

	<b>Position</b>	<b>Forename</b>	<b>Surname</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
	1	Liam	Taylor	Sunderland Harriers & AC	16.46	MSen
	2	Ian	Dixon	Sunderland Harriers & AC	17.04	MV40
	3	Kurt	Heron	Blyth	17.12	MSen
	4	Jack	Brown	Jarrow & Hebburn AC	17.21	Msen
	5	Scott	Ellis	Unattached	17.43	Msen
	6	Callum	Thom	Sunderland Harriers & AC	17.50	Msen
	7	Chris	Jackson	Sunderland Harriers	17.54	MV35
	8	Aidan	Crowe	Sunderland Harriers	18.27	MV35
	9	Michael	Parkinson	North Shields Polytechnic Club	18.33	MV45
	10	Graeme	Pullan	Sunderland Harriers	19.06	MV40
	11	Paul	Mclachlan	Sunderland Harriers	19.26	Msen
	12	Sam	Thirlbeck	Sunderland Harriers	19.28	MV35
	13	David	Wilkinson	Sunderland Harriers & AC	19.58	Msen
	14	Paul	Redman	Sunderland Harriers	20.16	MV55
	15	Paul	Reineck	Sunderland Harriers	20.28	Msen
	16	Tim	Bateson	Sunderland Strollers	20.31	MV50
	17	David	Morrow	Jarrow & Hebburn AC	20.32	MV40
	18	Shaun	Kerry	Houghton Harriers & AC	20.37	MV45
	19	Carl	Mowatt	South Shields Harriers & AC	21.01	MV55
	20	Daniel	Cooke	South Shields Harriers & AC	21.02	Msen
	21	Darren	Fletcher	Sunderland Harriers	21.04	MV50
	22	Ross	Hargreaves	Unattached	21.11	Msen
	23	Kim	Simpson	Gateshead Harriers	21.26	FV35
	24	Alan	Knebel	Sunderland Harriers	21.39	MV45
	25	Simon	Ellis	Unattached	21.33	MSen
	26	Allan	McManus	Sunderland Harriers	21.57	MV35
	27	Pete	Jobes	Heaton Harriers	22.01	MV35
	28	Richard	Borrowdale	Sunderland Harriers	22.17	MV35

	29	Dean	Phillips	Sunderland Harriers	22.24	MV50
	30	Nicola	Woodward	Sunderland Harriers	22.47	FV40
	31	Dale	Wilkinson	Sunderland Harriers	22.50	MV55
	32	Darren	Fairclough	Crook AC	23.13	MV45
	33	Shaun	Bagley	Sunderland Harriers	23.16	Msen
	34	Anthony	Erskine	Sunderland Harriers	23.20	MV45
	35	Tony	Davis	Northumberland Fell Runners	23.22	MV35
	36	Charlotte	Eddy	Blaydon Harriers & AC	23.24	FSen
	37	Colleen	Compson	Sunderland Harriers & AC	23.29	FV40
	38	Anthony	Timmiss	Hunwick Harriers	23.32	MV35
	39	Vikki	Cotton	Sunderland Harriers	23.46	FV35
	40	Graeme	Wharton	Lonely Goat RC	24.00	MV45
	41	Eddie	Gibson	Hunwick Harriers	24.03	MV45
	42	Adam	Wilks	Newton Aycliffe	24.08	MV70
	43	Barry	Young	North Shields	24.11	MV55
	44	James	Eroft	Houghton AC	24.50	MV55
	45	Mike	Bird	Hunwick Harriers	25.04	MV60
	46	Chris	Anderson	Evenwood Road Runners	25.13	MV40
	47	Paul	Wallace	UKnetrunner.co.UK	25.25	MV40
	48	Gavin	Cowen	Sunderland Harriers	25.39	MV40
	49	David	New	Sunderland Harriers & AC	25.40	MV50
	50	Melanie	Cooke-Dunlop	South Shields Harriers & Ac	25.56	FV35
	51	Lee	Colman	Sunderland Harriers	26.11	MV40
	52	Gary	Fox	Sunderland Harriers & AC	26.21	MV50
	53	Alan	Chapman	Sunderland Harriers	26.25	MV55
	54	Judith	Shotton	Sunderland Harriers	26.26	FV55
	55	Steve	Williams	Coalfields	27.44	MV55
	56	Louise	Barrow	Elvet Striders	27.59	FV35
	57	Stuart	Smith	Blackhill Bounders	28.39	MV45
	58	Steve	Whitwood	Unattached	29.06	MV45

	59	David	Williams	Sunderland Strollers	29.32	MV70
	60	Val	Barella	Sunderland Strollers	29.43	FV50
	61	Tara	Horner	Sunderland Strollers	31.19	FV45
	62	Alice	Wharton	Unattached	34.23	Fsen
	63	Lisa	Wharton	Unattached	34.36	FV45
	64	Deborah	Smith	Sunderland Harriers	37.14	FV50
	65	Paul	Whelan	Unattached	37.18	MV55
	66	Helen	Bailes	Unattached	37.19	
	67	Bill	Wright	Unattached	37.19	MV70
	68	Charlotte	Macleranan	Silky Striders	38.11	Fsen
	69	Melissa	Burn	Unattached	38.12	FV35
	70	Maria	Lindsay	Sunderland Strollers	38.12	FV50
	71	Debbie	Rodden	Unattached	40.36	FV45
	72	Michelle	Mustard	Sunderland Harriers	40.37	FV50
	73	Janet	Bailes	Unattached	40.37	
	74	Tony	Allinson	Sunderland Harriers	40.48	MV45