

| Rank | Team Number | Running Club Name             | Team Category | Runner's Name 1      | Leg 1    | Runner's Name 2  | Leg 2    | Runner's Name 3     | Leg 3    | Runner's Name 4  | Leg 4    | Team Total |
|------|-------------|-------------------------------|---------------|----------------------|----------|------------------|----------|---------------------|----------|------------------|----------|------------|
| 1    | 67          | Morpeth Harriers 4            | Senior        | Rob Balmbra          | 00:11:21 | James Young      | 00:09:57 | Ellis Heatherington | 00:10:35 | Tom Balsdon      | 00:10:38 | 0:42:31    |
| 2    | 51          | Houghton Harriers 1           | Senior        | Brandon Pye          | 00:10:29 | Elvio Loredo     | 00:11:32 | Chris Coulson       | 00:10:40 | Cameron Allan    | 00:10:00 | 0:42:41    |
| 3    | 35          | Gateshead A                   | Senior        | Jack Douglas         | 00:10:52 | Lewis Liddle     | 00:10:32 | Joe Wales           | 00:10:49 | Dan Alexander    | 00:11:03 | 0:43:16    |
| 4    | 97          | Tyne Bridge Harriers 1        | Senior        | Jake Dorman          | 00:10:51 | Tom Charlton     | 00:11:04 | Zak Kettle          | 00:11:20 | Michael Hedley   | 00:11:07 | 0:44:22    |
| 5    | 36          | Gateshead B                   | Senior        | Sam Punn             | 00:10:54 | James Cripwell   | 00:11:15 | Phill Jamieson      | 00:11:45 | James Nettleton  | 00:11:26 | 0:45:20    |
| 6    | 89          | Sunderland Harriers & AC A    | Senior        | Scott Armstrong      | 00:10:29 | Jordan Scott     | 00:11:17 | Jordan Taylor       | 00:12:10 | Joe Willis       | 00:11:56 | 0:45:52    |
| 7    | 5           | Birtley AC 1                  | Senior        | Adrian Bailes        | 00:10:22 | Darren Purvis    | 00:11:37 | Martyn Rahmann      | 00:13:01 | Lewis McConnell  | 00:10:55 | 0:45:55    |
| 8    | 43          | Gosforth Harriers 2           | Senior        | Ethan Bond           | 00:11:02 | Silas Christie   | 00:10:59 | Ben Ward            | 00:11:44 | Maurice Biurke   | 00:12:29 | 0:46:14    |
| 9    | 74          | North Shields Poly1           | Vet40         | James Anderson       | 00:10:55 | Paul Gilder      | 00:12:02 | StephenHall         | 00:11:59 | Chris Scott      | 00:11:53 | 0:46:49    |
| 10   | 98          | Tyne Bridge Harriers 2        | Senior        | Paul O'Mara          | 00:11:16 | Tim Wilcock      | 00:11:23 | Alasdair Blain      | 00:12:12 | Paul Turnbull    | 00:12:06 | 0:46:57    |
| 11   | 111         | Blaydon Harriers& AC 1        | Senior        | Max Murray           | 00:11:33 | Matthew Levison  | 00:12:02 | Martin Graham       | 00:12:10 | Alex Muir        | 00:11:22 | 0:47:07    |
| 12   | 101         | Wallsend Harriers A           | Senior        | Tom Sursham          | 00:11:09 | Dan Thorburn     | 00:12:01 | James Hill          | 00:11:52 | Olly Aird        | 00:12:11 | 0:47:13    |
| 13   | 46          | Heaton Harriers 1             | Senior        | David Young          | 00:11:12 | Matt Steanson    | 00:11:40 | Benjamin Cook       | 00:12:56 | Jack Shawcross   | 00:12:13 | 0:48:01    |
| 14   | 52          | Houghton Harriers 2           | Senior        | Lee Dover            | 00:11:22 | Jack Seeney      | 00:12:43 | Rory Graham         | 00:12:06 | Adam Middleton   | 00:11:59 | 0:48:10    |
| 15   | 29          | Elswick Harriers 1            | Senior        | Steve Horn           | 00:11:46 | Mark Crowe       | 00:11:58 | Christopher Mason   | 00:12:45 | Scott Brady      | 00:11:59 | 0:48:28    |
