

North Eastern Counties Athletics Association  
Mens 10,000M Track Championship 2018  
Wednesday 18th April 2018  
Monkton Stadium

	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	
1	Mark Long	Morpeth Harriers	32:11.22	(Gold Medalist)
2	Greg Jayasuriya	Middlesbrough&Cleveland	32:44.25	(Silver Medalist)
3	Robin Linten	Durham City Harriers	33:10.50	(Bronze Medalist)
4	John Butters	Morpeth Harriers	33:13.17	
5	Michael Joyeux	Quakers Runnng Club	33:13.94	
6	Lee James Dover	Houghton Harriers	33:52.15	
7	William Robson	North Shields Poly	34:04.88	
8	Robert Walker	Sunderland Harriers	34:31.88	
9	Jordan Bell	Blackhill Bounders	34:40.63	
10	Graeme Cook	North Shields Poly	34:45.33	
11	Steven Medd	Gateshead Harriers	35:10.24	
12	David Best	Blackhill Bounders	35:21.56	
13	Jonathon Stephens	Blaydon Harriers	36:50.50	
14	John Donneky	Derwentside AC	36:56.40	
15	Matt Guilder	Durham City Harriers	38:36:67	

North Eastern Counties Athletics Association  
10,000M Track Championship Race 2 2018  
Wednesday 18th April 2018  
Monkton Stadium

	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	James Meader	Heaton Harriers	36:01.9
2	Paul Whalley	Blyth Running Club	36:45.2
3	Peter Grimoldby	Gateshead Harriers	36:59.4
4	David Daniels	Tyne Bridge Harriers	39:22.6
5	Lee Hetherington	South Shields Harriers	39:35.3
6	Danielle Smythe	Heaton Harriers	39:45.4
7	Mark Davison	Derwentside AC	40:54.8
8	Simon Wells	Jesmond Joggers	42:22.3
9	George Henderson	South Shields Harriers	43:05.8
10	Suzanne Gutcher	South Shields Harriers	43:13.7
11	Ian Hutchinson	Derwent Valley Trail Runners	44:02.0
12	Heather Robinson	Jarrow & Hebburn	44:18.4
13	Vicki Thompson	Jarrow & Hebburn	47:23.2
14	Helen Ruffell	Jarrow & Hebburn	49:06.5
15	Christine Gilligan	Jarrow & Hebburn	56:39.8

North Eastern Counties Athletics Association  
Womens 10,000M Track Championship 2018  
Wednesday 18th April 2018  
Monkton Stadium

	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	
1	Danielle Smythe	Heaton Harriers	39:45.4	(Gold Medalist)
2	Suzanne Gutch	South Shields Harriers	43:13.7	(Silver Medalist)
3	Heather Robinson	Jarrow & Hebburn	44:18.4	(Bronze Medalist)
4	Vicki Thompson	Jarrow & Hebburn	47:23.2	
5	Helen Ruffell	Jarrow & Hebburn	49:06.5	
6	Christine Gilligan	Jarrow & Hebburn	56:39.8	