

# Sunderland 5K 2019 - Race 1

women & vet men Results - 11th July 2019

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Charlotte Penfold (76)	North Shields Poly	17.40 F	67	Karen Byng (59)	Elvet Striders	24.56 F O50
2	Sophie Burnett (100)	Birtley AC	17.46 F	68	Deborah Howell-smith (15)	Sunderland Harriers	25.02 F O50
3	Danielle Smythe (92)	Heaton Harriers &	17.58 F	69	Carol Morrison (121)	Blackhill Bounders	25.03 F O45
4	Hannah Wood (101)	Low Fell RC	18.15 F	70	Minna Eii (54)	Tyne Bridge Harrier	25.11 F
5	Robyn Bennett (74)	Morpeth Harriers &	18.22 F	71	Carly Shaw (132)	Unattached	25.13 F
6	Louise Talman (42)	Darlington H & AC	18.36 F O35	72	Christine Woods (126)	Durham City	25.13 F O60
7	Rachelle Falloon (115)	Morpeth Harriers &	18.54 F	73	Janet Stafford (85)	Unattached	25.18 F O40
8	Helen King (56)	Morpeth Harriers &	19.04 F O40	74	Lynne Carruthers (23)	Durham City	25.23 F O55
9	Amy Fuller (24)	Elswick Harriers	19.05 F	75	Ann Revell (129)	Unattached	25.42 F O50
10	Lorna Macdonald (20)	Morpeth Harriers &	19.06 F	76	Amanda Mackie (11)	Sunderland Harriers	25.50 F O50
11	Rachel Adamson (105)	Tyne Bridge Harrier	19.23 F	77	Rebecca Johnson (99)	Unattached	25.56 F O35
12	Gemma Harcombe-moore (7)	Tamworth AC	19.26 F	78	Vicki Thompson (63)	Jarrow & Hebburn	26.25 F O45
13	Catriona Macdonald (64)	Morpeth Harriers &	19.27 F	79	Claire Gilfillan (116)	Elswick Harriers	26.26 F O40
14	Jenna Wilkinson (1)	Sunderland Harriers	19.30 F	80	Chris Hearmon (91)	Sedgefield Harriers	26.35 F O55
15	Kathryn Stevenson (48)	Tyne Bridge Harrier	19.32 F O45	81	Paula Paul (98)	Unattached	26.59 F O45
16	Sophie Marr (122)	Tyne Bridge Harrier	19.36 F	82	Mandy Dixon (41)	Blackhill Bounders	27.05 F O40
17	Jacqueline Etherington (3)	Sunderland Harriers	19.43 F O40	83	Deborah Wilmot (19)	Elswick Harriers	27.18 F O45
18	Amy Callaghan (2)	Sunderland Harriers	19.49 F	84	Sue Dobson (52)	Sedgefield Harriers	27.26 F O50
19	Jessica Fox (120)	Sunderland Harriers	19.49 F	85	Bethany Raine (128)	Sedgefield Harriers	27.27 F O35
20	Rachel Gill (37)	Tyne Bridge Harrier	20.00 F O35	86	Lisa Form (97)	Unattached	27.40 F O45
21	Becky Coleman (117)	North Shields Poly	20.01 F O40	87	Alda Hommelinck (127)	Sedgefield Harriers	28.10 F O40
22	Michelle Thompson (31)	North Shields Poly	20.01 F O35	88	Robyn Townsend (14)	Sunderland Harriers	28.20 F
23	Joanne Lee (67)	Tyne Bridge Harrier	20.06 F O45	89	Elizabeth Mitchell (77)	Blackhill Bounders	28.22 F O50
24	Catherine Lee (62)	Unattached	20.39 F O35	90	Sharon Preece (10)	Sunderland Harriers	28.24 F O50
25	Rachel Bentley (28)	Valley Striders AC	20.45 F	91	Nicola Hern (130)	Sunderland Strollers	28.28 F
26	Amy Baker (125)	Gateshead Harriers	20.46 F	92	Femke Nauschutz-van Dreve	Durham City	28.29 F O45
