Harriers B	49.21		49	Derwentside B	54.04	
	Eleanor Bradbury	13.14	(8)		Meriel Smithson	15.17	(34)		Rachael Grimwood	17.02	(46)
	Lisa Walsh	18.21	(37)		Cat Purdy	16.16	(36)		Joanne Fullard	19.14	(50)
	Laura Kingaid	14.58	(31)		Alex Pearson	17.48	(41)		Claire Wilkie	17.48	(50)
32	Ponteland Runners A	46.36		41	North Shields Poly B	49.22		50	Blackhill Bounders B	54.38	
	Nicola Conlon	13.58	(17)		Mand Naumann	17.08	(49)		Lauren Young	18.44	(53)
	Laura Choake	14.53	(19)		Kate Dyson	15.03	(38)		Stacey Bell	18.11	(51)
	Kelly Hymer	17.45	(32)		Jennifer Rees	17.11	(42)		Julia Young	17.43	(51)
33	Blyth RC A	46.45		42	Heaton Harriers D	49.29		51	Ponteland Runners B	55.58	
	Rachelle Falloon	13.46	(15)		Lisa Boyd	16.27	(43)		Nikki Renton	18.31	(52)
	Alice Dungworth	16.20	(24)		Alison Jones	15.46	(39)		Fiona McGargill	19.38	(53)
	Gemma Harmon	16.39	(33)		Helena Lowes	17.16	(43)		Kathryn Lawson	17.49	(52)

52	Blackhill Bounders	60.13	
	Sara Sarginson	19.57	(54)
	Barbara Kelly	18.30	(54)
	Beryl Stockdale	21.46	(53)

	North Shields Poly B	37.36	
	Holly Wildman	18.08	(51)
	Nicola Hall	19.28	(52)

DQ	Gateshead Harriers G	47.19	
	Kate Whickham	16.46	(44)
	Angela Gilmour	14.22	(32)
	Angela Kirkely	16.11	(35)

Elswick Harriers Good Friday Relays

Veterans Women Relay Results

1	Elswick Harriers A	40.02		9	Sunderland Harriers A	43.58		17	Blyth RC A	48.25	
	Joanne Brown	13.45	(4)		Judith Thirlwell	13.58	(7)		Claire Calverley	14.42	(12)
	Andrea Banner	14.02	(5)		Vikki Cotton	14.55	(7)		Claire Mason	16.47	(16)
	Justina Heslop	12.15	(1)		Emma North	15.05	(9)		Helen Morris	16.56	(17)
2	Tyne Bridge A	40.14		10	Heaton Harriers A	44.46		18	Sunderland Harriers C	48.51	
	Alison Dargie	12.17	(1)		Fiona Robins	14.34	(10)		Helen Higgins	16.54	(31)
	Jacqueline Etherington	13.40	(1)		Kelly Dodds	14.47	(9)		Vicky Younger	15.41	(20)
	Heather Dorman	14.17	(2)		Caroline Billis	15.25	(10)		Catherine Norris	16.16	(18)
