

South Shields Harriers and Athletics Club
 Sand Dancer 10k Multi terrain Centenary Race
 Incorporating the NEMAA 10K MT Championships
 Sunday 13th April 2014.

pos	no.	Name	Club	Time	Cat				
1	299	Franks. Conrad	Gateshead	33:37	M	91	29	Candlish. Dave	Saltwell 45:12 M O/40
2	285	Isherwood. Craig	Sunderland Harriers	33:49	M	92	66	Dornan. Wayne	Low Fell 45:24 M O/45
3	288	Reed. Nathan	Sunderland Harriers	34:17	M	93	240	Walker. Anthony	U/A 45:25 M O/45
4	308	Durcan. Tom	Derwentside	34:59	M	94	129	Jenkins. Archie	Morpeth 45:34 M O/60
5	275	Longman. Lucas	Heaton	35:40	M	95	235	Thirlaway. Malcolm	Gateshead 45:41 M O/55
6	110	Hetherington. Brian	Wallsend	35:50	M O/50	96	147	Lough. Darren	South Shields 45:50 M O/40
7	203	Ritchie. Ian	Jarrow & Hebburn	35:57	M	97	291	Drozdownicz. Marie Louise	Elswick 45:53 F O/50
8	68	Duffy. Patrick	Blackhill	36:08	M O/35	98	150	Mackin. Stephen	South Shields 45:56 M O/45
9	276	Joyce. Nick	South Shields	36:16	M	99	15	Beardmore. Philip	U/A 45:58 M
10	28	Byrne. Neil	U/A	36:20	M O/45	100	84	Gaskin. Danielle	Blackhill 46:01 F
11	96	Hapola. Tuamos	U/A	36:32	M	101	289	Atkinson. Paula	South Shields 46:01 F O/35
12	136	Kelly. Bryan	Low Fell	36:41	M O/35	102	98	Hargrave. Gary	Tyne & Wear Fire 46:02 M O/45
13	117	Hodgson. Mark	South Shields	37:02	M	103	160	Mc.Nellis. Una	Jesmond 46:03 F O/35
14	244	Wallace. Gary	Blackhill	37:05	M	104	283	Wilkinson. Terry	u/a 46:08 M O/40
15	115	Hodgson. Alan	Tyne Bridge	37:36	M O/40	105	62	Dodds. Kelly	Heaton 46:09 F O/35
16	278	Morrow. David	South Shields	37:57	M	106	33	Champion. Joy	Sunderland Strollers 46:20 F O/45
17	318	Deacon. Craig	Jarrow & Hebburn	38:12	M	107	265	Wood. Graham	U/A 46:24 M
18	5	Aston. Luke	Blackhill	38:26	M O/35	108	219	Smiley. Darren	Saltwell 46:31 M
19	286	Lewis-Dale. Graham	North Shields Poly	38:35	M	109	304	White. David	Sunderland Harriers 46:38 M O/60
20	268	Young. Ian	Blackhill	38:39	M O/40	110	313	Phillipson. Colin	PB Fitness 46:44 M O/40
21	231	Sumler-Hutchinson. Ian	Crook	38:53	M O/45	111	314	Anderson. Ian	South Shields 47:13 M O/50
22	312	Salkled. Ian	Jarrow & Hebburn	38:57	M O/40	112	45	Craig. Robert	U/A 47:22 M O/50
23	54	Dann. Stephanie	North Shields Poly	39:08	F O/35	113	70	Dunlop. Gary	South Shields 47:24 M O/35
24	22	Brown. Alastair	U/A	39:18	M O/40	114	272	Curry. Stevie	Elswick 47:38 M O/50
25	320	Jansa. Jake	Blyth	39:22	M	115	44	Cooney. David	Ron Hill Cambuslang 47:42 M O/60
26	282	Spowart. Graham	Crook	39:25	M O/35	116	11	Bartrum. Dave	Alnwick 48:03 M O/45
27	20	Blain. Alasdair	Tyne Bridge	39:40	M	117	102	Henderson. Carly	South Shields 48:06 F
28	222	Stainthorpe. David	North Shields Poly	39:44	M O/40	118	50	Crutwell. Kevin Neil	Tyne & Wear Fire 48:10 M
