

Position	Team no	Club	Category	First Runner	1st Leg	2nd runner	2nd Leg	3rd Runner	3rd Leg	TeamTime
1	197	Ashington Hirst Harriers	SF	Laura Jobson	15:23	Laura Shaw	15:15	Jaqueline Prouse	14:24	45:02
2	174	Blyth Running Club	SF	Michelle Conner	14:49	Kathryn Angus	16:20	Vicky Macdonald	15:53	47:02
3	188	Claremont Road Runners	SF	Heather Steele	12:58	Juliya Simpson	15:48	Nina Jentl	14:29	43:15
4	180	Elswick Harriers	SF	Amy Fuller	11:26	Andrea Banner	12:51	Cath Lowes	12:26	36:43
5	205	Elvet Striders	SF	Fiona Brannan	11:31	Steph Greenwell	17:00	Wendy Littlewood	16:25	44:56
6	173	Gosforth Harriers	SF	Susan Driscoll	12:31	Elaine Mckechnie	13:10	Sylvia Moffat	12:37	38:18
7	194	Heaton Harriers	SF	Abi Timms	13:37	Megan Turner	14:52	Nina Cameron	13:05	41:34
8	200	Jesmond Joggers	SF	Kate Black	13:58	Beth Deutsch	15:45	Kate Robson	12:59	42:42
9	155	Ponteland Runners	SF	Emily Johnson	13:37	Abbi Dorani	13:11	Dannii Whincup	15:10	41:58
10	171	Tyne Bridge Harriers	SF	Katy Stevenson	11:49	Caroline Williams	13:40	Justine Carrion We	14:24	39:53
1	199	Ashington Hirst Harriers	SM	Paul Slaughter	12:50	Nic Crofts	12:02	Robert Morris	10:50	35:42
2	176	Blyth Running Club	SM	Richard Biggerton	13:18	Richard Daly	12:14	Billy Shaw	13:07	38:39
3	190	Claremont Road Runners	SM	Sumanth Nayak	11:44	Christophe Duhaut	12:19	Roberto Marzo	11:17	35:20
4	182	Elswick Harriers	SM	Luke Hilliard	10:43	Adam Clements	13:12	Mark McNally	12:54	36:49
5	172	Gosforth Harriers	SM	Andy Heppell	10:05	Kieron Mutch	11:25	Oliver Gabriel	11:23	32:53
6	191	Heaton Harriers	SM	Ian Robinson	10:07	Jordon Cairns	10:52	Charlie Townsend	11:45	32:44
7	192	Heaton Harriers	SM	Calum Mills	11:28	Nick Lavin	11:39	Dougie Leckie	12:58	36:05
8	201	Jesmond Joggers	SM	Paul Waddell	11:10	Jake Archer	11:21	Kirk Tierney	11:14	33:45
9	202	Jesmond Joggers	SM	Simon Wells	12:28	Ewan Casey	12:22	Rob Dooley	13:57	38:47
10	203	Jesmond Joggers	SM	Jonny Law	10:56	Tom Kennedy	11:38	Rob Wilers	11:46	34:20
11	185	Low Fell Running Club	SM	Richard Brooks	13:13	Keith Roll	12:22	Richard Condor	11:51	37:26
12	163	North Shields Poly	SM	William Ewens	10:32	Darren Suleman	11:47	Rory Mcconnachy	10:47	33:06
13	158	Ponteland Runners	SM	Alex Walker	12:14	Ray Burns	12:14	Marc Dobson	12:38	37:06
14	159	Ponteland Runners	SM	Robert Holt	10:29	Matthew Levison	11:23	Robert Leslie	12:00	33:52
15	178	Sunderland Harriers	SM	Ian Dixon	09:44	Nathan Reed	09:43	Steve Rankin	09:41	29:08
16	179	Sunderland Harriers	SM	Michael Edwards	10:34	Rowan James	11:28	James Johnson	12:49	34:51
17	169	Tyne Bridge Harriers	sm	Sparrow Morley	09:39	Ryan Holt	09:47	Michael Hedley	09:44	29:10
18	170	Tyne Bridge Harriers	SM	Neil Eyes	11:01	Colin Rogerson	11:43	Simon Pryde	12:04	34:48
19	161	Ponteland Runners	SM	Matthew Jones	13:36	Paddy Hutchinson	18:46	Tony Vick	15:14	47:36
20	207	Gosforth Harriers	SM	Joseph Rickerby	12:30					
1	181	Elswick Harriers	VF	Felicity Smith	13:16	Sara Blight	13:28	Sarah Hamilton	13:23	40:07
2	167	North Shields Poly	VF	Alison Dixon	13:39	Michelle Thomson	13:28	Alison Smith	13:38	40:45
3	187	Claremont Road Runners	VF	Hazel Juggins	14:52	Julie Cross	15:12	Mandy Herworth	13:49	43:53
4	157	Ponteland Runners	VF	Fiona Nicholson	13:40	Heidi Finlay	15:17	Esme Stephenson	15:33	44:30
5	175	Blyth Running Club	VF	Susan Browning	14:45	Sandra Watson	14:20	Claire Mason	16:21	45:26
6	156	Ponteland Runners	VF	Joanne Lucking	15:33	Claire Peat	15:48	Beth Wilson	14:49	46:10
7	206	Elvet Striders	VF	Anna Seeley	14:31	Jan Ellis	16:16	Heather Raistrick	17:30	48:17
8	195	Heaton Harriers	VF	Lisa Boyd	15:07	Marie Bennett	15:05	Janette Kilgour	20:10	50:22
9	196	Ashington Hirst Harriers	VF	Ann Birchall	14:16	Lindsay Freeman	15:10	Claire Stevens	21:27	50:53
10	162	Ponteland Runners	VF	Tina Kelly	16:38	Amelia Dakin	17:48	Donna Peacock	20:42	55:08
11	168	North Shields Poly	VF	Lita Gill	15:16	Emma Payne	16:28			
1	184	Elswick Harriers	VM	Andrew Ball	10:25	Mike Russell	11:42	Mark Turnbull	11:14	33:21
2	164	North Shields Poly	VM	Vaughan Hemy	11:57	Ben Willcox	11:46	Tom Payne	12:09	35:52
3	160	Ponteland Runners	VM	David Levison	12:01	Stephen Sparke	12:20	Bob Sewell	12:50	37:11
4	165	North Shields Poly	VM	Ivan Thorn	12:06	James Thompson	12:18	Mark Shorting	12:51	37:15
5	186	Low Fell Running Club	VM	Jason Long	13:24	Yosef Kuperman	12:29	Danny Wade	11:55	37:48
6	177	Blyth Running Club	VM	David McGarry	13:10	Michael Ashby	14:04	Tony Dunn	12:39	39:53
7	189	Claremont Road Runners	VM	Tom Tinsley	11:42	David Lydall	12:53	Dave Kear	16:39	41:14
8	198	Ashington Hirst Harriers	VM	Andy Patchett	13:28	Michael Floyd	14:15	Ian Campbell	14:11	41:54
9	204	Elvet Striders	VM	Steve Ellis	16:30	Marc Watson	15:22	Nik Corton	12:46	44:38
10	183	Elswick Harriers	VM	Robert Wilson	14:15	Stephen Curry	14:29	Graham Leslie	16:45	45:29
11	166	North Shields Poly	VM	Sean Brodie	13:09	Ian Richardson	16:11	David Morris	18:01	47:21
12	193	Heaton Harriers	VM	Colin Mcentee	18:09	Anthony Daghish	14:10	George Routledge	24:47	57:06