

Norman Woodcock Relays

Overall Team Results



Bib	Name	Time	Club
1. Morpeth Harriers 1. Sen 0:24:48			
505	Ellis Hetherington	0:07:40	Morpeth Harriers 1
503	Connor Marshall	0:07:59	Morpeth Harriers 1
504	Holly Lawrence	0:09:09	Morpeth Harriers 1
2. Heaton Harriers 1. Sen 0:24:58			
589	Jacob Garthwaite	0:07:50	Heaton Harriers 1
587	Eddie Knight	0:07:57	Heaton Harriers 1
588	Jo Woodcock	0:09:11	Heaton Harriers 1
3. Tyne Bridge Harriers 1. Sen 0:25:06			
487	Michael Hedley	0:07:59	Tyne Bridge Harriers 1
485	Timothy Charteris	0:08:02	Tyne Bridge Harriers 1
486	Jess Eaton	0:09:05	Tyne Bridge Harriers 1
4. Sunderland Harriers 1. Sen 0:26:17			
442	William Haswell	0:08:29	Sunderland Harriers 1
440	Chris Thornley	0:08:34	Sunderland Harriers 1
441	Grace Carroll	0:09:14	Sunderland Harriers 1
5. Gosforth Harriers 1. Sen 0:26:47			
563	Reece Slater	0:07:55	Gosforth Harriers 1
565	Alex Rhodes	0:08:42	Gosforth Harriers 1
564	Emma Ashman	0:10:10	Gosforth Harriers 1
6. Sunderland Harriers 2. V40 0:27:13			
443	Norman Younger	0:08:31	Sunderland Harriers 2
445	Richard Harrison	0:08:44	Sunderland Harriers 2
444	Kay Stephenson	0:09:58	Sunderland Harriers 2
7. Elswick Harriers 1. Sen 0:27:18			
401	Callum Eldridge	0:08:53	Elswick Harriers 1
402	Aiden Jones	0:09:09	Elswick Harriers 1
403	Justina Heslop	0:09:16	Elswick Harriers 1
8. Morpeth Harriers 2. Sen 0:27:29			
506	Dave Stabler	0:08:45	Morpeth Harriers 2
508	Dean Lonsdale	0:09:21	Morpeth Harriers 2
507	Lizzie Rank	0:09:23	Morpeth Harriers 2
9. Tyne Bridge Harriers 2. Sen 0:27:35			
488	Tom Charlton	0:08:13	Tyne Bridge Harriers 2
490	Tim Wilcock	0:08:25	Tyne Bridge Harriers 2
489	Adeline Bourgenot-Lewis	0:10:57	Tyne Bridge Harriers 2
10. Gosforth Harriers 2. Sen 0:27:39			
566	Andrew Heppell	0:08:24	Gosforth Harriers 2
568	Maurice Bourke	0:08:38	Gosforth Harriers 2
567	Annie Hutchinson	0:10:37	Gosforth Harriers 2
11. Crook and District AC 1. Sen 0:27:51			
550	Andy Simpson	0:08:55	Crook and District AC 1
548	Ben Etherington	0:09:06	Crook and District AC 1