3	Jarrow & Hebburn A	40.29		11	Sunderland Strollers A	45.57		19	Gosforth Harriers B	49.24	
	Angela McGurk	13.27	(3)		Lynn Valentine	14.36	(11)		Lucy Hickey	14.52	(13)
	Elaine Leslie	13.20	(2)		Dawn Elliott	15.01	(11)		Juliet Bircch-Machin	17.24	(17)
	Claire Simpson	13.42	(3)		Lesley Watson	16.20	(11)		Lynsey Denyer	17.08	(19)
4	North Shields Poly A	42.06		12	Elswick Harriers C	46.25		20	Elswick Harriers E	49.38	
	Carla Maley	12.57	(2)		Mary Lisle	14.23	(8)		Penny Ward	16.26	(28)
	Lourdes Bradley	14.15	(3)		Yvonne Swinhoe	16.45	(13)		Elaine Henderson	17.39	(27)
	Karen Gunn	14.54	(4)		Felicity Smith	15.17	(12)		Debbie Spoor	15.33	(20)
5	Gosforth Harriers A	42.46		13	Alnwick Harriers	46.46		21	Tyne Bridge B	49.43	
	Louise Watson	14.24	(9)		Diana Weightman	15.05	(16)		Kathryn Stevenson	15.06	(17)
	Sarah Seymour	14.46	(8)		Alex Reed	15.55	(12)		Emma Moir	17.20	(19)
	Ruth Oldham	13.36	(5)		Tracey Sample	15.46	(13)		Parul Aktar	17.17	(21)
6	Elswick Harriers B	43.37		14	Jarrow & Hebburn B	47.12		22	Derwent Valley R.C A	49.58	
	Elspeth Aspinall	13.49	(5)		Heather Robinson	14.55	(14)		Claire Knox	16.22	(27)
	Kerrie Old	14.31	(6)		Marsha Jobling	16.22	(14)		Kirsty Robson	17.41	(26)
	Sara Blight	15.17	(6)		Vicki Thompson	15.55	(14)		Hazel Marchant	15.55	(22)
7	Gateshead Harriers A	43.42		15	Morpeth Harriers B	48.13		23	North Shields Poly C	50.04	
	Maggie Loraine	14.58	(15)		Jane Kirby	15.37	(19)		Karen Loughney	16.09	(25)
	Jane Giles	14.24	(10)		Jacinta Wake	16.47	(18)		Heather Gould	18.28	(30)
	Jackie Walker	14.20	(7)		Shuna Rank	15.49	(15)		Karen Foster	15.27	(23)
8	Blackhill Bounders A	43.46		16	North Shields Poly B	48.24		24	Morpeth Harriers A	50.13	
	Sarah Lister	13.55	(6)		Helen Hughes	15.57	(21)		Carol Parry	16.03	(24)
	Dianne Henaghan	13.45	(4)		Rachel Carr	17.12	(21)		Claire Walker	17.22	(23)
	Amanda Phillips	16.06	(8)		Alison Dixon	15.15	(16)		Susan Smith	16.48	(24)

