

# Sunderland 5K 2018

Race 1 - Female Results - 12th July 2018

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Danielle Hodgkinson (91)	Wallsend Harriers	16.31 F	67	Mandy Dixon (66)	Blackhill Bounders	25.46 F O40
2	Charlotte Penfold (30)	North Shields Poly	17.10 F	68	Stacey Stavers (103)	South Shields	25.55 F
3	Georgia Campbell (57)	Jarrow & Hebburn	17.39 F	69	Charlotte Williamson (34)	South Shields	25.55 F
4	Danielle Smythe (18)	Heaton Harriers	17.48 F	70	Debbie Mcrory (43)	Sunderland Harriers	26.10 F O50
5	Robyn Bennett (85)	Morpeth Harriers	18.25 F	71	Michelle Sutcliffe (90)	South Shields	26.39 F O50
6	Alice Smith (55)	Sunderland Harriers	18.32 F O35	72	Susan Clughen (51)	Sunderland Harriers	27.20 F O60
7	Jess Fox (47)	Sunderland Harriers	18.48 F	73	Elizabeth Mitchell (71)	Blackhill Bounders	27.22 F O45
8	Mairi Clancy (68)	Tyne Bridge	19.01 F	74	Tara Horner (87)	Sunderland Strollers	27.52 F O45
9	Kathryn Stevenson (37)	Tyne Bridge	19.06 F O45	75	Val Barella (88)	Sunderland Strollers	27.52 F O50
10	Sarah Knight (56)	Sunderland Harriers	19.14 F	76	Amanda Penn (83)	North Shields Poly	28.08 F O50
11	Alex Hemsley (105)	Wallsend Harriers	19.21 F	77	Ann Gash (100)	Silky Striders	29.02 F O55
12	Katherine Davis (82)	North Shields Poly	19.22 F O50	78	Samantha Ali (23)	South Shields	29.10 F O45
13	Rachel Adamson (79)	Tyne Bridge	19.30 F	79	Sharon Preece (40)	Sunderland Harriers	29.37 F O50
14	Sophie Marr (99)	Tyne Bridge	19.37 F	80	Laura Tedstone (60)	Sunderland Harriers	29.46 F O45
15	Kath Aspin (29)	New Marske	19.39 F O50	81	Julie Forbes (5)	Sunderland Strollers	29.58 F O35
16	Louise Lennox (36)	Tyne Bridge	19.42 F O45	82	Gillian Allinson (80)	Unattached	29.59 F O45
17	Christine Burns (32)	North Shields Poly	19.51 F O35	83	Emma Hodgson (26)	Unattached	30.23 F O35
18	Amy Callaghan (49)	Sunderland Harriers	19.57 F	84	Irene Henderson (101)	Elswick Harriers	30.25 F O70
19	Gillian Ritchie (9)	Sunderland Strollers	19.57 F O35	85	Charlotte Macleman (108)	Silky Striders	32.36 F
20	Elaine Leslie (107)	Jarrow & Hebburn	19.58 F O50	86	Claire Wynarczyk (7)	Tyne Bridge	34.03 F
21	Eve Quinn (50)	Sunderland Harriers	19.59 F	87	Alyson Hogarth (69)	Unattached	34.21 F O60
22	Sarah Robson (106)	Wallsend Harriers	19.59 F				
23	Helen King (63)	Morpeth Harriers	20.05 F O40				
24	Kirstin Farquhar (4)	Crook AC	20.14 F O45				
25	Anna Pigford (92)	Houghton Harriers	20.15 F				
26	Catherine Lee (67)	Elswick Harriers	20.18 F O35				
27	Linda Noble (70)	Darlington H & AC	20.33 F O50				
28	Ria Chaston (31)	Tyne Bridge	20.47 F				
29	Rachel Gill (22)	Tyne Bridge	20.49 F				
30	Claire Calverley (89)	Morpeth Harriers	20.59 F O40				
31	Rachel Hawdon (20)	South Shields	21.06 F				
32	Emily James (19)	Wallsend Harriers	21.09 F O35				
33	Claire Cook (38)	Gateshead Harriers	21.11 F O35				
34	Heather Robinson (97)	Jarrow & Hebburn	21.12 F O55				
35	Valerie Wilson (58)	Elswick Harriers	21.27 F O50				
36	Megan Noble (102)	Darlington H & AC	21.30 F				
37	Hayley Dobinson (84)	Unattached	21.34 F				
38	Gillian Tomlinson (93)	Houghton Harriers	21.39 F O50				
39	Shannel Curtis (12)	Birtley AC	21.45 F O40				
40	Amanda Hall (28)	North Shields Poly	21.46 F O35				
41	Jill Bennett (96)	Morpeth Harriers	21.54 F O45				
42	Melissa Cain (104)	South Shields	21.56 F O35				
43	Diane Vaughan (86)	Quakers RC	22.00 F O50				
44	Anna French (98)	Wallsend Harriers	22.11 F O35				
45	Ellen Cole (10)	Heaton Harriers	22.29 F				
46	Amanda Phillips (75)	Blackhill Bounders	22.34 F O45				
47	Kelly Bentley (72)	Birtley AC	22.43 F O50				
48	Lauren Young (16)	Blackhill Bounders	22.47 F				
49	Judith Shotton (61)	Sunderland Harriers	22.48 F O50				
50	Sam Newington (3)	Durham City	22.51 F O40				
51	Katrina Robson (65)	Unattached	22.52 F O40				
52	Grace Mackie (54)	Sunderland Harriers	23.12 F				
53	Sophie Brownson (95)	South Shields	23.16 F				
54	Catherine Morris (45)	Sunderland Harriers	23.22 F O45				
55	Vicki Thompson (81)	Jarrow & Hebburn	23.30 F O45				
56	Melissa Bateson (14)	Elswick Harriers	23.34 F O50				
57	Abbie Cresswell (94)	North Shields Poly	23.40 F				
58	Susan Burgess (21)	South Shields	23.41 F O35				
59	Carla King (25)	Houghton Harriers	23.46 F O35				
60	Catherine Purdy (39)	Sunderland Harriers	24.02 F				
61	Doreen Dickinson (52)	Sunderland Harriers	24.08 F O55				
62	Amanda Mackie (53)	Sunderland Harriers	24.22 F O50				
63	Helen Ruffell (78)	Jarrow & Hebburn	24.25 F O50				
64	Pauline Urwin (6)	Sunderland Strollers	24.26 F				
65	Nicola Alderson (2)	Blaydon Harriers	24.27 F O35				
66	Christine Woods (33)	Durham City	24.46 F O60				

