

Leg 1						Leg 2		Leg 3		
Rank	Team Number	Running Club Name	Category	Runner's Name	Time	Runner's Name2	Leg 2's Time	Teams Time (2 Runner's Name4	Leg 3's Time	Teams Time
1	102	Sunderland Harriers & AC - A	Senior	Liam Taylor	00:07:55	Grace Carroll	00:09:47	00:17:42 Joe Armstrong	00:07:42	00:25:24
2	37	Gosforth Harriers - A	Senior	Reece Slater	00:07:56	Hannah Wightman	00:09:56	00:17:52 ethan bond	00:08:41	00:26:33
3	86	Tyne Bridge Harriers - A	Senior	Jake Dorman	00:08:04	Rachel Turnbull	00:10:28	00:18:32 Michael Hedley	00:08:10	00:26:42
4	38	Gosforth Harriers - B	Senior	Ben ward	00:08:32	Sarah Platten	00:09:37	00:18:09 Andy Brown	00:08:38	00:26:47
5	7	Birtley AC - A	Senior	Adrian Bailes	00:07:38	Amber Leigh	00:09:37	00:17:15 Lewis Bate	00:09:45	00:27:00
6	44	Heaton Harriers - A	senior	Louis Head	00:08:20	Jo Woodcock	00:09:36	00:17:56 Callum Mill	00:09:10	00:27:06
7	53	Morpeth Harriers - A	Senior	Mark Banks	00:08:06	Lizzie Rank	00:09:52	00:17:58 Tony Lewis	00:09:22	00:27:20
8	103	Sunderland Harriers & AC - B	Senior	Steve Rankin	00:08:09	Jen Tomlin	00:10:38	00:18:47 Joe Willis	00:08:48	00:27:35
9	39	Gosforth Harriers - C	Senior	Edward Watson	00:09:04	Emma Ashman	00:10:12	00:19:16 Andy Heppell	00:08:22	00:27:38
10	63	North Shields Poly - C	v40-49	Ian Dunn	00:08:46	Stephanie Maclean Dann	00:09:34	00:18:20 Rory McConnachy	00:09:19	00:27:39
11	15	Blyth Running Club - A	Senior	Ellis Hetherington	00:07:52	Katie Donaldson	00:10:59	00:18:51 Craig Harmon	00:08:50	00:27:41
12	87	Tyne Bridge Harriers - B	Senior	Zak Kettle	00:08:11	Clara Riach	00:11:01	00:19:12 Paul O'Mara	00:08:29	00:27:41
13	64	North Shields Poly - D	v40-49	Gavin Duke	00:09:05	Becky Coleman	00:10:07	00:19:12 Chris Scott	00:08:57	00:28:09
14	65	North Shields Poly - E	v40-49	Steve Colby	00:09:16	Lucie Custance	00:09:35	00:18:51 Charlie Townsend	00:09:19	00:28:10
15	25	Crook & District - A	Senior	Kieron Day	00:08:55	Kate Storey	00:10:03	00:18:58 Joe Addison	00:09:16	00:28:14
16	10	Blaydon Harriers - A	Senior	Martin Graham	00:08:54	Ellie Fellowes	00:10:07	00:19:01 Robb Young	00:09:28	00:28:29
17	82	Sunderland Strollers - F	v40-49	Nicholas McKnight	00:09:33	Wendy Chapman	00:10:09	00:19:42 Andrew Forbes	00:08:51	00:28:33
18	1	Ashington Hirst RC - A	Senior	Will Fenwick	00:09:44	Samantha Gair	00:09:44	00:19:28 Wayne Gair	00:09:08	00:28:36
19	55	Morpeth Harriers - C	v40-49	James Dixon	00:08:46	Kirsty Burville	00:10:20	00:19:06 John Butters	00:09:39	00:28:45
20	32	Elswick Harriers - B	Senior	Steve Horn	00:08:26	Heather Donald	00:11:29	00:19:55 James Douglas	00:08:56	00:28:51