27	Kirsty Walker (44)	Birtley AC	21.03 F	93	Helen Godfrey (46)	Sedgefield Harriers	28.38 F O40
28	Carly Henderson (78)	South Shields Harri	21.12 F	94	Laura Clegg (18)	Elswick Harriers	28.55 F O35
29	Roselle Oberholzer (94)	Blaydon Harriers &	21.13 F O55	95	Helen Frame (95)	Sedgefield Harriers	28.59 F O50
30	Robyn Naylor (124)	Elswick Harriers	21.14 F	96	Julie Forbes (49)	Sunderland Strollers	29.15 F O35
31	Nina Cameron (113)	Heaton Harriers &	21.27 F O45	97	Helen Mann (107)	Unattached	30.45 F O40
32	Jennifer Tomlin (4)	Sunderland Harriers	21.32 F	98	Louise Richardson (12)	Sunderland Harriers	30.59 F
33	Katy Walton (118)	Elvet Striders	21.39 F O35	99	Laura Tedstone (9)	Sunderland Harriers	32.08 F O45
34	Laura Smith (25)	Heaton Harriers &	21.41 F	100	Janette Kilgour (79)	Heaton Harriers &	32.23 F O65
35	Arabella Pearce (35)	Elswick Harriers	21.44 F O45	101	Christine Knight (86)	Unattached	32.59 F O40
36	Jenna Maynard (57)	Sunderland Strollers	21.56 F	102	Claire Wynarczyk (110)	Tyne Bridge Harrier	33.12 F
37	Rosie Warnett (106)	Sedgefield Harriers	22.02 F O35	103	Heidi Ure (123)	Sunderland Harriers	39.13 F O45
38	Susanne Stephenson (82)	Elswick Harriers	22.03 F O50				
39	Corrine Whaling (80)	Elvet Striders	22.12 F O35				
40	Kelly Bentley (29)	Birtley AC	22.16 F O50				
41	Paula Goodson (7)	Sunderland Harriers	22.16 F O50				
42	Yamuna Thiru (58)	Tyne Bridge Harrier	22.17 F O50				
43	Shannel Curtis (109)	Birtley AC	22.21 F O40				
44	Marie Walker (55)	Sedgefield Harriers	22.34 F O50				
45	Hannah Mcrae (104)	Blaydon Harriers &	22.35 F				
46	Emma Cante (108)	Unattached	23.03 F O35				
47	Grace Mackie (131)	Sunderland Harriers	23.05 F				
48	Lindsey Quinn (65)	Morpeth Harriers &	23.06 F				
49	Michelle O'neill (6)	Sunderland Harriers	23.10 F O50				
50	Janice Kelly (96)	Run Peterlee	23.13 F O50				
51	Dionne Hamil (21)	Durham City	23.18 F O45				
52	Doreen Dickinson (13)	Sunderland Harriers	23.24 F O55				
53	Lisa Martin (30)	Sedgefield Harriers	23.29 F O45				
54	Kim Bennett (81)	Elvet Striders	23.45 F O45				
55	Joanne Mitchinson (70)	Washington Runnin	23.46 F O45				
56	Melissa Bateson (45)	Elswick Harriers	24.08 F O50				
57	Allyson Mccourt (8)	Sunderland Harriers	24.12 F O50				
58	Catherine Morris (16)	Sunderland Harriers	24.13 F O50				
59	Fay Uphill (69)	Sedgefield Harriers	24.16 F O35				
60	Nova Tarn (43)	Darlington H & AC	24.19 F O35				
61	Diane Wood (26)	Durham City	24.21 F O50				
62	Andrea Clarke (93)	Blaydon Harriers &	24.25 F O50				
63	Sara Nightingale (40)	Unattached	24.28 F O35				
64	Nicola Alderson (66)	Blaydon Harriers &	24.29 F O35				
65	Cat Purdy (5)	Sunderland Harriers	24.31 F O35				
66	Michelle Hunter (114)	Unattached	24.51 F O35				

# Sunderland 5K 2019 - Race 1

women & vet men Results - 11th July 2019

Pos	Name	Club	Time	Pos	Name	Time