| 16   | 9           | Blackhill Bounders 1          | Senior        | Tom Slane            | 00:12:19 | Scott Thompson   | 00:12:19 | Jordan Bell         | 00:11:13 | Leo White        | 00:12:39 | 0:48:30    |
| 17   | 27          | Durham City Harriers1         | Senior        | Mitch Marshall       | 00:11:02 | Lewis Littlewood | 00:12:19 | Tom Rutherford      | 00:11:49 | Cian O'Rian      | 00:13:33 | 0:48:43    |
| 18   | 75          | North Shields Poly2           | Senior        | Peter Glen-Ravenhill | 00:11:31 | Gyles Ellison    | 00:12:06 | Daniel Turnbull     | 00:12:45 | George Turner    | 00:12:23 | 0:48:45    |
| 19   | 42          | Gosforth Harriers 1           | Vet40         | Alastair Johnson     | 00:11:46 | kirk haddon      | 00:12:17 | Stephen Boddy       | 00:13:17 | Andrew Heppell   | 00:11:26 | 0:48:46    |
| 20   | 39          | Gateshead EV40                | Vet40         | Chris West           | 00:11:48 | Steven Medd      | 00:12:19 | David Dawson        | 00:12:05 | Chris Parkin     | 00:12:36 | 0:48:48    |
| 21   | 91          | Sunderland Harriers & AC C    | Vet40         | Sam Thurlbeck        | 00:11:47 | Michael Barker   | 00:11:37 | Andrew Hughes       | 00:13:17 | Chris Dwyer      | 00:12:45 | 0:49:26    |
| 22   | 18          | Crook AC 1                    | Senior        | Sam Etherington      | 00:12:09 | Rory Hart        | 00:11:28 | Joe Addison         | 00:12:29 | Andy Simpson     | 00:13:34 | 0:49:40    |
| 23   | 64          | Morpeth Harriers1             | Vet40         | Tony Lewis           | 00:12:58 | John Butters     | 00:11:38 | Dave Stabler        | 00:12:57 | Andrew Ball      | 00:12:14 | 0:49:47    |
| 24   | 60          | Low Fell 1                    | Senior        | Josh Thomas          | 00:11:52 | Ben McClean      | 00:11:58 | David Newby         | 00:12:52 | David Nolan      | 00:13:11 | 0:49:53    |
| 25   | 21          | Crook AC 4                    | Vet50         | Jason Allison        | 00:12:45 | Peter Clough     | 00:12:34 | Chris Auld          | 00:12:43 | Wayne Pearson    | 00:12:09 | 0:50:11    |
| 26   | 108         | Blyth Running Club 1          | Senior        | Joe Wren             | 00:12:30 | Joseph Dungworth | 00:12:53 | Alex Robertson      | 00:12:26 | Craig Harmon     | 00:12:23 | 0:50:12    |
| 27   | 61          | Low Fell 2                    | Vet40         | David France         | 00:12:30 | Michael Denison  | 00:12:04 | Richard Conder      | 00:12:47 | Keith Roll       | 00:13:10 | 0:50:31    |
| 28   | 68          | Morpeth Harriers 5            | Senior        | Oliver Tomlinson     | 00:11:41 | Ralph Robson     | 00:11:08 | Johel Parmly        | 00:12:44 | Andrew Volhen    | 00:15:11 | 0:50:44    |
| 29   | 102         | Wallsend Harriers B           | Senior        | Dan Wilson           | 00:12:08 | Alex Sursham     | 00:13:01 | Alex Sursham        | 00:12:42 | Pete Cassidy     | 00:13:06 | 0:50:57    |
| 30   | 112         | Blaydon Harriers& AC 2        | Senior        | Robert Atkinson      | 00:12:14 | Timothy Nichol   | 00:13:46 | Isaac Dunn          | 00:13:16 | James Gray       | 00:12:34 | 0:51:50    |
| 31   | 84          | Saltwell Harriers1            | Senior        | Riccardo Antico      | 00:12:29 | Barry Huitson    | 00:13:23 | Graham Stephenson   | 00:13:44 | Callum Bannister | 00:12:18 | 0:51:54    |