21	98	Wallsend Harriers - A	Senior	Kris Axon	00:09:08	Kirsty Fearn	00:10:38	00:19:46 Mark Covell	00:09:10	00:28:56
22	43	Gosforth Harriers - G	v50-59	Al Johnson	00:08:42	Silvia Moffatt	00:10:45	00:19:27 Neil Ramsay	00:09:32	00:28:59
23	45	Heaton Harriers - B	Senior	Alex Cook	00:09:21	Charlotte Redhead	00:10:09	00:19:30 Liam Murnane	00:09:31	00:29:01
24	88	Tyne Bridge Harriers - C	Senior	Connor Braithwaite	00:08:24	Gemma Finnie	00:12:16	00:20:40 Leodhais Macpherson	00:08:22	00:29:02
25	89	Tyne Bridge Harriers - D	Senior	Chris Huitson	00:08:50	Jess Hamilton	00:12:24	00:21:14 Tim Wilcock	00:08:33	00:29:47
26	20	Claremont Road Runners - A	v40-49	Sarah Kerr	00:10:20	Eric Adams	00:09:40	00:20:00 Paul Robinson	00:09:53	00:29:53
27	26	Crook & District - B	Senior	Andy Simpson	00:09:43	Amy Etherington	00:10:32	00:20:15 Daniel Staples	00:09:54	00:30:09
28	31	Elswick Harriers - A	Senior	Adam Robinson	00:10:03	Rachel Dodds	00:10:59	00:21:02 Danny Spoor	00:09:13	00:30:15
29	46	Heaton Harriers - C	Senior	David Slater	00:09:30	Laura Oldfield	00:10:45	00:20:15 Jason Wall	00:10:08	00:30:23
30	48	Heaton Harriers - E	Senior	John Sturnam	00:09:22	Laura Percy	00:11:15	00:20:37 Luke O'Neill	00:09:48	00:30:25
31	40	Gosforth Harriers - D	Senior	Maurice Boake	00:09:08	Alice Lewis	00:11:06	00:20:14 Simon Daniels	00:10:12	00:30:26
32	8	Birtley AC - B	Senior	Chloe Bailes	00:09:32	Ross Thraves	00:09:54	00:19:26 Gordon Smith	00:11:13	00:30:39
33	92	Tyne Bridge Harriers - G	v40-49	Paul Turnbull	00:08:57	Jennyfer Ricci	00:11:59	00:20:56 Steve Kettle	00:09:51	00:30:47
34	47	Heaton Harriers - D	Senior	Chris George	00:09:42	Nina Cameron	00:11:29	00:21:11 Craig Buchanan	00:09:45	00:30:56
35	33	Elswick Harriers - C	Senior	Paul Taylor	00:10:07	Gillian Johnson	00:10:39	00:20:46 John Rippon	00:10:12	00:30:58
36	101	Low Fell Running Club	Senior	Michael Dennison	00:09:28	Bernadette Salmon	00:12:37	00:22:05 Thomas Backhouse	00:08:57	00:31:02
37	104	Sunderland Harriers & AC - C	Senior	Mark Head	00:09:40	Tasha Steel	00:10:48	00:20:28 Hayley Dobinson	00:10:39	00:31:07
38	77	Sunderland Strollers - A	Senior	Rachel Dugan	00:11:42	Chris Pickersgill	00:09:51	00:21:33 Dan Anderson	00:09:38	00:31:11
39	35	Newcastle Frontrunners - A	Senior	Stephen Garbutt	00:09:29	Heather Witham	00:11:54	00:21:23 Garry Martin	00:09:57	00:31:20
40	61	North Shields Poly - A	Senior	Wayne Kavanagh	00:11:18	Vicky Simpson	00:10:13	00:21:31 Lloyd Forster	00:10:16	00:31:47
41	13	Blaydon Harriers - D	Senior	Tim Nichol	00:10:17	Rosie Bunney	00:11:26	00:21:43 Neil Fellows	00:10:08	00:31:51