29	262	Wiseman. David	U/A	39:47	M	119	311	Allen. Tony	Sunderland Strollers 48:10 M O/50
30	10	Ball. Alan	Jarrow & Hebburn	39:50	M	120	6	Atkinson-Tait. Julia	Sedgefield 48:13 F O/45
31	293	Gill. Peter	Birtley	40:00	M O/40	121	111	Higgins. Helen	Sunderland Harriers 48:22 F O/35
32	133	Jones. Michael	South Shields	40:04	M O/50	122	74	Farquhar. Kirstin	Durham 48:30 F O/45
33	260	Whitfield. John	U/A	40:05	M O/45	123	208	Rowley. Peter	Quakers 48:32 M O/55
34	169	Middlemas. Ian	Blackhill	40:10	M O/40	124	230	Suddick. Tracy Marie	Sunderland Strollers 48:45 F O/35
35	315	Pickering. Luke	U/A	40:12	M	125	294	Charlton. Angela	South Shields 48:50 F O/35
36	323	Proudlock. Craig	U/A	40:20	M O/35	126	59	Ditchburn. Andy	U/A 48:59 M O/35
37	218	Simpson. Claire	Jarrow & Hebburn	40:27	F O/35	127	164	McDonald. Martin	U/A 49:05 M
38	250	Watson. John	Low Fell	40:35	M O/55	128	79	Fountain. Samantha	U/A 49:05 F
39	325	Wakefield. Philippa	Keswick	40:50	F O/35	129	134	Joyce. Mark	South Shields 49:07 M O/45
40	202	Richardson. Peter	Sunderland Harriers	40:52	M O/60	130	205	Routledge. Daniel James	Heaton 49:08 M
41	3	Anderson. Dan	Sunderland Strollers	41:03	M	131	82	Friend. Jenny	Heaton 49:13 F O/50
42	249	Wardale. Graeme	U/A	41:08	M O/35	132	152	Malkin. Wendy	Jesmond 49:19 F
43	165	McGrath. Shaun	Houghton	41:27	M O/45	133	105	Herbert. Terry	North East Vets. 49:20 M O/60
44	190	Phillips. Dean	Sunderland Harriers	41:35	M O/45	134	123	Innes-Hudson. Rachael	Aurora 49:23 F
45	224	Stephens. John	Low Fell	41:40	M O/55	135	305	Wood. Fred	Sunderland Strollers 49:34 M O55
46	48	Crossley. Will	Wallsend	41:58	M	136	319	Lawrence. Shaun	South Shields 49:37 M O/40
47	34	Chase. Chris	Tyne Bridge	42:01	M O/35	137	298	Bone. Alison	South Shields 49:43 F O/35
48	130	Johnson. James	Sunderland Strollers	42:07	M O/35	138	183	Oliver. Lisa	South Shields 49:51 F
49	185	Parks. Darren	Jarrow & Hebburn	42:37	M O/40	139	271	Fowler. Dominic	u/a 49:58 M O/35
50	194	Preussner. Roland	U/A	42:41	M O/45	140	267	Wright. Stuart	U/A 50:03 M O/40
51	75	Fawcett. Michael	Billingham	42:42	M O/45	141	217	Siddell. Adrian	U/A 50:20 M O/50
52	25	Brown. Kevin	U/A	42:44	M	142	242	Walker. Michael H	Gosforth 50:21 M O/65
53	281	Yorston. Neil	South Shields	42:51	M O/35	143	67	Douthwaite. Neil	Crook 50:22 M O/40
54	135	Kavanagh. Neil	Low Fell	42:52	M	144	211	Scott. Tracey	Hunwick 50:23 F O/45
55	326	Dobson. Simon	U/A	43:05	M O/40	145	310	Graham. David	Derwentside 50:25 M O/45
56	204	Robertson. Leanne	Blackhill	43:07	F O/40	146	295	Charlton. Christopher	South Shields 50:26 M O/35
57	132	Johnson. Richard	U/A	43:10	M O/35	147	274	Hughes. Sally	Elvet 50:41 F
58	174	Morgan. Peter	South Shields	43:16	M O/55	148	175	Mowbray. Robin	Wallsend 50:43 M O/60
