

Pos	Name	Club	Time	Gender	Age Grp
1	NICK SWIINBURN (74)	Morpeth Harriers	26.49	M	O40
2	MARK SMITH (75)	Unattached	27.14	M	
3	MARK MCLEOD (92)	Elswick Harriers	27.50	M	
4	CHRIS McDONALD (85)	S. Shields	28.27	M	
5	MARK MCDONALD (45)	Low Fell	28.34	M	O45
6	JOHN DONNEKY (59)	Derwentside	28.54	M	
7	DAVID ARMSTRONG (79)	Elswick Harriers	29.40	M	
8	KEN MAYNARD (39)	Sunderland Strollers	29.41	M	
9	DAN ROBINS (104)	Heaton Harriers	30.03	M	O40
10	PAUL REDMAN (13)	Sunderland Harriers	30.21	M	
11	NEVILLE CRAIGS (88)	Alnwick Harriers	30.41	M	
12	CARL WATSON (77)	Jarrow & Hebburn	30.51	M	
13	STEPHEN MARSHALL (27)	Durham City	30.54	M	O45
14	GEOFF SCOTT (32)	Unattached	31.08	M	O45
15	TIM ALLSOP (23)	Sunderland Strollers	31.15	M	O50
16	MICK PEREIRA (81)	Low Fell	31.26	M	
17	ANGUS SUNDERLAND (105)	Heaton Harriers	31.27	M	
18	GEORGE RUSSELL (19)	Low Fell	32.00	M	
19	STEPHEN NESBITT (73)	Durham City	32.01	M	O50
20	PHILIP GOODE (110)	Saltwell Harriers	32.02	M	
21	CHRIS AUWD (76)	Heaton Harriers	32.18	M	
22	JOHN DONNEKY (90)	Derwentside	32.45	M	
23	MALCOLM GIBSON (86)	Heaton Harriers	33.05	M	O50
24	STEPHEN WINTER (65)	Chester-le-Street	33.20	M	
25	ADAM GREENWOOD (93)	Birtley A C	33.47	M	
26	CRAIG PROUDLOCK (5)	Unattached	33.52	M	
27	BRIAN BUCKLEY (70)	Derwentside	34.13	M	O45
28	STEVEN HARDWICK (38)	Heaton Harriers	34.14	M	
29	RORY COULTER (83)	Unattached	34.20	M	
30	JON BALMER (37)	S. Shields	34.23	M	
31	VICTORIA BOOTH (51)	Sunderland Strollers	34.35	F	O40
32	PETER DARKE (91)	Sunderland Strollers	34.51	M	
33	CHRIS HASSELL (29)	Unattached	34.55	M	
34	SCOTT McENTEE (68)	Heaton Harriers	34.59	M	
35	ANNA MCCLEAN (18)	Low Fell	35.04	F	O40
36	TERRY TOPPING (64)	Sunderland Strollers	35.15	M	
37	RAY HOPPER (100)	Blackhill Bounders	35.19	M	
38	DAVID WOTTON (78)	Claremont R.R.	35.37	M	
39	MICHELLE WOODLEY (63)	Morpeth Harriers	35.44	F	O50
40	DEAN ROBSON (22)	Sunderland Strollers	35.45	M	
41	JOHN GIBSON (14)	Heaton Harriers	35.51	M	
42	SUE LAWS (106)	Derwentside	35.55	F	
43	BRIAN RICHARDSON (99)	Blackhill Bounders	36.04	M	O40
44	JAMIE HARDING (15)	Claremont R.R.	36.07	M	
45	MARIO JACONELLI (35)	Sunderland Strollers	36.21	M	
46	PAUL VINCENT (4)	Birtley A C	36.23	M	
47	DAVID ARMSTRONG (34)	Concordia Runners & Pedellers	36.24	M	O45
48	ALISON PATTISON (84)	Sunderland Strollers	36.34	F	O50
49	JEFF HENDERSON (50)	North East Vets	36.37	M	O35
50	JULIE CROSS (36)	Claremont R.R.	36.42	F	O40
51	ANGELA RACE (28)	Unattached	36.45	F	O40
52	JACQUELINE ELLIOTT (95)	PHOENIX RUNNERS	36.57	M	O60
53	JILL KISLER (54)	Sunderland Strollers	37.10	F	
54	BOB BALMER (46)	S. Shields	37.17	M	
55	KEITH MCCLEAN (17)	Unattached	37.26	M	

