

# Sunderland 5K Road Race July 15 2015

Senior Results & Male VetsnO40 - 15th July 2015

| Pos | Name                   | Club                 | Time      | Pos | Name                      | Club                 | Time      |
|-----|------------------------|----------------------|-----------|-----|---------------------------|----------------------|-----------|
| 1   | Carl Smith (138)       | Leeds City           | 14.37     | 67  | Steven Medd (39)          | Gateshead Harriers   | 17.22     |
| 2   | Lewis Timmins (161)    | Morpeth Harriers     | 14.52     | 68  | Simon Ellis (110)         | North Shields Poly   | 17.24     |
| 3   | Daniel Jenkin (155)    | Durham City          | 14.56     | 69  | Michael Barker (144)      | Sunderland Harriers  | 17.24     |
| 4   | Howell Craske (177)    | Corstorphine AC      | 14.57     | 70  | Ken Harker (94)           | Richmond & Zetlan    | 17.26 O40 |
| 5   | Carl Avery (109)       | Morpeth Harriers     | 14.57     | 71  | Wouter Van Dijk (48)      | Durham City          | 17.29     |
| 6   | Barry Maskell (188)    | Gateshead Harriers   | 15.10     | 72  | Cameron Allan (106)       | Durham City          | 17.34     |
| 7   | Ross Floyd (50)        | Morpeth Harriers     | 15.11     | 73  | Martin Slater (64)        | Gateshead Harriers   | 17.36     |
| 8   | Adrian Bailes (167)    | Birtley AC           | 15.12     | 74  | Thomas Martin (194)       | Unattached           | 17.38     |
| 9   | Chris Smith (130)      | Morpeth Harriers     | 15.13     | 75  | Jon Moss (42)             | Tyne Bridge          | 17.39     |
| 10  | Dan Johnson (163)      | Gateshead Harriers   | 15.15     | 76  | Jason Stirland (120)      | North Shields Poly   | 17.41 O40 |
| 11  | Ian Harding (68)       | Morpeth Harriers     | 15.17     | 77  | Mark Banks (196)          | Heaton Harriers      | 17.42     |
| 12  | Thomas Straughan (169) | Morpeth Harriers     | 15.20     | 78  | Christopher Bell (77)     | Sunderland Harriers  | 17.43     |
| 13  | Jordan Bell (154)      | Blackhill Bounders   | 15.24     | 79  | Michael Heskett (2)       | Sunderland Harriers  | 17.46     |
| 14  | Kevin Calvert (118)    | Morpeth Harriers     | 15.29     | 80  | Jack Tallentire (108)     | Sunderland Harriers  | 17.46     |
| 15  | Karl Taylor (132)      | Morpeth Harriers     | 15.31     | 81  | Simon Gardner (23)        | Elvet Striders       | 17.47 O40 |
| 16  | Kevin Jeffress (1)     | Sunderland Harriers  | 15.32     | 82  | David Stainthorpe (117)   | North Shields Poly   | 17.49 O40 |
| 17  | Jed Marshall (142)     | Gateshead Harriers   | 15.34     | 83  | Declan Munnelly (84)      | Sunderland Strollers | 17.49     |
| 18  | Tom Charlton (32)      | Tyne Bridge          | 15.37     | 84  | Richard Harrison (61)     | Unattached           | 17.51     |
| 19  | Terry Scott (111)      | Tyne Bridge          | 15.38 O40 | 85  | Jack Armstrong (133)      | Morpeth Harriers     | 17.53     |
| 20  | Finn Brodie (95)       | Tyne Bridge          | 15.44     | 86  | Luke Aston (179)          | Blackhill Bounders   | 17.55     |
| 21  | Sam Hancox (45)        | Morpeth Harriers     | 15.44     | 87  | Thomas Bell (129)         | Heaton Harriers      | 17.58     |
| 22  | George Lowry (178)     | Jarrow & Hebburn     | 15.48     | 88  | Douglas Tinkner (166)     | Tyne Bridge          | 17.58     |
| 23  | David Morley (143)     | Sunderland Harriers  | 15.50     | 89  | Jeremy Pattison (71)      | Richmond & Zetlan    | 17.58 O40 |
| 24  | Elliot Kelly (173)     | Morpeth Harriers     | 15.51     | 90  | Andrew Macrae (172)       | Unattached           | 18.01     |
| 25  | Andy Powell (10)       | Sunderland Harriers  | 15.53     | 91  | Steve Wellings (88)       | Gateshead Harriers   | 18.01 O40 |
| 26  | Nathan Reed (150)      | Sunderland Strollers | 15.59     | 92  | Wayne Pearson (193)       | Unattached           | 18.04 O45 |
| 27  | Jordan Scott (96)      | Morpeth Harriers     | 16.02     | 93  | David Colpitts (46)       | Tyne Bridge          | 18.05     |
| 28  | Andy Graham (28)       | Durham City          | 16.04     | 94  | Nicolus Killeen (9)       | Sunderland Harriers  | 18.05     |
| 29  | Brendan Mcmillan (70)  | Jarrow & Hebburn     | 16.04     | 95  | Craig Downs (41)          | Crook AC             | 18.05     |