59	252	Weatherburn. Mark	Low Fell	43:27	M O/40	149	280	Bound. Amy	South Shields 51:09 F O/35
60	24	Brown. Kevin	U/A	43:29	M O/45	150	30	Candlish. Jacqui	Saltwell 51:17 F O/45
61	7	Auston. Gary	Sedgefield	43:30	M O/35	151	43	Cole. Alex	Elvet 51:20 M O/35
62	106	Hern. Dennis	Sunderland Harriers	43:31	M O/45	152	144	Lloyd. Michael	Crook 51:22 M O/50
63	317	Gladstone. Tony	Low Fell	43:31	M O/40	153	143	Lloyd. Joe	U/A 51:22 M
64	112	Hill. Craig	U/A	43:32	M O/35	154	210	Scott. Ray	U/A 51:24 M O/40
65	16	Bell. Andrew	U/A	43:44	M O/45	155	109	Heslop. John	U/A 51:32 M O/55
66	237	Urron. Richard	U/A	43:47	M O/35	156	213	Seago. Craig	South Shields 51:48 M O/35
67	248	Ward. Jamie	South Shields	43:51	M	157	170	Miller. Alexander	U/A 52:00 M O/65
68	197	Raine. Joanne	Crook	43:54	F	158	32	Carr. Antony	U/A 52:04 M O/45
69	87	Gordon. Stuart	Blackhill	43:56	M O/50	159	21	Bone. Alan	South Shields 52:15 M O/65
70	243	Walker. Peter	South Shields	43:57	M O/60	160	38	Cleary. David	U/A 52:20 M O/45
71	124	Inskip. Paul	Heaton	44:00	M O/45	161	61	Doctor. Ruth	Alnwick 52:25 F O/40
72	226	Stephenson. Ian	U/A	44:00	M	162	186	Paterson. Eddie	U/A 52:31 M O/40
73	263	Wood. Adam	Tyne Bridge	44:01	M	163	155	Marshall. I	Sun City 52:35 M O/55
74	80	Fox. Gary	Sunderland Harriers	44:02	M O/45	164	321	Harrison. Alexandra	Heaton 52:42 F O/35
75	71	Echeuarria. Anne-Cheung	U/A	44:12	F O/35	165	40	Coates. Lloyd	U/A 52:58 M O/45
76	118	Hogan. Lee	U/A	44:13	M O/35	166	302	Jukes. Dean	NE31 Tri Club 53:01 M
77	116	Hodgson. Colin	Blackhill	44:14	M O/45	167	206	Rowe. Trevor	U/A 53:09 M O/60
78	300	Standale. Mairi	South Shields	44:14	F	168	142	Lister. Kerry	Elvet 53:11 F O/40
79	181	Nicholson. Graeme	Schildon	44:15	M	169	201	Richardson. Elizabeth	Aurora 53:12 F O/35
80	221	Staines. Keith	U/A	44:15	M O/50	170	58	Day. Chris	U/A 53:16 M
81	127	Jackson-Bell. Lesley	P.B. Fitness	44:32	F O/50	171	53	Daniel. Stephen	U/A 53:16 M O/40
82	266	Wood. Mark	U/A	44:33	M O/35	172	154	Marr. Lynne	Tynedale 53:17 F O/50
83	207	Rowell. Alan	Durham	44:35	M O/65	173	192	Potter. Arthur	South Shields 53:25 M O/70
84	158	Mc.Crory. John	Blackhill	44:36	M O/45	174	290	Middleton. Graham	u/a 53:27 M O/60
85	17	Bentley. Rachel	Durham	44:41	F	175	72	Edwards. John	U/A 53:30 M O/65
86	241	Walker. Jack	U/A	44:42	M	176	316	Deacon. Hayley	U/A 53:37 F
87	138	Kippax. Anthony	U/A	44:50	M	177	126	Ivory. Keith	U/A 53:38 M O/45
88	269	Young. Philip	Saltwell	44:58	M O/45	178	301	McHugh. Erin	Blackhill 53:51 F
89	273	Middleton. Andy	Elswick	45:09	M O/35	179	39	Clughen. Susan	Sunderland Harriers 53:56 F O/60
90	284	Aldred. Mark	u/a	45:10	M	180	2	Anderson. Alexander	Tyne Bridge 54:03 M O/60
						181	65	Donoghue. Morag	Alnwick 54:04 F O/45
