

<b>Bib No.</b>	<b>Forename</b>	<b>Surname</b>	<b>Club</b>	<b>Age Cat</b>	<b>Time</b>	<b>Pos</b>
203	Gregory	Jayasuriya	Middlesbrough & Cleveland Ha	M35	30:01	2
299	Stephen	Jackson	Sunderland Harriers & AC	M35	30:31	3
211	Conrad	Franks	Gateshead Harriers & AC	M35	30:52	5
225	Dave	Richardson	Gateshead Harriers & AC	M35	31:44	9
174	Craig	Jones	Tyne Bridge Harriers	M35	31:54	11
227	James	Oldfield	Sedgefield Harriers	M35	32:16	14
250	Andrew	Lawrence	Morpeth Harriers & AC	M35	32:31	17
246	James	Anderson	North Shields Polytechnic Club	M35	32:32	18
310	Graham	Crammond	North Shields Polytechnic Club	M35	33:40	25
288	Rudy	McLeod	Alnwick Harriers	M35	33:55	29
261	Phill	Jamieson	Gateshead Harriers & AC	M35	34:18	35
259	Peter	Grimoldby	Gateshead Harriers & AC	M35	34:51	41
278	Daniel	Sherliker	Low Fell RC	M35	35:14	45
193	Laurentiu	Craciunas	Tyne Bridge Harriers	M35	39:13	84
287	Sebastian	Weise	Low Fell RC	M35	52:13	126

165	Jarlath	McKenna	Bristol & West AC	M40	29:12	1
236	Grant	Baillie	East Kilbride	M40	30:43	4
307	Jonathan	Tipper	Kent AC	M40	30:58	6
214	Ben	Cook	North Shields Polytechnic Club	M40	31:48	10
286	Mick	Jones	Tyne Bridge Harriers	M40	32:00	12
240	Jonathan	Stewart	Leeds City AC	M40	32:20	15
232	Michael	Barker	Sunderland Harriers & AC	M40	32:29	16
207	James	Scott-Buccleuch	Stockport Harriers & AC	M40	32:47	20
218	Brian	Stopher	Aldershot, Farnham & District	M40	33:16	21
163	Chris	Stockdale	Tyne Bridge Harriers	M40	33:29	24
239	Ian	Dunn	North Shields Polytechnic Club	M40	33:59	31
210	Patrick	Houghton	North Shields Polytechnic Club	M40	34:07	33
226	Graeme	Watt	Elvet Striders	M40	34:20	36
237	Phil	Ray	Elvet Striders	M40	34:32	39
301	Graeme	Cook	North Shields Polytechnic Club	M40	34:56	43
179	Steven	Medd	Gateshead Harriers & AC	M40	35:09	44
164	Alasdair	Blain	Tyne Bridge Harriers	M40	35:18	47
281	Paul	Turnbull	Tyne Bridge Harriers	M40	35:41	51
212	Lee	Daglish	Heaton Harriers & AC	M40	35:43	52
186	Mark	Covell	Wallsend Harriers	M40	36:02	55
294	Andrew	Wigmore	Wallsend Harriers	M40	37:50	73
187	Richard	Houghton	Elswick Harriers	M40	38:13	77
290	Iain	Hall	Wallsend Harriers	M40	38:27	79
251	Scott	McEntee	Heaton Harriers & AC	M40	39:46	91
296	Tom	Nightingale	Wallsend Harriers	M40	41:44	107

170	Phillip	Tedd	Thames Hare & Hounds	M45	31:11	7
243	Mike	Burrett	Leeds City AC	M45	31:16	8
279	Alan	Buckley	Leeds City AC	M45	32:45	19
213	Martin	Shore	Thames Hare & Hounds	M45	33:26	23
219	Billy	McCartney	Salford Harriers AC	M45	33:42	26
199	Mick	Hill	Leeds City AC	M45	33:57	30

284	Andrew	Heppell	Gosforth Harriers & AC	M45	34:01	32
229	Nigel	Simpson	Birtley AC	M45	34:42	40
178	Michael	Littlewood	Elvet Striders	M45	34:54	42
256	Lindsay	McEwan	Elvet Striders	M45	35:20	49
271	Richard	Giles	Kent AC	M45	35:27	50
295	John	Sturman	Heaton Harriers & AC	M45	35:52	53
231	David	Hudson	Salford Harriers AC	M45	36:21	58
241	Richard	Glennie	Morpeth Harriers & AC	M45	37:14	65
180	Jon	Bateman	Tyne Bridge Harriers	M45	37:20	67
303	Mark	Anderson	Claremont Road Runners	M45	37:27	68
191	Ian	Pickett	Tyne Bridge Harriers	M45	37:32	69
244	Simon	Ellis	Leeds City AC	M45	38:02	75
190	Jason	Wall	Heaton Harriers & AC	M45	38:56	81
252	Paul	Emmerson	Jarrow & Hebburn AC	M45	39:34	88
308	Cyril	Bourgenot	Tyne Bridge Harriers	M45	39:50	92
197	Clive	Rolfe	Sandhurst Joggers	M45	40:06	94
188	Jacob	Armstrong-Plieth	Croydon Harriers	M45	40:18	96
302	Keith	O'Donnell	Wallsend Harriers	M45	40:35	98
291	Andy	Burden	Heaton Harriers & AC	M45	41:52	108
220	Lucas	Riley	Tyne Bridge Harriers	M45	42:02	111
249	Scott	Hunter	Cambuslang Harriers	M45	44:05	117
242	Scott	Armstrong	Heaton Harriers & AC	M45	44:25	119