# Sunderland 5K 2018

Race 1 - Mens Results - 12th July 2018

Pos	Name	Club	Time	Pos	Name	Time
1	Guy Bracken (219)	North Shields Poly	16.12	O55		
2	Anderw Hussey (221)	Cheltenham and Co	17.11	O50		
3	Paul Collins (232)	Sunderland Harriers	17.17	O55		
4	Alastair Walker (236)	Teviotdale Harriers	17.28	O60		
5	Keith Smith (201)	Tyne Bridge	17.34	O55		
6	Greg Penn (247)	North Shields Poly	17.35	O55		
7	Robert Hancox (205)	Morpeth Harriers	17.41	O50		
8	Wayne Pearson (255)	Crook AC	17.58	O50		
9	Paul Merrison (233)	Sunderland Harriers	17.59	O55		
10	Jeff Miller (206)	Darlington H & AC	18.10	O55		
11	Paul Redman (241)	Sunderland Harriers	18.15	O50		
12	Phil Walker (230)	Morpeth Harriers	18.19	O50		
13	John Bell (216)	Elswick Harriers	18.29	O55		
14	Mick Thornton (259)	Jarrow & Hebburn	18.30	O55		
15	Alistair Macdonald (229)	Morpeth Harriers	18.37	O55		
16	Richard Tailford (207)	Tyne Bridge	18.44	O55		
17	David Nicholson (235)	Morpeth Harriers	18.55	O60		
18	Paul Helliwell (250)	Darlington H & AC	18.57	O50		
19	Stewy Bell (243)	Blackhill Bounders	19.03	O50		
20	Stephen Boddy (222)	Gosforth Harriers	19.05	O50		
21	Neil Dick (214)	North Shields Poly	19.07	O55		
22	Graham Armstrong (220)	Wallsend Harriers	19.12	O55		
23	Andy Talbot (260)	Aycliffe	19.43	O55		
24	Rob Garbutt (223)	Durham City	19.58	O50		
25	Robert Emson (215)	Elswick Harriers	20.02	O50		
26	Carl Mowatt (246)	South Shields	20.03	O55		
27	Gordon Dixon (212)	Morpeth Harriers	20.20	O55		
28	Peter Sloan (202)	Elswick Harriers	20.25	O60		
29	Geoff Hewitson (238)	Crook AC	20.29	O60		
30	David Young (204)	Tyne Bridge	20.31	O50		
31	Mark Skelton (239)	Unattached	21.07	O55		
32	Robert Lambert (218)	Elswick Harriers	21.09	O50		
33	Shaun Day (227)	Durham City	21.14	O50		
34	Ian Swanston (228)	Unattached	21.32	O55		
35	Geoffrey Robinson (256)	Jarrow & Hebburn	21.34	O55		
36	Alan Wilks (253)	Aycliffe	21.37	O70		
37	Carl Brown (257)	Blaydon Harriers	21.41	O55		
38	Jeff Henderson (209)	Unattached	21.44	O50		
39	Trevor Needham (258)	Aycliffe	21.53	O60		
40	Paul Harris (2105)	Tyne Bridge	22.13	O40		
41	David New (234)	Sunderland Harriers	23.18	O50		
42	Peter Johnson (254)	Hartlepool Burn Ro	23.56	O60		
43	Ian Spencer (249)	Sedgefield Harriers	24.01	O55		
44	Stuart Reay (200)	Durham City	24.23	O60		
45	Colin Mcentee (224)	Heaton Harriers	25.08	O65		
46	Stevie Curry (225)	Elswick Harriers	25.12	O55		
47	Ron Avery (248)	Sunderland Strollers	25.38	O65		
48	Paul Arnott (245)	Sunderland Strollers	25.43	O50		
49	Paw Adams (261)	Unattached	25.44	O60		
50	Allen Mulliss (210)	Heaton Harriers	26.38	O60		
51	Richard Huges (252)	Quakers RC	28.29	O50		
52	Mark Hume (226)	Alnwick Harriers	32.39	O70		
53	Ray Todd (244)	Aycliffe	33.35	O70		

