

## 63<sup>rd</sup> Blyth Sands Race (2023) FULL RESULTS

POS	No.	Firstname	Lastname	Running Club			CLOCK	Handicap	Actual
1	188	James	Anderson	North Shields Polytechnic Club	V40	M	00:26:16	00:02:00	00:28:16
2	837	Ian	Norman	Heaton Harriers & AC	V60	M	00:26:29	00:07:00	00:33:29
3	480	Stephanie	Maclean-Dann	North Shields Polytechnic Club	V45	F	00:26:34	00:08:00	00:34:34
4	879	Charlotte	Dillon	Houghton Harriers & AC	U18	F	00:26:38	00:06:00	00:32:38
5	671	Michael	Stott	Blyth Running Club	V40	M	00:26:50	00:02:00	00:28:50
6	699	Gavin	Bayne	Morpeth Harriers & AC	V65	M	00:26:59	00:09:00	00:35:59
7	471	Julia	Carnaffin		V60	F	00:27:49	00:12:00	00:39:49
8	874	Mike	Harris		V70	M	00:28:06	00:11:00	00:39:06
9	196	Ian	Dunning	North Shields Polytechnic Club	V40	M	00:28:07	00:02:00	00:30:07
10	432	Ian	Pickett	Tyne Bridge Harriers	V45	M	00:28:10	00:03:00	00:31:10
11	890	Heather	Christopher	Blyth Running Club	V50	F	00:28:24	00:09:00	00:37:24
12	675	Patrick	Houghton	North Shields Polytechnic Club	V40	M	00:28:47	00:02:00	00:30:47
13	470	David	Stabler	Morpeth Harriers & AC	V45	M	00:28:53	00:03:00	00:31:53
14	887	bryan	potts	Elvet Striders	SEN	M	00:29:09	00:00:00	00:29:09
15	422	Julie	Cross	Claremont Road Runners	V55	F	00:29:14	00:11:00	00:40:14
16	886	Charles	Hall	North Shields Polytechnic Club	V65	M	00:29:19	00:09:00	00:38:19
17	661	Louis	Head	Heaton Harriers & AC	SEN	M	00:29:27	00:00:00	00:29:27
18	499	Michael	Littlewood	Elvet Striders	V45	M	00:29:35	00:03:00	00:32:35
19	460	Lindsay	McEwan	Elvet Striders	V50	M	00:29:37	00:04:00	00:33:37
20	694	Ray	Lugsden		V65	M	00:29:43	00:09:00	00:38:43
21	496	Geoff	Hewitson	Crook & Dist Sports AC	V65	M	00:29:49	00:09:00	00:38:49
22	871	Martin	Gaughan		V65	M	00:29:53	00:09:00	00:38:53
23	90	Jeremy	Smith	Heaton Harriers & AC	V55	M	00:30:02	00:05:00	00:35:02
24	412	Anna	Basu	Elvet Striders	V50	F	00:30:08	00:09:00	00:39:08
25	452	Tamsin	Imber	Elvet Striders	V45	F	00:30:10	00:08:00	00:38:10
26	868	James	McNaney	Elvet Striders	SEN	M	00:30:16	00:00:00	00:30:16
27	500	Paul	O'Mara	Tyne Bridge Harriers	SEN	M	00:30:18	00:00:00	00:30:18
28	425	Philip	Tickner		V45	M	00:30:44	00:03:00	00:33:44
29	426	Simon	Daniels	Gosforth Harriers & AC	V55	M	00:31:01	00:05:00	00:36:01
30	495	Sandra	Watson	Blyth Running Club	V55	F	00:31:03	00:11:00	00:42:03
31	655	Russell	Dickinson-Deane	Newcastle Frontrunners	V55	M	00:31:05	00:05:00	00:36:05
32	X2	Jack	Shawcross	Heaton Harriers & AC	SEN	M	00:31:10	00:00:00	00:31:10
33	428	Christine	Woods	Durham City Harriers & AC	V65	F	00:31:11	00:13:00	00:44:11
34	758	Sophie	Marr	Tyne Bridge Harriers	V35	F	00:31:15	00:06:00	00:37:15
35	459	Emma	McCabe	Elvet Striders	V40	F	00:31:28	00:07:00	00:38:28
36	195	David	Bradley	Blyth Running Club	V70	M	00:31:34	00:11:00	00:42:34
37	698	John	Tollitt	Tyne Bridge Harriers	V60	M	00:31:41	00:07:00	00:38:41
38	416	Ian	Butler	Elvet Striders	V60	M	00:31:47	00:07:00	00:38:47
39	437	Wendy	Pawsey	North Shields Polytechnic Club	V40	F	00:31:54	00:07:00	00:38:54
40	838	Lisa	Donaldson	Crook & Dist Sports AC	V35	F	00:31:55	00:06:00	00:37:55
41	417	Heather	Raistrick	Elvet Striders	V60	F	00:32:00	00:12:00	00:44:00
42	686	Michael	proud		V45	M	00:32:02	00:03:00	00:35:02
43	91	Judith	Archibold	Heaton Harriers & AC	V60	F	00:32:04	00:12:00	00:44:04
44	89	Lawrence	Hutchinson		V65	M	00:32:07	00:09:00	00:41:07
45	481	Vicky	Simpson	North Shields Polytechnic Club	SEN	F	00:32:33	00:04:00	00:36:33
46	876	Rachael	Perowne	Tyne Bridge Harriers	V45	F	00:32:37	00:08:00	00:40:37
47	492	Paul	Delaney		V55	M	00:32:42	00:05:00	00:37:42
48	654	Jenny	Graham	Gosforth Harriers & AC	V45	F	00:32:51	00:08:00	00:40:51
49	447	Mark	Warner	Elvet Striders	V40	M	00:32:55	00:02:00	00:34:55
50	664	David	Shields	Blyth Running Club	V50	M	00:33:00	00:04:00	00:37:00

51	696	David	Lydall	Claremont Road Runners	V60	M	<b>00:33:03</b>	00:07:00	00:40:03
52	875	Graeme	Watt	Elvet Striders	V45	M	<b>00:33:05</b>	00:03:00	00:36:05
53	464	Alex	Collier	Elvet Striders	V40	M	<b>00:33:14</b>	00:02:00	00:35:14
54	880	Richard	Dillon	Houghton Harriers & AC	V50	M	<b>00:33:15</b>	00:04:00	00:37:15
55	493	Kurt	Dale	Durham City Harriers & AC	SEN	M	<b>00:33:25</b>	00:00:00	00:33:25
56	169	Joe	Haustead	East Durham Running Club	V45	M	<b>00:33:29</b>	00:03:00	00:36:29
57	486	Theresa	Rugman-Jones	Elvet Striders	V55	F	<b>00:33:51</b>	00:11:00	00:44:51
58	663	Lynne	Carruthers	Durham City Harriers & AC	V60	F	<b>00:33:54</b>	00:12:00	00:45:54
59	409	Isabel	Neatrou	Claremont Road Runners	SEN	F	<b>00:33:56</b>	00:04:00	00:37:56
60	668	Karl	Bryce	Blyth Running Club	SEN	M	<b>00:33:56</b>	00:00:00	00:33:56
61	889	David	Nolan	Low Fell RC	SEN	M	<b>00:33:59</b>	00:00:00	00:33:59
62	X3	Richard	Sill		V65	M	<b>00:34:01</b>	00:09:00	00:43:01
63	194	Gillian	Bell	Tynedale Harriers & AC	V45	F	<b>00:34:08</b>	00:08:00	00:42:08
64	684	Stephen	Garbutt	Newcastle Frontrunners	SEN	M	<b>00:34:29</b>	00:00:00	00:34:29
65	689	James	Croft	Houghton Harriers & AC	V60	M	<b>00:34:34</b>	00:07:00	00:41:34
66	488	Matty	Down	Jesmond Joggers	V55	M	<b>00:34:38</b>	00:05:00	00:39:38
67	761	Jenny	Friend	Heaton Harriers & AC	V60	F	<b>00:34:40</b>	00:12:00	00:46:40
68	491	Michael	Dickinson	Houghton Harriers & AC	V75	M	<b>00:34:53</b>	00:12:00	00:46:53
69	877	Helen	Moriss	Blyth Running Club	V60	F	<b>00:34:54</b>	00:12:00	00:46:54
70	478	Rob	Garbutt	Durham City Harriers & AC	V55	M	<b>00:34:58</b>	00:05:00	00:39:58
71	149	Shaun	Morris	Blyth Running Club	V40	M	<b>00:35:02</b>	00:02:00	00:37:02
72	187	Carol	Marshall	Tynedale Harriers & AC	V60	F	<b>00:35:08</b>	00:12:00	00:47:08
73	85	Ian	Hearn	North Shields Polytechnic Club	V55	M	<b>00:35:09</b>	00:05:00	00:40:09
74	660	Jenny	Robertson	Prudhoe Plodders Running Club	V40	F	<b>00:35:09</b>	00:07:00	00:42:09
75	167	Amy	Leonard	Houghton Harriers & AC	SEN	F	<b>00:35:16</b>	00:04:00	00:39:16
76	475	Jennifer	Lapping	Tynedale Harriers & AC	V45	F	<b>00:35:22</b>	00:08:00	00:43:22
77	666	Richard	Heslop	Prudhoe Plodders Running Club	V45	M	<b>00:35:25</b>	00:03:00	00:38:25
78	662	Sonam	Wangdi	Claremont Road Runners	SEN	M	<b>00:35:31</b>	00:00:00	00:35:31
79	485	Glenn	Robinson		V55	M	<b>00:35:44</b>	00:05:00	00:40:44
80	408	Laurie	Johnson	Claremont Road Runners	SEN	M	<b>00:35:48</b>	00:00:00	00:35:48
81	87	Caroline	Slane	Blackhill Bounders	V50	F	<b>00:35:59</b>	00:09:00	00:44:59
82	847	Scott	McEntee	Heaton Harriers & AC	V45	M	<b>00:36:02</b>	00:03:00	00:39:02
83	680	Emilio	Vazquez	Jesmond Joggers	SEN	M	<b>00:36:05</b>	00:00:00	00:36:05
84	431	Paul	noble	Blyth Running Club	V40	M	<b>00:36:08</b>	00:02:00	00:38:08
85	866	Peter	Scaife	Morpeth Harriers & AC	V60	M	<b>00:36:21</b>	00:07:00	00:43:21
86	98	Philip	Lancaster	North Shields Polytechnic Club	SEN	M	<b>00:36:25</b>	00:00:00	00:36:25
87	415	Ricky	Davidson	North Shields Polytechnic Club	V45	M	<b>00:36:31</b>	00:03:00	00:39:31
88	882	Angelo	Gabriele	Tyne Bridge Harriers	V40	M	<b>00:36:35</b>	00:02:00	00:38:35
89	160	Emma	Payne	North Shields Polytechnic Club	V55	F	<b>00:36:37</b>	00:11:00	00:47:37
90	494	Steven	Martin	Durham City Harriers & AC	V45	M	<b>00:36:48</b>	00:03:00	00:39:48
91	650	janice	stewart	Blyth Running Club	V45	F	<b>00:36:49</b>	00:08:00	00:44:49
92	458	Steve	Gilder	Houghton Harriers & AC	SEN	M	<b>00:36:59</b>	00:00:00	00:36:59
93	474	Alison	Cessford		V40	F	<b>00:37:07</b>	00:07:00	00:44:07
94	999	Jonathan	Bone	Ponteland Runners	V55	M	<b>00:37:16</b>	00:05:00	00:42:16
95	X4	Harry	King		SEN	M	<b>00:37:23</b>	00:00:00	00:37:23
96	424	Sharon	Cook	Heaton Harriers & AC	V40	F	<b>00:37:33</b>	00:07:00	00:44:33
97	423	Elizabeth	Denyer	Claremont Road Runners	V45	F	<b>00:37:49</b>	00:08:00	00:45:49
98	898	Celia	Bone	Ponteland Runners	V55	F	<b>00:37:53</b>	00:11:00	00:48:53
99	97	Will	Fenwick	Ashington Hirst Running Club	SEN	M	<b>00:37:57</b>	00:00:00	00:37:57
100	676	Holly	Porter	Claremont Road Runners	SEN	F	<b>00:37:59</b>	00:04:00	00:41:59
101	693	Alison	French	Blyth Running Club	V45	F	<b>00:38:01</b>	00:08:00	00:46:01
102	477	Jo	Storey		V45	F	<b>00:38:02</b>	00:08:00	00:46:02
103	92	Malcolm	Sygrove	Elvet Striders	V55	M	<b>00:38:14</b>	00:05:00	00:43:14