| 32   | 14          | Claremont Road Runners 1      | Senior        | Mark Anderson        | 00:12:05 | Laurie Johnson   | 00:12:34 | Roberto Marzo       | 00:13:49 | Paul Robinson    | 00:13:37 | 0:52:05    |
| 33   | 31          | Elswick Harriers 3            | Senior        | Chris Smallwood      | 00:13:03 | Paul Taylor      | 00:13:22 | Sam Allison         | 00:12:39 | David Jones      | 00:13:11 | 0:52:15    |
| 34   | 48          | Heaton Harriers 3             | Vet40         | David Slater         | 00:13:06 | Liam Murnane     | 00:13:02 | Glen Rae            | 00:13:09 | Chris George     | 00:13:11 | 0:52:28    |
| 35   | 106         | Jesmond Joggers1              | Senior        | Ben McMain           | 00:12:38 | Josh Watts       | 00:13:06 | Niran Patel         | 00:13:42 | Joe Kirtley      | 00:13:05 | 0:52:31    |
| 36   | 32          | Elswick Harriers 4            | Vet50         | Mark Turnbull        | 00:12:50 | John Rippon      | 00:13:41 | Roland Brown        | 00:13:50 | James Douglas    | 00:12:16 | 0:52:37    |
| 37   | 90          | Sunderland Harriers & AC B    | Senior        | Jason Redman         | 00:12:23 | Norman Younger   | 00:12:30 | Cameron Lawton      | 00:13:53 | Paul Redman      | 00:14:01 | 0:52:47    |
| 38   | 65          | Morpeth Harriers2             | Vet50         | Jason Dawson         | 00:13:09 | Gavin Bayne      | 00:14:01 | Lee Bennett         | 00:12:38 | Rob Hancox       | 00:13:02 | 0:52:50    |
| 39   | 53          | Houghton Harriers 3           | Senior        | James Martin         | 00:13:29 | Daniel Marriner  | 00:13:53 | Dominic Bramley     | 00:12:38 | Tom Goulden      | 00:13:06 | 0:53:06    |
| 40   | 92          | Sunderland Harriers & AC D    | Vet50         | Tim Field            | 00:12:42 | Mike Cherrington | 00:13:41 | Steven Gordon       | 00:13:20 | Ed Sweeney       | 00:13:29 | 0:53:12    |
| 41   | 6           | Birtley AC 2                  | Senior        | Nigel Simpson        | 00:12:20 | Ian Robinson     | 00:12:02 | Lewis Bate          | 00:13:24 | Paul Agnew       | 00:15:31 | 0:53:17    |
| 42   | 40          | Gateshead F V40               | Vet40         | Craig Berry          | 00:13:18 | Andrew Smith     | 00:12:50 | Kevin Connolly      | 00:12:45 | Stuart Milburn   | 00:14:26 | 0:53:19    |
| 43   | 78          | Ponteland Runners 2           | Vet40         | Paul O'Neil          | 00:12:56 | Alex Walker      | 00:13:59 | Arran Stephenson    | 00:14:10 | James Leiper     | 00:12:52 | 0:53:57    |
| 44   | 37          | Gateshead C                   | Senior        | Cole Reid            | 00:11:34 | Caleb Prudhoe    | 00:12:32 | Alan Curtis         | 00:15:19 | Murray Kirsopp   | 00:14:39 | 0:54:04    |
| 45   | 94          | Sunderland Strollers2         | Vet40         | Nicholas McKnight    | 00:13:15 | Simon Cyhanko    | 00:14:23 | Chris Pickersgill   | 00:13:34 | Alan Cooney      | 00:13:02 | 0:54:14    |
| 46   | 30          | Elswick Harriers 2            | Senior        | Adam Robinson        | 00:12:59 | Aiden Jones      | 00:13:04 | Liam Coulson        | 00:13:41 | Charlie Jackson  | 00:14:33 | 0:54:17    |
| 47   | 103         | Wallsend Harriers C           | Senior        | Reece Calvert        | 00:13:21 | Tom Nightingale  | 00:14:08 | Dan Tobin           | 00:13:39 | Liam Parr        | 00:13:11 | 0:54:19    |
| 48   | 54          | Houghton Harriers 4           | Senior        | Tim Hill             | 00:13:08 | Steve Gilder     | 00:13:57 | Nate Murdoch        | 00:13:43 | Callum Fletcher  | 00:13:42 | 0:54:30    |