1	Guy Bracken (266)	North Shields Poly	16.18	O55		
2	Lee Bennett (245)	Morpeth Harriers &	17.03	O50		
3	Keith Smith (277)	Tyne Bridge Harrier	17.14	O55		
4	Michael Thompson (203)	Sunderland Harriers	17.16	O50		
5	Gregory Penn (217)	North Shields Poly	17.52	O55		
6	David Moir (244)	Tyne Bridge Harrier	17.55	O50		
7	Tim Field (206)	Sunderland Harriers	18.05	O50		
8	Mark Turnbull (214)	Elswick Harriers	18.10	O50		
9	Paul Redman (202)	Sunderland Harriers	18.12	O55		
10	Floyd Jones (233)	Aycliffe Running Cl	18.16	O55		
11	Richard Tailford (231)	Tyne Bridge Harrier	18.17	O55		
12	Paul Merrison (201)	Sunderland Harriers	18.21	O60		
13	Darren Dodd (205)	Sunderland Harriers	18.35	O50		
14	Allan Renwick (215)	Elvet Striders	18.48	O50		
15	George Harden (200)	Sunderland Harriers	18.57	O55		
16	Maurice Woodward (246)	Jarrow & Hebburn	19.06	O60		
17	Tim Allsop (271)	Ponteland Runners	19.07	O50		
18	David Walker (232)	Sedgefield Harriers	19.08	O50		
19	John Nash (226)	Durham City	19.10	O50		
20	Jeff Miller (235)	Darlington H & AC	19.12	O55		
21	Mike Russell (272)	Elswick Harriers	19.14	O50		
22	Edward Sweeney (262)	Unattached	19.20	O55		
23	Rob Hancox (239)	Morpeth Harriers &	19.22	O50		
24	Neil Dick (227)	North Shields Poly	19.25	O55		
25	Michael Jones (261)	South Shields Harri	19.28	O55		
26	Paul Brennan (247)	Crook AC	19.40	O50		
27	Adrian Bell (212)	Unattached	19.47	O50		
28	Simon Wells (257)	Jesmond Joggers	19.50	O50		
29	Gary Dunmore (213)	Sunderland Strollers	19.59	O50		
30	Dean Phillips (275)	Sunderland Harriers	20.12	O50		
31	John Davis (274)	Unattached	20.48	O50		
32	Garry Paterson (273)	Low Fell RC	20.52	O50		
33	Geoff Hewitson (268)	Crook & District A	20.53	O60		
34	Alistair Macdonald (265)	Morpeth Harriers &	21.02	O55		
35	Mark McNally (238)	Elswick Harriers	21.06	O70		
36	Michael Graham (263)	Low Fell RC	21.14	O55		
37	Robert Lambert (236)	Elswick Harriers	21.31	O50		
38	Shaun Day (248)	Durham City	21.42	O50		
39	Paul Johnson (225)	Unattached	21.49	O50		
40	Richard Hudson (240)	Elswick Harriers	21.57	O55		
41	Alan Wilks (270)	Aycliffe Running Cl	21.58	O70		
42	Mark Skelton (260)	Unattached	22.00	O55		
43	Ken Bradshaw (267)	Durham City	22.08	O55		
44	Robert Hewitson (220)	Durham City	22.53	O60		
45	Michael Lindsay (249)	Wallsend Harriers &	22.58	O55		
46	Alan Heslington (221)	Wallsend Harriers &	23.15	O60		
47	David White (208)	Sunderland Harriers	23.19	O65		
48	Harry Matthews (237)	Elswick Harriers	23.25	O70		
49	Mike Dann (228)	Durham City	23.28	O50		
50	Stevie Curry (250)	Elswick Harriers	24.02	O55		
51	Gary Fox (269)	Sunderland Harriers	24.04	O50		
52	Philips Mccluskey (278)	Houghton Harriers	24.20	O50		
53	Stuart Reay (209)	Durham City	24.26	O60		
54	Aub Form (255)	Unattached	24.50	O60		
55	Alan Chapman (204)	Sunderland Harriers	24.52	O55		