						182	99	Harold. Diane	U/A 54:07 F O/40
						183	107	Heron. Donna	U/A 54:13 F O/40
						184	141	Lewins. Paul	Sunderland Strollers 54:14 M O/40
						185	77	Forster. Denise	U/A 54:24 F O/50
						186	188	Patterson. Robert	U/A 54:28 M

187	279	Maylia. Peter	Blyth	54:41	M	O/55	283	42	Codling. Marian	Thirsk & Sowerby	75:32	F	O/70
188	229	Stidolph. Dennis	U/A	54:42	M	O/65	284	172	Monte. Catherine	U/A	83:25	F	O/40
189	163	McCormick. Kenny	Claremont	54:47	M	O/60	285	173	Monte. Nick	U/A	86:42	M	O/45
190	167	McRae. Janet	Swaledale	55:04	F	O/50	286	9	Baldwin. Julie	U/A	87:25	F	O/40
191	153	Manners. David	Claremont	55:12	M	O/60							
192	78	Forster-Purvis. Sian	U/A	55:14	F								
193	52	Daglish. Stephen	Blackhill	55:17	M	O/50							
194	161	McCabe. Jackie	Billingham	55:18	F	O/50							
195	238	Wakefield. Mark	U/A	55:21	M								
196	128	Jeffrey. Julie	Sunderland Strollers	55:24	F	O/45							
197	324	Khanom. Hasina	Sunderland Strollers	55:31	F								
198	56	Davison. Carol	Alnwick	55:46	F	O/40							
199	131	Johnson. John	U/A	55:47	M	O/65							
200	239	Wales. Heather	U/A	55:47	F	O/35							
201	36	Clark. Denise	U/A	55:55	F	O/45							
202	14	Beardmore. Donna	U/A	56:05	F								
203	31	Carl. Andrea	U/A	56:05	F	O/40							
204	187	Patrick. Stanley	U/A	56:08	M	O/55							
205	73	Fail. Bradley	U/A	56:11	M								
206	215	Sewell. Lyndsay	Blackhill	56:26	F								
207	168	Meaney. Caroline	Tyne Bridge	56:29	F								
208	287	Henderson. Allan	u/a	56:32	M	O/55							
209	81	Fox. Kim	U/A	56:36	F	O/40							
210	199	Rich. Helen	Sunderland Strollers	56:50	F	O/40							
211	176	Mulliss. Allen	Heaton	56:55	M	O/55							
212	184	Park. Donna	U/A	56:59	F	O/35							
213	86	Gordon. Alan	U/A	57:05	M	O/50							
214	182	Nixon. Lee	U/A	57:06	M								
215	171	Mitchell. Tina	U/A	57:20	F	O/40							
216	37	Clark. Robert	Elvet	57:26	M								
217	76	Forrester. Paul	U/A	57:28	M								
218	216	Shaverin. Nicola	Saltwell	57:29	F	O/40							
219	220	Smith. Deb	U/A	57:36	F	O/45							
220	51	Cunningham. Richard	U/A	57:40	M	O/50							
221	255	Weir. Mark	U/A	57:42	M	O/35							
222	159	McDonald. Ken	South Shields	57:47	M	O/70							
223	270	Harkness. Tony	u/a	57:50	M	O/40							
224	162	McCormack. Ronald	Alnwick	57:52	M	O/60							
225	121	Humble. Steph	U/A	57:53	F								
226	303	Deary. Terry	Derwentside	57:53	M	O/65							
227	189	Perry. Lisa	Saltwell	58:03	F	O/40							
228	178	Mustard. Michelle	U/A	58:04	F	O/45							
229	104	Hennessy. Colm	U/A	58:17	M	O/55							
230	35	Checkley. Reg	Heaton	58:19	M	O/75							
231	4	Anderson. Jessica	Tyne Bridge	58:23	F	O/55							
232	322	Winter. Emma	Run Eat Sleep	58:29	F								
233	8	Bairstow. Douglas	U/A	58:47	M	O/40							
234	60	Ditchburn. Hazel	U/A	58:51	F								