# Sunderland 5K 2018

Race 2 - Mens Results - 12th July 2018

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Dominic Shaw (94)	New Marske	14.33	67	Callum Thom (90)	Sunderland Strollers	17.22
2	Sam Hancox (41)	Morpeth Harriers	14.48	68	Jamie Collin (192)	Sunderland Strollers	17.23
3	Alex Brown (99)	Houghton Harriers	14.49	69	Joseph Woods (159)	Blyth RC	17.26
4	Tom Charlton (77)	Tyne Bridge	14.51	70	Richard Harrison (81)	Jarrow & Hebburn	17.31 O35
5	Oliver James (1)	Sunderland Harriers	14.58	71	Michael Littlewood (79)	Elvet Striders	17.33 O40
6	Carl Smith (171)	Tyne Bridge	15.04	72	Andrew Alderson (24)	Blaydon Harriers	17.34 O35
7	Greg Jayasuriya (110)	Middlesbrough & C	15.12	73	Simon Lyon (113)	Wallsend Harriers	17.37 O35
8	Conrad Franks (145)	Gateshead Harriers	15.13 O35	74	Andrew Ball (92)	Elswick Harriers	17.39 O40
9	Thomas Straughan (148)	Morpeth Harriers	15.13	75	Dave Hartis (34)	Tyne Bridge	17.40 O35
10	Joe Armstrong (62)	Morpeth Harriers	15.14	76	Gregory Poulton (143)	Birtley AC	17.42
11	Kieran Walker (85)	Sedgefield Harriers	15.17	77	Scott Brady (30)	Elswick Harriers	17.43
12	Adrian Bailes (104)	Birtley AC	15.18	78	Andrew Duke (141)	Sunderland Strollers	17.44 O45
13	Marc Fenwick (129)	Tyne Bridge	15.19	79	Paul Allan (25)	Darlington H & AC	17.47
14	Liam Taylor (179)	Unattached	15.21	80	Aidan Crowe (201)	Sunderland Harriers	17.47
15	Jordan Scott (74)	Morpeth Harriers	15.24	81	William Ewens (126)	North Shields Poly	17.48
16	Kevin Jeffress (2)	Sunderland Harriers	15.29 O35	82	Austin Thompson (186)	Wearside Tri	17.49
17	Ross Floyd (136)	Morpeth Harriers	15.32	83	Kel Scott (194)	Birtley AC	17.52
18	John Butters (31)	Morpeth Harriers	15.34 O40	84	Anton Mirafsari (163)	Jarrow & Hebburn	17.57
19	Daniel Dixon (64)	Morpeth Harriers	15.38	85	Barry Talman (26)	Darlington H & AC	17.58 O40
20	Terry Scott (87)	Tyne Bridge	15.39 O45	86	Graeme Pullan (14)	Sunderland Harriers	18.00 O40
21	Daniel Turnbull (80)	Alnwick Harriers	15.43	87	Noel Stoddart (56)	Elswick Harriers	18.00 O40
22	Jordan Middlemist (91)	Wallsend Harriers	15.47	88	Kris Cattle (9)	Sunderland Harriers	18.03
23	Stephen Jackson (157)	Elvet Striders	15.50 O35	89	James Duthie (155)	Heaton Harriers	18.04 O45
24	Matthew Hornsby (58)	Durham City	15.54 O35	90	David Daniels (146)	Tyne Bridge	18.06 O45
25	Cameron Allan (101)	Houghton Harriers	15.57	91	George Stainsby (128)	Tyne Bridge	18.07 O45
26	Jordan Bell (151)	Blackhill Bounders	16.00	92	Darren Stoker (106)	Sunderland Harriers	18.07 O45
27	James Cripwell (95)	Gateshead Harriers	16.03	93	Matty Tomlinson (167)	Houghton Harriers	18.10 O45
28	Ian Dixon (165)	Sunderland Harriers	16.07 O40	94	Phil Ray (96)	Elvet Striders	18.10 O35
29	Rowan Bennett (153)	Morpeth Harriers	16.09	95	Paul Cook (169)	Darlington H & AC	18.11
30	Lee James Dover (103)	Houghton Harriers	16.12	96	Brendan Cassidy (185)	Wearside Tri	18.22
31	Leon Foster (123)	Leeds City	16.15	97	Peter Grimmelby (202)	Gateshead Harriers	18.28
32	Jonny Evans (97)	Jarrow & Hebburn	16.16	98	Tim Allsop (125)	Ponteland Runners	18.30 O45
33	Ian Ritchie (4)	Sunderland Harriers	16.20 O35	99	Scott Mcentee (83)	Heaton Harriers	18.32 O35