42	107	Tynedale	v40-49	DomMcDermott	00:10:44	Maria Armstrong	00:11:19	00:22:03 Pete Watson	00:09:51	00:31:54

43	99 Wallsend Harriers - B	Senior	Peter Cassidy	00:09:05	Emily James	00:13:41	00:22:46	James Hill	00:09:09	00:31:55
44	68 North Shields Poly - H	v40-49	Gavin Holder	00:09:30	Quynh nguyen	00:11:27	00:20:57	Roger Mosedale	00:11:07	00:32:04
45	56 Morpeth Harriers - D	v50-59	Neil MacAnany	00:09:49	Shuna Rank	00:11:42	00:21:31	Mike Winter	00:10:48	00:32:19
46	90 Tyne Bridge Harriers - E	Senior	Laurentiu Craciunas	00:09:52	Nicole Pickles	00:12:17	00:22:09	Simon Hall	00:10:12	00:32:21
47	108 Newburn Running Club - C	Senior	Amy Brown	00:12:05	Stephen Ions	00:10:15	00:22:20	Ben Robertson	00:10:01	00:32:21
48	78 Sunderland Strollers - B	Senior	Rachel Pullan	00:10:40	Chris Grassam	00:11:09	00:21:49	Simon Cyhanko	00:10:35	00:32:24
49	11 Blaydon Harriers - B	Senior	Charlie Toogood	00:09:44	Eden Ratcliffe	00:11:18	00:21:02	Jaycee Shotton	00:11:24	00:32:26
50	79 Sunderland Strollers - C	Senior	Nicole Overy	00:11:28	Steven Wilson	00:09:53	00:21:21	Lauren Herkes	00:11:09	00:32:30
51	18 Blyth Running Club - D	v50-59	Rob Barkley	00:09:55	Sandra Watson	00:11:50	00:21:45	Steve Dobby	00:10:52	00:32:37
52	9 Birtley AC - C	v50-59	Graeme Swaddle	00:10:25	Kirstin Farquhar	00:11:15	00:21:40	Paul Brennan	00:11:06	00:32:46
53	93 Tyne Bridge Harriers - H	v40-49	Ben Rea	00:09:43	Kayoung Goffe	00:11:42	00:21:25	Peter Coyle	00:11:22	00:32:47
54	49 Heaton Harriers - F	Senior	Ben Cook	00:09:50	Sarah Lemon	00:11:10	00:21:00	Helena Walsater	00:11:52	00:32:52
55	67 North Shields Poly - G	Senior	Colin Rogerson	00:09:40	Lisa Wild (sen)	00:13:36	00:23:16	Jonathan Murphy	00:09:43	00:32:59
56	2 Ashington Hirst RC - B	Senior	Sean McGregor	00:09:47	Lydia Brodie	00:12:42	00:22:29	Luke Wandless	00:10:31	00:33:00
57	12 Blaydon Harriers - C	Senior	David Best	00:09:13	Helen Ballard	00:12:27	00:21:40	Hannah Macrae	00:11:30	00:33:10
58	54 Morpeth Harriers - B	Senior	Andriy Volkov	00:09:55	Poppy Bluck	00:10:30	00:20:25	Peter Scaife	00:13:19	00:33:44
59	81 Sunderland Strollers - E	Senior	Lucy Walton	00:10:59	Amy Franklin	00:11:57	00:22:56	Andrew Hay	00:10:51	00:33:47
60	34 Elswick Harriers - D	v50-59	Simon Allen	00:10:03	Joanne Webber	00:12:57	00:23:00	Alan Thompson	00:10:51	00:33:51
61	80 Sunderland Strollers - D	Senior	Jenna Maynard	00:11:26	Kayleigh Pickersgill	00:11:38	00:23:04	Andrew Bell	00:10:53	00:33:57
62	41 Gosforth Harriers - E	Senior	Chris Williams	00:10:59	Lauren Blyth	00:10:35	00:21:34	Michael McElduff	00:12:24	00:33:58
