

Position	Number	Name	Club	Cat	Time
1	1	Stephen Jackson	Sunderland Harriers	MV40	16.21
2	18	Liam Taylor	Sunderland Harriers	MSen	16.32
3	2	Adam Hughes	Sunderland Harriers	MU20	16.54
4	54	Joe Tabachnik	Unattached	MSen	17.17
5	82	Michael Barker	Sunderland Harriers	MV40	17.37
6	100	Michael Stott	Blyth RC	MV40	17.39
7	93	Alice Crane	Durham City Harriers	FSen	17.50
8	21	Jonathon Collins	Sunderland Harriers	MSen	17.51
9	6	Michael Rodenby	Sunderland Harriers	MSen	18.16
10	60	Rory Graham	Houghton Harriers	MSen	18.18
11	7	Michael Edwards	Sunderland Harriers	MV40	18.34
12	48	Mark Covell	Wallsend Harriers	MSen	18.37
13	40	Ben Wilkinson	Birtley AC	MSen	18.39
14	65	Catriona MacDonald	Morpeth Harriers	FSen	18.50
15	20	Chris Bell	Sunderland Harriers	MSen	18.51
16	59	Gavin Mulvaney	South Shields Harriers	MV45	19.12
17	78	Phil Tickner	Durham City Harriers	MV45	19.28
18	46	Michael Taggart	Unattached	MSen	19.38
19	11	Darren Stoker	Sunderland Harriers	MV50	19.44
20	62	Ethan Collins	Durham City Harriers	MSen	19.48
21	9	Andy Graham	Sunderland Harriers	MV40	19.53
22	15	Tim Field	Sunderland Harriers	MV55	19.54
23	16	Rob King	Sunderland Harriers	MSen	19.55
24	28	Jessica Fox	Sunderland Harriers	FSen	19.56
25	22	Mark Head	Sunderland Harriers	MV45	19.57
26	76	Cameron Lawton	Sunderland Harriers	MU20	20.09
27	10	David Lash	Sunderland Harriers	MV40	20.13
28	55	Thomas Spens	Durham City Harriers	MSen	20.26
29	14	Kevin Johnson	Sunderland Harriers	MSen	20.31
30	3	Scott Crawford	Sunderland Harriers	MV40	20.34
31	64	Alistair MacDonald	Morpeth Harriers	MSen	20.35
32	38	Alan Cooney	Sunderland Strollers	MSen	20.37
33	83	Sadie Abel	Sedgefield Harriers	FSen	20.45
34	17	Chris Dwyer	Sunderland Harriers	MV40	20.46
35	43	Rory Letts	Sedgefield Harriers	MSen	21.05
36	49	Simon Clough	Blyth RC	MSen	21.11
37	90	Ian Tulloch	Unattached	MV55	21.22
38	45	David Walker	Sedgefield Harriers	MSen	21.23
39	87	Andrew Hughes	Sunderland Harriers	MV40	21.34
40	34	Ross Robertson	Vegan Runners	MSen	22.09
41	47	Jaxon Douglass	Unattached	MSen	22.11
42	5	Dale Wilkinson	Sunderland Harriers	MV55	22.21
43	58	Scott Ellis	Wallsend Harriers	MSen	22.23
44	99	Matt Cooke	Sedgefield Harriers	MV45	22.28
45	86	Paul Delaney	Durham City Harriers	MV55	22.29

46	80	Jane Spink	Sedgefield Harriers	FV45	22.42
47	25	Linda Mudford	Sunderland Harriers	FV40	22.59
48	92	Matty Down	Jesmond Joggers	MV55	23.03
49	53	Steven French	Blyth RC	MV40	23.09
50	37	Peter Milburn	Sedgefield Harriers	MSen	23.14
51	81	Robert Spink	Sedgefield Harriers	MV50	23.18
52	85	Rob Garbutt	Durham City Harriers	MV55	23.30
53	12	Dean Phillips	Sunderland Harriers	MV50	23.47
54	77	Anton Mirafsari	Jarrow & Hebburn AC	MSen	24.01
55	27	Charlotte Stidolph	Sunderland Harriers	FSen	24.02
56	61	Carl Mowatt	South Shields Harriers	MV55	24.08
57	26	Natasha Steel	Sunderland Harriers	FSen	24.09
58	84	Caroline Ames	Jarrow & Hebburn AC	FSen	24.22
59	96	Barry Young	North Shileds Poly AC	MV60	24.32
60	31	Steven Dawson	Aycliffe RC	MSen	24.48
61	57	Jonny Glenwright	Unattached	MSen	25.26
62	79	Scott Bell	Unattached	MSen	25.27
63	4	Trevor Barrs	Sunderland Harriers	MV65	25.28
64	32	David Coxon	Sedgefield Harriers	MSen	25.29
65	101	Joe Glancy	Sunderland Strollers	MV60	25.30
66	75	Alistair Robson	Fetch Everyone RC	MV50	25.44
67	88	Will Fenwick	Ashington Hirst RC	MSen	25.57
68	41	Paul Cowell	Sedgefield Harriers	MSen	26.13
69	13	Alan Chapman	Sunderland Harriers	MSen	27.07
70	29	Michelle O'Neill	Sunderland Harriers	FV50	27.14
71	91	Gill Turnbull	Unattached	FSen	27.19
72	36	Susan Milburn	Sedgefield Harriers	FSen	27.29
73	102	Gerard Harrison	Sunderland Strollers	MV50	28.09
74	44	Georgina Letts	Sedgefield Harriers	FSen	28.48
75	42	Sue Dobson	Sedgefield Harriers	FSen	28.56
76	98	Natalie Cadlish	Unattached	FSen	29.07
77	97	Chris Parrish	Unattached	MV40	29.15
78	24	Hannah Hughes	Sunderland Harriers	FU20	29.33
79	74	Nathaniel-James Forson	Sunderland Strollers	MV45	29.45
80	89	Dean Angus	Unattached	MV40	30.15
81	52	Laura Gibbon	Evenwood Runners	FSen	31.49
82	94	Enya Killen	Sedgefield Harriers	FSen	31.57
83	67	Philip Houghton	Sedgefield Harriers	MSen	32.08
84	95	Anthony Duddin	Unattached	MSen	32.32
85	50	Helen Hitchen	Evenwood Runners	FSen	33.12
86	66	Craig Thomas	Evenwood Runners	MSen	33.40
87	63	Disa Copper	Unattached	FSen	33.43
88	73	Jack Wilson	Sunderland Strollers	MV75	35.13
89	72	George Routledge	Heaton Harriers	MV75	40.14