104	893	Sarah	Atkinson	North Shields Polytechnic Club	V50	F	00:38:19	00:09:00	00:47:19
105	843	Mark	Rudkin	Blyth Running Club	V40	M	00:38:27	00:02:00	00:40:27
106	683	Suzanne	Main	Newcastle Fronrunners	V45	F	00:38:31	00:08:00	00:46:31
107	687	Helen	Astle	Newcastle Fronrunners	SEN	F	00:38:33	00:04:00	00:42:33
108	674	Paula	Salter		V45	F	00:38:35	00:08:00	00:46:35
109	410	Lloyd	Forster	North Shields Polytechnic Club	SEN	M	00:38:41	00:00:00	00:38:41
110	682	Stuart	Forsyth	Newcastle Fronrunners	V40	M	00:38:41	00:02:00	00:40:41
111	465	Lotti	Collier	Elvet Striders	V40	F	00:38:54	00:07:00	00:45:54
112	1	Emma	Bayliss	Blyth Running Club	SEN	F	00:39:29	00:04:00	00:43:29
113	472	Collette	Eames		V60	F	00:39:32	00:12:00	00:51:32
114	870	Nick	Houghton	Gosforth Harriers & AC	V40	M	00:39:34	00:02:00	00:41:34
115	672	Andrew	Stoddart	Newcastle Fronrunners	V45	M	00:39:38	00:03:00	00:42:38
116	692	Steven	French	Blyth Running Club	V45	M	00:39:41	00:03:00	00:42:41
117	449	Andrew	Middleton	Elswick Harriers	V45	M	00:39:43	00:03:00	00:42:43
118	659	Ria	Knox	Tyne Bridge Harriers	V35	F	00:40:02	00:06:00	00:46:02
119	413	Dave	Huscroft	North Shields Polytechnic Club	SEN	M	00:40:02	00:00:00	00:40:02
120	881	Gary	Corkhill		V40	M	00:40:10	00:02:00	00:42:10
121	652	Izabella	Croxford	Newcastle Fronrunners	V50	F	00:40:23	00:09:00	00:49:23
122	94	Heather	Gould	North Shields Polytechnic Club	V60	F	00:40:29	00:12:00	00:52:29
123	457	Andrea	Mitchell		V65	F	00:40:29	00:13:00	00:53:29
124	150	Alan	Dunning	Claremont Road Runners	V60	M	00:40:41	00:07:00	00:47:41
125	418	Jonathan	Jamison		V50	M	00:40:43	00:04:00	00:44:43
126	463	Alex	Docherty	Houghton Harriers & AC	SEN	M	00:40:47	00:00:00	00:40:47
127	688	Julia	Whitehall	Newcastle Fronrunners	SEN	F	00:40:51	00:04:00	00:44:51
128	892	Nick	Atkinson	North Shields Polytechnic Club	V50	M	00:40:59	00:04:00	00:44:59
129	844	Marie	Bell	Tyne Bridge Harriers	V45	F	00:41:03	00:08:00	00:49:03
130	673	Sian	Salter	Newcastle Fronrunners	V40	F	00:41:11	00:07:00	00:48:11
131	669	Michael	Ashby	Blyth Running Club	V55	M	00:41:13	00:05:00	00:46:13
132	93	Robert	Kirkpatrick	North Shields Polytechnic Club	V45	M	00:41:24	00:03:00	00:44:24
133	419	Jessica	Anderson	Tyne Bridge Harriers	V65	F	00:41:26	00:13:00	00:54:26
134	885	Robin	Clough	Blackhill Bounders	V55	M	00:41:35	00:05:00	00:46:35
135	883	Bev	Robinson	Newcastle Fronrunners	V60	F	00:41:40	00:12:00	00:53:40
136	434	David	Armstrong	Newburn Running Club	V45	M	00:41:43	00:03:00	00:44:43
137	451	Rob	Dooley	Jesmond Joggers	V50	M	00:41:48	00:04:00	00:45:48
138	439	Philip	Healey		V60	M	00:41:52	00:07:00	00:48:52
139	681	Lewis	Proud		SEN	M	00:41:54	00:00:00	00:41:54
140	859	David	Nevins	Newcastle Fronrunners	V45	M	00:41:54	00:03:00	00:44:54
141	456	Emily	Scott	Elvet Striders	SEN	F	00:42:02	00:04:00	00:46:02
142	894	John	McCabe	Ponteland Runners	V50	M	00:42:04	00:04:00	00:46:04
143	867	John	Hindmarch	Tyne Bridge Harriers	V75	M	00:42:22	00:12:00	00:54:22
144	657	Matt	Thomas	Prudhoe Plidders Running Club	V40	M	00:42:26	00:02:00	00:44:26
145	873	Jocelyn	Bolam		V60	F	00:42:33	00:12:00	00:54:33
146	869	Sonia	Sultman	Blyth Running Club	V40	F	00:42:42	00:07:00	00:49:42
148	665	Stephen	Forster	Blyth Running Club	V60	M	00:42:53	00:07:00	00:49:53
149	697	Heather	Barrass	Blyth Running Club	V45	F	00:43:03	00:08:00	00:51:03
149	895	Bethany	Deadman	Newcastle Fronrunners	SEN	F	00:43:12	00:04:00	00:47:12
150	414	Sateesh	Tandel	Elvet Striders	V40	M	00:43:34	00:02:00	00:45:34
151	679	Emma Grace	Lewis	Newcastle Fronrunners	V35	F	00:43:49	00:06:00	00:49:49
152	421	Luke	Stokoe	Lonely Goat RC	SEN	M	00:43:51	00:00:00	00:43:51
153	189	Joshua	Whisker		SEN	M	00:43:57	00:00:00	00:43:57
154	670	Kate	McLean	Newcastle Fronrunners	V50	F	00:44:08	00:09:00	00:53:08
155	865	James	Fisher	Newcastle Fronrunners	V40	M	00:44:17	00:02:00	00:46:17
156	473	Lauren	Morgan	Heaton Harriers & AC	SEN	F	00:44:36	00:04:00	00:48:36