| 49   | 72          | Newcastle Fronrunners 1       | Senior        | Garry Martin         | 00:14:03 | Fionn Oakes      | 00:13:06 | Stuart Forsyth      | 00:14:47 | Stephen Garbutt  | 00:12:35 | 0:54:31    |
| 50   | 1           | Ashington Hirst Running Club1 | Senior        | Dan Craig            | 00:13:25 | Sean Henderson   | 00:13:13 | Will Fenwick        | 00:13:37 | Callum Chisholm  | 00:14:27 | 0:54:42    |
| 51   | 100         | Tyne Bridge Harriers 4        | Vet50         | Dave Moir            | 00:13:11 | John Tollitt     | 00:14:24 | David Appleby       | 00:13:50 | Andy Harrison    | 00:13:23 | 0:54:48    |
| 52   | 86          | South Shields A               | Senior        | Isaac McCully        | 00:12:29 | Darren Watson    | 00:14:39 | Tony Jeffers        | 00:14:35 | Kevin Steven     | 00:13:13 | 0:54:56    |
| 53   | 62          | Low Fell 3                    | Vet40         | Danny Wade           | 00:13:44 | Tom Willows      | 00:13:05 | Richard Brooks      | 00:14:51 | Ian Marriott     | 00:13:20 | 0:55:00    |
| 54   | 20          | Crook AC 3                    | Vet40         | Jon Rose             | 00:12:59 | Alistair Hart    | 00:12:46 | Simon Brimm         | 00:14:59 | Matthew Brimm    | 00:14:18 | 0:55:02    |
| 55   | 23          | Derwent Valley Running Club1  | Senior        | Luke Kelly           | 00:12:32 | Josh Robson      | 00:14:56 | Kieran Ridley       | 00:14:24 | Chris Hewitson   | 00:13:23 | 0:55:15    |
| 56   | 66          | Morpeth Harriers3             | Vet40         | Anthony Jannetta     | 00:12:36 | David Nicholson  | 00:14:44 | Mike Winter         | 00:14:24 | David Swinburne  | 00:14:05 | 0:55:49    |
| 57   | 82          | Prudhoe Plodders 1            | Senior        | Dav Carr             | 00:13:47 | Richard Heslop   | 00:14:21 | Steven Harvey       | 00:14:43 | Luke Shears      | 00:12:58 | 0:55:49    |
| 58   | 69          | Newburn Running Club 1        | Vet40         | Dominic Phipps       | 00:13:36 | Ian Waterhouse   | 00:14:31 | John Taylor         | 00:14:30 | Ben Robertson    | 00:13:38 | 0:56:15    |
| 59   | 25          | Derwentside A.C1              | Senior        | Jake Armstrong       | 00:13:11 | Alan Cook        | 00:14:04 | Craig Ridley        | 00:14:53 | Scott Laight     | 00:14:11 | 0:56:19    |
| 60   | 55          | Houghton Harriers 5           | Vet50         | Steve Johnson        | 00:13:15 | Steve Barry      | 00:14:55 | Dave Coulson        | 00:14:09 | Matty Tomlinson  | 00:14:03 | 0:56:22    |
| 61   | 49          | Heaton Harriers 4             | Vet40         | Andrew Burden        | 00:13:37 | James Waiters    | 00:14:13 | Scott McEntee       | 00:14:26 | Andrew Norton    | 00:14:09 | 0:56:25    |
| 62   | 113         | Blaydon Harriers & AC 3       | Vet40         | Neil Fellows         | 00:13:31 | Robert Hulse     | 00:14:10 | Liam Friel          | 00:14:58 | Philip McGuire   | 00:13:46 | 0:56:25    |
| 63   | 110         | Blyth Running Club 3          | Vet40         | Gary Weir            | 00:13:00 | Allen McPherson  | 00:15:35 | Paul Noble          | 00:13:43 | Simon Clough     | 00:14:09 | 0:56:27    |
| 64   | 26          | Derwentside A.C2              | Vet40         | Stephen Gibson       | 00:12:14 | Antonio Ribeiro  | 00:15:02 | Jose Moral          | 00:16:38 | John Donneky     | 00:12:43 | 0:56:37    |