56	KEITH LANT (12)	Unattached	37.29	M	O45
57	RACHEL KERR (87)	Claremont R.R.	37.30	F	
58	JONATHAN KISLER (53)	Sunderland Strollers	37.31	M	
59	ALLEN MULLISS (24)	Heaton Harriers	37.35	M	O45
60	D GRAHAM (69)	Derwentside	37.40	M	
61	ALAN SLESSER (111)	Jarrow & Hebburn	37.40	M	O50
62	SCOTT BROWN (71)	Elvet Striders	37.42	M	
63	ANDREA CLARKE (55)	Blaydon Harriers	37.53	F	O40
64	SHARON PARR (98)	Chester-le-Street	38.20	F	O50
65	B YOUNG (67)	Unattached	38.21	M	O45
66	SHIRLEY ATKINSON (94)	Heaton Harriers	38.22	F	O35
67	MANDY PEGMAN (3)	Birtley A C	38.26	F	O35
68	IAIN McKINNON (112)	Heaton Harriers	38.27	M	
69	MAGGIE LORAINE (2)	Birtley A C	38.37	F	O50
70	GERRY HARGREAVES (89)	Unattached	38.42	M	O50
71	PAUL JACKSON (80)	Sunderland Strollers	38.52	M	O50
72	DAVID MANNERS (102)	Claremont R.R.	39.09	M	O50
73	SCOTT CUNNINGHAM (57)	Unattached	39.23	M	
74	ANDY HUSBAND (40)	Unattached	39.25	M	
75	TOM WAGGOTT (52)	Unattached	39.28	M	O50
76	NICK NEAVE (58)	Derwentside	39.41	M	O40
77	GARY COULTER (82)	Unattached	39.52	M	O50
78	ROBERT BALL (97)	Concordia Runners & Pedellers	40.02	M	O50
79	ALLAN ROBERTSON (108)	Sunderland Strollers	40.03	M	O45
80	DON KENT (114)	Blackhill Bounders	40.05	M	O50
81	MARK JAMESON (6)	Unattached	40.06	M	
82	SUSAN CLUGHEN (7)	Sunderland Harriers	40.07	F	O50
83	MAX STEPHENSON (48)	S. Shields	40.22	M	O60
84	DAVID BEAUMONT (11)	Unattached	40.26	M	O50
85	ERIC APPLEBY (72)	Heaton Harriers	40.49	M	O60
86	RICHARD SMITH (8)	Unattached	40.53	M	O40
87	BILL BROWN (25)	Unattached	40.57	M	O60
88	SUKI SANDHIM (113)	Unattached	41.05	M	
89	RON AVERY (101)	Sunderland Harriers	41.07	M	O50
90	PETER ROSENZWEIG (16)	Unattached	43.38	M	O55
91	JOHN COSURNER (109)	Sunderland Strollers	43.38	M	O50
92	DAREN SMITH (31)	Unattached	44.17	M	
93	PATRICK KELLY (61)	Birtley A C	44.27	M	O40
94	RACHEL JAMESON (103)	Jarrow & Hebburn	44.50	F	
95	MICHAEL BUNN (66)	Jarrow & Hebburn	44.51	M	O45
96	GEORGE ROUTLEDGE (107)	Heaton Harriers	53.08	M	O55
97	TED JOYHSON (44)	Gateshead	66.38	M	O60

Teams (male)

1 Low Fell	39
2 Heaton Harriers	47
3 Derwentside	55
= Sunderland Strollers	55
5 S. Shields	88
6 Claremont R.R.	154
7 Blackhill Bounders	160
8 Birtley A C	164
9 Jarrow & Hebburn	168

Teams (female)

1 Sunderland Strollers	132
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