

Cat	Race Pos	BMAF pos	NEMAA pos	Name	Club	time
F35	2	1	1	Michelle Thompson	Morpeth Harriers & AC	41:07.68
	3	2	2	Rachel Breheny	South Shields Harriers & AC	41:32.47
	5	3	3	Alexis Dodd	Jarrow & Hebburn AC	43:34.08
F40	1	1	1	Stephanie Maclean Dann	North Shields Polytechnic Club	39:13.66
	11	2	2	Marie Bell	Heaton Harriers & AC	50:40.03
F45	9	1	1	Steph Scott	Tynedale Harriers & AC	46:16.64
F50	4	1	1	Elaine Leslie	South Shields Harriers & AC	43:05.00
	6	2	2	Kirstin Farquhar	Crook & Dist Sports AC	43:44.28
	12	3	3	Melissa Bateson	Elswick Harriers	52:12.21
	13	4	4	Michele O'Neill-Hall	NEVAC	1:00:03.61
F55	7	1	1	Heather Robinson	Jarrow & Hebburn AC	43:57.70
	8	2	2	Roselle Oberholzer	Blaydon Harrier & AC	44:42.81
				Kim Matthews	Elswick Harriers	DNF
F60	10	1	1	Annette Hames	NEVAC	46:27.55
F65	14	1	1	Janette Kilgour	Heaton Harriers & AC	1:14:24.26

Cat	Race pos	BMAF pos	NEMAA pos	Name	Club	time
M35	1	1	1	Conrad Franks	Gateshead Harriers & AC	32:12.75
	2	2	2	Stephen Jackson	Elvet Striders	32:59.54
	4	3	3	Simon Bennett	Hartlepool Burn Road Harriers	34:13.01
	5	4	4	Michael Joyeux	Quakers Running Club	34:25.08
	6	5	5	Gary Wallace	Blackhill Bounders	34:29.97
				Michael Barker	Sunderland Harriers	DNF

M40	7	1	1	Steven Medd	Gateshead Harriers & AC	35:23.04
	8	2	2	Gary Jones	Morpeth Harriers & AC	36:09.10
	9	3	3	Andrew Heppell	Gosforth Harriers & AC	36:27.72
	11	4	4	Jeff McGurty	South Shields Harriers & AC	37:56.99
	12	5	5	Paddy McShane	Jarrow & Hebburn AC	40:29.28
	14	6	6	Ian Brown	North Shields Polytechnic Club	41:56.64

M45	3	1		Jeff Prest	Trafford Athletic Club	33:14.16
	10	2	1	Steven Carragher	Alnwick Harriers	36:35.97
	13	3	2	Steven Outterside	Jarrow & Hebburn AC	41:33.74

Cat	Race pos	BMAF pos	NEMAA pos	Name	Club	time
M50	1	1		Ian Johnstone	Veterans AC	34:28.23
	2	2	1	Lee Bennett	Morpeth Harriers & AC	34:58.61
	3	3	2	Michael Thompson	Sunderland Harriers	35:18.90
	7	4		Richard Harrison	Selby Striders	37:57.75
	13	5	3	Paul Brennan	Crook & Dist Sports AC	42:45.67
	15	6	4	Simon Wells	Jesmond Joggers	44:39.13
	20	7	5	George Henderson	South Shields Harriers & AC	51:24.70
				Chris Auld	Crook & Dist Sports AC	DNF
			Tim Field	Sunderland Harriers	DNF	

M55	4	1	1	Greg Penn	North Shields Polytechnic Club	36:59.54
	5	2	2	Peter Clough	Crook & Dist Sports AC	37:03.37
	6		3	John O'Reilly	Tynedale Harriers & AC	37:47.57
	8	3		Ralph Gomersall	Aldershot Farnham	38:03.99
	11	4	4	Michael Jones	South Shields Harriers & AC	41:27.51
	12	5	5	Carl Mowatt	South Shields Harriers & AC	42:24.06

M60	9	1		Kevin Newman	Doncaster Athletics Club	38:52.65
	10	2	1	Brian Martin	Quakers Running Club	39:21.93
	14	3	2	John James	Heaton Harriers & AC	43:27.34
	16	4	3	Michael Stacey	Low Fell RC	45:19.06
	17	5	4	Malcolm Thirlaway	Gateshead Harriers & AC	46:35.95
	18	6		Ian Wright	Cornwall AC	46:36.95
	19	7		Michael Kelly	Marshall Milton Keys	46:53.59

Cat	Race Pos	BMAF pos	NEMAA pos	Name	Club	time
M65	1	1		Terry O'Neill	Belgrave Harriers	42:32.32
	4	2		David Proffitt	Llisbury Runners	47:16.28
	7	3		David Jones	Stratford upon Avon AC	50:16.28
	14	4		Kevin Dillon	Manchester Harriers	1:09:08.84
M70	2	1		Mick Casey	Barnsley Athletics Club	42:34.48
	3	2		Robert Marshall	Morpeth Harriers & AC	45:51.04
	5	3	1	Alan Wilks	Aycliffe Running Club	47:40.67
	6	4	2	Harry Matthews	Elswick Harriers	49:43.10
	8	5	3	Paul Bentley	Morpeth Harriers & AC	53:20.32
M75	9	1	1	Mac Stephenson	South Shields Harriers & AC	56:18.37
	12	2		Ken Chapman	Kimberworth Striders	57:07.12
M80	10	1		Fred Gibbs	Bingley Harriers & AC	56:21.92
	11	2		Doug Milsom	Hillingdon AC	56:49.93
	13	3	1	Ian Barnes	Darlington H & AC	58:28.82
	15	4	2	Reginald Checkley	Heaton Harriers & AC	1:09:08.92