56	Bill Wright (276)	Unattached	24.52	O70		
57	Ian Spencer (251)	Sedgefield Harriers	24.55	O55		
58	David Wilson (254)	Unattached	24.58	O50		
59	Paul Bentley (216)	Morpeth Harriers &	26.23	O70		
60	Aidan Cairns (211)	Elswick Harriers	26.27	O55		
61	Ian Richardson (230)	North Shields Poly	26.38	O70		
62	Brian Brown (259)	Durham City	28.23	O70		
63	Deano Franciosy (241)	Unattached	28.50	O50		
64	Michael Wisely (219)	South Shields Harri	31.42	O65		
65	George Routledge (256)	Heaton Harriers &	40.24	O70		

# Sunderland 5K 2019 Race 2

senior Results - 11th July 2019

Pos	Name	Club	Time	Pos	Name	Club	Time
1	Sam Hancox (106)	Morpeth Harriers &	15.02	67	Simon Rogers (109)	Darlington H & AC	17.53 O45
2	Jarlath Mckenna (119)	Bristol and West A	15.03 O35	68	Leigh Towers (153)	Unattached	17.54 O45
3	Kieran Walker (145)	Middlesbrough Athl	15.09	69	Paul Mclachlan (19)	Sunderland Harriers	17.55
4	Jordan Bell (72)	Blackhill Bounders	15.26	70	Gavin Duke (124)	North Shields Poly	17.57 O40
5	Liam Taylor (29)	Sunderland Harriers	15.27	71	Scott Brady (86)	Elswick Harriers	17.57
6	Thomas Straughan (166)	Morpeth Harriers &	15.28	72	Jon Moss (108)	Unattached	18.01 O35
7	Paul Coon (139)	Salford Harriers	15.36 O35	73	Steven Gordon (12)	Sunderland Harriers	18.03 O45
8	Karl Taylor (173)	Morpeth Harriers &	15.40	74	Steven Robertson (45)	Elswick Harriers	18.05 O40
9	Stephen Jackson (134)	Elvet Striders	15.41 O35	75	Paul Mcgough (183)	North York Moors	18.06 O45
10	Sparrow Morley (180)	Tyne Bridge Harrier	15.44	76	Stephen Mussett (75)	Unattached	18.08
11	Alex Kiel (129)	New Marske Harrier	15.47	77	Richard Campbell (128)	Aycliffe Running Cl	18.08 O35
12	Nathan Reed (5)	Sunderland Harriers	15.49	78	Craig Downs (80)	Crook AC	18.09 O40
13	Rowan Bennett (111)	Morpeth Harriers &	15.50	79	Darren Stoker (16)	Sunderland Harriers	18.10 O45
14	Kevin Jeffress (10)	Sunderland Harriers	15.51 O40	80	Henry Carter (164)	Spensborough & Dist	18.12
15	Paul Allan (57)	Darlington H & AC	15.58	81	Stephen Hamil (59)	Durham City	18.12 O45
16	Craig Gunn (18)	Sunderland Harriers	15.59	82	Phil Ray (55)	Elvet Striders	18.13 O40
17	James Meader (99)	Heaton Harriers &	15.59	83	Martin Blenkinsopp (21)	Sunderland Harriers	18.14 O45
18	Mark Anderson (160)	Sunderland Stroller	16.01 O35	84	Barry Talman (66)	Darlington H & AC	18.17 O40
19	George Rudman (46)	Blaydon Harriers &	16.03	85	Richard Houghton (36)	Elswick Harriers	18.19 O35
20	Ian Dixon (6)	Sunderland Harriers	16.05 O40	86	Jordon Cairns (138)	Heaton Harriers &	18.19
21	Chris Thornley (181)	Bedford & County	16.06	87	Ryan Williams (151)	Unattached	18.19
22	Cameron Grey (167)	Tynedale Harriers &	16.10	88	Paul Roddy (117)	Washington Runnin	18.24 O35
23	Michael Barker (26)	Sunderland Harriers	16.12 O35	89	Ian-james Elder (88)	Wallsend Harriers &	18.24