| 30  | Robert Eaton (73)      | Durham City          | 16.05     | 96  | John Cook (134)           | Unattached           | 18.08     |
| 31  | Steven McMahon (3)     | Sunderland Harriers  | 16.07     | 97  | Joel Thompson (56)        | Durham City          | 18.18     |
| 32  | Lee Bennett (187)      | Elswick Harriers     | 16.08 O45 | 98  | Jason O'neil (55)         | Unattached           | 18.20 O45 |
| 33  | Greg Chambers (100)    | Gateshead Harriers   | 16.19     | 99  | Kyle Howard (8)           | Sunderland Harriers  | 18.22     |
| 34  | Michael Laws (7)       | Sunderland Harriers  | 16.20     | 100 | Aidan Crowe (162)         | Sunderland Strollers | 18.22     |
| 35  | Ian Dixon (75)         | Sunderland Harriers  | 16.21     | 101 | Peter Harrison (44)       | Durham City          | 18.27 O40 |
| 36  | Fergus Bates (170)     | Morpeth Harriers     | 16.21 O45 | 102 | Jonathan Heaney (33)      | North Shields Poly   | 18.28     |
| 37  | Lee Gifford (65)       | Jarrow & Hebburn     | 16.23     | 103 | Paul Waller (93)          | Tyne Bridge          | 18.28     |
| 38  | Michael Thompson (81)  | Sunderland Harriers  | 16.23 O45 | 104 | Paul Tate (121)           | Gateshead Harriers   | 18.31     |
| 39  | Alex Polding (124)     | Tyne Bridge          | 16.23     | 105 | Andy Harrison (25)        | Tyne Bridge          | 18.32 O40 |
| 40  | Jonathon Stephens (98) | Low Fell RC          | 16.26     | 106 | Gareth Wills (66)         | Sunderland Strollers | 18.33     |
| 41  | Paul Blakey (82)       | Sunderland Harriers  | 16.28 O40 | 107 | Mark Crowe (89)           | Elswick Harriers     | 18.38     |
| 42  | Adam Pratt (86)        | Tynedale Harriers    | 16.28     | 108 | David Antill (22)         | Tyne Bridge          | 18.39     |
| 43  | Leon Foster (203)      | Leeds City           | 16.33     | 109 | Mike Hobson (116)         | Sunderland Strollers | 18.41 O45 |
| 44  | Steven Duffy (135)     | Gateshead Harriers   | 16.37     | 110 | Nick Varley (145)         | Tyne Bridge          | 18.42 O40 |
| 45  | Tommy Brannon (26)     | North Shields Poly   | 16.39 O45 | 111 | Antony Beynon (127)       | Elswick Harriers     | 18.43     |
| 46  | Paul Turnbull (140)    | Tyne Bridge          | 16.43     | 112 | Alan Ball (97)            | Jarrow & Hebburn     | 18.44     |
| 47  | Mark Snowball (186)    | Morpeth Harriers     | 16.47     | 113 | Ben Hall (36)             | Elswick Harriers     | 18.54     |
| 48  | Ian Pickett (47)       | Tyne Bridge          | 16.50     | 114 | Sean Mcintyre (126)       | Wallsend Harriers    | 19.01 O40 |
| 49  | Scott Boyd (128)       | Billingham Marsh     | 16.52     | 115 | Tony Allinson (13)        | Sunderland Harriers  | 19.11 O40 |
| 50  | Chris Graham (139)     | Tyne Bridge          | 16.54     | 116 | Michael Henderson (103)   | Sunderland Strollers | 19.12     |
| 51  | Sean Mackie (151)      | Sunderland Harriers  | 16.55     | 117 | Garry Patterson (175)     | Low Fell RC          | 19.14 O45 |
| 52  | Stephen Barker (58)    | Tyne Bridge          | 16.55     | 118 | James Johnson (122)       | Sunderland Harriers  | 19.22     |
| 53  | Rob Everson (21)       | Elvet Striders       | 16.55     | 119 | Richard Campbell (181)    | Aycliffe RC          | 19.25     |
| 54  | Stephen Jackson (136)  | Elvet Striders       | 16.58     | 120 | Philip Green (62)         | Heaton Harriers      | 19.27 O45 |
| 55  | Simon Lyon (147)       | Wallsend Harriers    | 17.01     | 121 | Aaron Nicholls (199)      | South Shields        | 19.35     |
| 56  | Simon Bennett (141)    | Hartlepool Burn Ro   | 17.01     | 122 | Nicholas Pearson (24)     | Tyne Bridge          | 19.38     |
| 57  | Jonathan Howe (80)     | Sunderland Harriers  | 17.09     | 123 | Michael Potter (157)      | Gateshead Harriers   | 19.46     |
| 58  | Ian Robinson (174)     | Heaton Harriers      | 17.11     | 124 | Douglas Long (87)         | Low Fell RC          | 19.46 O45 |
| 59  | Jason Old (38)         | Elswick Harriers     | 17.12 O45 | 125 | Dean Phillips (78)        | Sunderland Harriers  | 19.55 O45 |
| 60  | Michael Edwards (83)   | Sunderland Harriers  | 17.12     | 126 | Christopher Maynard (176) | Sunderland Strollers | 19.58     |
| 61  | Andy Smythe (63)       | Tyne Bridge          | 17.13     | 127 | John Lowes (34)           | Elswick Harriers     | 19.59     |