157	444	Aoife	Monaghan	Claremont Road Runners	SEN	F	<b>00:44:43</b>	00:04:00	00:48:43
158	420	Alexander	Anderson	Tyne Bridge Harriers	V70	M	<b>00:44:43</b>	00:11:00	00:55:43
159	462	Amy	Wilson	Darlington Triathlon Club	SEN	F	<b>00:44:47</b>	00:04:00	00:48:47
160	461	Hannah	Marshall	Jesmond Joggers	SEN	F	<b>00:44:48</b>	00:04:00	00:48:48
161	170	Steve	Barnett	Newcastle Frontrunners	V60	M	<b>00:44:52</b>	00:07:00	00:51:52
162	896	Tamsin	May	Blackhill Bounders	SEN	F	<b>00:45:12</b>	00:04:00	00:49:12
163	897	Rebecca	May	Blackhill Bounders	SEN	F	<b>00:45:12</b>	00:04:00	00:49:12
164	154	Kenny	McCormick	Claremont Road Runners	V70	M	<b>00:45:15</b>	00:11:00	00:56:15
165	695	Lewis	Littlewood	Durham City Harriers & AC	U18	M	<b>00:45:19</b>	00:02:00	00:47:19
166	656	Allen	Dickinson-Deane	Newcastle Frontrunners	V55	M	<b>00:45:28</b>	00:05:00	00:50:28
167	197	Al	Pepper		SEN	M	<b>00:45:38</b>	00:00:00	00:45:38
168	651	julie	spells	Newcastle Frontrunners	V45	F	<b>00:45:39</b>	00:08:00	00:53:39
169	678	Deborah	Williams		V50	F	<b>00:45:53</b>	00:09:00	00:54:53
170	467	Julie	Murrell		V50	F	<b>00:46:46</b>	00:09:00	00:55:46
171	1000	Maureen	Gordon		V55	F	<b>00:47:14</b>	00:11:00	00:58:14
172	490	Judith	Errington	Blackhill Bounders	V50	F	<b>00:47:47</b>	00:09:00	00:56:47
173	479	Claire	Knowles		V45	F	<b>00:48:21</b>	00:08:00	00:56:21
174	436	Jo	Lally		V50	F	<b>00:48:24</b>	00:09:00	00:57:24
175	155	Jo	Morrissey	Newcastle Frontrunners	V50	F	<b>00:48:31</b>	00:09:00	00:57:31
176	440	Natasha	Pollock	Blackhill Bounders	V40	F	<b>00:49:35</b>	00:07:00	00:56:35
177	888	Jocasta	Williams	Newcastle Frontrunners	V50	F	<b>00:49:40</b>	00:09:00	00:58:40
178	658	Michelle	Castro	Blyth Running Club	V35	F	<b>00:50:35</b>	00:06:00	00:56:35
179	691	VICTORIA	HOBBS	Newcastle Frontrunners	SEN	F	<b>00:52:26</b>	00:04:00	00:56:26
180	483	Jeffrey	Emmerson	Elswick Harriers	V70	M	<b>00:53:27</b>	00:11:00	01:04:27
181	454	Mike	Gill	Blackhill Bounders	V75	M	<b>00:54:14</b>	00:12:00	01:06:14
182	489	Fiona	Bell	Blackhill Bounders	V40	F	<b>00:56:06</b>	00:07:00	01:03:06
183	690	Stella	Postlethwaite	Newcastle Frontrunners	V35	F	<b>00:57:41</b>	00:06:00	01:03:41
184	667	Stephanie	Landers	Blyth Running Club	SEN	F	<b>00:58:51</b>	00:04:00	01:02:51
185	872	Helen	O'Donnell	Newcastle Frontrunners	SEN	NB	<b>00:59:48</b>	00:04:00	01:03:48

## Actual Times

**BY SPEED – ACTUAL RUNNING TIME**

POS	No.	Firstname	Lastname	Running Club			CLOCK	Handicap	Actual
1	188	James	Anderson	North Shields Polytechnic Club	V40	M	00:26:16	00:02:00	<b>00:28:16</b>
2	671	Michael	Stott	Blyth Running Club	V40	M	00:26:50	00:02:00	<b>00:28:50</b>
3	887	Bryan	Potts	Elvet Striders	SEN	M	00:29:09	00:00:00	<b>00:29:09</b>
4	661	Louis	Head	Heaton Harriers & AC	SEN	M	00:29:27	00:00:00	<b>00:29:27</b>
5	196	Ian	Dunning	North Shields Polytechnic Club	V40	M	00:28:07	00:02:00	<b>00:30:07</b>
6	868	James	Mcnaney	Elvet Striders	SEN	M	00:30:16	00:00:00	<b>00:30:16</b>
7	500	Paul	O'Mara	Tyne Bridge Harriers	SEN	M	00:30:18	00:00:00	<b>00:30:18</b>
8	675	Patrick	Houghton	North Shields Polytechnic Club	V40	M	00:28:47	00:02:00	<b>00:30:47</b>
9	432	Ian	Pickett	Tyne Bridge Harriers	V45	M	00:28:10	00:03:00	<b>00:31:10</b>
10	X2	Jack	Shawcross	Heaton Harriers & AC	SEN	M	00:31:10	00:00:00	<b>00:31:10</b>
11	470	David	Stabler	Morpeth Harriers & AC	V45	M	00:28:53	00:03:00	<b>00:31:53</b>
12	499	Michael	Littlewood	Elvet Striders	V45	M	00:29:35	00:03:00	<b>00:32:35</b>
13	879	Charlotte	Dillon	Houghton Harriers & AC	U18	F	00:26:38	00:06:00	<b>00:32:38</b>
14	493	Kurt	Dale	Durham City Harriers & AC	SEN	M	00:33:25	00:00:00	<b>00:33:25</b>
15	837	Ian	Norman	Heaton Harriers & AC	V60	M	00:26:29	00:07:00	<b>00:33:29</b>
16	460	Lindsay	McEwan	Elvet Striders	V50	M	00:29:37	00:04:00	<b>00:33:37</b>
17	425	Philip	Tickner		V45	M	00:30:44	00:03:00	<b>00:33:44</b>
18	668	Karl	Bryce	Blyth Running Club	SEN	M	00:33:56	00:00:00	<b>00:33:56</b>
19	889	David	Nolan	Low Fell RC	SEN	M	00:33:59	00:00:00	<b>00:33:59</b>
20	684	Stephen	Garbutt	Newcastle Frontrunners	SEN	M	00:34:29	00:00:00	<b>00:34:29</b>
21	480	Stephanie	Maclean-Dann	North Shields Polytechnic Club	V45	F	00:26:34	00:08:00	<b>00:34:34</b>
22	447	Mark	Warner	Elvet Striders	V40	M	00:32:55	00:02:00	<b>00:34:55</b>
23	686	Michael	proud		V45	M	00:32:02	00:03:00	<b>00:35:02</b>
24	90	Jeremy	Smith	Heaton Harriers & AC	V55	M	00:30:02	00:05:00	<b>00:35:02</b>
25	464	Alex	Collier	Elvet Striders	V40	M	00:33:14	00:02:00	<b>00:35:14</b>
26	662	Sonam	Wangdi	Claremont Road Runners	SEN	M	00:35:31	00:00:00	<b>00:35:31</b>
27	408	Laurie	Johnson	Claremont Road Runners	SEN	M	00:35:48	00:00:00	<b>00:35:48</b>
28	699	Gavin	Bayne	Morpeth Harriers & AC	V65	M	00:26:59	00:09:00	<b>00:35:59</b>
29	426	Simon	Daniels	Gosforth Harriers & AC	V55	M	00:31:01	00:05:00	<b>00:36:01</b>
30	655	Russell	Dickinson-Deane	Newcastle Frontrunners	V55	M	00:31:05	00:05:00	<b>00:36:05</b>
31	875	Graeme	Watt	Elvet Striders	V45	M	00:33:05	00:03:00	<b>00:36:05</b>
32	680	Emilio	Vazquez	Jesmond Joggers	SEN	M	00:36:05	00:00:00	<b>00:36:05</b>
33	98	Philip	Lancaster	North Shields Polytechnic Club	SEN	M	00:36:25	00:00:00	<b>00:36:25</b>
34	169	Joe	Haustead	East Durham Running Club	V45	M	00:33:29	00:03:00	<b>00:36:29</b>
35	481	Vicky	Simpson	North Shields Polytechnic Club	SEN	F	00:32:33	00:04:00	<b>00:36:33</b>
36	458	Steve	Gilder	Houghton Harriers & AC	SEN	M	00:36:59	00:00:00	<b>00:36:59</b>
37	664	David	Shields	Blyth Running Club	V50	M	00:33:00	00:04:00	<b>00:37:00</b>
38	149	Shaun	Morris	Blyth Running Club	V40	M	00:35:02	00:02:00	<b>00:37:02</b>
39	758	Sophie	Marr	Tyne Bridge Harriers	V35	F	00:31:15	00:06:00	<b>00:37:15</b>
40	880	Richard	Dillon	Houghton Harriers & AC	V50	M	00:33:15	00:04:00	<b>00:37:15</b>
41	X4	Harry	King		SEN	M	00:37:23	00:00:00	<b>00:37:23</b>
42	890	Heather	Christopher	Blyth Running Club	V50	F	00:28:24	00:09:00	<b>00:37:24</b>
43	492	Paul	Delaney		V55	M	00:32:42	00:05:00	<b>00:37:42</b>
44	838	Lisa	Donaldson	Crook & Dist Sports AC	V35	F	00:31:55	00:06:00	<b>00:37:55</b>
45	409	Isabel	Neatrou	Claremont Road Runners	SEN	F	00:33:56	00:04:00	<b>00:37:56</b>
46	97	Will	Fenwick	Ashington Hirst Running Club	SEN	M	00:37:57	00:00:00	<b>00:37:57</b>
47	431	Paul	noble	Blyth Running Club	V40	M	00:36:08	00:02:00	<b>00:38:08</b>
48	452	Tamsin	Imber	Elvet Striders	V45	F	00:30:10	00:08:00	<b>00:38:10</b>
49	886	Charles	Hall	North Shields Polytechnic Club	V65	M	00:29:19	00:09:00	<b>00:38:19</b>
50	666	Richard	Heslop	Prudhoe Plodders Running Club	V45	M	00:35:25	00:03:00	<b>00:38:25</b>