25	Claremont R.R. B	50.14		34	Ponteland Runners A	51.55	
	Mnina Jensen	16.02	(23)		Ali Britt	16.32	(30)
	Gillian Milne	18.54	(32)		Tina Kelly	18.41	(36)
	Tamsin Saxton	15.18	(25)		Sue Heppell	16.42	(34)
26	Eleswick Harriers D	50.37		35	Sunderland Harriers B	52.24	
	Lindsey Grant	18.09	(34)		Kim Fox	17.36	(33)
	Arabella Pearce	16.49	(33)		Denise Forster	17.12	(31)
	Leah Avery	15.39	(26)		Ded James	17.36	(35)
27	Sunderland Strollers C	50.41		36	Blyth RC B	52.44	
	Kirsten McGowan	16.17	(26)		Cath Young	16.30	(29)
	Michelle O'Neil	17.00	(22)		Anne Craddock	18.01	(28)
	Trish O'Neil	17.24	(27)		Ewa Johnson	18.13	(36)
28	Claremont R.R. A	50.52					
	Julie Dumbleton	16.00	(22)				
	Alice Vialard	17.43	(25)				
	Mary Marhin	17.09	(28)				
29	Gosforth Harriers D	51.10					
	Sarah Rees	17.06	(32)				
	Sue Guy	18.04	(35)				
	Sarah Pascall	16.00	(29)				
30	Gosforth Harriers C	51.43					
	Vicky McIntyre	15.30	(18)				
	Irene Ewart	19.05	(29)				
	Sarah Gartside	17.08	(30)				
31	Sunderland Strollers D	51.46					
	Sarah Riddell	18.53	(36)				
	Joe ew	14.49	(24)				
	Helen Rich	18.04	(31)				
32	Houghton Harriers A	51.51					
	Gillian Tomlinson	15.57	(20)				
	Marguerite Harvey	15.30	(15)				
	Jayne Hutchinson	20.24	(32)				
33	Jarrow & Hebburn B	51.51					
	Andrea Fyall	18.34	(35)				
	Helen Ruffel	16.24	(34)				
	Alison Slowther	16.53	(33)				