63	66 North Shields Poly - F	v40-49	Matt Gould	00:11:04	Alison Smith	00:10:40	00:21:44	Simon Huntley	00:12:15	00:33:59
64	27 Crook & District - C	v40-49	Jon Rose	00:09:52	Gayle Askwith	00:13:07	00:22:59	Kris Whitelaw	00:11:46	00:34:45
65	91 Tyne Bridge Harriers - F	Senior	Anthony Tait	00:10:14	Cathryn Anderson	00:13:12	00:23:26	Jacob Turner	00:11:20	00:34:46
66	42 Gosforth Harriers - F	Senior	Kate Rickerby	00:12:03	Caroline Bentley	00:11:20	00:23:23	Jenny Graham	00:11:27	00:34:50
67	75 Saltwell Harriers - A	Senior	Paul Dinsley	00:11:33	Lou Thorpe	00:11:49	00:23:22	Nicola Dyson	00:11:32	00:34:54
68	62 North Shields Poly - B	Senior	Georgina Barlow	00:10:52	Sam Fisher	00:11:27	00:22:19	Erin Austin	00:12:42	00:35:01
69	100 Wallsend Harriers - C	Senior	Dan Thorburn	00:09:22	Kerry Spencer	00:15:44	00:25:06	Reece Calvert	00:09:57	00:35:03
70	4 Ashington Hirst RC - D	Senior	Ewan Kirk	00:10:50	Claire Armstrong	00:12:42	00:23:32	Rob Bulmer	00:11:41	00:35:13
71	76 South Shields Harriers	v40-49	Micheal Jones	00:10:29	Kevin Brown	00:11:08	00:21:37	Paula Atkinson	00:13:48	00:35:25
72	57 Morpeth Harriers - E	v60-69	Dave Nicholson	00:10:43	Pam Woodcock	00:14:18	00:25:01	Gavin Bayne	00:10:25	00:35:26
73	85 Sunderland Strollers - I	v60-69	Ken Maynard	00:11:11	Lesley Watson	00:14:15	00:25:26	Richard Barker	00:10:18	00:35:44
74	73 Prudhoe Plodders - A	Senior	Gary Martin	00:11:28	Kelly Rodmell	00:12:10	00:23:38	Claire McKinnon	00:12:18	00:35:56
75	24 Claremont Road Runners - E	Senior	Laurie Johnson	00:09:34	Rose Hawkswood	00:14:11	00:23:45	José Gallego Parilla	00:12:13	00:35:58
76	96 Tyne Bridge Harriers - K	v60-69	Richard Tailford	00:09:58	Jessica Anderson	00:15:20	00:25:18	John Tollitt	00:10:59	00:36:17
77	50 Heaton Harriers - G	v40-49	Peter Smith	00:11:53	Angela Craggs	00:14:05	00:25:58	Martin Brown	00:10:23	00:36:21
78	105 Sunderland Harriers & AC - D	Senior	Michael Cherrington	00:10:13	Doreen Dickinson	00:12:56	00:23:09	Niamh Campbell	00:13:18	00:36:27
79	60 Newburn Running Club - B	v50-59	Helen Kipling	00:12:28	Ian Bell	00:12:53	00:25:21	Darren Cowell	00:11:12	00:36:33
80	14 Blaydon Harriers - E	v40-49	Paul Young	00:11:49	Joanne Graham	00:12:56	00:24:45	Lauren Peart	00:12:06	00:36:51
81	5 Ashington Hirst RC - E	v40-49	Alex Reed	00:14:02	Martin Blakelock	00:10:35	00:24:37	Christine McGregor	00:12:14	00:36:51
82	70 North Shields Poly - J	v60-69	Guy Bracken	00:08:55	Heather Gould	00:14:36	00:23:31	Peter Rendall	00:13:23	00:36:54