## Actual Times

51	459	Emma	McCabe	Elvet Striders	V40	F	00:31:28	00:07:00	<b>00:38:28</b>
52	882	Angelo	Gabriele	Tyne Bridge Harriers	V40	M	00:36:35	00:02:00	<b>00:38:35</b>
53	698	John	Tollitt	Tyne Bridge Harriers	V60	M	00:31:41	00:07:00	<b>00:38:41</b>
54	410	Lloyd	Forster	North Shields Polytechnic Club	SEN	M	00:38:41	00:00:00	<b>00:38:41</b>
55	694	Ray	Lugsden		V65	M	00:29:43	00:09:00	<b>00:38:43</b>
56	416	Ian	Butler	Elvet Striders	V60	M	00:31:47	00:07:00	<b>00:38:47</b>
57	496	Geoff	Hewitson	Crook & Dist Sports AC	V65	M	00:29:49	00:09:00	<b>00:38:49</b>
58	871	Martin	Gaughan		V65	M	00:29:53	00:09:00	<b>00:38:53</b>
59	437	Wendy	Pawsey	North Shields Polytechnic Club	V40	F	00:31:54	00:07:00	<b>00:38:54</b>
60	847	Scott	McEntee	Heaton Harriers & AC	V45	M	00:36:02	00:03:00	<b>00:39:02</b>
61	874	Mike	Harris		V70	M	00:28:06	00:11:00	<b>00:39:06</b>
62	412	Anna	Basu	Elvet Striders	V50	F	00:30:08	00:09:00	<b>00:39:08</b>
63	167	Amy	Leonard	Houghton Harriers & AC	SEN	F	00:35:16	00:04:00	<b>00:39:16</b>
64	415	Ricky	Davidson	North Shields Polytechnic Club	V45	M	00:36:31	00:03:00	<b>00:39:31</b>
65	488	Matty	Down	Jesmond Joggers	V55	M	00:34:38	00:05:00	<b>00:39:38</b>
66	494	Steven	Martin	Durham City Harriers & AC	V45	M	00:36:48	00:03:00	<b>00:39:48</b>
67	471	Julia	Carnaffin		V60	F	00:27:49	00:12:00	<b>00:39:49</b>
68	478	Rob	Garbutt	Durham City Harriers & AC	V55	M	00:34:58	00:05:00	<b>00:39:58</b>
69	413	Dave	Huscroft	North Shields Polytechnic Club	SEN	M	00:40:02	00:00:00	<b>00:40:02</b>
70	696	David	Lydall	Claremont Road Runners	V60	M	00:33:03	00:07:00	<b>00:40:03</b>
71	85	Ian	Hearn	North Shields Polytechnic Club	V55	M	00:35:09	00:05:00	<b>00:40:09</b>
72	422	Julie	Cross	Claremont Road Runners	V55	F	00:29:14	00:11:00	<b>00:40:14</b>
73	843	Mark	Rudkin	Blyth Running Club	V40	M	00:38:27	00:02:00	<b>00:40:27</b>
74	876	Rachael	Perowne	Tyne Bridge Harriers	V45	F	00:32:37	00:08:00	<b>00:40:37</b>
75	682	Stuart	Forsyth	Newcastle Frontrunners	V40	M	00:38:41	00:02:00	<b>00:40:41</b>
76	485	Glenn	Robinson		V55	M	00:35:44	00:05:00	<b>00:40:44</b>
77	463	Alex	Docherty	Houghton Harriers & AC	SEN	M	00:40:47	00:00:00	<b>00:40:47</b>
78	654	Jenny	Graham	Gosforth Harriers & AC	V45	F	00:32:51	00:08:00	<b>00:40:51</b>
79	89	Lawrence	Hutchinson		V65	M	00:32:07	00:09:00	<b>00:41:07</b>
80	689	james	Croft	Houghton Harriers & AC	V60	M	00:34:34	00:07:00	<b>00:41:34</b>
81	870	Nick	Houghton	Gosforth Harriers & AC	V40	M	00:39:34	00:02:00	<b>00:41:34</b>
82	681	Lewis	Proud		SEN	M	00:41:54	00:00:00	<b>00:41:54</b>
83	676	Holly	Porter	Claremont Road Runners	SEN	F	00:37:59	00:04:00	<b>00:41:59</b>
84	495	Sandra	Watson	Blyth Running Club	V55	F	00:31:03	00:11:00	<b>00:42:03</b>
85	194	Gillian	Bell	Tynedale Harriers & AC	V45	F	00:34:08	00:08:00	<b>00:42:08</b>
86	660	Jenny	Robertson	Prudhoe Plodders Running Club	V40	F	00:35:09	00:07:00	<b>00:42:09</b>
87	881	Gary	Corkhill		V40	M	00:40:10	00:02:00	<b>00:42:10</b>
88	999	Jonathan	Bone	Ponteland Runners	V55	M	00:37:16	00:05:00	<b>00:42:16</b>
89	687	Helen	Astle	Newcastle Frontrunners	SEN	F	00:38:33	00:04:00	<b>00:42:33</b>
90	195	David	Bradley	Blyth Running Club	V70	M	00:31:34	00:11:00	<b>00:42:34</b>
91	672	Andrew	Stoddart	Newcastle Frontrunners	V45	M	00:39:38	00:03:00	<b>00:42:38</b>
92	692	Steven	French	Blyth Running Club	V45	M	00:39:41	00:03:00	<b>00:42:41</b>
93	449	Andrew	Middleton	Elswick Harriers	V45	M	00:39:43	00:03:00	<b>00:42:43</b>
94	X3	Richard	Sill		V65	M	00:34:01	00:09:00	<b>00:43:01</b>
95	92	Malcolm	Sygrove	Elvet Striders	V55	M	00:38:14	00:05:00	<b>00:43:14</b>
96	866	Peter	Scaife	Morpeth Harriers & AC	V60	M	00:36:21	00:07:00	<b>00:43:21</b>
97	475	Jennifer	Lapping	Tynedale Harriers & AC	V45	F	00:35:22	00:08:00	<b>00:43:22</b>
98	1	Emma	Bayliss	Blyth Running Club	SEN	F	00:39:29	00:04:00	<b>00:43:29</b>
99	421	Luke	Stokoe	Lonely Goat RC	SEN	M	00:43:51	00:00:00	<b>00:43:51</b>
100	189	Joshua	Whisker		SEN	M	00:43:57	00:00:00	<b>00:43:57</b>
101	417	Heather	Raistrick	Elvet Striders	V60	F	00:32:00	00:12:00	<b>00:44:00</b>
102	91	Judith	Archibold	Heaton Harriers & AC	V60	F	00:32:04	00:12:00	<b>00:44:04</b>
103	474	Alison	Cessford		V40	F	00:37:07	00:07:00	<b>00:44:07</b>