|     |     |                               |        |                         |          |                      |          |                        |          |                   |          |         |
|-----|-----|-------------------------------|--------|-------------------------|----------|----------------------|----------|------------------------|----------|-------------------|----------|---------|
| 65  | 10  | Blackhill Bounders 2          | Vet40  | Gary Wallace            | 00:11:56 | Ian Young            | 00:14:09 | Mark Thompson          | 00:14:29 | Luke Aston        | 00:16:07 | 0:56:41 |
| 66  | 77  | Ponteland Runners 1           | Senior | Mark Lyon               | 00:13:17 | Bobby Bolam          | 00:14:52 | Rob Asquith            | 00:13:56 | Rob Gair          | 00:14:38 | 0:56:43 |
| 67  | 56  | Jarrow and Hebburn A          | Senior | Jack Brown              | 00:15:39 | Marc Joyce           | 00:13:27 | Anton Mirafsari        | 00:13:42 | Keven Taggart     | 00:14:17 | 0:57:05 |
| 68  | 109 | Blyth Running Club 2          | Senior | Karl Bryce              | 00:12:48 | Alexander Bell       | 00:14:06 | David Bradley          | 00:17:06 | Luke Dickinson    | 00:13:31 | 0:57:31 |
| 69  | 7   | Birtley AC 3                  | Vet50  | Graeme Swaddle          | 00:14:30 | Iain Goulding        | 00:14:47 | Paul Brennan           | 00:14:52 | Phil Atkinson     | 00:13:31 | 0:57:40 |
| 70  | 28  | Durham City Harriers2         | Vet40  | Jason Catterall         | 00:14:17 | Rob Richardson       | 00:14:20 | Matt Gwilym            | 00:14:24 | Paul Delaney      | 00:15:10 | 0:58:11 |
| 71  | 44  | Gosforth Harriers 3           | Senior | Nazaar Ali              | 00:13:49 | Chris Williams       | 00:14:14 | Rob Loveridge          | 00:14:54 | Peter Bryant      | 00:15:30 | 0:58:27 |
| 72  | 47  | Heaton Harriers 2             | Senior | Bryan Ankers            | 00:12:40 | Anthony Daglish      | 00:15:06 | Andrew Lovell          | 00:13:14 | Joe Coyne         | 00:18:26 | 0:59:26 |
| 73  | 34  | Elswick Harriers 6            | Senior | Richard Houghton        | 00:14:36 | Jonny Lowes          | 00:14:20 | James Sunley           | 00:14:22 | Eric Lewis        | 00:16:10 | 0:59:28 |
| 74  | 79  | Ponteland Runners 3           | Vet40  | Mike Waring             | 00:14:27 | David Heron          | 00:14:42 | Matthew Bell           | 00:15:46 | Daniel Barry      | 00:14:43 | 0:59:38 |
| 75  | 96  | Sunderland Strollers4         | Vet60  | Kevin O'Neill           | 00:14:43 | Ken Maynard          | 00:14:42 | Joe Glancy             | 00:16:30 | Richard Barker    | 00:13:59 | 0:59:54 |
| 76  | 19  | Crook AC 2                    | Senior | Dean Stockdale          | 00:12:22 | Harry Rose           | 00:13:08 | Lee Newby-Higginbottom | 00:14:46 | Alex Merryweather | 00:19:42 | 0:59:58 |
| 77  | 99  | Tyne Bridge Harriers 3        | Senior | Simon Hall              | 00:13:37 | David Cornish        | 00:15:57 | Simon Pryde            | 00:14:56 | Paul Colver       | 00:15:33 | 1:00:03 |
| 78  | 24  | Derwent Valley Running Club2  | Vet40  | Glen Cooper             | 00:14:34 | Duncan Marshall      | 00:14:14 | Nick Armstrong         | 00:15:40 | Paul Stephenson   | 00:15:38 | 1:00:06 |
| 79  | 107 | Jesmond Joggers2              | Senior | Simon Wells             | 00:14:05 | Sandro Di Simplicio  | 00:14:31 | Matty Downs            | 00:14:36 | Phill Carr        | 00:16:54 | 1:00:06 |
| 80  | 114 | Blaydon Harriers & AC 4       | Vet40  | Michael Friberg         | 00:14:32 | Garry Russell        | 00:15:25 | Paul Young             | 00:15:21 | Iain Brooks       | 00:14:50 | 1:00:08 |