83	84 Sunderland Strollers - H	v50-59	Sarah Lake	00:12:59	Joe Glancy	00:11:27	00:24:26	Gerard Harrison	00:12:44	00:37:10
84	71 North Shields Poly - K	v40-49	Rob Kirkpatrick (v40)	00:11:57	Huw Parry	00:12:22	00:24:19	Michael Bayley (v60)	00:13:08	00:37:27
85	3 Ashington Hirst RC - C	v50-59	Michelle Embleton	00:12:43	Julie Wandless	00:13:27	00:26:10	Martin Murray	00:11:19	00:37:29
86	69 North Shields Poly - I	v40-49	Ian Hearn	00:11:37	Rebecca Tindle	00:14:15	00:25:52	Mark Dutton	00:11:39	00:37:31

87	22 Claremont Road Runners - C	v50-59	Tom Tinsley	00:10:39 Gill Milne	00:14:31	00:25:10 Lucy Keating	00:12:24	00:37:34
88	6 Ashington Hirst RC - F	Senior	Iain Singer	00:10:22 Beth McDermott	00:13:20	00:23:42 Natalie McDermott	00:14:04	00:37:46
89	28 Crook & District - D	Senior	Phil Healey	00:13:09 Lisa Donaldson	00:10:11	00:23:20 Adam Newby	00:14:35	00:37:55
90	59 Newburn Running Club - A	Senior	Stephen Curry	00:14:30 Zoe Ritson	00:11:43	00:26:13 Ian Waterhouse	00:11:42	00:37:55
91	19 Blyth Running Club - E	v50-59	Tony Dunn	00:12:31 Claire Mason	00:12:40	00:25:11 Michael Ashby	00:12:46	00:37:57
92	95 Tyne Bridge Harriers - J	v50-59	Paul Colver	00:12:22 Sarah Silipo	00:12:55	00:25:17 Helen Bell	00:13:18	00:38:35
93	23 Claremont Road Runners - D	Senior	Howard MacLennan	00:12:30 Lena Webster-Costella	00:16:13	00:28:43 Roberto Marzo	00:10:03	00:38:46
94	16 Blyth Running Club - B	Senior	Adam Rowe	00:12:06 Michelle Conner	00:12:17	00:24:23 Colin Brown	00:14:27	00:38:50
95	30 Crook & District - F	v50-59	Peter Coser	00:10:40 Denyse Holman	00:12:15	00:22:55 Frank Best	00:15:59	00:38:54
96	83 Sunderland Strollers - G	v50-59	John Corcoran	00:13:49 Brian Dugan	00:12:24	00:26:13 Judith Grassam	00:12:55	00:39:08
97	17 Blyth Running Club - C	v40-49	Gary Weir	00:09:36 Sonia Sultman	00:12:55	00:22:31 Ian Windsor	00:17:20	00:39:51
98	29 Crook & District - E	v60-69	Geoff Hewitson	00:11:32 Patricia White	00:16:43	00:28:15 Andrew Turnell	00:11:56	00:40:11
99	74 Prudhoe Plodders - B	v40-49	Richard Heslop	00:10:47 Aileen Parkins	00:16:51	00:27:38 Seamus Kelleher	00:12:45	00:40:23
100	21 Claremont Road Runners - B	Senior	Sonam Wangdi	00:10:09 Helen Gavillet	00:15:26	00:25:35 Ann Smith	00:16:09	00:41:44
101	52 Heaton Harriers - I	v40-49	Scott Mcentee	00:10:30 Belinda Lamb	00:13:47	00:24:17 George Routledge	00:17:52	00:42:09
102	51 Heaton Harriers - H	Senior	Anthony Daglish	00:10:45 Shelly Barker	00:11:10	00:21:55 Bill Brown	00:20:23	00:42:18
103	36 Newcastle Frontrunners - B	v50-59	Kate McLean	00:15:35 Steve Barnett	00:13:58	00:29:33 Allen Dickinson-Deane	00:13:03	00:42:36