

Running Club	Team Number		Bib 1 Time	Bib 2 Time	Bib 3 Time	Total Time	Team Rank		
North Shields Polytechnic Club	46	Guy Bracken	08:40	Charlotte Penfold	08:57	Graeme Cook	08:48	26:25	1
Gosforth Harriers & AC	23	Zack Wylie	08:26	Rhian Purves	09:32	Helen Warburton	09:21	27:19	2
Morpeth	38	Ross Floyd	08:06	Helen King	10:29	Sam Hancox	08:56	27:31	3
Tyne Bridge Harriers	65	Michael Hedley	08:08	Kathryn Steveson	10:27	Ian Pickett	09:09	27:44	4
Jarrow & Hebburn AC	34	Heather Robinson	11:02	Brendan McMillan	08:38	Graeme Taylor	08:28	28:08	5
Morpeth	39	Thomas Innes	08:39	Lindsay Turnbull	11:19	Dean Lonsdale	08:43	28:41	6
Elswick Harriers	73	Jason Old	08:56	Cath Lee	10:30	Mark Turnbull	09:25	28:51	7
Blyth Running Club	11	Callum Storey	08:58	Claire Calverley	10:48	Paul Whalley	09:12	28:58	8
North Shields Polytechnic Club	47	Norman De Bruin	09:49	Carla Maley	09:46	David Stainthorpe	09:31	29:06	9
Tyne Bridge Harriers	66	David Moir	09:39	Rachel Adamson	10:25	Alastair Blain	09:08	29:12	10
Sunderland Strollers	76	Callum Thom	08:55	Hasina Khanom	11:34	Mark Anderson	08:56	29:25	11
North Shields Polytechnic Club	48	Jil Davies	11:09	Paul Davies	09:16	Jimmy Anderson	09:14	29:39	12
Heaton Harriers	25	Ian Norman	09:40	Janine Routledge	10:31	Calum Mills	09:33	29:44	13
North Shields Polytechnic Club	49	Tommy Brannon	09:35	Rachel McIntyre	10:29	Lourdes Olmo Bradley	10:21	30:25	14
Gosforth Harriers & Ac	24	Anthony Blackwell	09:46	Rachel Lundgren	10:11	Marc Oldham	10:46	30:43	15
Heaton Harriers	26	Phil Green	09:50	Les Smith	09:45	Nina Cameron	11:19	30:54	16
South Shields Harriers & Ac	60	Jeff McGurty	09:51	Carly Henderson	10:53	Dan Cooke	10:13	30:57	17
Alnwick Harriers	1	Jason Dawson	10:15	Alice Tetley-Paul	10:59	Shaun Land	09:44	30:58	18
North Shields Polytechnic Club	50	Natalie Thorburn	10:40	Ivan Thorn	10:13	John Sutcliffe	10:18	31:11	19
Elswick Harriers	74	Martin Connelly	09:43	Joanne Brown	10:50	Peter Sloan	10:40	31:13	20
Gosforth Harriers & Ac	71	Kevin Spreadburg	10:35	Ruth Oldham	10:27	Rachel Rees	10:23	31:25	21
Morpeth	40	Tim Miley	10:02	Sue Smith	11:45	Paul Waterston	09:52	31:39	22
Jarrow & Hebburn AC	35	Paul Charlton	09:31	Helen Ruffell	12:14	Darren Parks	10:06	31:51	23
Houghton Harriers	31	Shaun McGrath	10:40	Gillian Tomlinson	11:18	Matty Tomlinson	09:55	31:53	24
Sunderland Strollers	77	Chris Dwyer	09:22	Lyne Valentine	11:52	Malcolm Cox	10:59	32:13	25
North Shields Polytechnic Club	51	Alison Smith	10:51	Claire Harlow	11:15	David Crowe	10:16	32:22	26
Morpeth	41	Mike Winter	10:17	Pam Woodcock	12:43	Neil McAnaney	09:44	32:44	27
Tyne Bridge Harriers	67	Tom Crossley	09:43	Emma Moir	13:27	David Hartis	09:42	32:52	28
North Shields Polytechnic Club	52	Karen Gunn	10:48	David Hughes	11:09	Richard Barker	11:09	33:06	29
Morpeth	42	Paul Bellingham	10:14	Frankie Wilson	12:13	Jim Alder	10:52	33:19	30
Crook and District AC	16	Elizabeth Wood	10:55	Graham Laverick	11:28	Geoff Hewitson	11:00	33:23	31
Elswick Harriers	75	Michael Clegg	10:48	Arabella Arnott	11:04	Daniel Nettle	11:37	33:29	32
North Shields Polytechnic Club	53	Alison Dixon	11:25		11:25		10:42	33:32	33
Newcastle Frontrunners	43	Stephen Garbutt	09:40	Jo Morrissey	14:35	Rupert Bainbridge	09:43	33:58	34
Birtley AC	10	Brian Bailes	10:09	Ruth Dadswell	11:00	Stephanie Youg	12:51	34:00	35