## Actual Times

104	428	Christine	Woods	Durham City Harriers & AC	V65	F	00:31:11	00:13:00	<b>00:44:11</b>
105	93	Robert	Kirkpatrick	North Shields Polytechnic Club	V45	M	00:41:24	00:03:00	<b>00:44:24</b>
106	657	Matt	Thomas	Prudhoe Plodders Running Club	V40	M	00:42:26	00:02:00	<b>00:44:26</b>
107	424	Sharon	Cook	Heaton Harriers & AC	V40	F	00:37:33	00:07:00	<b>00:44:33</b>
108	434	David	Armstrong	Newburn Running Club	V45	M	00:41:43	00:03:00	<b>00:44:43</b>
109	418	Jonathan	Jamison		V50	M	00:40:43	00:04:00	<b>00:44:43</b>
110	650	janice	stewart	Blyth Running Club	V45	F	00:36:49	00:08:00	<b>00:44:49</b>
111	486	Theresa	Rugman-Jones	Elvet Striders	V55	F	00:33:51	00:11:00	<b>00:44:51</b>
112	688	Julia	Whitehall	Newcastle Frontrunners	SEN	F	00:40:51	00:04:00	<b>00:44:51</b>
113	859	David	Nevins	Newcastle Frontrunners	V45	M	00:41:54	00:03:00	<b>00:44:54</b>
114	87	Caroline	Slane	Blackhill Bounders	V50	F	00:35:59	00:09:00	<b>00:44:59</b>
115	892	Nick	Atkinson.	North Shields Polytechnic Club	V50	M	00:40:59	00:04:00	<b>00:44:59</b>
116	414	Sateesh	Tandel	Elvet Striders	V40	M	00:43:34	00:02:00	<b>00:45:34</b>
117	197	Al	Pepper		SEN	M	00:45:38	00:00:00	<b>00:45:38</b>
118	451	Rob	Dooley	Jesmond Joggers	V50	M	00:41:48	00:04:00	<b>00:45:48</b>
119	423	Elizabeth	Denyer	Claremont Road Runners	V45	F	00:37:49	00:08:00	<b>00:45:49</b>
120	663	Lynne	Carruthers	Durham City Harriers & AC	V60	F	00:33:54	00:12:00	<b>00:45:54</b>
121	465	Lotti	Collier	Elvet Striders	V40	F	00:38:54	00:07:00	<b>00:45:54</b>
122	693	Alison	French	Blyth Running Club	V45	F	00:38:01	00:08:00	<b>00:46:01</b>
123	477	Jo	Storey		V45	F	00:38:02	00:08:00	<b>00:46:02</b>
124	456	Emily	Scott	Elvet Striders	SEN	F	00:42:02	00:04:00	<b>00:46:02</b>
125	659	Ria	Knox	Tyne Bridge Harriers	V35	F	00:40:02	00:06:00	<b>00:46:02</b>
126	894	John	McCabe	Ponteland Runners	V50	M	00:42:04	00:04:00	<b>00:46:04</b>
127	669	Michael	Ashby	Blyth Running Club	V55	M	00:41:13	00:05:00	<b>00:46:13</b>
128	865	James	Fisher	Newcastle Frontrunners	V40	M	00:44:17	00:02:00	<b>00:46:17</b>
129	683	Suzanne	Main	Newcastle Frontrunners	V45	F	00:38:31	00:08:00	<b>00:46:31</b>
130	674	Paula	Salter		V45	F	00:38:35	00:08:00	<b>00:46:35</b>
131	885	Robin	Clough	Blackhill Bounders	V55	M	00:41:35	00:05:00	<b>00:46:35</b>
132	761	Jenny	Friend	Heaton Harriers & AC	V60	F	00:34:40	00:12:00	<b>00:46:40</b>
133	491	Michael	Dickinson	Houghton Harriers & AC	V75	M	00:34:53	00:12:00	<b>00:46:53</b>
134	877	Helen	Moriss	Blyth Running Club	V60	F	00:34:54	00:12:00	<b>00:46:54</b>
135	187	Carol	Marshall	Tynedale Harriers & AC	V60	F	00:35:08	00:12:00	<b>00:47:08</b>
136	895	Bethany	Deadman	Newcastle Frontrunners	SEN	F	00:43:12	00:04:00	<b>00:47:12</b>
137	893	Sarah	Atkinson	North Shields Polytechnic Club	V50	F	00:38:19	00:09:00	<b>00:47:19</b>
138	695	Lewis	Littlewood	Durham City Harriers & AC	U18	M	00:45:19	00:02:00	<b>00:47:19</b>
139	160	Emma	Payne	North Shields Polytechnic Club	V55	F	00:36:37	00:11:00	<b>00:47:37</b>
140	150	Alan	Dunning	Claremont Road Runners	V60	M	00:40:41	00:07:00	<b>00:47:41</b>
141	673	Sian	Salter	Newcastle Frontrunners	V40	F	00:41:11	00:07:00	<b>00:48:11</b>
142	473	Lauren	Morgan	Heaton Harriers & AC	SEN	F	00:44:36	00:04:00	<b>00:48:36</b>
143	444	Aoife	Monaghan	Claremont Road Runners	SEN	F	00:44:43	00:04:00	<b>00:48:43</b>
144	462	Amy	Wilson	Darlington Triathlon Club	SEN	F	00:44:47	00:04:00	<b>00:48:47</b>
145	461	Hannah	Marshall	Jesmond Joggers	SEN	F	00:44:48	00:04:00	<b>00:48:48</b>
146	439	Philip	Healey		V60	M	00:41:52	00:07:00	<b>00:48:52</b>
148	898	Celia	Bone	Ponteland Runners	V55	F	00:37:53	00:11:00	<b>00:48:53</b>
149	844	Marie	Bell	Tyne Bridge Harriers	V45	F	00:41:03	00:08:00	<b>00:49:03</b>
149	896	Tamsin	May	Blackhill Bounders	SEN	F	00:45:12	00:04:00	<b>00:49:12</b>
150	897	Rebecca	May	Blackhill Bounders	SEN	F	00:45:12	00:04:00	<b>00:49:12</b>
151	652	liza	croxford	Newcastle Frontrunners	V50	F	00:40:23	00:09:00	<b>00:49:23</b>
152	869	Sonia	Sultman	Blyth Running Club	V40	F	00:42:42	00:07:00	<b>00:49:42</b>
153	679	Emma Grace	Lewis	Newcastle Frontrunners	V35	F	00:43:49	00:06:00	<b>00:49:49</b>
154	665	Stephen	Forster	Blyth Running Club	V60	M	00:42:53	00:07:00	<b>00:49:53</b>
155	656	Allen	Dickinson-Deane	Newcastle Frontrunners	V55	M	00:45:28	00:05:00	<b>00:50:28</b>
156	697	Heather	Barrass	Blyth Running Club	V45	F	00:43:03	00:08:00	<b>00:51:03</b>

### Actual Times

157	472	Collette	Eames		V60	F	00:39:32	00:12:00	<b>00:51:32</b>
158	170	Steve	Barnett	Newcastle Frontrunners	V60	M	00:44:52	00:07:00	<b>00:51:52</b>
159	94	Heather	Gould	North Shields Polytechnic Club	V60	F	00:40:29	00:12:00	<b>00:52:29</b>
160	670	Kate	McLean	Newcastle Frontrunners	V50	F	00:44:08	00:09:00	<b>00:53:08</b>
161	457	Andrea	Mitchell		V65	F	00:40:29	00:13:00	<b>00:53:29</b>
162	651	julie	spells	Newcastle Frontrunners	V45	F	00:45:39	00:08:00	<b>00:53:39</b>
163	883	Bev	Robinson	Newcastle Frontrunners	V60	F	00:41:40	00:12:00	<b>00:53:40</b>
164	867	John	Hindmarch	Tyne Bridge Harriers	V75	M	00:42:22	00:12:00	<b>00:54:22</b>
165	419	Jessica	Anderson	Tyne Bridge Harriers	V65	F	00:41:26	00:13:00	<b>00:54:26</b>
166	873	Jocelyn	Bolam		V60	F	00:42:33	00:12:00	<b>00:54:33</b>
167	678	Deborah	Williams		V50	F	00:45:53	00:09:00	<b>00:54:53</b>
168	420	Alexander	Anderson	Tyne Bridge Harriers	V70	M	00:44:43	00:11:00	<b>00:55:43</b>
169	467	Julie	Murrell		V50	F	00:46:46	00:09:00	<b>00:55:46</b>
170	154	Kenny	McCormick	Claremont Road Runners	V70	M	00:45:15	00:11:00	<b>00:56:15</b>
171	479	Claire	Knowles		V45	F	00:48:21	00:08:00	<b>00:56:21</b>
172	691	VICTORIA	HOBBS	Newcastle Frontrunners	SEN	F	00:52:26	00:04:00	<b>00:56:26</b>
173	658	Michelle	Castro	Blyth Running Club	V35	F	00:50:35	00:06:00	<b>00:56:35</b>
174	440	Natasha	Pollock	Blackhill Bounders	V40	F	00:49:35	00:07:00	<b>00:56:35</b>
175	490	Judith	Errington	Blackhill Bounders	V50	F	00:47:47	00:09:00	<b>00:56:47</b>
176	436	Jo	Lally		V50	F	00:48:24	00:09:00	<b>00:57:24</b>
177	155	Jo	Morrissey	Newcastle Frontrunners	V50	F	00:48:31	00:09:00	<b>00:57:31</b>
178	1000	Maureen	Gordon		V55	F	00:47:14	00:11:00	<b>00:58:14</b>
179	888	Jocasta	Williams	Newcastle Frontrunners	V50	F	00:49:40	00:09:00	<b>00:58:40</b>
180	667	Stephanie	Landers	Blyth Running Club	SEN	F	00:58:51	00:04:00	<b>01:02:51</b>
181	489	Fiona	Bell	Blackhill Bounders	V40	F	00:56:06	00:07:00	<b>01:03:06</b>
182	690	Stella	Postlethwaite	Newcastle Frontrunners	V35	F	00:57:41	00:06:00	<b>01:03:41</b>
183	872	Helen	O'Donnell	Newcastle Frontrunners	SEN	NB	00:59:48	00:04:00	<b>01:03:48</b>
184	483	Jeffrey	Emmerson	Elswick Harriers	V70	M	00:53:27	00:11:00	<b>01:04:27</b>
185	454	Mike	Gill	Blackhill Bounders	V75	M	00:54:14	00:12:00	<b>01:06:14</b>



