

| Prinsky Championship<br>14 <sup>th</sup> May 2013 |        |         |           |                        |              |
|---|--------|---------|-----------|------------------------|--------------|
| P<br>o<br>s                                       | N<br>o | Name    |           |                        | Race<br>Time |
| 1   | 115    | Simon   | Johnson   | South Shields Harriers | 26 : 24      |
| 2   | 123    | David   | Wakefield | South Shields Harriers | 27 : 06      |
| 3   | 122    | Matthew | Wakefield | South Shields Harriers | 28 : 02      |
| 4   | 100    | Mark    | Hodgson   | South Shields Harriers | 28 : 31      |
| 5   | 114    | Colin   | Robson    | South Shields Harriers | 30 : 30      |
| 6   | 107    | Simon   | Russell   | South Shields Harriers | 31 : 01      |
| 7   | 105    | Paul    | Oliver    | South Shields Harriers | 31 : 26      |
| 8   | 120    | Peter   | Walker    | South Shields Harriers | 31 : 32      |
| 9   | 124    | Aaron   | Day       | South Shields Harriers | 31 : 49      |
| 10  | 103    | Ian     | Anderson  | South Shields Harriers | 33 : 21      |
| 11  | 127    | Pablo   | Bernad    | South Shields Harriers | 33 : 47      |
| 12  | 128    | Darren  | Lough     | South Shields Harriers | 33 : 55      |
| 13  | 117    | Paul    | Morley    | South Shields Harriers | 35 : 23      |
| 14  | 118    | Chris   | Charlton  | South Shields Harriers | 35 : 26      |
| 15  | 129    | Tommy   | Copp      | South Shields Harriers | 37 : 48      |
| 16  | 111    | Bill    | Humphrey  | South Shields Harriers | 41 : 49      |
| 17  | 109    | Craig   | Miles     | South Shields Harriers | 45 : 25      |

| D & M Hairdressing Championship<br>14 <sup>th</sup> May 2013 |        |          |            |                        |              |
|--|--------|----------|------------|------------------------|--------------|
| P<br>o<br>s  | N<br>o | Name     |            |                        | Race<br>Time |
| 1  | 116    | Michelle | Ford       | South Shields Harriers | 30 : 38      |
| 2  | 110    | Linda    | Bone       | South Shields Harriers | 31 : 44      |
| 3  | 113    | Heilen   | Gallagher  | South Shields Harriers | 33 : 03      |
| 4  | 101    | Mairi    | Standaloft | South Shields Harriers | 34 : 18      |
| 5  | 102    | Allison  | Bone       | South Shields Harriers | 34 : 46      |
| 6  | 126    | Paula    | Atkinson   | South Shields Harriers | 35 : 10      |
| 7  | 119    | Carly    | Henderson  | South Shields Harriers | 35 : 22      |
| 8  | 125    | Ashleigh | Little     | South Shields Harriers | 35 : 39      |
| 9  | 106    | Lisa     | Oliver     | South Shields Harriers | 37 : 41      |
| 10   | 104    | Amy      | Boond      | South Shields Harriers | 39 : 48      |
| 11   | 112    | Steph    | Charlton   | South Shields Harriers | 40 : 04      |
| 12   | 108    | Pat      | White      | South Shields Harriers | 41 : 54      |
| 13   | 121    | Beth     | Wood       | South Shields Harriers | 43 : 19      |

**Short Course this year due to construction works on the sea front.**