24	Luke Piper (161)	East Cheshire Harri	16.13	90	Andy Wigmore (110)	Wallsend Harriers &	18.24 O40
25	James Mckenzie (171)	Heaton Harriers &	16.18	91	Matt Diment (51)	Blyth Running Club	18.24
26	Mark Snowball (137)	Morpeth Harriers &	16.19	92	Matthew Gwilym (31)	Gosforth Harriers &	18.25 O35
27	Richard Johnson (130)	Morpeth Harriers &	16.22	93	Kris Cantele (24)	Sunderland Harriers	18.34
28	James Oldfield (188)	Unattached	16.23	94	Richard Fawcett (143)	North York Moors	18.40 O35
29	Steven Medd (165)	Gateshead Harriers	16.25 O40	95	Calum Mills (78)	Heaton Harriers &	18.42
30	Andrew Heppell (94)	Gosforth Harriers &	16.26 O40	96	Karl Hume (68)	Darlington H & AC	18.43 O45
31	Leon Foster (162)	Leeds City Athletic	16.27 O35	97	Paul Reinick (169)	Sunderland Harriers	18.45
32	Lee James Dover (163)	Houghton Harriers	16.27	98	Adam Harker (33)	Darlington H & AC	18.45
33	Connor Braithwaite (74)	Tyne Bridge Harrier	16.28	99	Simon Lyon (118)	Wallsend Harriers &	18.48 O35
34	Sean Mackie (176)	Sunderland Harriers	16.33	100	Adam Hamilton (38)	Wallsend Harriers &	18.49
35	Josh Abrook (114)	North York Moors	16.36	101	Steven Colby (64)	North Shields Poly	18.51 O35
36	Wes Tarn (67)	Darlington H & AC	16.37 O40	102	Jonathan Rewcastle (149)	Elswick Harriers	18.54
37	Mark Hodgson (140)	South Shields Harri	16.37	103	Christopher Bell (190)	Sunderland Harriers	18.59
38	Thomas Innes (120)	Morpeth Harriers &	16.38	104	Christopher West (73)	Tyne Bridge Harrier	19.00 O35
39	Ben Palmer (144)	Middlesbrough Athl	16.38	105	Dave Hartis (65)	Tyne Bridge Harrier	19.00 O35
40	Gregory Poulton (93)	Birtley AC	16.42	106	Alan Cunningham (62)	Unattached	19.05 O45
41	Alex Muir (136)	Blaydon Harriers &	16.42	107	Paul Mander (184)	Unattached	19.09
42	Andrew Bell (52)	Unattached	16.43 O35	108	Malcolm Leece (147)	Jarrow & Hebburn	19.10 O45
43	Jevan Robertson (146)	Tyne Bridge Harrier	16.45	109	Declan Munnely (191)	Sedgefield Harriers	19.13 O40
44	Joe Pomfret (185)	Sunderland Harriers	16.48	110	Ian Sanderson (82)	Valley Striders AC	19.15 O45
45	Steven McMahan (1)	Sunderland Harriers	16.49 O40	111	Chris Pearce (58)	Elswick Harriers	19.16 O45
46	Andrew Alderson (105)	Blaydon Harriers &	16.55 O35	112	Peter Jobes (174)	Heaton Harriers &	19.18
47	Josh Lincoln (89)	Richmond & Zetlan	16.58	113	Alan Knebel (9)	Sunderland Harriers	19.19 O45
48	Merhawi Goytom (178)	Sunderland Harriers	17.05	114	Jon Parker (81)	North York Moors	19.21 O35
49	Callum Thom (2)	Sunderland Harriers	17.05	115	Matthew Fletcher (47)	Unattached	19.22 O40
50	Jonathan Wilkinson (141)	Durham City	17.06	116	Rhys Clark (28)	Sunderland Harriers	19.23
51	Chris Jackson (13)	Sunderland Harriers	17.11 O40	117	David Lash (14)	Sunderland Harriers	19.25 O40
52	Lee Dickens (125)	South Shields Harri	17.12 O35	118	Darren Clements (39)	North York Moors	19.26