## By Gender

**FEMALE ONLY – ACTUAL RUNNING TIMES**

POS	No.	Firstname	Lastname	Running Club			CLOCK	Handicap	Actual
1	879	Charlotte	Dillon	Houghton Harriers & AC	U18	F	00:26:38	00:06:00	<b>00:32:38</b>
2	480	Stephanie	Maclean-Dann	North Shields Polytechnic Club	V45	F	00:26:34	00:08:00	<b>00:34:34</b>
3	481	Vicky	Simpson	North Shields Polytechnic Club	SEN	F	00:32:33	00:04:00	<b>00:36:33</b>
4	758	Sophie	Marr	Tyne Bridge Harriers	V35	F	00:31:15	00:06:00	<b>00:37:15</b>
5	890	Heather	Christopher	Blyth Running Club	V50	F	00:28:24	00:09:00	<b>00:37:24</b>
6	838	Lisa	Donaldson	Crook & Dist Sports AC	V35	F	00:31:55	00:06:00	<b>00:37:55</b>
7	409	Isabel	Neatrou	Claremont Road Runners	SEN	F	00:33:56	00:04:00	<b>00:37:56</b>
8	452	Tamsin	Imber	Elvet Striders	V45	F	00:30:10	00:08:00	<b>00:38:10</b>
9	459	Emma	McCabe	Elvet Striders	V40	F	00:31:28	00:07:00	<b>00:38:28</b>
10	437	Wendy	Pawsey	North Shields Polytechnic Club	V40	F	00:31:54	00:07:00	<b>00:38:54</b>
11	412	Anna	Basu	Elvet Striders	V50	F	00:30:08	00:09:00	<b>00:39:08</b>
12	167	Amy	Leonard	Houghton Harriers & AC	SEN	F	00:35:16	00:04:00	<b>00:39:16</b>
13	471	Julia	Carnaffin		V60	F	00:27:49	00:12:00	<b>00:39:49</b>
14	422	Julie	Cross	Claremont Road Runners	V55	F	00:29:14	00:11:00	<b>00:40:14</b>
15	876	Rachael	Perowne	Tyne Bridge Harriers	V45	F	00:32:37	00:08:00	<b>00:40:37</b>
16	654	Jenny	Graham	Gosforth Harriers & AC	V45	F	00:32:51	00:08:00	<b>00:40:51</b>
17	676	Holly	Porter	Claremont Road Runners	SEN	F	00:37:59	00:04:00	<b>00:41:59</b>
18	495	Sandra	Watson	Blyth Running Club	V55	F	00:31:03	00:11:00	<b>00:42:03</b>
19	194	Gillian	Bell	Tynedale Harriers & AC	V45	F	00:34:08	00:08:00	<b>00:42:08</b>
20	660	Jenny	Robertson	Prudhoe Plodders Running Club	V40	F	00:35:09	00:07:00	<b>00:42:09</b>
21	687	Helen	Astle	Newcastle Frontrunners	SEN	F	00:38:33	00:04:00	<b>00:42:33</b>
22	475	Jennifer	Lapping	Tynedale Harriers & AC	V45	F	00:35:22	00:08:00	<b>00:43:22</b>
23	1	Emma	Bayliss	Blyth Running Club	SEN	F	00:39:29	00:04:00	<b>00:43:29</b>
24	417	Heather	Raistrick	Elvet Striders	V60	F	00:32:00	00:12:00	<b>00:44:00</b>
25	91	Judith	Archibold	Heaton Harriers & AC	V60	F	00:32:04	00:12:00	<b>00:44:04</b>
26	474	Alison	Cessford		V40	F	00:37:07	00:07:00	<b>00:44:07</b>
27	428	Christine	Woods	Durham City Harriers & AC	V65	F	00:31:11	00:13:00	<b>00:44:11</b>
28	424	Sharon	Cook	Heaton Harriers & AC	V40	F	00:37:33	00:07:00	<b>00:44:33</b>
29	650	Janice	Stewart	Blyth Running Club	V45	F	00:36:49	00:08:00	<b>00:44:49</b>
30	486	Theresa	Rugman-Jones	Elvet Striders	V55	F	00:33:51	00:11:00	<b>00:44:51</b>
31	688	Julia	Whitehall	Newcastle Frontrunners	SEN	F	00:40:51	00:04:00	<b>00:44:51</b>
32	87	Caroline	Slane	Blackhill Bounders	V50	F	00:35:59	00:09:00	<b>00:44:59</b>
33	423	Elizabeth	Denyer	Claremont Road Runners	V45	F	00:37:49	00:08:00	<b>00:45:49</b>
34	663	Lynne	Carruthers	Durham City Harriers & AC	V60	F	00:33:54	00:12:00	<b>00:45:54</b>
35	465	Lotti	Collier	Elvet Striders	V40	F	00:38:54	00:07:00	<b>00:45:54</b>
36	693	Alison	French	Blyth Running Club	V45	F	00:38:01	00:08:00	<b>00:46:01</b>
37	477	Jo	Storey		V45	F	00:38:02	00:08:00	<b>00:46:02</b>
38	659	Ria	Knox	Tyne Bridge Harriers	V35	F	00:40:02	00:06:00	<b>00:46:02</b>
39	456	Emily	Scott	Elvet Striders	SEN	F	00:42:02	00:04:00	<b>00:46:02</b>
40	683	Suzanne	Main	Newcastle Frontrunners	V45	F	00:38:31	00:08:00	<b>00:46:31</b>
41	674	Paula	Salter		V45	F	00:38:35	00:08:00	<b>00:46:35</b>
42	761	Jenny	Friend	Heaton Harriers & AC	V60	F	00:34:40	00:12:00	<b>00:46:40</b>
43	877	Helen	Moriss	Blyth Running Club	V60	F	00:34:54	00:12:00	<b>00:46:54</b>
44	187	Carol	Marshall	Tynedale Harriers & AC	V60	F	00:35:08	00:12:00	<b>00:47:08</b>
45	895	Bethany	Deadman	Newcastle Frontrunners	SEN	F	00:43:12	00:04:00	<b>00:47:12</b>
46	893	Sarah	Atkinson	North Shields Polytechnic Club	V50	F	00:38:19	00:09:00	<b>00:47:19</b>
47	160	Emma	Payne	North Shields Polytechnic Club	V55	F	00:36:37	00:11:00	<b>00:47:37</b>
48	673	Sian	Salter	Newcastle Frontrunners	V40	F	00:41:11	00:07:00	<b>00:48:11</b>
49	473	Lauren	Morgan	Heaton Harriers & AC	SEN	F	00:44:36	00:04:00	<b>00:48:36</b>
50	444	Aoife	Monaghan	Claremont Road Runners	SEN	F	00:44:43	00:04:00	<b>00:48:43</b>

### By Gender

51	462	Amy	Wilson	Darlington Triathlon Club	SEN	F	00:44:47	00:04:00	<b>00:48:47</b>
52	461	Hannah	Marshall	Jesmond Joggers	SEN	F	00:44:48	00:04:00	<b>00:48:48</b>
53	898	Celia	Bone	Ponteland Runners	V55	F	00:37:53	00:11:00	<b>00:48:53</b>
54	844	Marie	Bell	Tyne Bridge Harriers	V45	F	00:41:03	00:08:00	<b>00:49:03</b>
55	896	Tamsin	May	Blackhill Bounders	SEN	F	00:45:12	00:04:00	<b>00:49:12</b>
56	897	Rebecca	May	Blackhill Bounders	SEN	F	00:45:12	00:04:00	<b>00:49:12</b>
57	652	liza	croxford	Newcastle Frontrunners	V50	F	00:40:23	00:09:00	<b>00:49:23</b>
58	869	Sonia	Sultman	Blyth Running Club	V40	F	00:42:42	00:07:00	<b>00:49:42</b>
59	679	Emma Grace	Lewis	Newcastle Frontrunners	V35	F	00:43:49	00:06:00	<b>00:49:49</b>
60	697	Heather	Barrass	Blyth Running Club	V45	F	00:43:03	00:08:00	<b>00:51:03</b>
61	472	Collette	Eames		V60	F	00:39:32	00:12:00	<b>00:51:32</b>
62	94	Heather	Gould	North Shields Polytechnic Club	V60	F	00:40:29	00:12:00	<b>00:52:29</b>
63	670	Kate	McLean	Newcastle Frontrunners	V50	F	00:44:08	00:09:00	<b>00:53:08</b>
64	457	Andrea	Mitchell		V65	F	00:40:29	00:13:00	<b>00:53:29</b>
65	651	julie	spells	Newcastle Frontrunners	V45	F	00:45:39	00:08:00	<b>00:53:39</b>
66	883	Bev	Robinson	Newcastle Frontrunners	V60	F	00:41:40	00:12:00	<b>00:53:40</b>
67	419	Jessica	Anderson	Tyne Bridge Harriers	V65	F	00:41:26	00:13:00	<b>00:54:26</b>
68	873	Jocelyn	Bolam		V60	F	00:42:33	00:12:00	<b>00:54:33</b>
69	678	Deborah	Williams		V50	F	00:45:53	00:09:00	<b>00:54:53</b>
70	467	Julie	Murrell		V50	F	00:46:46	00:09:00	<b>00:55:46</b>
71	479	Claire	Knowles		V45	F	00:48:21	00:08:00	<b>00:56:21</b>
72	691	VICTORIA	HOBBS	Newcastle Frontrunners	SEN	F	00:52:26	00:04:00	<b>00:56:26</b>
73	440	Natasha	Pollock	Blackhill Bounders	V40	F	00:49:35	00:07:00	<b>00:56:35</b>
74	658	Michelle	Castro	Blyth Running Club	V35	F	00:50:35	00:06:00	<b>00:56:35</b>
75	490	Judith	Errington	Blackhill Bounders	V50	F	00:47:47	00:09:00	<b>00:56:47</b>
76	436	Jo	Lally		V50	F	00:48:24	00:09:00	<b>00:57:24</b>
77	155	Jo	Morrissey	Newcastle Frontrunners	V50	F	00:48:31	00:09:00	<b>00:57:31</b>
78	1000	Maureen	Gordon		V55	F	00:47:14	00:11:00	<b>00:58:14</b>
79	888	Jocasta	Williams	Newcastle Frontrunners	V50	F	00:49:40	00:09:00	<b>00:58:40</b>
80	667	Stephanie	Landers	Blyth Running Club	SEN	F	00:58:51	00:04:00	<b>01:02:51</b>
81	489	Fiona	Bell	Blackhill Bounders	V40	F	00:56:06	00:07:00	<b>01:03:06</b>
82	690	Stella	Postlethwaite	Newcastle Frontrunners	V35	F	00:57:41	00:06:00	<b>01:03:41</b>

### NON BINARY ONLY – ACTUAL RUNNING TIME

POS	No.	Firstname	Lastname	Running Club			CLOCK	Handicap	Actual
1	872	Helen	O'Donnell	Newcastle Frontrunners	SEN	NB	00:59:48	00:04:00	<b>01:03:48</b>