235	179	Neal. Kay	U/A	58:52	F	O/40							
236	195	Price. Sarah	U/A	58:52	F								
237	23	Brown. Alison	U/A	58:54	F	O/45							
238	191	Phillipson. Kelly	Tyne Bridge	58:58	F	O/40							
239	120	Horner. Tara	U/A	59:00	F	O/40							
240	196	Purvis. Neil	U/A	59:19	M	O/35							
241	97	Hargrave. Denis	U/A	59:21	M	O/65							
242	49	Crulley. Glen	U/A	59:35	M								
243	88	Gould. Heather	North Shields Poly	59:37	F	O/50							
244	27	Burgess. Susan	U/A	60:04	F								
245	19	Best. Janette	U/A	60:08	F	O/35							
246	261	Wilson. Francesca	U/A	60:17	F								
247	307	Pearce. Malcolm	U/A	60:29	M	O/50							
248	198	Reay. Neil	U/A	60:30	M	O/50							
249	256	Werchola. Claire	U/A	60:50	F								
250	26	Brown. Luke	U/A	60:50	M								
251	232	Swan. Karen	U/A	60:57	F	O/45							
252	125	Iredale. Sharon	U/A	61:01	F	O/40							
253	212	Scott. Tracy	U/A	61:27	F								
254	101	Harrison. Joanne	Sedgefield	61:36	F								
255	113	Hill. Emma	Sedgefield	61:36	F								
256	180	New. Jo	Sunderland Strollers	62:03	F	O/40							
257	214	Sedgley. Sara	Tyne Bridge	62:14	F	O/35							
258	100	Harrison. Alison	U/A	62:25	F	O/45							
259	108	Heslop. Gail	U/A	62:52	F	O/55							
260	264	Wood. Donna	U/A	62:54	F								
261	309	Murray. Barry	Birtley	63:21	M	O/45							
262	18	Benvin. Denise	Elvet	63:25	F	O/45							
263	151	Maholam. Evelyn	Tyne Bridge	63:25	F	O/40							
264	122	Hume. Mark Henry	Alnwick	63:50	M	O/65							
265	103	Hennessy. Bernadette	U/A	63:58	F	O/55							
266	254	Webb. Rose	Radley	64:11	F	O/65							
267	193	Pratt. George	U/A	64:12	M	O/65							
268	148	Lumsden. Jane	U/A	64:55	F	O/40							
269	251	Watson. Lee	U/A	64:58	M								
270	63	Dodds. L	U/A	65:00	M								
271	277	Thompson. Margaret	Sunderland Harriers	65:17	F	O/55							
272	223	Stapley. Vivien	North Shields Poly	66:18	F	O/55							
273	228	Stewart. Tu Anh	Low Fell	67:58	F	O/35							
274	140	Lawson. Martina	U/A	67:58	F	O/45							
275	41	Codling. Ian	Thirsk & Sowerby	68:08	M	O/70							
276	296	Rankin. Steve	Sunderland Strollers	68:40	M								
277	57	Dawson. Anthony	South Shields	69:26	M								
278	233	Tait. David James	Saltwell	69:38	M	O/65							
279	146	Longstaff. Andrea	U/A	70:24	F	O/45							
280	236	Toop. Andrea	U/A	70:24	F	O/35							
281	64	Donnelly. Michelle	Sunderland Strollers	71:15	F	O/40							
282	234	Telford. Stuart	U/A	73:21	M	O/35							

Men's teams:			
Pos	Score	Club	Counters
1	38	South Shields	9 Joyce. Nick 13 Hodgson. Mark 16 Morrow. David
2	40	Blackhill	8 Duffy. Patrick 14 Wallace. Gary 18 Aston. Luke
3	42	Sunderland Harriers	2 Isherwood. Craig 3 Reed. Nathan 37 Richardson. Peter
4	46	Jarrow & Hebburn	7 Ritchie. Ian 17 Deacon. Craig 22 Salkled. Ian
