

Club	Team		Cat	Time	First Name Surname	Cat	Time 2	First name Surname	Cat	Time	Overall Time
	Cat	First Name Surname									
Gateshead Harriers & AC	M35	Conrad Franks	M35	30:52	Dave Richardson	M35	31:44	Phill Jamieson	M35	34:18	1:36:54
Tyne Bridge Harriers	M35	Craig Jones	M35	31:54	Mick Jones	M40	32:00	Chris Stockdale	M40	33:29	1:37:23
North Shields Polytechnic	M35	Ben Cook	M40	31:48	James Anderson	M35	32:32	Graham Crammond	M35	33:40	1:38:00
Sunderland Harriers & AC	M35	Stephen Jackson	M35	30:31	Michael Barker	M40	32:29	Steven Gordon	M50	37:41	1:40:41
North Shields Polytechnic	M35	Ian Dunn	M40	33:59	Patrick Houghton	M40	34:07	Graeme Cook	M40	34:56	1:43:02
Elvet Striders	M35	Graeme Watt	M40	34:20	Phil Ray	M40	34:32	Michael Littlewood	M45	34:54	1:43:46
Alnwick Harriers	M35	Rudy McLeod	M35	33:55	James Allan	M50	34:28	Rob Andrew	M55	36:49	1:45:12
Kent AC	M35	Jonathan Tipper	M40	30:58	Richard Giles	M45	35:27	Len Reilly	M60	39:08	1:45:33
Tyne Bridge Harriers	M35	Alasdair Blain	M40	35:18	Paul Turnbull	M40	35:41	Laurentiu Craciunas	M35	39:13	1:50:12
Wallsend Harriers	M35	Mark Covell	M40	36:02	Andrew Wigmore	M40	37:50	Iain Hall	M40	38:27	1:52:19
Heaton Harriers & AC	M35	Lee Daglish	M40	35:43	Scott McEntee	M40	39:46	Scott Armstrong	M45	44:25	1:59:54
Low Fell RC	M35	Daniel Sherliker	M35	35:14	Sebastian Weise	M35	52:13	Michael Stacey	M60	50:55	2:18:22

Leeds City AC	M45	Mike Burrett	M45	31:16	Alan Buckley	M45	32:45	Mick Hill	M45	33:57	1:37:58
Morpeth Harriers & AC	M45	Lee Bennett	M50	35:19	Richard Glennie	M45	37:14	Jason Dawson	M50	38:18	1:50:51
Tyne Bridge Harriers	M45	David Moir	M50	36:05	Jon Bateman	M45	37:20	Ian Pickett	M45	37:32	1:50:57
Salford Harriers AC	M45	Billy McCartney	M45	33:42	David Hudson	M45	36:21	Trevor Rayner	M60	42:02	1:52:05
Heaton Harriers & AC	M45	John Sturman	M45	35:52	Jason Wall	M45	38:56	Andy Burden	M45	41:52	1:56:40
Wallsend Harriers	M45	James Duthie	M50	37:34	Simon Charlton	M50	39:56	Keith O'Donnell	M45	40:35	1:58:05
Birtley AC	M45	Nigel Simpson	M45	34:42	Paul Agnew	M50	44:05	Graeme Swaddle	M55	41:18	2:00:05
Tyne Bridge Harriers	M45	Andy Harrison	M50	39:28	Cyril Bourgenot	M45	39:50	Lucas Riley	M45	42:02	2:01:20
Jesmond Joggers	M45	Laurence White	M50	42:08	Simon Wells	M50	43:33	Cliff Veitch	M55	41:24	2:07:05

Cambuslang Harriers	M55	Colin Donnelly	M60	33:52	Chris Upson	M55	34:24	Colin Feechan	M60	36:22	1:44:38
Guildford & Godalming	M55	Mark Tennyson	M55	35:17	Terry Booth	M55	36:14	David Williams	M55	37:48	1:49:19
Cumbernauld AAC	M55	Walter Henderson	M55	34:11	Ross McEachern	M55	36:53	Sean Casey	M55	39:26	1:50:30
Tynedale Harriers & AC	M55	John O'Reilly	M55	36:30	Andy Green	M55	37:16	Dominic McDermot	M55	39:06	1:52:52
Tyne Bridge Harriers	M55	Neil Clarkson	M60	41:05	John Tollitt	M55	43:07	David Young	M55	46:38	2:10:50