## By Gender

**MALE ONLY – ACTUAL RUNNING TIMES**

POS	No.	Firstname	Lastname	Running Club			CLOCK	Handicap	Actual
1	188	James	Anderson	North Shields Polytechnic Club	V40	M	00:26:16	00:02:00	<b>00:28:16</b>
2	671	Michael	Stott	Blyth Running Club	V40	M	00:26:50	00:02:00	<b>00:28:50</b>
3	887	Bryan	Potts	Elvet Striders	SEN	M	00:29:09	00:00:00	<b>00:29:09</b>
4	661	Louis	Head	Heaton Harriers & AC	SEN	M	00:29:27	00:00:00	<b>00:29:27</b>
5	196	Ian	Dunning	North Shields Polytechnic Club	V40	M	00:28:07	00:02:00	<b>00:30:07</b>
6	868	James	Mcneaney	Elvet Striders	SEN	M	00:30:16	00:00:00	<b>00:30:16</b>
7	500	Paul	O'Mara	Tyne Bridge Harriers	SEN	M	00:30:18	00:00:00	<b>00:30:18</b>
8	675	Patrick	Houghton	North Shields Polytechnic Club	V40	M	00:28:47	00:02:00	<b>00:30:47</b>
9	432	Ian	Pickett	Tyne Bridge Harriers	V45	M	00:28:10	00:03:00	<b>00:31:10</b>
10	X2	Jack	Shawcross	Heaton Harriers & AC	SEN	M	00:31:10	00:00:00	<b>00:31:10</b>
11	470	David	Stabler	Morpeth Harriers & AC	V45	M	00:28:53	00:03:00	<b>00:31:53</b>
12	499	Michael	Littlewood	Elvet Striders	V45	M	00:29:35	00:03:00	<b>00:32:35</b>
13	493	Kurt	Dale	Durham City Harriers & AC	SEN	M	00:33:25	00:00:00	<b>00:33:25</b>
14	837	Ian	Norman	Heaton Harriers & AC	V60	M	00:26:29	00:07:00	<b>00:33:29</b>
15	460	Lindsay	McEwan	Elvet Striders	V50	M	00:29:37	00:04:00	<b>00:33:37</b>
16	425	Philip	Tickner		V45	M	00:30:44	00:03:00	<b>00:33:44</b>
17	668	Karl	Bryce	Blyth Running Club	SEN	M	00:33:56	00:00:00	<b>00:33:56</b>
18	889	David	Nolan	Low Fell RC	SEN	M	00:33:59	00:00:00	<b>00:33:59</b>
19	684	Stephen	Garbutt	Newcastle Frontrunners	SEN	M	00:34:29	00:00:00	<b>00:34:29</b>
20	447	Mark	Warner	Elvet Striders	V40	M	00:32:55	00:02:00	<b>00:34:55</b>
21	90	Jeremy	Smith	Heaton Harriers & AC	V55	M	00:30:02	00:05:00	<b>00:35:02</b>
22	686	Michael	proud		V45	M	00:32:02	00:03:00	<b>00:35:02</b>
23	464	Alex	Collier	Elvet Striders	V40	M	00:33:14	00:02:00	<b>00:35:14</b>
24	662	Sonam	Wangdi	Claremont Road Runners	SEN	M	00:35:31	00:00:00	<b>00:35:31</b>
25	408	Laurie	Johnson	Claremont Road Runners	SEN	M	00:35:48	00:00:00	<b>00:35:48</b>
26	699	Gavin	Bayne	Morpeth Harriers & AC	V65	M	00:26:59	00:09:00	<b>00:35:59</b>
27	426	Simon	Daniels	Gosforth Harriers & AC	V55	M	00:31:01	00:05:00	<b>00:36:01</b>
28	655	Russell	Dickinson-Deane	Newcastle Frontrunners	V55	M	00:31:05	00:05:00	<b>00:36:05</b>
29	875	Graeme	Watt	Elvet Striders	V45	M	00:33:05	00:03:00	<b>00:36:05</b>
30	680	Emilio	Vazquez	Jesmond Joggers	SEN	M	00:36:05	00:00:00	<b>00:36:05</b>
31	98	Philip	Lancaster	North Shields Polytechnic Club	SEN	M	00:36:25	00:00:00	<b>00:36:25</b>
32	169	Joe	Haustead	East Durham Running Club	V45	M	00:33:29	00:03:00	<b>00:36:29</b>
33	458	Steve	Gilder	Houghton Harriers & AC	SEN	M	00:36:59	00:00:00	<b>00:36:59</b>
34	664	David	Shields	Blyth Running Club	V50	M	00:33:00	00:04:00	<b>00:37:00</b>
35	149	Shaun	Morris	Blyth Running Club	V40	M	00:35:02	00:02:00	<b>00:37:02</b>
36	880	Richard	Dillon	Houghton Harriers & AC	V50	M	00:33:15	00:04:00	<b>00:37:15</b>
37	X4	Harry	King		SEN	M	00:37:23	00:00:00	<b>00:37:23</b>
38	492	Paul	Delaney		V55	M	00:32:42	00:05:00	<b>00:37:42</b>
39	97	Will	Fenwick	Ashington Hirst Running Club	SEN	M	00:37:57	00:00:00	<b>00:37:57</b>
40	431	Paul	noble	Blyth Running Club	V40	M	00:36:08	00:02:00	<b>00:38:08</b>
41	886	Charles	Hall	North Shields Polytechnic Club	V65	M	00:29:19	00:09:00	<b>00:38:19</b>
42	666	Richard	Heslop	Prudhoe Plodders Running Club	V45	M	00:35:25	00:03:00	<b>00:38:25</b>
43	882	Angelo	Gabriele	Tyne Bridge Harriers	V40	M	00:36:35	00:02:00	<b>00:38:35</b>
44	698	John	Tollitt	Tyne Bridge Harriers	V60	M	00:31:41	00:07:00	<b>00:38:41</b>
45	410	Lloyd	Forster	North Shields Polytechnic Club	SEN	M	00:38:41	00:00:00	<b>00:38:41</b>
46	694	Ray	Lugsden		V65	M	00:29:43	00:09:00	<b>00:38:43</b>
47	416	Ian	Butler	Elvet Striders	V60	M	00:31:47	00:07:00	<b>00:38:47</b>
48	496	Geoff	Hewitson	Crook & Dist Sports AC	V65	M	00:29:49	00:09:00	<b>00:38:49</b>
49	871	Martin	Gaughan		V65	M	00:29:53	00:09:00	<b>00:38:53</b>
50	847	Scott	McEntee	Heaton Harriers & AC	V45	M	00:36:02	00:03:00	<b>00:39:02</b>