Elswick Harriers Good Friday Relays

Senior Men Relay Results

1	Gateshead Harriers A	41.37		9	Jarrow & Hebburn A	46.34		17	Ponteland Runners A	48.35	
	Dan Johnson	10.33	(1)		George Lowry	11.22	(14)		Martin Hallisey	11.36	(19)
	James Cripwell	10.41	(2)		Lee Gifford	11.13	(8)		Mark Lyon	12.13	(18)
	Chris Parr	10.07	(1)		Jonny Evans	11.50	(8)		James Leiper	12.40	(17)
	Calum Johnson	10.16	(1)		Jonathon Gilroy	12.09	(9)		Aaron Hoyle	12.06	(17)
2	Morpeth Harriers A	41.40		10	Tynedale Harriers A	46.58		18	Houghton Harriers A	48.42	
	Kevin Calvert	10.45	(5)		Adam Pratt	11.03	(11)		Alex Brown	11.00	(10)
	Lewis Timmins	10.26	(1)		Max Pearson	12.07	(11)		Adam Middleton	13.22	(24)
	Ian Hudspith	10.13	(2)		Tom Joyce	11.55	(10)		Ryan Clark	12.18	(18)
	Carl Avery	10.16	(2)		Greg Urwin	11.53	(10)		Lee Dover	12.02	(18)
3	Gateshead Harriers B	43.52		11	Crook AC A	47.14		19	Heaton Harriers A	49.01	
	Jed Marshall	10.44	(4)		Markhim Lonsdale	10.59	(9)		Mark Banks	12.04	(25)
	Conrad Franks	10.43	(3)		David Best	11.45	(9)		Tom Oliphant	11.56	(21)
	Adam Simms	11.10	(3)		Sam Beckett	12.00	(9)		Steve Schubler	12.43	(20)
	David Old	11.15	(3)		Jordan Rawlins	12.30	(11)		Mark Oliver	12.18	(19)
4	Morpeth Harriers B	44.10		12	Birtley AC A	47.16		20	Blaydon Harriers A	49.06	
	Sam Hancox	10.37	(2)		Keiran Raey	11.31	(17)		David Heslop	11.47	(22)
	Karl Taylor	10.54	(4)		Tom Goulding	12.13	(16)		Alex Muir	12.21	(22)
	Jordon Scott	11.14	(4)		Connor Carruthers	12.32	(15)		Lee Hutton	12.53	(24)
	Rob Balmbra	11.25	(4)		Adrian Bailes	11.00	(12)		Daniel Flint	12.05	(20)
5	Morpeth Harriers C	44.21		13	Gateshead Harriers C	47.24		21	Tyne Bridge B	49.14	
	Chris Smith	10.57	(8)		Sean Hall	11.51	(23)		Cees Van Der Land	12.21	(26)
	Mark Snowball	11.26	(7)		Jackson Creegan	11.27	(13)		Leodhais MacPherson	12.24	(26)
	Matt Nicholson	11.13	(5)		Kevin Connolly	11.59	(13)		Paul O'Mara	12.05	(21)
	Ian Harding	10.45	(5)		James Porteous	12.07	(13)		John Hurse	12.24	(21)
6	North Shields Poly A	46.04		14	South Shields A	47.39		22	Wallsend Harriers A	49.21	
	Graham Cook	10.54	(7)		Luke Adams	10.40	(3)		Simon Lyon	11.52	(24)
	Michael Dawson	11.19	(6)		Dan Josephs	12.27	(10)		Matthew Darbyshire	12.06	(20)
	Josiah Riley	12.04	(7)		Kieran Moffat	12.24	(14)		Oliver Aird	12.44	(19)
	Scott Ellis	11.47	(6)		David Morrow	12.08	(14)		Denver Stretesky	12.39	(22)
7	Tyne Bridge A	46.11		15	Blackhill Bounders A	48.06		23	Morpeth Harriers D	49.23	
	James Dunce	10.46	(6)		Gary Wallace	11.10	(12)		Elliott Kelly	11.38	(20)
	Anthony Bagley	11.19	(5)		Ian Middlemas	13.00	(23)		Ned Gunstone	12.52	(25)
	Alasdair Blain	12.02	(6)		Jordan Bell	11.01	(11)		Steve Pattison	12.26	(22)
	Justin Janusewski	12.04	(7)		Ian Young	12.55	(15)		Mark Brown	12.27	(23)
8	Sunderland Harriers A	46.13		16	Blyth RC A	48.27		24	Gosforth Harriers A	50.18	
	Mark Wood	11.23	(15)		Brad Clough	11.35	(18)		Gareth Driscoll	11.25	(16)
	Jack Tallentire	11.55	(12)		Jon French	12.10	(17)		Zack Wylie	12.04	(15)
	Sean Mackie	11.57	(12)		Rob MacDonald	12.43	(16)		Mark Hanlon	13.36	(25)
	Steven McMahan	10.58	(8)		Jake Masterman	11.59	(16)		Matt Gwilym	13.13	(24)