53	Michael Parkinson (61)	North Shields Poly	17.12 O45	119	David Hulse (170)	Unattached	19.28
54	Shaun Marshall (127)	Darlington H & AC	17.12	120	Carl Marshall (43)	Elswick Harriers	19.30 O40
55	Andrew Ball (37)	Elswick Harriers	17.15 O40	121	Chris Davison (177)	Sunderland Harriers	19.35
56	Harry Potter (104)	North York Moors	17.17	122	Ian Ruddick (98)	Unattached	19.43 O40
57	Georgie Hebdon (83)	Elvet Striders	17.18	123	Lee Pattinson (71)	Wallsend Harriers &	19.45 O40
58	Christopher Huitson (41)	Tyne Bridge Harrier	17.21	124	Thomas Bell (123)	Heaton Harriers &	19.48 O35
59	Nigel Simpson (172)	Birtley AC	17.25 O40	125	Lee Coulson (35)	Elswick Harriers	19.54 O40
60	Chris Dwyer (133)	Sunderland Strollers	17.29 O35	126	Paul Seed (187)	North Shields Poly	20.14 O40
61	Michael Littlewood (113)	Elvet Striders	17.30 O40	127	Ben Hall (107)	Elswick Harriers	20.16 O35
62	Jeff McGurty (87)	South Shields Harri	17.31 O40	128	Reece Black (63)	Unattached	20.24
63	Gareth Hurst (126)	Unattached	17.41	129	Ben Ryan (150)	Billingham Marsh	20.26
64	Daniel Anderson (179)	Sunderland Strollers	17.44	130	Matthew Carr (56)	Elvet Striders	20.38 O40
65	Sam Thurlbeck (23)	Sunderland Harriers	17.45	131	Trevor Jones (54)	Blackhill Bounders	20.39 O40
66	Cameron Lawton (27)	Sunderland Harriers	17.52	132	Andrew Hughes (3)	Sunderland Harriers	20.42 O40

Pos	Name	Club	Time	Pos	Name	Time
133	Mark Best (186)	Heaton Harriers &	20.42			
134	Mark Bainbridge (142)	Aycliffe Running Cl	20.44			
135	Jamie Wilson (92)	Tyne Bridge Harrier	20.49			O35
136	Daniel Nettle (70)	Elswick Harriers	20.49			O45
137	Stephen Taylor (116)	Wallsend Harriers &	20.55			O35
138	Karl Robinson (11)	Sunderland Harriers	21.01			O45
139	Michael Clegg (34)	Elswick Harriers	21.07			O35
140	Keith O'donnell (112)	Wallsend Harriers &	21.16			O45
141	Chris Parker (101)	Sunderland Strollers	21.27			
142	Peter Telford (152)	Durham City	21.33			O45
143	Shaun Bagley (25)	Sunderland Harriers	21.36			
144	Barry Marlee (22)	Sunderland Harriers	21.37			O45
145	Howard MacLennan (32)	Claremont Road Ru	21.52			O45
146	David Bullock (121)	Heaton Harriers &	21.55			
147	Jaxon Douglass (175)	Unattached	22.18			
148	Steven Corner (7)	Sunderland Harriers	22.21			O45
149	Patrick Greene (156)	Unattached	22.43			O45
150	David Cornish (158)	Tyne Bridge Harrier	22.58			O35
151	Adam Gardner (189)	Unattached	23.40			
152	Gavin Cowen (168)	Sunderland Harriers	23.46			O40
153	Robert Clark (97)	Unattached	23.48			O35
154	Paul Frame (131)	Sedgefield Harriers	24.10			O45
155	Mark Chapman (182)	Sedgefield Harriers	24.11			O40
156	John Ryan (103)	Elswick Harriers	24.15			
157	Sam Rudd (132)	Sedgefield Harriers	24.18			O35
158	Simon Kirkley (122)	Tyne Bridge Harrier	24.19			O45
159	John Joseph Richardson (15)	Aycliffe Running Cl	25.07			