34	Thomas Innes (68)	Morpeth Harriers	16.21	100	Aaron Nicholls (184)	South Shields	18.33
35	Mark Anderson (60)	Sunderland Strollers	16.25 O35	101	Darren Dodd (17)	Sunderland Harriers	18.37 O45
36	David Best (178)	Blackhill Bounders	16.27	102	Karl Oakes (132)	Birtley AC	18.39 O45
37	Craig Gunn (8)	Sunderland Harriers	16.27	103	Cameron Lawton (195)	Sunderland Harriers	18.44
38	James Oldfield (131)	Darlington H & AC	16.28	104	Richard Campbell (108)	Aycliffe	18.44 O35
39	Rob Everson (149)	Durham City	16.28	105	Kevin Sorlie (45)	Tyne Bridge	18.45 O40
40	Richard Bugg (190)	Barton District	16.29	106	Peter Armstrong (55)	Darlington H & AC	18.46
41	Mark Snowball (168)	Morpeth Harriers	16.30	107	Ben Willcox (88)	North Shields Poly	18.48 O40
42	Paul Omara (117)	Tyne Bridge	16.31	108	Paul Mclachlan (19)	Sunderland Harriers	18.49
43	Adam Pratt (102)	Tynedale Harriers	16.33	109	Richard Houghton (29)	Elswick Harriers	18.51 O35
44	James Meader (115)	Heaton Harriers	16.35	110	Mark Hornsby (133)	Birtley AC	18.56 O40
45	Andrew Lawrence (197)	Morpeth Harriers	16.38	111	Ian Brown (119)	North Shields Poly	18.58 O40
46	Michael Thompson (12)	Sunderland Harriers	16.40 O45	112	Karl Hume (147)	Darlington H & AC	19.01 O45
47	Andrew Heppell (37)	Gosforth Harriers	16.42 O40	113	Andy Chiu (100)	Tyne Bridge	19.02 O35
48	Paul Turnbull (84)	Tyne Bridge	16.42 O35	114	Matthew Gwilym (39)	Gosforth Harriers	19.02 O35
49	Luke Horgan (172)	Guest	16.42	115	Richard Conder (40)	Low Fell RC	19.05 O35
50	Paul Blakey (13)	Sunderland Harriers	16.42 O45	116	Paddy Mcshane (181)	Jarrow & Hebburn	19.06
51	Ray Christie (154)	Sunderland Strollers	16.46 O35	117	Mike Russell (200)	Elswick Harriers	19.08 O45
52	Peter Hodgson (35)	Blaydon Harriers	16.47 O35	118	Paul Owen (43)	South Shields	19.10 O35
53	Alistair Douglas (164)	Morpeth Harriers	16.48	119	Matt Dinent (204)	Claremont R.R.	19.16
54	Michael Laws (5)	Sunderland Harriers	16.50	120	Darren Parks (144)	Jarrow & Hebburn	19.17 O40
55	Steven Duffy (6)	Sunderland Harriers	16.53	121	Jamie Wilson (44)	Tyne Bridge	19.26 O35
56	Paul Robson (109)	Unattached	16.56 O45	122	Craig Robe (175)	South Shields	19.27
57	Andrew Forbes (50)	Sunderland Strollers	17.04 O35	123	Craig Allen (86)	Middlesbrough & C	19.29 O35
58	Jonathan Wilkinson (111)	Durham City	17.05	124	Gary Dunmore (156)	Sunderland Strollers	19.31 O45
59	Mark Toward (170)	Tyne Bridge	17.06	125	Richard Holland (182)	Aycliffe	19.32
60	Richard Castledine (135)	Morpeth Harriers	17.08	126	Andy Wigmore (161)	Wallsend Harriers	19.34 O35
61	Shaun Marshall (69)	Darlington H & AC	17.09	127	Chris Clarke (158)	Washingto R C	19.36 O40
62	Patrick Houghton (188)	North Shields Poly	17.10	128	Adam Lennox (180)	Unattached	19.37
63	Paul Stewart (183)	South Shields	17.10 O45	129	Adam Harker (89)	Darlington H & AC	19.40
64	Alastair Spanner (140)	Tyne Bridge	17.14 O45	130	Joseph Dungworth (162)	Blyth RC	19.44
65	Chris Dwyer (72)	Sunderland Strollers	17.15 O35	131	Ian Ruddick (130)	Unattached	19.44 O40
66	Charlie Townsend (118)	Heaton Harriers	17.15 O35	132	Christopher Nicholas (121)	Sunderland Harriers	19.45 O40

