

Sunderland 5k 20th July 2011- Senior Results

Pos	Runner	Club	Time	M/F	Age Grp
1	Nick Swinburn (189)	Morpeth Harriers	14.36	M	
2	Mark Hood (55)	Sunderland Harriers	14.39	M	
3	Lewis Timmins (142)	Morpeth Harriers	14.44	M	
4	Peter Newton (27)	Morpeth Harriers	14.46	M	
5	Chris Sampson (86)	Morpeth Harriers	15.06	M	
6	Mathew Nicholson (87)	Morpeth Harriers	15.13	M	
7	Liam Taylor (206)	Sunderland Strollers	15.27	M	
8	Carl Smith (143)	Leeds City	15.31	M	
9	Graeme Taylor (121)	Jarrow & Hebburn AC	15.33	M	
10	Iain Twaddle (32)	North Shields Poly	15.39	M	O40
11	Harry Coates (104)	Wallsend Harriers	15.51	M	
12	James Askew (34)	Durham City	15.52	M	
13	Brain Rushworth (140)	Sunderland Harriers	15.56	M	O45
14	Guy Bracken (157)	North Shields Poly	16.01	M	O45
15	Luke Buswell (63)	Gosforth Harriers	16.10	M	
16	James Raven (168)	Cardiff AC	16.12	M	
17	David Swinburne (152)	Morpeth Harriers	16.18	M	
18	Jamie Thom (144)	Heaton Harriers	16.24	M	
19	Stewy Bell (136)	Chester-le-Street	16.29	M	O40
20	Andy Pearson (17)	North York Moors AC	16.32	M	O40
21	Luke Clark (67)	South Shields	16.35	M	
22	Ian Robinson (30)	Heaton Harriers	16.37	M	
23	Hester Dix (151)	Blaydon Harriers	16.39	F	
24	Simon Gibbs (102)	Wallsend Harriers	16.41	M	
25	Graham Lancaster (74)	Sunderland Harriers	16.43	M	
26	Paul Redman (58)	Sunderland Harriers	16.49	M	O45
27	Christopher Ramsey (145)	Middlesbrough & Cleveland Harriers	16.51	M	
28	Lee Kernoman (112)	Wallsend Harriers	16.52	M	
29	Lee Bennett (137)	Elswick Harriers	16.55	M	O40
30	Colin Robson (39)	Jarrow & Hebburn AC	16.59	M	
31	Floyd Jones (35)	Newton Aycliffe AC	17.01	M	O45
32	Balazs Somogyi (3)	Tynedale Harriers	17.02	M	
33	Nigel Camilleri (150)	Gateshead Harriers	17.11	M	
34	Sarah Wilkinson (129)	Morpeth Harriers	17.13	F	O40
35	Steve Graham (54)	Sunderland Harriers	17.22	M	
36	Daniel Weatherill (23)	Wallsend Harriers	17.24	M	
37	Alex Snook (37)	Gateshead Harriers	17.26	F	
38	Paul Wilson (176)	Hartlepool Burn Road	17.31	M	
39	Craig Deacon (183)	Jarrow & Hebburn AC	17.41	M	
40	Nial Mcardle (82)	Sunderland Strollers	17.43	M	
41	Alan Hodgson (1)	Sunderland Harriers	17.44	M	O45
42	Steve Volpe (106)	Wallsend Harriers	17.47	M	O50
43	Chris Clarke (190)	Chester-le-Street	17.47	M	
44	Paul James (103)	Wallsend Harriers	17.48	M	
45	Oliver Cook (52)	Durham University	17.49	M	
46	Angele Hibbs (79)	Chester-le-Street	17.57	F	
47	Steven Gordon (165)	Sunderland Harriers	18.00	M	
48	Paul Brown (101)	Wallsend Harriers	18.02	M	O45
49	Aiveen Fox (33)	Durham City	18.13	F	
50	Vicky Hindson (91)	Wallsend Harriers	18.13	F	
51	Stephen Mussit (173)	Loftus & Whitby AC	18.20	M	
52	Danny Carlyon (57)	Sunderland Harriers	18.21	M	
53	John Taylor (197)	PB Fitness	18.21	M	
54	Steven McMahon (53)	Sunderland Strollers	18.22	M	