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Bib	Name	Time	Club
549	Bethany Iveson	0:09:50	Crook and District AC 1
12. Heaton Harriers 2. Sen 0:27:58			
590	James McKenzie	0:08:37	Heaton Harriers 2
592	Andy Lovell	0:09:12	Heaton Harriers 2
591	Eleanor Walker	0:10:09	Heaton Harriers 2
13. North Shields Poly 5. V40 0:28:05			
641	Patrick Houghton	0:08:38	North Shields Poly 5
643	Richard Conder	0:09:15	North Shields Poly 5
642	Natasha Harvey	0:10:12	North Shields Poly 5
14. Claremont Road Runners 1. Sen 0:28:12			
512	Harry Mawdsley	0:08:25	Claremont Road Runners 1
514	Mark Anderson	0:09:08	Claremont Road Runners 1
513	Sarah Kerr	0:10:39	Claremont Road Runners 1
15. Morpeth Harriers 3. Sen 0:28:36			
509	Bobby Hagen	0:08:26	Morpeth Harriers 3
511	Ben Moll	0:09:19	Morpeth Harriers 3
510	Charlotte Marshall	0:10:51	Morpeth Harriers 3
16. North Shields Poly 8. Sen 0:28:37			
650	Matthew Steanson	0:08:29	North Shields Poly 8
651	Jenni Ede	0:09:53	North Shields Poly 8
652	Jake Turney	0:10:15	North Shields Poly 8
17. Elswick Harriers 2. Sen 0:28:52			
406	Dave Jones	0:09:15	Elswick Harriers 2
404	Mick Wilson	0:09:20	Elswick Harriers 2
405	Maria Catterall	0:10:17	Elswick Harriers 2
18. Wearside Triathlon 1. Sen 0:29:00			
437	James Tolley	0:08:49	Wearside Triathlon 1
439	Phil Johnston	0:09:14	Wearside Triathlon 1
438	Evie Richardson	0:10:57	Wearside Triathlon 1
19. Heaton Harriers 4. Sen 0:29:09			
596	Tom Hicks	0:09:07	Heaton Harriers 4
598	Tony Blake	0:09:39	Heaton Harriers 4
597	Ella Day	0:10:23	Heaton Harriers 4
20. Tyne Bridge Harriers 3. Sen 0:29:34			
493	Angus Williams	0:08:46	Tyne Bridge Harriers 3
491	Cormac Malone	0:09:00	Tyne Bridge Harriers 3
492	Ailsa Skelly	0:11:48	Tyne Bridge Harriers 3
21. Sunderland Harriers 3. Sen 0:30:02			
446	Anthony Lawson	0:09:13	Sunderland Harriers 3
448	Ben Anderson	0:09:18	Sunderland Harriers 3
447	Lauren Flaxen	0:11:31	Sunderland Harriers 3
22. Tyne Bridge Harriers 6. V40 0:30:11			
500	Tyler Helmuth	0:08:58	Tyne Bridge Harriers 6

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502	Davey Miller	0:09:33	Tyne Bridge Harriers 6
501	Babsy Ewusie	0:11:40	Tyne Bridge Harriers 6
23. Ponteland Runners 3. V40 0:30:17			
540	James Leiper	0:09:17	Ponteland Runners 3
541	Alex Walker	0:10:11	Ponteland Runners 3
539	Stephanie Manson Brown	0:10:49	Ponteland Runners 3
24. Crook and District AC 2. Sen 0:30:19			
551	Lewis Moore	0:09:59	Crook and District AC 2
552	Lisa Donaldson	0:10:03	Crook and District AC 2
553	Peter Coser	0:10:17	Crook and District AC 2
25. Gosforth Harriers 5. Sen 0:30:20			
575	Lewis Proud	0:09:16	Gosforth Harriers 5
577	Sam Pattison	0:09:28	Gosforth Harriers 5
576	Sarah Olsen	0:11:36	Gosforth Harriers 5
26. Birtley AC 4. V40 0:30:26			
464	Steve Brownless	0:09:31	Birtley AC 4
465	Helen Arrowsmith	0:10:27	Birtley AC 4
466	Paul McVittie	0:10:28	Birtley AC 4
27. Crook and District AC 4. V40 0:30:33			
558	Jennifer Lloyd-Edwards	0:10:01	Crook and District AC 4
559	Matthew Brimm	0:10:02	Crook and District AC 4
557	Kris Whitelaw	0:10:30	Crook and District AC 4
28. Tyne and Wear Fire Service 1. V40 0:30:46			
659	Brendan McMillan	0:08:50	Tyne and Wear Fire Service 1
660	Natalie Batey	0:10:48	Tyne and Wear Fire Service 1
661	Graham Smith	0:11:08	Tyne and Wear Fire Service 1
29. Tyne Bridge Harriers 4. Sen 0:30:51			
494	Laurentiu Craciunas	0:09:16	Tyne Bridge Harriers 4
496	Simon Hall	0:09:23	Tyne Bridge Harriers 4
495	Gemma Finnie	0:12:12	Tyne Bridge Harriers 4
30. Tynedale Harriers 1. V40 0:30:52			
436	Pete Watson	0:09:42	Tynedale Harriers 1
434	Dom McDermott	0:10:05	Tynedale Harriers 1
435	Maria Armstrong	0:11:05	Tynedale Harriers 1
31. Birtley AC 1. Sen 0:30:52			
455	Lewis Bate	0:09:19	Birtley AC 1
456	Lilyanna Turner	0:10:37	Birtley AC 1
457	Ollie King	0:10:56	Birtley AC 1
32. Gosforth Harriers 3. V50 0:30:54			
569	Neil Ramsay	0:10:12	Gosforth Harriers 3
571	Steve Boddy	0:10:20	Gosforth Harriers 3
570	Anna Fletcher	0:10:22	Gosforth Harriers 3