25	Low Fell RC A	50.29		34	Gateshead Harriers E	52.35		43	Derwentside AC A	55.48	
	Jon Stephens	11.41	(21)		Paul Tate	12.46	(30)		Graham Marshall	13.03	(38)
	Dave France	11.47	(14)		Aleck Haddon	12.14	(27)		John Donneky	12.55	(36)
	Neil Kavanagh	13.32	(23)		Jason Stubbs	14.22	(34)		Jose Moral Gant	16.17	(47)
	Peter Smith	13.29	(25)		Stephen Gray	13.13	(34)		Mark Davinson	13.33	(43)
26	Alnwick Harriers A	50.35		35	North Shields Poly B	52.52		44	Crook AC B	56.00	
	Dean Stackhouse	12.59	(36)		Kris Whitelaw	12.58	(35)		Paul Brennan	12.57	(34)
	Dan Leng	12.16	(28)		Simon Ellis	13.10	(37)		Mark Nichol	12.41	(31)
	Domnic Harris	12.42	(28)		Richard Hanley	13.44	(37)		David Goodfellow	15.05	(41)
	Richard Johnson	12.38	(26)		Lee Picton	13.00	(35)		Darren Fairclough	15.17	(44)
27	Gateshead Harriers F	50.56		36	Tyne Bridge D	52.58		45	Blackhill Bounders B	56.08	
	Chris Burrows	12.40	(27)		Will Johnson	12.43	(28)		Jonny Richards	13.27	(45)
	Matthew Wakefield	12.36	(29)		Matt Davison	13.12	(34)		Andrew Picken	13.57	(44)
	Joe Kirtley	12.25	(27)		Matt Walker	13.55	(36)		Owen Young	14.08	(44)
	Phil McKeown	13.15	(27)		Adam Wood	13.08	(36)		Ian Jackson	14.36	(45)
28	Tyne Bridge C	51.19		37	Blyth RC B	53.51		46	Gosforth Harriers C	56.33	
	Chris Graham	13.04	(39)		Calum Storey	13.36	(46)		Steven Bond	13.49	(50)
	Paul Waller	12.41	(33)		Joseph Dungworth	13.22	(42)		Jonny McKale	13.58	(49)
	Charlie Townsend	12.35	(29)		Ryan Shiel	14.06	(42)		Paul Waggot	15.44	(50)
	Tom Vardy	12.59	(28)		Joseph Woods	12.47	(37)		Marc Oldham	13.02	(46)
29	Jarrow & Hebburn B	51.20		38	Ponteland Runners B	54.22		47	Saltwell Harriers A	57.10	
	Conal Tufnell	13.04	(40)		Chris Kenyon	13.23	(43)		Dave Smith	15.03	(56)
	Ben Smith	12.38	(32)		Matty Bell	13.53	(43)		Chris Baldwin	14.26	(53)
	James Martin	12.58	(30)		Finlay Ward	14.16	(45)		David Gray	14.47	(53)
	Jack Brown	12.40	(29)		Steve Allison	12.50	(38)		Seb Button	12.54	(47)
30	Sunderland Harriers B	51.20		39	Heaton Harriers D	54.23		48	Wallsend Harriers B	57.18	
	Michael Laws	11.17	(13)		Jeremy Smith	12.50	(32)		Andy Wigmore	13.23	(44)
	Aidan Crowe	12.41	(19)		Gregory Pilgrim	13.06	(35)		Mason Stretesky	13.29	(41)
	Jimmy Johnson	13.27	(26)		Jack Shawcross	13.21	(33)		David Collinson	14.33	(43)
	Shawn Bugley	13.55	(30)		John Gibson	15.06	(39)		Gary Lewis	15.53	(48)
31	Heaton Harriers B	51.43		40	Birtley AC B	54.37		49	Tyne Bridge E	57.23	
	John Sturman	12.55	(33)		Mark Hornsby	13.38	(48)		Adam Jones	14.46	(55)
	Simon Jobe	13.16	(39)		Karl Oakes	13.51	(46)		Iain Dalby	14.17	(52)
	Scott McEntee	12.50	(32)		Iain Turnbull	14.22	(46)		Tyrone Murphy	14.45	(51)
	Micky Mallen	12.42	(31)		Grahame Richardson	12.46	(40)		James Knox	13.35	(49)
32	Claremont R.R. A	51.59		41	Elswick Harriers A	55.02		50	Sunderland Strollers A	57.28	
	Rutger Zietsma	12.44	(29)		Seamus Kelleher	12.47	(31)		Carl Smith	13.00	(37)
	Paul Robinson	12.45	(30)		Ben Hill	13.40	(40)		Laurentiu Craciunas	14.36	(47)
	Roberto Marzo	13.27	(31)		Tait McKenna	14.12	(40)		Luke Kennedy	15.29	(48)
	Matthew Kingston	13.03	(32)		Michael Shore	14.23	(41)		Stephen Allen	14.23	(50)
33	Derwent Valley R.C.A	52.19		42	Blyth RC C	55.22		51	Low Fell RC B	58.24	
	Graham White	13.21	(42)		Martin Scott	13.37	(47)		Keith Roll	13.44	(49)
	Marck Marchant	12.49	(38)		Mark Cooper	13.48	(45)		Ian Marriott	13.58	(48)
	John Taylor	13.37	(35)		Steven French	13.07	(39)		Jason Long	15.43	(49)
	Adam Malley	12.32	(33)		Craig Harmon	14.50	(42)		Wayne Dornan	14.59	(51)