55	Mark McNally (139)	Elswick Harriers	18.22	M	O60
56	Luke Bryant (163)	Claremont R.R.	18.23	M	
57	Barry Allsopp (99)	Wallsend Harriers	18.24	M	O50
58	Stephen Marshall (65)	Durham City	18.25	M	O50
59	Alison Dargie (169)	Elswick Harriers	18.28	F	
60	Michelle Holt (12)	Sunderland Harriers	18.29	F	
61	Paul Wilkinson (66)	North Shields Poly	18.29	M	
62	Carl Watson (148)	Low Fell RC	18.31	M	
63	Tracey Waller (177)	Hartlepool Burn Road	18.36	F	O40
64	Bill Kopelman (161)	Unattached	18.42	M	
65	Joanne Lee (6)	Tynedale Harriers	18.43	F	O35
66	Michael Jammen (162)	North Shields Poly	18.45	M	O50
67	Scott Mcentee (174)	Heaton Harriers	18.46	M	
68	Alan Haddon (118)	North Shields Poly	18.49	M	
69	Chris Herkes (9)	Durham City	18.50	M	
70	Phil Musgrove (119)	North York Moors AC	18.51	M	
71	Kevin Lister (29)	North East Vets	18.53	M	
72	Steve Harknett (164)	Claremont R.R.	18.59	M	
73	George Reid (138)	Aycliffe	19.00	M	O55
74	Brian Carroll (115)	Sunderland Strollers	19.01	M	O45
75	Iain Singer (18)	Blyth RC	19.07	M	O40
76	Sophie Forster (15)	Birtley AC	19.08	F	
77	Nicholas Froom (123)	Heaton Harriers	19.22	M	
78	Colin Lumour (182)	Sunderland Strollers	19.23	M	
79	Andrew Hughes (191)	Unattached	19.24	M	
80	Bob Weightsman (188)	Gateshead Harriers	19.25	M	O50
81	John Watson (36)	Sunderland Harriers	19.27	M	O55
82	Steve Tinwell (117)	Sunderland Strollers	19.29	M	O45
83	Darren Kirby (147)	Tyne & Wear Fire Brigade	19.30	M	
84	Chris Bradley (192)	Morpeth Harriers	19.31	M	
85	Geoff Hewitson (81)	Crook AC	19.32	M	O50
86	Olivia Tindale (166)	Durham City	19.32	F	
87	Heather Robinson (156)	Chester-le-Street	19.40	F	O45
88	Jordan Bell (135)	Blackhill Bounders	19.41	M	
89	Emma Walton (90)	Wallsend Harriers	19.42	F	O35
90	David Savage (13)	Sunderland Harriers	19.46	M	O40
91	Graeme Pullan (201)	Sunderland Strollers	19.52	M	
92	Chris Brampton (208)	Sunderland Strollers	19.57	M	
93	Craig Herkes (10)	Durham City	19.58	M	
94	Richie Gerry (202)	Sunderland Strollers	20.00	M	O45
95	Gareth Hope (187)	Blyth RC	20.03	M	
96	Dean Phillips (11)	Sunderland Harriers	20.09	M	O40
97	Christopher Kent (64)	Unattached	20.11	M	
98	Terry Ogara (100)	Wallsend Harriers	20.12	M	O65
99	Patrick Hanson (125)	Sunderland Strollers	20.19	M	O45
100	Desmond Purdon (153)	Unattached	20.21	M	
101	Len Christopher (22)	Sunderland Harriers	20.27	M	O60
102	Marie L. Drozdowicz (193)	Morpeth Harriers	20.29	F	O50
103	Keri Pearson (196)	Elvet Striders	20.32	F	
104	Phil Rees (159)	North Shields Poly	20.36	M	O55
105	Steve Armstrong (110)	Wallsend Harriers	20.42	M	
106	Amy Coulson (59)	Sunderland Harriers	20.46	F	
107	Howard Gold (5)	Heaton Harriers	20.47	M	O65
108	Becky Newman (92)	Wallsend Harriers	20.48	F	
109	Paul Lumsdon (184)	Sunderland Strollers	20.49	M	
110	Bill Bittlestone (134)	Sunderland Harriers	20.50	M	O60