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Bib	Name	Time	Club
33. Heaton Harriers 8. V40 0:31:02			
608	Chris George	0:09:46	Heaton Harriers 8
610	Mark Sutherland	0:10:26	Heaton Harriers 8
609	Sarah Lemon	0:10:50	Heaton Harriers 8
34. North Shields Poly 9. Sen 0:31:05			
654	Katie Elliot	0:10:15	North Shields Poly 9
653	Craig Greenwood	0:10:19	North Shields Poly 9
655	Lloyd Foster	0:10:31	North Shields Poly 9
35. North Shields Poly 6. V40 0:31:12			
644	Dave Hartis	0:10:07	North Shields Poly 6
646	Simon Ebbitt	0:10:17	North Shields Poly 6
645	Quynh Nguyen	0:10:48	North Shields Poly 6
36. Elswick Harriers 3. V40 0:31:18			
409	Dave Allan	0:09:45	Elswick Harriers 3
407	John Rippon	0:10:00	Elswick Harriers 3
408	Andrea Banner	0:11:33	Elswick Harriers 3
37. Claremont Road Runners 2. Sen 0:31:29			
515	Luke O'Neill	0:09:12	Claremont Road Runners 2
516	Aoife Monaghan	0:11:03	Claremont Road Runners 2
517	Nicki O'Brien	0:11:14	Claremont Road Runners 2
38. Birtley AC 5. V50 0:31:36			
467	Nigel Simpson	0:09:12	Birtley AC 5
468	Kirstin Farquhar	0:11:09	Birtley AC 5
469	Paul Agnew	0:11:15	Birtley AC 5
39. Heaton Harriers 11. V50 0:31:48			
617	Andy Burden	0:09:50	Heaton Harriers 11
619	David Slater	0:09:56	Heaton Harriers 11
618	Jacqueline Turner	0:12:02	Heaton Harriers 11
40. Ponteland Runners 4. Sen 0:32:04			
543	Laura Choake	0:10:12	Ponteland Runners 4
542	Andrea Simmons	0:10:43	Ponteland Runners 4
544	Sahil Aggarwal	0:11:09	Ponteland Runners 4
41. Gosforth Harriers 6. Sen 0:32:10			
580	Chris Williams	0:09:36	Gosforth Harriers 6
578	Edward Watson	0:10:20	Gosforth Harriers 6
579	Jessica spavins	0:12:14	Gosforth Harriers 6
42. Sunderland Harriers 4. Sen 0:32:17			
451	Jude Graham	0:09:39	Sunderland Harriers 4
449	Mike Cherrington	0:10:38	Sunderland Harriers 4
450	Jackie Graham	0:12:00	Sunderland Harriers 4
43. Gosforth Harriers 4. V40 0:32:45			
572	Adrian Mitchison	0:10:37	Gosforth Harriers 4
574	Dave Powell	0:10:50	Gosforth Harriers 4

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Bib	Name	Time	Club
573	Jenny Graham	0:11:18	Gosforth Harriers 4
44. Prudhoe Plodders 1. Sen 0:32:50			
425	Chris Eddy	0:09:54	Prudhoe Plodders 1
427	Ollie Napier	0:10:13	Prudhoe Plodders 1
426	Caroline O'Neill	0:12:43	Prudhoe Plodders 1
45. Tyne Bridge Harriers 5. Sen 0:32:54			
497	Anthony Tait	0:09:45	Tyne Bridge Harriers 5
499	Simon Pryde	0:10:28	Tyne Bridge Harriers 5
498	Lois Nowicki	0:12:41	Tyne Bridge Harriers 5
46. Heaton Harriers 5. Sen 0:32:54			
601	Ben Cook	0:09:55	Heaton Harriers 5
599	Ronny Miller	0:11:29	Heaton Harriers 5
600	Alison Williams	0:11:30	Heaton Harriers 5
47. Heaton Harriers 9. Sen 0:32:59			
613	Mark Sutherland	0:10:02	Heaton Harriers 9
611	Lee Daglish	0:10:43	Heaton Harriers 9
612	Deborah Hicks	0:12:14	Heaton Harriers 9
48. Gosforth Harriers 7. Sen 0:33:05			
581	James White	0:10:33	Gosforth Harriers 7
583	Cameron graham	0:10:46	Gosforth Harriers 7
582	Sophie morley	0:11:46	Gosforth Harriers 7
49. Heaton Harriers 12. V50 0:33:09			
620	Michael Coppen	0:09:58	Heaton Harriers 12
621	Peter Foreman	0:11:27	Heaton Harriers 12
622	Nina Cameron	0:11:44	Heaton Harriers 12
50. North Shields Poly 3. V50 0:33:11			
635	Jonathan Boxhall	0:08:53	North Shields Poly 3
636	Colin Rogerson	0:09:31	North Shields Poly 3
637	Jane Armstrong	0:14:47	North Shields Poly 3
51. Ashington Hirst Running Club 2. Sen 0:33:18			
672	Samantha Gair	0:09:38	Ashington Hirst Running Club 2
671	Martin Ritchie	0:11:48	Ashington Hirst Running Club 2
673	Melanie Horan	0:11:52	Ashington Hirst Running Club 2
52. Low Fell Running Club 1. V40 0:33:20			
665	Michael Denison	0:08:39	Low Fell Running Club 1
667	Greg Smith	0:11:17	Low Fell Running Club 1
666	Kelly Cook	0:13:24	Low Fell Running Club 1
53. Elswick Harriers 4. Sen 0:33:25			
410	Roland Brown	0:10:00	Elswick Harriers 4
412	Jack Gordon	0:10:26	Elswick Harriers 4
411	Ceara Herring	0:12:59	Elswick Harriers 4
54. Ashington Hirst Running Club 3. V50 0:33:30			
676	Scott Wilkes	0:10:13	Ashington Hirst Running Club 3