52	Heaton Harriers C	58.27	
	Phil Green	13.50	(51)
	James Green	14.18	(50)
	Thomas Green	16.05	(52)
	Aan Langford	14.14	(52)
53	Gosforth Harriers B	58.36	
	Sam Watson	15.43	(57)
	Kevin Spreadbury	15.11	(56)
	Richard McQuade	14.16	(56)
	David Bell	13.26	(53)
54	North Shields Poly C	59.31	
	Andrew Dyson	14.41	(54)
	Mel Carr	15.57	(55)
	John Levison	14.24	(55)
	Dominic Lockhart	14.29	(54)
55	Claremont R.R. B	59.55	
	Sumanth Nayak	13.58	(52)
	Luke Woodend	15.38	(54)
	Arthur Liu	15.08	(54)
	David Devennie	15.11	(55)
	Sunderland Harriers C	40.25	
	Alan McManus	14.04	(53)
	Gar Fox	14.51	(51)
	Jake Jansen	11.30	(38)
	Tyne Bridge F	13.16	
	Paul Hilton	13.16	(41)

Elswick Harriers Good Friday Relays

Veterans Men Relay Results

1	Morpeth Harriers A	45.53		9	Tyne Bridge B	50.11		17	Houghton Harriers A	54.14	
	Fergus Bates	11.18	(3)		Chris Meek	12.07	(8)		Steve Johnson	12.32	(12)
	Mick Thomsen	12.15	(4)		Matt Tomlinson	12.52	(10)		Shaun Kerry	13.15	(13)
	Micky Morris	11.10	(1)		Nick Howell	12.56	(10)		Steve Barry	14.42	(19)
	John Butters	11.10	(1)		David Moir	12.16	(10)		Shaun McGrath	13.45	(18)
2	Tyne Bridge A	46.19		10	Birtley AC A	52.03		18	Alnwick Harriers A	54.25	
	Terry Scott	11.04	(1)		Jamie Graham	12.42	(13)		John Duffy	12.45	(15)
	Keith Smith	11.51	(1)		Peter Gill	12.37	(11)		Ian Simon	14.24	(20)
	David Wright	11.53	(2)		Phil Atkinson	13.25	(12)		Phil Helmsley	12.30	(17)
	Steve Cairns	11.31	(2)		Nicky Newby	13.19	(11)		Jock Bolam	14.46	(19)
3	Elswick Harriers A	47.18		11	Gosforth Harriers A	52.23		19	Blackhill Bounders A	54.47	
	Paul Turner	11.29	(4)		Darren McBain	12.19	(10)		Kevin Doolan	12.45	(14)
	Jason Old	11.56	(3)		Phil Guy	14.04	(17)		Aidan Hughes	15.41	(28)
	Iain Hardy	12.12	(3)		Martin Lloyd	13.22	(18)		Stewy Bell	13.21	(22)
	Lee Bennett	11.41	(3)		Steve Boddy	12.38	(12)		Mick McDonald	13.00	(20)
4	Crook AC A	47.25		12	Tyne Bridge C	52.30		20	Gosforth Harriers B	55.25	
	Chis Auld	11.34	(5)		Andy Harrison	13.06	(20)		Simon Daniels	12.58	(19)
	Jason Allison	12.17	(6)		David Appleby	12.55	(15)		Stuart Norman	13.45	(19)
	Peter Clough	12.30	(6)		John Tollitt	13.18	(16)		Kevin Thomas	14.05	(20)
	Carl Chapman	11.04	(4)		Paul Routeledge	13.11	(13)		John Berry	14.37	(21)
5	North Shields Poly A	48.23		13	Elswick Harriers B	52.39		21	North Shields Poly C	56.04	
	Tommy Brannon	11.42	(6)		Paul Robinson	12.49	(16)		Dave Williams	13.42	(29)
	Michael Parkinson	11.55	(5)		Martin Connelly	12.50	(12)		Barry Young	14.11	(24)
	John Baty	12.02	(4)		Anthony Beynon	13.02	(11)		Vauchan Hemy	14.10	(23)
	John Heaney	12.44	(5)		Mike Russell	13.58	(14)		James Thompson	14.01	(22)
6	Heaton Harriers A	49.19		14	Sunderland Strollers A	52.53		22	Ponteland Runners A	56.16	
	Jamie Barbour	11.05	(2)		Ritchie Gerry	12.57	(18)		John MCGargill	13.29	(25)
	John Moore	13.02	(7)		Tim Allsop	13.20	(16)		David Levison	14.01	(22)
	Les Smith	12.18	(7)		Mike Hobson	12.45	(14)		Mark Reynolds	15.15	(28)
	Ian Norman	12.54	(7)		Bill Bowman	13.51	(15)		Neil Ward	13.31	(23)
7	Morpeth Harriers B	49.46		15	Low Fell RC A	52.59		23	Sunderland Harriers B	56.16	
	Rob Hancox	12.15	(9)		Carl Watson	13.11	(21)		Peter Richardson	14.25	(34)
	Alistair MacDonald	12.36	(8)		Mick Graham	13.24	(18)		Dean Phillips	13.54	(27)
	Tim Miley	12.31	(8)		Laurence Johnson	12.16	(13)		Tony Allinson	13.51	(24)
	Paul Waterstones	12.24	(8)		Danny Wade	14.08	(16)		Karl Robinson	14.06	(24)
8	Gateshead Harriers A	49.57		16	Wallsend Harriers A	53.20		24	Birtley AC B	56.40	
	Alan Johnson	11.43	(7)		Gerard Davidson	12.53	(17)		Gary Cuttis	13.22	(24)
	Martin Slater	11.33	(2)		Sean McIntyre	13.01	(14)		Brian Bailes	14.33	(25)
	Steve Wellings	13.04	(5)		Paddy Dinsmore	13.22	(15)		Rob Wilson	13.44	(21)
	Richard Cutter	13.37	(9)		Paul Stretesky	14.04	(17)		Ian Goulding	15.01	(25)