111	Jack Kelly (75)	Sunderland Harriers	21.00	M
112	Tracey Suddick (210)	Sunderland Strollers	21.03	F O35
113	Jim Wightman (38)	Sunderland Harriers	21.06	M O60
114	Susan Hunter (16)	Blyth RC	21.09	F O45
115	Stephen Curry (141)	Elswick Harriers	21.14	M O50
116	Tony Allen (50)	Sunderland Strollers	21.15	M O45
117	Alister Robson (130)	Elvet Striders	21.16	M
118	Geoff Robinson (194)	Chester-le-Street	21.22	M O50
119	Phil Watson (200)	Sunderland Strollers	21.23	M O50
120	Stephen Kiszow (124)	Sunderland Strollers	21.32	M
121	John Ross (48)	Alnwick Harriers	21.41	M O50
122	Percy Parker (24)	Crook AC	21.42	M O65
123	Vince Emmett (56)	Sunderland Harriers	21.45	M O55
124	Ian Trotter(junior) (204)	Unattached	21.46	M
125	Alison Cummings (158)	North Shields Poly	21.47	F O50
126	Ian Bambridge (172)	Crook AC	21.57	M O60
127	Steve Cunningham (109)	Wallsend Harriers	21.58	M
128	Michael Wilkins (209)	Sunderland Strollers	22.00	M
129	Graham Laverick (179)	Crook AC	22.03	M O55
130	Brian Hume (89)	Low Fell RC	22.07	M O60
131	Amy Bell (175)	Unattached	22.09	F
132	William Watson (185)	Jarrow & Hebburn AC	22.10	M O50
133	Andrew Hawthorn (186)	Unattached	22.14	M
134	Vicki Thompson (7)	Jarrow & Hebburn AC	22.15	F O35
135	Chris Watson (154)	Sunderland Strollers	22.16	M O45
136	Paul West (49)	Sunderland Strollers	22.18	M O45
137	Rachel Hayes (8)	Claremont R.R.	22.19	F
138	Andrea Clarke (28)	PB Fitness	22.30	F O45
139	Kennith Pyle (149)	Aurora Harriers	22.36	M O60
140	Alan Knebel (132)	Unattached	22.39	F O40
141	Kevin Stuart (40)	Unattached	22.49	M
142	Caroline Kirsop (14)	Unattached	22.50	F
143	Steve Scott (62)	Houghton & Peterlee AC	22.53	M O55
144	Mark Nicholson (42)	Unattached	22.54	M
145	Kirsty Walker (160)	Wigston Phoenix	22.56	F
146	Michael Ross (122)	Unattached	22.58	M O40
147	Bob Balmer (72)	South Shields	23.00	M O65
148	Chris Hogarth (357)	Unattached	23.07	M
149	Philip Mcclusky (198)	South Shields	23.08	M O45
150	Ian Trotter(senior) (205)	Unattached	23.15	M O50
151	Isao Hara (25)	Saltwell Harriers	23.21	M
152	Paul Makepeace (170)	Unattached	23.29	M O45
153	Stacey Davidson (93)	Wallsend Harriers	23.34	F
154	Ron Avery (68)	Sunderland Strollers	23.37	M O60
155	Julie Foster (167)	Unattached	23.40	F O40
156	Noreen Rees (171)	North Shields Poly	23.42	F O55
157	Irish Spackman (77)	Unattached	23.51	F O55
158	Penny Johnson (181)	Newton Aycliffe AC	23.57	F O40
159	Emily James (97)	Wallsend Harriers	24.07	F O45
160	Caroline Hasson (95)	Wallsend Harriers	24.12	F
161	Sarah Cawthorn (94)	Wallsend Harriers	24.13	F
162	Ian Chambers (113)	Wallsend Harriers	24.16	M O50
163	David Williams (46)	Sunderland Strollers	24.18	M O65
164	Pamela Gold (4)	Heaton Harriers	24.20	F O65
165	Karen Benson (96)	Wallsend Harriers	24.21	F
166	Jeoff Henderson (195)	North East Vets	24.28	M O40

167	Anthony Parry (211)	Sunderland Strollers	24.31	M
168	Philippa Gospel (126)	Unattached	24.33	M
169	S Armstrong (178)	Hartlepool Burn Road	24.35	M O55
170	Terry Welsh (199)	Claremont R.R.	24.38	M O55
171	Christine Lee (80)	Chester-le-Street	24.39	F O70
172	Paul Mustard (84)	Unattached	25.43	M O45
173	Rebecca Fisher (155)	Unattached	25.53	F
174	Susan Clughen (133)	Sunderland Harriers	25.57	F O55
175	Joanne Porter (128)	Elvet Striders	26.02	F O40
176	David Whitmore (47)	South Shields	26.07	M O70
177	Mark Bates (78)	Unattached	26.29	M
178	Ron Bates (76)	Unattached	26.32	M O65
179	Sionna Mccutcheon (356)	Unattached	26.42	F
180	Geoff Hume (88)	Low Fell RC	26.46	M O70
181	Tony Maddocks (107)	Wallsend Harriers	26.51	M O45
182	Allan Purdham (180)	Crook AC	26.55	M O70
183	Jayesh Patel (203)	Unattached	27.04	M
184	Alison Lowes (146)	Blyth RC	27.23	F
185	Neil Banks (111)	Wallsend Harriers	27.31	M O45
186	Jayne Banks (98)	Wallsend Harriers	27.37	F O40
187	Michelle Mustard (83)	Unattached	27.53	F O40
188	Ann Laing (43)	Unattached	28.15	F O50
189	Tracey Carver (45)	Unattached	28.15	F O45
190	Christine Reay (207)	Sunderland Strollers	28.17	F
191	James Waters (44)	100 marathon Club	28.23	M O65
192	Emma Robson (131)	Sunderland Strollers	32.58	M