| 62  | David Moir (115)       | Tyne Bridge          | 17.13 O45 | 128 | Craig Smith (197)         | Unattached           | 20.01     |
| 63  | Gareth Pritchard (60)  | Elvet Striders       | 17.14     | 129 | James Green (180)         | Heaton Harriers      | 20.02     |
| 64  | Graham Hunt (171)      | Durham City          | 17.17     | 130 | Lee Coulson (43)          | Elswick Harriers     | 20.07 O40 |
| 65  | Matty Tomlinson (185)  | Tyne Bridge          | 17.20 O45 | 131 | Mark Wood (131)           | South Shields        | 20.09 O40 |
| 66  | Matt Forster (158)     | Morpeth Harriers     | 17.21     | 132 | Shaun Bagley (11)         | Sunderland Harriers  | 20.13     |

| Pos | Name                     | Club                 | Time  |     | Pos | Name | Time |
|-----|--------------------------|----------------------|-------|-----|-----|------|------|
| 133 | Robert Emson (40)        | Elswick Harriers     | 20.19 | O45 |     |      |      |
| 134 | Graeme Walton (184)      | Elvet Striders       | 20.20 | O40 |     |      |      |
| 135 | John Coates (200)        | Unattached           | 20.21 | O40 |     |      |      |
| 136 | David Bruce (152)        | Unattached           | 20.31 |     |     |      |      |
| 137 | Stephen Allen (35)       | Sunderland Strollers | 20.47 |     |     |      |      |
| 138 | Trevor Wakenshaw (191)   | North Shields Poly   | 20.50 | O45 |     |      |      |
| 139 | Robert Watson (198)      | Unattached           | 20.51 | O45 |     |      |      |
| 140 | Kris Cattle (148)        | Sunderland Strollers | 20.53 |     |     |      |      |
| 141 | Michael Taggart (102)    | Unattached           | 20.54 | O40 |     |      |      |
| 142 | Gary Fox (16)            | Sunderland Harriers  | 20.56 | O45 |     |      |      |
| 143 | Christopher Morrow (123) | Sunderland Strollers | 21.07 |     |     |      |      |
| 144 | Lee Walker (125)         | Wallsend Harriers    | 21.09 | O40 |     |      |      |
| 145 | Anthony Erskine (107)    | Sunderland Harriers  | 21.15 | O40 |     |      |      |
| 146 | Liam Moir (6)            | Sunderland Harriers  | 21.18 |     |     |      |      |
| 147 | Andrew Dobinson (137)    | Unattached           | 21.20 | O45 |     |      |      |
| 148 | Daniel Nettle (52)       | Elswick Harriers     | 21.21 | O40 |     |      |      |
| 149 | David Savage (74)        | Sunderland Harriers  | 21.22 | O45 |     |      |      |
| 150 | Barry Marlee (15)        | Sunderland Harriers  | 21.23 | O45 |     |      |      |
| 151 | Stephen Mills (189)      | Crook AC             | 21.26 | O40 |     |      |      |
| 152 | David Coxon (53)         | Durham City          | 21.38 | O40 |     |      |      |
| 153 | Alan Mcmanus (5)         | Sunderland Harriers  | 21.49 |     |     |      |      |
| 154 | Jonathon Mason (201)     | Unattached           | 21.55 |     |     |      |      |
| 155 | Richard Hall (54)        | Elvet Striders       | 22.01 |     |     |      |      |
| 156 | Christopher Wilks (165)  | Unattached           | 22.15 | O40 |     |      |      |
| 157 | Steven Badley (192)      | Unattached           | 22.21 |     |     |      |      |
| 158 | Stewart Metcalf (204)    | Unattached           | 22.28 |     |     |      |      |
| 159 | Paul Riddell (114)       | Sunderland Strollers | 22.55 |     |     |      |      |
| 160 | Andrew Hodgson (182)     | Sunderland Strollers | 23.31 |     |     |      |      |
| 161 | Richard Hughes (164)     | Quakers RC           | 23.37 | O45 |     |      |      |
| 162 | Alistair Robson (190)    | Unattached           | 23.38 | O40 |     |      |      |
| 163 | David Jones (202)        | Unattached           | 24.17 |     |     |      |      |
| 164 | Robert Clark (79)        | Unattached           | 24.36 |     |     |      |      |
| 165 | Neal Harper (59)         | Unattached           | 25.38 |     |     |      |      |
| 166 | Matty Dawkins (183)      | Hartlepool Burn Ro   | 25.45 |     |     |      |      |
| 167 | Andrew Reah (92)         | Unattached           | 26.21 |     |     |      |      |
| 168 | David Stothard (57)      | Unattached           | 29.55 | O45 |     |      |      |
| 169 | Mark Bolam (146)         | Unattached           | 31.42 | O40 |     |      |      |