25	North Shields Poly B	56.49		34	Alnwick Harriers B	59.42		43	Blyth RC A	64.18	
	Dave Johnson	14.55	(41)		Gary Hall	13.20	(23)		Dave Roberts	14.43	(37)
	David Hughes	14.59	(35)		Andy Stephenson	15.38	(31)		Dave Bradley	17.01	(47)
	Chris Waite	12.25	(26)		Mark Doctor	14.26	(29)		Joe Frazer	16.26	(46)
	Robert Foster	14.30	(26)		Micky Aiston	16.18	(35)		Michael Ashby	16.08	(44)
26	Tyne Bridge D	56.55		35	Claremont R.R. A	60.00		44	Blackhill Bounders B	65.54	
	Andy Mellon	13.14	(22)		John Grimsahw	15.27	(44)		Stuart Gordon	14.40	(36)
	David Young	14.10	(21)		Chris Carr	15.09	(42)		Mark Fish	15.17	(37)
	Chris Bartlett	14.54	(25)		Brian Hegarty	14.53	(35)		Eric Stamp	17.18	(44)
	Stu Dickson	14.37	(27)		Mungai Wairia	14.31	(36)		Mike Gill	18.39	(45)
27	Elswick Harriers B	57.21		36	Sunderland Strollers C	60.08		45	Sunderland Strollers D	68.28	
	Shaun Connelly	13.43	(30)		Mark Robinson	14.40	(35)		Allen Hetherington	18.26	(51)
	Harry Mathews	14.27	(26)		Terry Topping	14.59	(33)		Richard Wilson	17.45	(51)
	Steve White	14.27	(27)		Jim McGovern	16.12	(37)		Phil Watson	16.01	(49)
	Graham Leslie	14.44	(28)		Robert Welsh	14.17	(37)		Peter Holliday	16.16	(46)
28	Morpeth Harriers C	57.25		37	Sunderland Harriers C	60.12		46	Tyne Bridge E	68.57	
	Jim Alder	13.39	(28)		Duncan Mitchell	15.23	(43)		Ron Murray	17.05	(50)
	Steve Garrett	16.51	(41)		Anthony Erskin	14.48	(39)		Scott Wilkinson	17.40	(50)
	Dave Nicolson	13.30	(31)		Billy Bitlestone	15.59	(39)		Derek Vardy	17.19	(48)
	Michael Winter	13.25	(29)		Anthony Thompson	14.02	(38)		Rob Savage	16.53	(47)
29	Sunderland Strollers B	57.40		38	Jarrow & Hebburn A	61.24		47	Blackhill Bounders C	71.45	
	Lee Corbett	14.52	(39)		Geoff Robinson	14.13	(33)		John Hopps	15.32	(47)
	Harry Harrison	14.13	(32)		Michael Bunn	15.40	(34)		George McKay	14.23	(36)
	Michael Armstrong	14.50	(30)		David Smith	16.14	(38)		David Walton	18.07	(45)
	Paul Dunlop	13.45	(30)		Frank Devlin	15.17	(39)		Graham Stockdale	23.43	(48)
30	Derwent Valley R.C A	58.26		39	Heaton Harriers B	62.15			Low Fell RC C	49.32	
	Colin Phillipson	13.47	(31)		Colin McEntee	16.33	(49)		Colin McDougall	15.31	(45)
	Mike Leonard	14.46	(29)		Keith Madden	14.38	(45)		Gordon Long	15.51	(46)
	Andrew Carrcott	15.38	(32)		Les Bellis	15.31	(43)		Alan Elders	18.10	(47)
	Ian Ralphson	14.15	(31)		Sam Daley	15.33	(40)				
31	Blaydon Harriers A	58.49		40	Ponteland Runners B	62.22			Crook AC B	32.19	
	Eric Lewis	13.35	(27)		Elliot Ward	14.53	(40)		Graham Laverick	15.32	(46)
	Liam Friel	14.14	(23)		Peter Bartholomew	16.07	(44)		Gerry Hehir	16.47	(48)
	Carl Brown	16.53	(33)		Mark Kelly	15.36	(41)				
	Alan Dent	14.07	(32)		Chris Wright	15.46	(41)		Houghton Harriers B	32.49	
32	Low Fell RC B	59.24		41	Wallsend Harriers B	62.35			Steve Pearson	16.23	(48)
	Doug Long	13.31	(26)		Alan Heslington	14.48	(38)		Mick Dickinson	16.26	(49)
	Mike Stacey	15.21	(30)		Lee Walker	15.40	(40)				
	Simon Turnbull	16.41	(36)		Stephen Aird	15.43	(40)		DQ	Sunderland Harriers A	48.47
	Garry Patterson	13.51	(33)		Michael Day	16.24	(42)		Paul Collins	12.25	(11)
33	Derwentside AC A	59.38		42	North Shields Poly D	62.56			Alan Knebel	12.29	(9)
	Dave Reay	13.55	(32)		Ian Richardson	15.14	(42)		Mark Head	12.42	(9)
	Adrian Cattle Jones	16.09	(38)		Phil Rees	15.33	(43)		Paul Redman	11.11	(6)
	Jason Williamson	14.50	(34)		Chris Oliphant	15.53	(42)				
	Brian Buckley	14.44	(34)		Hew Parry	16.16	(43)				