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Bib	Name	Time	Club
674	Andy Stewart	0:10:50	Ashington Hirst Running Club 3
675	Jane Wilkes	0:12:27	Ashington Hirst Running Club 3
55. Elswick Harriers 6. V40 0:33:32			
416	Lee Coulson	0:10:05	Elswick Harriers 6
418	Peter Dawson	0:10:30	Elswick Harriers 6
417	Lynne Michelson	0:12:57	Elswick Harriers 6
56. Sunderland Harriers 5. Sen 0:33:36			
454	Steven Gordon	0:10:07	Sunderland Harriers 5
452	Paul O'Brien	0:10:41	Sunderland Harriers 5
453	Doreen Dickinson	0:12:48	Sunderland Harriers 5
57. Prudhoe Plodders 2. V40 0:33:43			
430	Richard Chapman	0:10:22	Prudhoe Plodders 2
428	Richard Heslop	0:10:39	Prudhoe Plodders 2
429	Lyndsay Chapman	0:12:42	Prudhoe Plodders 2
58. Heaton Harriers 6. Sen 0:33:45			
602	Jack Lines	0:10:11	Heaton Harriers 6
604	Ryan Halbert-Fettes	0:10:47	Heaton Harriers 6
603	Kerry Ho	0:12:47	Heaton Harriers 6
59. Ashington Hirst Running Club 1. Sen 0:33:49			
669	Sean Henderson	0:09:52	Ashington Hirst Running Club 1
668	Inka Kokki	0:11:36	Ashington Hirst Running Club 1
670	Lilly Scott	0:12:21	Ashington Hirst Running Club 1
60. Heaton Harriers 3. Sen 0:33:55			
594	Andrea Davis	0:10:51	Heaton Harriers 3
593	John Nesbit	0:11:30	Heaton Harriers 3
595	Kevin Partington	0:11:34	Heaton Harriers 3
61. Birtley AC 3. Sen 0:33:58			
461	Abbey Boyle	0:10:47	Birtley AC 3
463	Faye Wallace	0:11:19	Birtley AC 3
462	Paul Brennan	0:11:52	Birtley AC 3
62. Claremont Road Runners 3. Sen 0:34:09			
518	Sonam Wangdi	0:09:53	Claremont Road Runners 3
519	Holly Porter	0:11:43	Claremont Road Runners 3
520	Cate Walker	0:12:33	Claremont Road Runners 3
63. Heaton Harriers 14. V60 0:34:22			
626	Ian Norman	0:09:58	Heaton Harriers 14
628	Willard Wright	0:11:29	Heaton Harriers 14
627	Judith Archbold	0:12:55	Heaton Harriers 14
64. Claremont Road Runners 4. Sen 0:34:36			
521	Paul Robinson	0:10:13	Claremont Road Runners 4
522	Nina Jensen	0:11:40	Claremont Road Runners 4
523	Yana Bevan	0:12:43	Claremont Road Runners 4