280	Stephen	Wylie	Cambuslang Harriers	M50	32:11	13
215	Michael	Parkinson	North Shields Polytechnic Club	M50	33:24	22
264	Alasdair	Tatham	North York Moors AC	M50	33:48	27
309	James	Allan	Alnwick Harriers	M50	34:28	38
233	Lee	Bennett	Morpeth Harriers & AC	M50	35:19	48
162	David	Moir	Tyne Bridge Harriers	M50	36:05	56
275	James	Duthie	Wallsend Harriers	M50	37:34	70
300	Steven	Gordon	Sunderland Harriers & AC	M50	37:41	71
169	Chris	Waite	North Shields Polytechnic Club	M50	37:55	74
289	Jason	Dawson	Morpeth Harriers & AC	M50	38:18	78
209	Paul	Deaton	Southville Running Club	M50	38:29	80
273	Andy	Harrison	Tyne Bridge Harriers	M50	39:28	87
254	Simon	Charlton	Wallsend Harriers	M50	39:56	93
277	Roland	Brown	Elswick Harriers	M50	40:21	97
201	David	Aspin	New Marske Harriers Club	M50	40:51	99
305	Laurence	White	Jesmond Joggers	M50	42:08	113
282	Simon	Wells	Jesmond Joggers	M50	43:33	116
216	Paul	Agnew	Birtley AC	M50	44:05	117

183	Walter	Henderson	Cumbernauld AAC	M55	34:11	34
173	Chris	Upson	Cambuslang Harriers	M55	34:24	37
222	Mark	Tennyson	Guildford & Godalming	M55	35:17	46
221	Terry	Booth	Guildford & Godalming	M55	36:14	57
293	John	O'Reilly	Tynedale Harriers & AC	M55	36:30	60
228	Rob	Andrew	Alnwick Harriers	M55	36:49	63
182	Ross	McEachern	Cumbernauld AAC	M55	36:53	64
274	Andy	Green	Tynedale Harriers & AC	M55	37:16	66

223	David	Williams	Guildford & Godalming	M55	37:48	72
285	Dominic	McDermott	Tynedale Harriers & AC	M55	39:06	82
184	Sean	Casey	Cumbernauld AAC	M55	39:26	86
298	John	Rippon	Derwent Valley Trail Runners	M55	39:36	89
269	Simon	Allen	Elswick Harriers	M55	39:39	90
260	Colin	Hodgson	Derwent Valley Trail Runners	M55	41:03	100
177	Henry	Povey	Blyth Running Club	M55	41:08	102
255	Graeme	Swaddle	Birtley AC	M55	41:18	103
267	Paul	Redman	Sunderland Harriers & AC	M55	41:20	104
200	Cliff	Veitch	Jesmond Joggers	M55	41:24	105
257	Gary	Stobbs	Jarrow & Hebburn AC	M55	41:27	106
263	Russell	Dickinson-Deane	Newcastle Frontrunners	M55	42:00	110
272	David	Coulson	Houghton Harriers & AC	M55	42:28	114
205	John	Tollitt	Tyne Bridge Harriers	M55	43:07	115
234	Matty	Down	Jesmond Joggers	M55	44:31	120
265	Ian	Butler	Elvet Striders	M55	44:54	121
292	Paul	Brown	Morpeth Harriers & AC	M55	45:32	122
230	David	Young	Tyne Bridge Harriers	M55	46:38	123
217	Huw	Parry	North Shields Polytechnic Club	M55	47:00	124
283	Mike	Teasdale	Veterans AC	M55	55:06	127

206	Colin	Donnelly	Cambuslang Harriers	M60	33:52	28
159	Greg	Penn	North Shields Polytechnic Club	M60	35:57	54
258	Colin	Feechan	Cambuslang Harriers	M60	36:22	59
266	Paul	Merrison	Sunderland Harriers & AC	M60	36:42	61
235	Jeff	Farquhar	Pitreavie AAC	M60	36:44	62
161	Steve	Everett	Durham City Harriers & AC	M60	38:10	76
270	Len	Reilly	Kent AC	M60	39:08	83
268	David	Norman	Warrington AC	M60	39:22	85
196	Steven	Doxey	Swinton Running Club	M60	40:08	95
204	Neil	Clarkson	Tyne Bridge Harriers	M60	41:05	101
208	Peter	Milburn	Sedgefield Harriers	M60	41:58	109
238	Trevor	Rayner	Salford Harriers AC	M60	42:02	111
175	Michael	Stacey	Low Fell RC	M60	50:55	125