## By Gender

51	874	Mike	Harris		V70	M	00:28:06	00:11:00	<b>00:39:06</b>
52	415	Ricky	Davidson	North Shields Polytechnic Club	V45	M	00:36:31	00:03:00	<b>00:39:31</b>
53	488	Matty	Down	Jesmond Joggers	V55	M	00:34:38	00:05:00	<b>00:39:38</b>
54	494	Steven	Martin	Durham City Harriers & AC	V45	M	00:36:48	00:03:00	<b>00:39:48</b>
55	478	Rob	Garbutt	Durham City Harriers & AC	V55	M	00:34:58	00:05:00	<b>00:39:58</b>
56	413	Dave	Huscroft	North Shields Polytechnic Club	SEN	M	00:40:02	00:00:00	<b>00:40:02</b>
57	696	David	Lydall	Claremont Road Runners	V60	M	00:33:03	00:07:00	<b>00:40:03</b>
58	85	Ian	Hearn	North Shields Polytechnic Club	V55	M	00:35:09	00:05:00	<b>00:40:09</b>
59	843	Mark	Rudkin	Blyth Running Club	V40	M	00:38:27	00:02:00	<b>00:40:27</b>
60	682	Stuart	Forsyth	Newcastle Frontrunners	V40	M	00:38:41	00:02:00	<b>00:40:41</b>
61	485	Glenn	Robinson		V55	M	00:35:44	00:05:00	<b>00:40:44</b>
62	463	Alex	Docherty	Houghton Harriers & AC	SEN	M	00:40:47	00:00:00	<b>00:40:47</b>
63	89	Lawrence	Hutchinson		V65	M	00:32:07	00:09:00	<b>00:41:07</b>
64	689	James	Croft	Houghton Harriers & AC	V60	M	00:34:34	00:07:00	<b>00:41:34</b>
65	870	Nick	Houghton	Gosforth Harriers & AC	V40	M	00:39:34	00:02:00	<b>00:41:34</b>
66	681	Lewis	Proud		SEN	M	00:41:54	00:00:00	<b>00:41:54</b>
67	881	Gary	Corkhill		V40	M	00:40:10	00:02:00	<b>00:42:10</b>
68	999	Jonathan	Bone	Ponteland Runners	V55	M	00:37:16	00:05:00	<b>00:42:16</b>
69	195	David	Bradley	Blyth Running Club	V70	M	00:31:34	00:11:00	<b>00:42:34</b>
70	672	Andrew	Stoddart	Newcastle Frontrunners	V45	M	00:39:38	00:03:00	<b>00:42:38</b>
71	692	Steven	French	Blyth Running Club	V45	M	00:39:41	00:03:00	<b>00:42:41</b>
72	449	Andrew	Middleton	Elswick Harriers	V45	M	00:39:43	00:03:00	<b>00:42:43</b>
73	X3	Richard	Sill		V65	M	00:34:01	00:09:00	<b>00:43:01</b>
74	92	Malcolm	Sygrove	Elvet Striders	V55	M	00:38:14	00:05:00	<b>00:43:14</b>
75	866	Peter	Scaife	Morpeth Harriers & AC	V60	M	00:36:21	00:07:00	<b>00:43:21</b>
76	421	Luke	Stokoe	Lonely Goat RC	SEN	M	00:43:51	00:00:00	<b>00:43:51</b>
77	189	Joshua	Whisker		SEN	M	00:43:57	00:00:00	<b>00:43:57</b>
78	93	Robert	Kirkpatrick	North Shields Polytechnic Club	V45	M	00:41:24	00:03:00	<b>00:44:24</b>
79	657	Matt	Thomas	Prudhoe Plodders Running Club	V40	M	00:42:26	00:02:00	<b>00:44:26</b>
80	418	Jonathan	Jamison		V50	M	00:40:43	00:04:00	<b>00:44:43</b>
81	434	David	Armstrong	Newburn Running Club	V45	M	00:41:43	00:03:00	<b>00:44:43</b>
82	859	David	Nevins	Newcastle Frontrunners	V45	M	00:41:54	00:03:00	<b>00:44:54</b>
83	892	Nick	Atkinson.	North Shields Polytechnic Club	V50	M	00:40:59	00:04:00	<b>00:44:59</b>
84	414	Sateesh	Tandel	Elvet Striders	V40	M	00:43:34	00:02:00	<b>00:45:34</b>
85	197	Al	Pepper		SEN	M	00:45:38	00:00:00	<b>00:45:38</b>
86	451	Rob	Dooley	Jesmond Joggers	V50	M	00:41:48	00:04:00	<b>00:45:48</b>
87	894	John	McCabe	Ponteland Runners	V50	M	00:42:04	00:04:00	<b>00:46:04</b>
88	669	Michael	Ashby	Blyth Running Club	V55	M	00:41:13	00:05:00	<b>00:46:13</b>
89	865	James	Fisher	Newcastle Frontrunners	V40	M	00:44:17	00:02:00	<b>00:46:17</b>
90	885	Robin	Clough	Blackhill Bounders	V55	M	00:41:35	00:05:00	<b>00:46:35</b>
91	491	Michael	Dickinson	Houghton Harriers & AC	V75	M	00:34:53	00:12:00	<b>00:46:53</b>
92	695	Lewis	Littlewood	Durham City Harriers & AC	U18	M	00:45:19	00:02:00	<b>00:47:19</b>
93	150	Alan	Dunning	Claremont Road Runners	V60	M	00:40:41	00:07:00	<b>00:47:41</b>
94	439	Philip	Healey		V60	M	00:41:52	00:07:00	<b>00:48:52</b>
95	665	Stephen	Forster	Blyth Running Club	V60	M	00:42:53	00:07:00	<b>00:49:53</b>
96	656	Allen	Dickinson-Deane	Newcastle Frontrunners	V55	M	00:45:28	00:05:00	<b>00:50:28</b>
97	170	Steve	Barnett	Newcastle Frontrunners	V60	M	00:44:52	00:07:00	<b>00:51:52</b>
98	867	John	Hindmarch	Tyne Bridge Harriers	V75	M	00:42:22	00:12:00	<b>00:54:22</b>
99	420	Alexander	Anderson	Tyne Bridge Harriers	V70	M	00:44:43	00:11:00	<b>00:55:43</b>
100	154	Kenny	McCormick	Claremont Road Runners	V70	M	00:45:15	00:11:00	<b>00:56:15</b>
101	483	Jeffrey	Emmerson	Elswick Harriers	V70	M	00:53:27	00:11:00	<b>01:04:27</b>
102	454	Mike	Gill	Blackhill Bounders	V75	M	00:54:14	00:12:00	<b>01:06:14</b>

## AWARDS

### CLUB TEAM AWARDS

Position	BIB	Athletes Name		FIRST CLUB
1	188	James	Anderson	North Shields Polytechnic Club
3	480	Stephanie	Maclean-Dann	North Shields Polytechnic Club
9	196	Ian	Dunning	North Shields Polytechnic Club
12	675	Patrick	Houghton	North Shields Polytechnic Club
25	<b>TOTAL</b>			

Position	BIB	Athletes Name		SECOND CLUB
2	837	Ian	Norman	Heaton Harriers & AC
17	661	Louis	Head	Heaton Harriers & AC
23	90	Jeremy	Smith	Heaton Harriers & AC
32	X2	Jack	Shawcross	Heaton Harriers & AC
74	<b>TOTAL</b>			

Position	BIB	Athletes Name		THIRD CLUB
14	887	Bryan	Potts	Elvet Striders
18	499	Michael	Littlewood	Elvet Striders
19	460	Lindsay	McEwan	Elvet Striders
24	412	Anna	Basu	Elvet Striders
75	<b>TOTAL</b>			

### AGE GROUP AWARDS

	BIB	FEMALE AGE GROUP WINNERS		CLUB
<b>U18</b>	879	Charlotte	Dillon	Houghton Harriers & AC
<b>SEN</b>	481	Vicky	Simpson	North Shields Polytechnic Club
<b>V35</b>	758	Sophie	Marr	Tyne Bridge Harriers
<b>V40</b>	459	Emma	McCabe	Elvet Striders
<b>V45</b>	452	Tamsin	Imber	Elvet Striders
<b>V50</b>	890	Heather	Christopher	Blyth Running Club
<b>V55</b>	422	Julie	Cross	Claremont Road Runners
<b>V60</b>	471	Julia	Carnaffin	
<b>V65</b>	428	Christine	Woods	Durham City Harriers & AC

	BIB	MALE AGE GROUP WINNERS		CLUB
<b>U18</b>	695	Lewis	Littlewood	Durham City Harriers & AC
<b>SEN</b>	887	Bryan	Potts	Elvet Striders
<b>V40</b>	671	Michael	Stott	Blyth Running Club
<b>V45</b>	432	Ian	Pickett	Tyne Bridge Harriers
<b>V50</b>	460	Lindsay	McEwan	Elvet Striders
<b>V55</b>	90	Jeremy	Smith	Heaton Harriers & AC
<b>V60</b>	698	John	Tollitt	Tyne Bridge Harriers
<b>V65</b>	699	Gavin	Bayne	Morpeth Harriers & AC
<b>V70</b>	874	Mike	Harris	
<b>V75</b>	491	Michael	Dickinson	Houghton Harriers & AC

### BLYTH RUNNING CLUB AWARDS

	BIB	Blyth Running Club	Awards
Fastests Male	671	Michael	Stott
Fastest Female	890	Heather	Christopher
First Female	890	Heather	Christopher

## TEAMS

POS	No.	Firstname	Lastname	Running Club	POINTS
1	188	James	Anderson	North Shields Polytechnic Club	
3	480	Stephanie	Maclean-Dann	North Shields Polytechnic Club	
9	196	Ian	Dunning	North Shields Polytechnic Club	
12	675	Patrick	Houghton	North Shields Polytechnic Club	25

2	837	Ian	Norman	Heaton Harriers & AC	
17	661	Louis	Head	Heaton Harriers & AC	
23	90	Jeremy	Smith	Heaton Harriers & AC	
32	X2	Jack	Shawcross	Heaton Harriers & AC	74

14	887	Bryan	Potts	Elvet Striders	
18	499	Michael	Littlewood	Elvet Striders	
19	460	Lindsay	McEwan	Elvet Striders	
24	412	Anna	Basu	Elvet Striders	75

5	671	Michael	Stott	Blyth Running Club	
11	890	Heather	Christopher	Blyth Running Club	
30	495	Sandra	Watson	Blyth Running Club	
36	195	David	Bradley	Blyth Running Club	82

10	432	Ian	Pickett	Tyne Bridge Harriers	
27	500	Paul	O'Mara	Tyne Bridge Harriers	
34	758	Sophie	Marr	Tyne Bridge Harriers	
37	698	John	Tollitt	Tyne Bridge Harriers	108

4	879	Charlotte	Dillon	Houghton Harriers & AC	
54	880	Richard	Dillon	Houghton Harriers & AC	
65	689	James	Croft	Houghton Harriers & AC	
68	491	Michael	Dickinson	Houghton Harriers & AC	191

15	422	Julie	Cross	Claremont Road Runners	
51	696	David	Lydall	Claremont Road Runners	
59	409	Isabel	Neatrou	Claremont Road Runners	
78	662	Sonam	Wangdi	Claremont Road Runners	203

33	428	Christine	Woods	Durham City Harriers & AC	
55	493	Kurt	Dale	Durham City Harriers & AC	
58	663	Lynne	Carruthers	Durham City Harriers & AC	
70	478	Rob	Garbutt	Durham City Harriers & AC	216

31	655	Russell	Dickinson-Deane	Newcastle Frontrunners	
64	684	Stephen	Garbutt	Newcastle Frontrunners	
106	683	Suzanne	Main	Newcastle Frontrunners	
107	687	Helen	Astle	Newcastle Frontrunners	308

66	488	Matty	Down	Jesmond Joggers	
83	680	Emilio	Vazquez	Jesmond Joggers	
137	451	Rob	Dooley	Jesmond Joggers	
160	461	Hannah	Marshall	Jesmond Joggers	446

81	87	Caroline	Slane	Blackhill Bounders	
134	885	Robin	Clough	Blackhill Bounders	
162	896	Tamsin	May	Blackhill Bounders	
163	897	Rebecca	May	Blackhill Bounders	540