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Bib	Name	Time	Club
65. Newburn Running Club 1. Sen 0:34:41			
470	Joshua Rawcliffe	0:09:52	Newburn Running Club 1
471	Zoe Ritson	0:11:51	Newburn Running Club 1
472	Mary Rawcliffe	0:12:58	Newburn Running Club 1
66. Elswick Harriers 5. V50 0:34:54			
413	Mike Russell	0:10:12	Elswick Harriers 5
415	Allan Callender	0:11:30	Elswick Harriers 5
414	Joanne Webber	0:13:12	Elswick Harriers 5
67. Elswick Harriers 7. V40 0:35:00			
419	Paul Taylor	0:09:51	Elswick Harriers 7
421	Eric Lewis	0:11:17	Elswick Harriers 7
420	Su-wan Lewis	0:13:52	Elswick Harriers 7
68. Gosforth Harriers 8. Sen 0:35:09			
584	Jon mcmanus	0:11:05	Gosforth Harriers 8
586	Angela Jackson	0:11:16	Gosforth Harriers 8
585	Kevin Spredbury	0:12:48	Gosforth Harriers 8
69. Ponteland Runners 1. V60 0:35:21			
535	Gavin Townsend	0:10:11	Ponteland Runners 1
534	Mick Meaney	0:11:27	Ponteland Runners 1
533	Celia Bone	0:13:43	Ponteland Runners 1
70. North Shields Poly 7. V40 0:35:33			
647	David Vasey	0:11:19	North Shields Poly 7
649	Alison Dixon	0:12:07	North Shields Poly 7
648	Debbie Pritchard	0:12:07	North Shields Poly 7
71. Crook and District AC 3. Sen 0:35:43			
554	Sam Dixon	0:10:35	Crook and District AC 3
555	Danny Oakley	0:12:16	Crook and District AC 3
556	Adam Newby	0:12:52	Crook and District AC 3
72. North Shields Poly 10. Sen 0:35:43			
656	Mark Barrett	0:10:34	North Shields Poly 10
658	Rob Kirkpatrick	0:12:05	North Shields Poly 10
657	Linda Bulfin	0:13:04	North Shields Poly 10
73. Ponteland Runners 5. Sen 0:35:55			
547	Christopher Wise	0:11:08	Ponteland Runners 5
545	Andrew Toothill	0:11:51	Ponteland Runners 5
546	Kirsten Meaney	0:12:56	Ponteland Runners 5
74. Heaton Harriers 10. V40 0:35:56			
614	Steve Jones	0:11:15	Heaton Harriers 10
615	Helena Walsater	0:12:15	Heaton Harriers 10
616	Anthony Daglish	0:12:26	Heaton Harriers 10
75. Heaton Harriers 7. V40 0:35:57			
605	Andrew Norton	0:09:35	Heaton Harriers 7
606	Mandy Hood	0:12:27	Heaton Harriers 7

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Bib	Name	Time	Club
607	Kate Hewitt	0:13:55	Heaton Harriers 7
76. Ponteland Runners 2. V50 0:36:13			
538	Mike Waring	0:10:55	Ponteland Runners 2
536	Julia Lightle	0:11:59	Ponteland Runners 2
537	Joanne Lucking	0:13:19	Ponteland Runners 2
77. North Shields Poly 4. V50 0:36:18			
638	Mark Dutton	0:11:36	North Shields Poly 4
640	Ian Hearn	0:11:39	North Shields Poly 4
639	Alex Campbell	0:13:03	North Shields Poly 4
78. Crook and District AC 5. V60 0:36:26			
562	Geoff Hewitson	0:11:40	Crook and District AC 5
560	Keith Thompson	0:11:52	Crook and District AC 5
561	Kate Williams	0:12:54	Crook and District AC 5
79. Birtley AC 2. Sen 0:36:30			
458	Amy Drummond	0:10:47	Birtley AC 2
459	Scarlett Newby	0:12:16	Birtley AC 2
460	Zoe Towers	0:13:27	Birtley AC 2
80. Newburn Running Club 2. Sen 0:36:38			
475	Darren Cowell	0:11:46	Newburn Running Club 2
474	Amy Brown	0:12:18	Newburn Running Club 2
473	Stuart Moor	0:12:34	Newburn Running Club 2
81. Prudhoe Plodders 3. V40 0:36:54			
433	Alastair Carrillo Rábago	0:11:08	Prudhoe Plodders 3
432	Carol Carrillo Rábago	0:12:52	Prudhoe Plodders 3
431	Phil Lloyd	0:12:54	Prudhoe Plodders 3
82. Ashington Hirst Running Club 4. Sen 0:37:21			
677	Luke Wandless	0:10:59	Ashington Hirst Running Club 4
678	Dilyara McKay	0:12:22	Ashington Hirst Running Club 4
679	Steve McKay	0:14:00	Ashington Hirst Running Club 4
83. Claremont Road Runners 6. V40 0:37:41			
528	Anna Round	0:12:28	Claremont Road Runners 6
527	Lucy Keating	0:12:35	Claremont Road Runners 6
529	Lucy Ward	0:12:38	Claremont Road Runners 6
84. North Shields Poly 1. V60 0:37:50			
629	Charles Hall	0:10:43	North Shields Poly 1
631	Douglas Gowland	0:13:21	North Shields Poly 1
630	Heather Gould	0:13:46	North Shields Poly 1
85. Ashington Hirst Running Club 5. V50 0:39:43			
680	Fabrizio Peddis	0:11:23	Ashington Hirst Running Club 5
682	Judith Farquhar	0:13:54	Ashington Hirst Running Club 5
681	Julie Wandless	0:14:26	Ashington Hirst Running Club 5
86. Heaton Harriers 13. V50 0:39:49			
623	Jeremy Smith	0:10:02	Heaton Harriers 13

