

Club	Team Cat	First Name	Surname	Cat	Time	First Name	Surname	Cat	Time 2	First name	Surname	Cat	Time	Overall Time
North Shields Polytechnic Club	F35	Victoria	Gibbs	F40	25:44	Claire	Harlow	F35	26:16	Stephanie	Maclean Dann	F45	24:43	1:16:43
Wallsend Harriers	F35	Emily	James	F40	27:14	Sarah	Robson	F35	27:28	Elaine	Ashton	F40	28:30	1:23:12
Tyne Bridge Harriers	F35	Zoe	Thompson	F35	27:32	Rachel	Turnbull	F35	27:40	Marloes	Peeters	F35	29:15	1:24:27
Heaton Harriers & AC	F35	Ellie	Reed	F35	24:46	Ellen	Tullo	F40	26:28	Marie	Bell	F45	34:53	1:26:07
Jarrow & Hebburn AC	F35	Helen	Johnson	F40	32:33	Claire	Simpson	F45	26:49	Heather	Robinson	F60	28:55	1:28:17
Tyne Bridge Harriers	F45	Kathryn	Stevenson	F50	24:08	Alison	Dargie	F45	25:08	Rachael	Perowne	F45	28:12	1:17:28
Elswick Harriers	F45	Judith	Nutt	F45	25:49	Felicity	Smith	F45	26:02	Arabella	Pearce	F50	28:01	1:19:52
New Marske Harriers Club	F45	Sharon	Bulman	F50	25:12	Patricia	Speedie	F50	28:04	Kath	Aspin	F55	28:49	1:22:05
North Shields Polytechnic Club	F45	Claire	McManus	F45	27:07	Alison	Smith	F45	27:33	Natalie	Mortimer	F45	28:35	1:23:15
Bingley Harriers & AC	F45	Ruth	Thackray	F50	25:34	Stephanie	Robson	F50	26:10	Meryl	Levington	F50	35:07	1:26:51
Elswick Harriers	F45	Andrea	Banner	F50	28:10	Debbie	Spoor	F50	29:20	Louise	Allen	F50	29:25	1:26:55
Richmond & Zetland Harriers	F45	Nicola	Simpson	F45	26:53	Fiona	Wilson	F50	34:17	Pauline	Whittaker	F55	32:11	1:33:21
Heaton Harriers & AC	F45	Nina	Cameron	F50	28:07	Jenny	Friend	F60	32:24	Janette	Kilgour	F70	48:32	1:49:03
Elvet Striders	F55	Susan	Davis	F60	31:04	Heather	Raistrick	F60	32:06	Fiona	Shenton	F60	32:39	1:35:49
Blyth Running Club	F55	Claire	Mason	F55	32:37	Sandra	Watson	F55	32:45	Helen	Morris	F55	35:52	1:41:14
Tyne Bridge Harriers	F65	Jessica	Anderson	F65	38:27	Sandra	Ellis	F65	46:31	Elizabeth	Pallister	F65	59:47	2:24:45
Warrington AC	M65	David	Gill	M65	25:36	Mervyn	Ward	M65	27:12	Dave	Watson	F65	27:51	1:20:39
Morpeth Harriers & AC	M65	Gavin	Bayne	M65	26:20	David	Nicholson	M65	27:05	Paul	Bentley	F75	35:45	1:29:10
Tyne Bridge Harriers	M65	Alexander	Anderson	M70	37:24	Keith	Graham	M70	38:44	Paul	Collins	F65	40:33	1:56:41
Heaton Harriers & AC	M65	Colin	McEntee	M70	44:27	Bill	Brown	M80	46:13	George	Routledge	F75	51:35	2:22:15