| 81  | 95  | Sunderland Strollers3         | Vet50  | Gary Dunmore            | 00:13:33 | Gerard Harrison      | 00:16:15 | Harry Harrison         | 00:15:21 | Andrew Bell       | 00:15:09 | 1:00:18 |
| 82  | 45  | Gosforth Harriers 4           | Senior | edward watson           | 00:13:24 | callum aktar         | 00:13:51 | simon daniels          | 00:13:46 | steven bond       | 00:19:24 | 1:00:25 |
| 83  | 80  | Ponteland Runners 4           | Vet50  | Ray Smedley             | 00:15:17 | Gavin Townsend       | 00:13:41 | Jonathan Bone          | 00:15:43 | Neil Mason        | 00:15:51 | 1:00:32 |
| 84  | 88  | Stocksfield Striders          | Vet40  | Tony Steve Brady        | 00:15:05 | Michael Brown        | 00:15:28 | Michael Boaden         | 00:17:44 | Billy Maitland    | 00:13:34 | 1:01:51 |
| 85  | 17  | Claremont Road Runners 4      | Vet40  | Paul Bastow             | 00:13:57 | Jim Crinnion         | 00:14:03 | Eddie Smith            | 00:17:10 | Howard MacLennan  | 00:16:46 | 1:01:56 |
| 86  | 63  | Low Fell 4                    | Vet50  | Paul Iredale            | 00:15:09 | Mike Stacey          | 00:15:23 | Michael Graham         | 00:15:48 | Colin Greenwell   | 00:15:42 | 1:02:02 |
| 87  | 87  | South Shields B               | Senior | Allan Ball              | 00:14:43 | Karl White           | 00:17:17 | Aaron Day              | 00:14:55 | Neil Young        | 00:15:13 | 1:02:08 |
| 88  | 58  | Jarrow and Hebburn C          | Vet60  | Micheal Salkeld         | 00:15:04 | Bob Weightman        | 00:15:11 | Micheal McNally        | 00:16:19 | Mick Joyce        | 00:15:59 | 1:02:33 |
| 89  | 70  | Newburn Running Club 2        | Vet50  | Darren Cowell           | 00:14:32 | Ian Bell             | 00:17:57 | Stephen Ions           | 00:14:03 | Stuart Moor       | 00:16:07 | 1:02:39 |
| 90  | 16  | Claremont Road Runners 3      | Vet40  | Tom Tinsley             | 00:14:01 | Chris Jones          | 00:14:51 | Luke Woodend           | 00:17:41 | Jamie Harding     | 00:16:22 | 1:02:55 |
| 91  | 85  | Saltwell Harriers2            | Vet40  | Steve Ayling            | 00:14:39 | Tony Yip             | 00:17:51 | Paul Blackett          | 00:16:08 | Scott Garrett     | 00:14:25 | 1:03:03 |
| 92  | 4   | Ashington Hirst Running Club4 | Vet50  | Wilf Hutchinson         | 00:17:27 | Stephen Hollywood    | 00:16:30 | Scott Wilkes           | 00:14:29 | Iain Singer       | 00:14:44 | 1:03:10 |
| 93  | 12  | Blackhill Bounders 4          | Vet50  | Jon Dodds               | 00:14:47 | Stewy Bell           | 00:16:17 | robin Clough           | 00:17:37 | Paul Rowe         | 00:15:00 | 1:03:41 |
| 94  | 2   | Ashington Hirst Running Club2 | Senior | Michael Floyd           | 00:16:48 | Luke Wandless        | 00:15:08 | Sean Matheson          | 00:15:49 | Kyle Shaw         | 00:16:29 | 1:04:14 |
| 95  | 73  | Newcastle Frontrunners 2      | Senior | Marc Bakker             | 00:15:32 | Andrew Stoddart      | 00:15:49 | Michael Barrass        | 00:16:46 | Mark Girvan       | 00:16:13 | 1:04:20 |
| 96  | 59  | Jarrow and Hebburn D          | Vet40  | Garry Brooks            | 00:15:31 | Garry Stobbs         | 00:14:41 | Tony Pollock           | 00:16:33 | Phil McCluskey    | 00:18:17 | 1:05:02 |
| 97  | 93  | Sunderland Strollers1         | Senior | Kevin Doherty           | 00:16:12 | Brian Dugan          | 00:16:59 | Nathaniel James Forson | 00:16:53 | Jim Maynard       | 00:15:09 | 1:05:13 |