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624	Caroline Livesley	0:11:40	Heaton Harriers 13
625	George Routledge	0:18:07	Heaton Harriers 13
87. Claremont Road Runners 7. Sen 0:40:18			
530	Steph Towers	0:11:56	Claremont Road Runners 7
532	Jenny Roberts	0:12:20	Claremont Road Runners 7
531	Becky Webster	0:16:02	Claremont Road Runners 7
88. Ashington Hirst Running Club 6. V40 0:40:28			
684	Michelle Embeton	0:13:00	Ashington Hirst Running Club 6
685	Rick Smith	0:13:08	Ashington Hirst Running Club 6
683	Paula Lucy	0:14:20	Ashington Hirst Running Club 6
89. Saltwell Harriers 1. Sen 0:40:33			
422	Nicola Dyson	0:11:26	Saltwell Harriers 1
423	Jess Evans	0:13:16	Saltwell Harriers 1
424	Rosie Reynolds	0:15:51	Saltwell Harriers 1
90. Tyne and Wear Fire Service 2. Sen 0:40:42			
662	Jennifer Georgiou	0:13:19	Tyne and Wear Fire Service 2
663	Rachael Shepherd	0:13:25	Tyne and Wear Fire Service 2
664	Mick Quinn	0:13:58	Tyne and Wear Fire Service 2
91. Claremont Road Runners 5. Sen 0:40:54			
526	Sarah Williamson	0:11:58	Claremont Road Runners 5
524	Lena Webster-Costella	0:12:06	Claremont Road Runners 5
525	Sarah Taylor	0:16:50	Claremont Road Runners 5
92. North Shields Poly 2. V60 0:41:02			
634	Stuart Robertson	0:13:04	North Shields Poly 2
633	Joan O'Neill	0:13:36	North Shields Poly 2
632	Joanna Malia	0:14:22	North Shields Poly 2
93. Newburn Running Club 3. Sen 0:41:08			
477	Deborah Mann	0:12:25	Newburn Running Club 3
478	Julie Pringle	0:13:42	Newburn Running Club 3
476	Jemma Harker	0:15:01	Newburn Running Club 3
94. Ashington Hirst Running Club 7. V40 0:45:58			
686	Tanya Moore	0:14:27	Ashington Hirst Running Club 7
687	David Asquith	0:15:31	Ashington Hirst Running Club 7
688	Stacy Reed	0:16:00	Ashington Hirst Running Club 7
95. Newburn Running Club 5. Sen 0:47:15			
482	Bethan Dawson	0:13:49	Newburn Running Club 5
483	Marie Bottomley	0:16:22	Newburn Running Club 5
484	Susan Soan	0:17:04	Newburn Running Club 5
96. Newburn Running Club 4. Sen 0:49:55			
479	Anna Brayson	0:14:51	Newburn Running Club 4
480	Laura Defty	0:15:36	Newburn Running Club 4
481	Ellie Anderson	0:19:28	Newburn Running Club 4

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97. Ashington Hirst Running Club 8. Sen 0:50:19			
689	Richard Miller	0:15:30	Ashington Hirst Running Club 8
691	Kirsty Bain	0:17:12	Ashington Hirst Running Club 8
690	Grace Winpenny	0:17:37	Ashington Hirst Running Club 8