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Jarrow & Hebburn AC	36	Matthew Laidler	10:00	Vicki Thompson	12:53	Brian Hurst	11:07	34:00	35
Tyne Bridge Harriers	68	Andy Chiu	09:51	Jessica Anderson	14:35	Adrian Hall	09:35	34:01	37
Heaton Harriers	27	Scott Armstrong	10:47	Jenny Friend	12:44	Dave Slater	10:31	34:02	38
North East Veterans	70	Kevin Lister	09:53	Michelle O'Neill-Hall	12:40	Ian Richardson	11:30	34:03	39
Tyne Bridge Harriers	69	Iain Dalby	10:17	Jen Paterson	13:57	Simon Pryde	09:53	34:07	40
Ashington Hirst Running Club	5	Ronnie Laws	10:46	Lindsay Freeman	12:29	Billy Dobson	10:53	34:08	41
Alnwick Harriers	2	Diana Weightman	11:49	Bev Blythe	12:24	John Cuthbert	10:04	34:17	42
Gosforth Harriers & Ac	72	Steven Bond	10:39	Richard McQuade	10:40	Fiona Waugh	13:01	34:20	43
Ashington Hirst Running Club	3	Philip Battista	10:15	Ailsa Beattie	12:13	Melanie Horon	11:58	34:26	44
North Shields Polytechnic Club	54	Cheryl Hall	11:24	Stuart Lynn	11:46	Huw Parry	11:29	34:39	45
Ashington Hirst Running Club	4	Alan Stewart	11:15	Laura Jobson	12:39	Nic Croft	10:47	34:41	46
Heaton Harriers	28	Peter Smith	10:46	Lisa Boyd	12:18	Ellen Cole	11:38	34:42	47
Blyth Running Club	12	Dave Bradley	11:46	Sandra Watson	12:06	Craig Harmen	10:54	34:46	48
North Shields Polytechnic Club	55	Royston Young	11:24	Kirsty Wonders	12:26	Paul Simmons	11:03	34:53	49
Elswick Harriers	80	Rob Emson	10:36	Joanne Rea	11:15	Harry Mathews	13:07	34:58	50
Gateshead Harriers	20	Gareth Phillips	11:31	Jackie Phillips	11:23	Angela Kirtley	12:09	35:03	51
South Shields Harriers & Ac	63	George Henderson	10:38	Michelle Bays	12:14	Mel Cooke-Dunlop	12:14	35:06	52
South Shields Harriers & Ac	62	Andrew Walker	10:36	Jemma Amin	13:20	Gary Dunlop	11:26	35:22	53
Blyth Running Club	13	Joe Fraser	13:05	Gwen Forster	11:46	Lewis Freeman	11:28	36:19	54
Ashington Hirst Running Club	6	Andrew Thorn	11:43	Janice Stewart	13:23	Gary Caldwell	11:21	36:27	55
Newcastle Frontrunners	45	Mark Sutherland	10:18	Vanessa Nair	14:27	Rob Bedwell	11:44	36:29	56
Houghton Harriers	32	Katherine James	11:18	Marguerite Harvey	11:36	Michael Dickinson	13:49	36:43	57
Claremont Road Runners	15	Kat Truong	12:36	Nina Jensen	11:56	Rose Hawkswood	12:12	36:44	58
Jarrow & Hebburn AC	37	Steve Lundell	11:41	Lindsay Stutchbury	11:49	Christine Gilligan	13:45	37:15	59
Newcastle Frontrunners	44	Oliver Williams	10:31	Kate McClean	15:34	Tom O'Forman	11:31	37:36	60
Ponteland Runners	59	Laura Choake	12:05	Heidi Finlay	11:57	Tony Vick	13:35	37:37	61
Ashington Hirst Running Club	9	Gavin Ball	15:16	Carolyn Clayton	12:19	Iain Singer	10:17	37:52	62
Blyth Running Club	14	Michael Ashby	11:54	Claire Mason	12:55	Anne Graddock	13:17	38:06	63
Ashington Hirst Running Club	7	Roy Paddock	12:39	Claire Stanton	13:45	Karl Baxter	11:53	38:17	64
North Shields Polytechnic Club	56	Colin Brown	13:03	Holly Mansfield	13:29	Angela Gibson	12:53	39:25	65
Sunderland Strollers	78	Sarah Riddell	15:18	Paul Riddell	12:52	Jenna Maynard	11:20	39:30	66
Unattached	100	John Scott	11:59	Laura Clegg	13:56	Elaine Henderson	13:39	39:34	67
South Shields Harriers & Ac	64	Sarah Bezwidenhout	12:42	Ellen White	13:32	Lesley Pearce	13:35	39:49	68
Heaton Harriers	29	Keith Rooney	10:25	Colin McEntee	12:35	Janette Kilgour	17:09	40:09	69
Sunderland Strollers	79	Val Barella	14:01	Louise Dwyer	13:54	Maryellen Wilkinson	12:59	40:54	70

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Freeman Strollers	17	Deborah Wood	15:51	Elizabeth Clark	13:31	Kate Dawson	13:03	42:25	71
Heaton Harriers	30	Cristina Tyley	11:56	Helena Walsater	12:59	George Routledge	18:01	42:56	72
North Shields Polytechnic Club	58	Victoria Gilrog	12:47	Kath Richards	14:58	Steve Richards	15:39	43:24	73
Ashington Hirst Running Club	8	John Armitage	14:25	Deborah Greenwood	14:03	Kerry Turner	15:28	43:56	74
Freeman Strollers	18	Lynne Cornell	16:37	Lindsey Forrest	17:17	Julie Fletcher	15:03	48:57	75
Houghton Harriers	33	Carla King	11:28	Louise Bircham	14:14			N/A#	#VALUE!
North Shields Polytechnic Club	57	Michelle Thompson	11:05	Vaughan Hemy	10:30			N/A#	#VALUE!
South Shields Harriers & Ac	61	Grant Bezwidenhout	11:12	Gillian Wallace	11:53	Linda Bone		N/A#	#VALUE!