

North Eastern Counties Athletics Association
Mens 10,000M Track Championship 2019
Wednesday 24th April 2019
Monkton Stadium

	Athlete	Club	Time	
1	Greg Jayasuriya	Middlesbrough&Cleveland	31:47.18	(Gold Medalist)
2	Jordan Bell	Blackhill Bounders	31:49.18	(Silver Medalist)
3	Thomas Straughan	Morpeth Harriers	32:13.39	(Bronze Medalist)
4	Conrad Franks	Gateshead Harriers	32:52.88	
5	Michael Joyeux	Quakers Runng Club	33:01.46	
6	Lee James Dover	Houghton Harriers	33:06.66	
7	Gary Wallace	Blackhill Bounders	33:12.66	
8	James Meader	Heaton Harriers	33:21.15	
9	Lee Bennett	Morpeth Harriers	34:14.53	
10	Simon Bennett	Hartlepool Burn Road Harriers	34:21.67	
11	Rory Graham	Houghton Harriers	35:06.79	
12	Richard Darling	Hartlepool Burn Road Harriers	35:10.13	
13	John Surtee	Aycliffe Running Club	35:15.11	

North Eastern Counties Athletics Association
10,000M Track Championship Race 2 2019
Wednesday 24th April 2019
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	Athlete	Club	Time
1	Paul Davies	North Shields Poly	37:15.65
2	David Moir	Tyne Bridge Harriers	37:21.76
3	Harry Tatham	Derwent Valley Trail Runners	40:43.28
4	Ian Hutchinson	Derwent Valley Trail Runners	41:28.29
5	Charles Butcher	Derwent Valley Trail Runners	41:44.90
6	Catherine Lowes	Elswick Harriers	42:04.67
7	George Henderson	South Shields Harriers	46:06.20
8	Daniel Nettle	Elswick Harriers	43:46.60
9	Heather Robinson	Jarrow & Hebburn	43:50.92
10	Vicki Thompson	Jarrow & Hebburn	47:20.45
11	Helen Ruffell	Jarrow & Hebburn	48:51.86
12	Melissa Bateson	Elswick Harriers	49:22.10
13	Christine Gilligan	Jarrow & Hebburn	54:58.70

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	Athlete	Club	Time
1	Catherine Lowes	Elswick Harriers	42:04.67 (Gold Medalist)
2	Heather Robinson	Jarrow & Hebburn	43:50.92 (Silver Medalist)
3	Vicki Thompson	Jarrow & Hebburn	47:20.45 (Bronze Medalist)
4	Helen Ruffell	Jarrow & Hebburn	48:51.86
5	Melissa Bateson	Elswick Harriers	49:22.10
6	Christine Gilligan	Jarrow & Hebburn	54:58.70