| 98  | 11  | Blackhill Bounders 3          | Senior | Mathew Moffat           | 00:17:44 | Trevor Jones         | 00:16:40 | David Slane            | 00:14:45 | Adian Hughes      | 00:17:50 | 1:06:59 |
| 99  | 15  | Claremont Road Runners 2      | Senior | Daniel Orlopp           | 00:14:42 | José Gallego Parilla | 00:16:50 | Connor Bluemel         | 00:19:06 | David Devennie    | 00:18:23 | 1:09:01 |
| 100 | 83  | Prudhoe Plodders 2            | Vet40  | Alastair Carillo Rabago | 00:16:46 | Marc Reed            | 00:18:46 | Phil Lloyd             | 00:18:12 | Seamus Kelleher   | 00:15:49 | 1:09:33 |
| 101 | 71  | Newburn Running Club 3        | Senior | Sammy Doak              | 00:17:34 | Paul Buns            | 00:17:57 | Stephen Curry          | 00:19:06 | Joshua Rawcliffe  | 00:15:09 | 1:09:46 |
| 102 | 50  | Heaton Harriers 5             | Vet50  | Michael Coppen          | 00:14:20 | Willard Wright       | 00:15:01 | Dave Brignall          | 00:16:23 | George Routledge  | 00:24:51 | 1:10:35 |
| 103 | 22  | Crook AC 5                    | Vet50  | Peter Coser             | 00:14:35 | Richard Jones        | 00:17:46 | Phil Healey            | 00:17:30 | George Cawkwell   | 00:23:23 | 1:13:14 |
| 104 | 81  | Ponteland Runners 5           | Senior | Andrew Toothill         | 00:16:07 | Dave Legg            | 00:16:17 | Dennis Paterson        | 00:21:31 | Tony Vick         | 00:20:34 | 1:14:29 |
| 105 | 3   | Ashington Hirst Running Club3 | Vet40  | Rick Smith              | 00:18:21 | Lee Parry            | 00:21:54 | Martin Blakelock       | 00:15:32 | Dave Thompson     | 00:20:04 | 1:15:51 |
| 106 | 13  | Blackhill Bounders 5          | Vet40  | Neil Uren               | 00:17:26 | Richard Ackerley     | 00:18:48 | Bryn Young             | 00:21:09 | Mike Gill         | 00:25:31 | 1:22:54 |
| inc | 8   | Birtley AC 4                  | Senior | Ian Goulding            | #N/A     | Patrick Kelly        | #N/A     | TBC                    | #N/A     | TBC               | #N/A     | #N/A    |
| inc | 33  | Elswick Harriers 5            | Vet50  | Nigel Hollier           | 00:18:02 | Robert Lambert       | 00:15:24 | Mark McNally           | 00:16:03 | 0                 | #N/A     | #N/A    |
| inc | 38  | 0                             | #N/A   | 0                       | #N/A     | 0                    | #N/A     | 0                      | #N/A     | 0                 | #N/A     | #N/A    |
| inc | 41  | Gateshead G V40               | Senior | Malcolm Thirlaway       | 00:15:33 | Michael Potter       | 00:15:06 | James Campbell         | 00:15:01 | #N/A              | #N/A     | #N/A    |
| inc | 57  | Jarrow and Hebburn B          | Vet40  | Richard Harrison        | 00:11:48 | JOnathan Gilroy      | 00:12:21 | Richard Moore          | 00:12:53 | Jay Bowley        | #N/A     | #N/A    |
| inc | 76  | North Shields Poly3           | Senior | Ben Cook                | 00:12:13 | Sam Fisher           | 00:15:29 | Roger Mosedale         | 00:14:47 | David Miller      | #N/A     | #N/A    |
| inc | 104 | North East Veterans AC        | Vet60  | Ian Richardson          | #N/A     | 0                    | #N/A     | 0                      | #N/A     | 0                 | #N/A     | #N/A    |
| inc | 105 | Prudhoe Plodders 3            | #N/A   | 0                       | #N/A     | 0                    | #N/A     | 0                      | #N/A     | 0                 | #N/A     | #N/A    |