5	85	Tyne Bridge	15 Hodgson. Alan 26 Blain. Alasdair 44 Chase. Chris
6	90	Low Fell	12 Kelly. Bryan 36 Watson. John 42 Stephens. John
7	162	Crook	21 Sumler-Hutchinson. Ian 25 Spowart. Graham 116 Douthwaite. Neil
8	168	Wallsend	6 Hetherington. Brian 43 Crossley. Will 119 Mowbray. Robin
9	179	Heaton	5 Longman. Lucas 66 Inskip. Paul 108 Routledge. Daniel James
10	186	Sunderland Strollers	38 Anderson. Dan 45 Johnson. James 103 Allen. Tony
11	254	Saltwell	79 Young. Philip 82 Candlish. Dave 93 Smiley. Darren
12	285	Derwentside	4 Durcan. Tom 117 Graham. David 164 Deary. Terry
13	439	Alnwick	101 Bartrum. Dave 163 McCormack. Ronald 175 Hume. Mark Henry

Women's teams:

Pos	Score	Club	Counters
1	35	South Shields	7 Standale. Mairi 12 Atkinson. Paula 16 Henderson. Carly
2	53	Blackhill	4 Robertson. Leanne 11 Gaskin. Danielle 38 McHugh. Erin
3	70	Heaton	14 Dodds. Kelly 23 Friend. Jenny 33 Harrison. Alexandra
4	82	Sunderland Strollers	15 Champion. Joy 20 Suddick. Tracy Marie 47 Jeffrey. Julie
5	121	Alnwick	32 Doctor. Ruth 40 Donoghue. Morag 49 Davison. Carol
6	150	Sunderland Harriers	18 Higgins. Helen 39 Clughen. Susan 93 Thompson. Margaret
7	151	Elvet	29 Hughes. Sally 34 Lister. Kerry 88 Benvin. Denise
8	154	Saltwell	31 Candlish. Jacqui 60 Shaverin. Nicola 63 Perry. Lisa
9	168	North Shields Poly	1 Dann. Stephanie 73 Gould. Heather 94 Stapley. Vivien
10	180	Sedgefield	17 Atkinson-Tait. Julia 81 Harrison. Joanne 82 Hill. Emma
11	191	Tyne Bridge	55 Meaney. Caroline 65 Anderson. Jessica 71 Phillipson. Kelly

Prize winners: Men

1st.	1	33:37	299 Franks. Conrad	Gateshead
2nd.	2	33:49	285 Isherwood. Craig	Sunderland Harriers
3rd.	3	34:17	288 Reed. Nathan	Sunderland Harriers
Over 35:	8	36:08	68 Duffy. Patrick	Blackhill
Over 40:	15	37:36	115 Hodgson. Alan	Tyne Bridge
Over 45:	10	36:20	28 Byrne. Neil	U/A
Over 50:	6	35:50	110 Hetherington. Brian	Wallsend
Over 55:	38	40:35	250 Watson. John	Low Fell
Over 60:	40	40:52	202 Richardson. Peter	Sunderland Harriers
Over 65:	83	44:35	207 Rowell. Alan	Durham
Over 70:	173	53:25	192 Potter. Arthur	South Shields
Over 75:	230	58:19	35 Checkley. Reg	Heaton
Over 80:	None in category.			

Prize winners: Women

1st.	23	39:08	54 Dann. Stephanie	North Shields Poly
2nd.	37	40:27	218 Simpson. Claire	Jarrow & Hebburn
3rd.	39	40:50	325 Wakefield. Philippa	Keswick
Over 35:	75	44:12	71 Echeuarria. Anne-Cheung	U/A
Over 40:	56	43:07	204 Robertson. Leanne	Blackhill
Over 45:	106	46:20	33 Champion. Joy	Sunderland Strollers
Over 50:	81	44:32	127 Jackson-Bell. Lesley	P.B. Fitness
Over 55:	231	58:23	4 Anderson. Jessica	Tyne Bridge
Over 60:	179	53:56	39 Clughen. Susan	Sunderland Harriers
Over 65:	266	64:11	254 Webb. Rose	Radley
Over 70:	283	75:32	42 Codling. Marian	Thirsk & Sowerby