Pos	Name	Club	Time	Pos	Name	Time
133	Lee Coulson (65)	Elswick Harriers	19.45	O40		
134	Chris George (134)	Heaton Harriers	19.59	O40		
135	Alan Knebel (16)	Sunderland Harriers	20.00	O45		
136	Matt Smith (33)	Tyne Bridge	20.04			
137	Justin Hindmarch (150)	Darlington H & AC	20.06	O35		
138	Chris Checkley (112)	Heaton Harriers	20.07	O45		
139	Dean Phillips (166)	Sunderland Harriers	20.12	O45		
140	David Bruce (21)	Sunderland Harriers	20.21	O35		
141	Daniel Nettle (73)	Elswick Harriers	20.22	O45		
142	Rhys Clark (196)	Sunderland Harriers	20.29			
143	Iain Mckinnon (174)	Heaton Harriers	20.30			
144	Darren Fairclough (152)	Crook AC	20.34	O45		
145	Andrew Foster (28)	Durham City	20.35			
146	David Goodfellow (70)	Blackhill Bounders	20.42	O45		
147	Peter Mcewan (177)	Alnwick Harriers	20.43			
148	Barry Marlee (122)	Sunderland Harriers	20.51	O45		
149	Chris McCabe (193)	Wearside Tri	21.01			
150	Steven Elliot (173)	Darlington H & AC	21.03			
151	Ella Foreman (199)	Jesmond Joggers	21.06			
152	Robert Keane (191)	Barton District	21.20	O40		
153	Andrew Hughes (120)	Sunderland Harriers	21.22	O35		
154	Andrew Davies (187)	Elvet Striders	21.40	O40		
155	Jonny Rowson (189)	North Shields Poly	21.41	O40		
156	Howard MacLennan (27)	Claremont R.R.	21.42	O40		
157	Paul Harris (2105)	Tyne Bridge	22.13	O40		
158	David Walton (127)	Blackhill Bounders	22.27	O45		
159	Joe Glancy (203)	Sunderland Strollers	22.36	O45		
160	Simon Rose (124)	Unattached	22.40	O45		
161	Alex Lineton (176)	Aycliffe	22.42			
162	Gavin Cowen (142)	Unattached	22.46	O35		
163	Tony Allinson (23)	Sunderland Harriers	22.46	O45		
164	Adam Mitchell (116)	Tyne Bridge	23.08	O40		
165	John Forth (98)	Unattached	23.36			
166	Javier Garcia (160)	Unattached	24.03			
167	Robert Clark (46)	Unattached	24.15	O35		
168	Andrew Urwin (61)	Sunderland Strollers	24.23			
169	Alan Watson (137)	Unattached	24.36	O45		
170	Matt Knight (22)	Sunderland Harriers	24.43	O45		
171	Craig Fazakerley (107)	Unattached	24.45			