

**South Shields 10 Mile Race 2023 - Run Eat Sleep South Shields**

<b>Position</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Gender</b>
1	234	Michael Stott	Blyth Running Club	00:57:49	MV40
2	284	James Anderson	North Shields Polytechnic Club	00:58:14	MV40
3	229	Danny Harris	Unattached	01:01:31	M
4	141	Ben Grimmer	Unattached	01:05:07	M
5	216	Chris Snowball	North Shields Polytechnic Club	01:05:36	M
6	275	Phil Ray	Elvet Striders	01:05:54	MV40
7	188	Tony Oliver	Hartlepool Burn Road Harriers	01:06:10	MV55
8	127	Owen McArdle	Heaton Harriers & AC	01:06:14	M
9	21	Daniel Curwen	Washington Running Club	01:06:24	M
10	272	Chris Burtenshaw	Unattached	01:06:47	MV40
11	44	Simon Todd	Unattached	01:06:50	MV35
12	213	Jay Bowley	Jarrow & Hebburn AC	01:07:02	MV45
13	215	Daniel Whybrow	Unattached	01:08:19	M
14	250	James Stewart	Unattached	01:08:29	M
15	23	James Wilcox	Washington Running Club	01:09:11	M
16	186	Conal Tufnell	Jarrow & Hebburn AC	01:09:26	M
17	222	Jackie Murdy	South Shields Harriers & AC	01:09:32	FV55
18	235	Paul Banks	Unattached	01:09:56	MV50
19	244	Marc Waters	South Shields Harriers & AC	01:09:57	MV45
20	76	Lewis Fraser	Washington Running Club	01:10:01	M
21	116	Alexander Graham	Unattached	01:10:58	MV40
22	101	Joe Straker	No Club running club	01:11:40	MV35
23	67	Callum Jennings	Run Eat Sleep	01:11:42	M
24	64	James Pitchford	Unattached	01:12:53	MV40
25	262	Jeremy Smith	Heaton Harriers & AC	01:13:07	MV55
26	270	Paul Andrews	(no club)	01:13:15	MV45
27	137	Henry Povey	Blyth Running Club	01:13:34	MV55
28	174	Andrew Smith	Gateshead Harriers & AC	01:13:57	MV40
29	166	Matthew Coombs	Unattached	01:13:59	M
30	168	Philip Mckeown	Gateshead Harriers & AC	01:14:11	MV35
31	191	Steven Carter	Unattached	01:14:22	MV40
32	135	Leigh Owbridge	Hartlepool Burn Road Harriers	01:14:45	MV50
33	29	Christopher Muir	South Shields Harriers & AC	01:14:51	MV40
34	252	Lee Williams	North Shields Polytechnic Club	01:14:56	MV45
35	107	Anthony Tait	Tyne Bridge Harriers	01:15:17	M
36	274	David Gillick	Unattached	01:15:18	MV40
37	246	Garry Brooks	Jarrow & Hebburn AC	01:15:32	MV40
38	259	Anna Wright	Morpeth Harriers & AC	01:15:35	FV40
39	242	Claire O'Callaghan	South Shields Harriers & AC	01:16:12	FV40
40	228	Matthew Archer	Elvet Striders	01:16:14	MV40
41	273	Neil Edmonds	Unattached	01:16:18	MV40
42	132	Mark Perry	Washington Running Club	01:16:26	MV45
43	3	Jon Melvin	Unattached	01:16:43	MV40
44	286	Daniel Gregg	Unattached	01:16:50	MV45
45	39	Jeremy Peirson	Unattached	01:17:07	M
46	121	Adam Garlinge	Unattached	01:17:24	M
47	123	James Knox	Tyne Bridge Harriers	01:18:23	MV35
48	138	Jessica Heyworth	Saltwell Harriers	01:18:24	F
49	207	Anthony Duggan	Gateshead Harriers & AC	01:18:25	MV35
50	194	Calum Watson	Unattached	01:18:26	MV35
51	189	Lee Drummond	Birtley Athletics Club	01:18:40	MV50
52	276	Gary Stobbs	Jarrow & Hebburn AC	01:19:04	M
53	158	Gary Dunmore	Sunderland Strollers	01:19:10	MV50
54	181	Linda Mudford	Sunderland Harriers	01:19:21	FV40

55	240	Gordon Bird	Unattached	01:19:28	MV35
56	232	Carl Mowatt	Jarrow & Hebburn AC	01:19:35	MV60
57	56	Abby Codling	Washington Running Club	01:19:59	F
58	182	Jamie Robinson	Unattached	01:20:23	MV45
59	32	Michael Skoyles	Unattached	01:20:24	M
60	160	Kieron O'connor	Unattached	01:20:25	M
61	285	Simon Brown	Unattached	01:20:26	MV50
62	277	Mary Stobbs	Jarrow & Hebburn AC	01:20:35	F
63	195	Caroline Ames	Jarrow & Hebburn AC	01:21:12	FV35
64	140	Rory Letts	Sedgefield Harriers	01:21:19	M
65	89	Michelle Avery	Unattached	01:21:41	FV35
66	201	Stephanie Boyd	Jarrow & Hebburn AC	01:21:42	F
67	248	Bryan Jeffers	Unattached	01:21:43	MV45
68	251	Jonathan Murphy	Unattached	01:21:44	MV35
69	200	Gary McDonald	Sunderland Strollers	01:22:04	MV35
70	73	Matthew Bell	Unattached	01:22:47	MV40
71	269	Jennie Belton	Unattached	01:22:55	FV45
72	46	Alastair Coulson	Unattached	01:23:15	M
73	117	Liam Bruce	Unattached	01:23:24	MV35
74	265	John James	Heaton Harriers & AC	01:24:18	MV65
75	192	Idris Hasan	Unattached	01:24:24	MV35
76	196	Daniel Mackenzie	Unattached	01:24:24	M
77	4	Raymond Maddison	Run Eat Sleep	01:25:14	MV55
78	30	Emma Rutter	Unattached	01:25:20	FV40
79	245	Toby Robinson	Gosforth Harriers and Athletics Club	01:26:14	M
80	25	David Stephenson	Unattached	01:26:24	MV35
81	221	Robert Stewart	RES	01:26:30	MV35
82	110	James Galbraith	Unattached	01:26:39	MV35
83	260	Tara Edwards	Unattached	01:26:53	FV35
84	179	David Kirkbride	Heaton Harriers & AC	01:27:02	M
85	178	Grace Mussell	Unattached	01:27:02	F
86	264	Joanne Clemmit	Alnwick Harriers	01:27:27	FV50
87	212	Amy Hamilton	Unattached	01:27:28	FV35
88	253	Chris Elliott	Run Eat Sleep	01:27:49	M
89	254	Daniel Carter	Unattached	01:28:12	M
90	106	Georgia Telford	Unattached	01:28:27	F
91	16	Darren Wake	Unattached	01:28:31	MV40
92	102	Kirsty Anderson	No Club running club	01:28:37	FV35
93	239	Sharon Prudhoe	Unattached	01:28:43	FV50
94	69	Sean Lawson	Washington Running Club	01:28:49	M
95	230	Dan Lawson	Washington Running Club	01:28:50	MV45
96	204	Luke Lishman	RES	01:28:54	M
97	52	Vicki Halse	Low Fell RC	01:28:56	FV40
98	288	Callum Terry	Lonely Goat RC	01:29:15	M
99	119	Howard Broadway	Unattached	01:29:22	MV65
100	2	David Wheelhouse	Unattached	01:29:25	MV45
101	75	Lindsay Curray	Unattached	01:29:29	F
102	162	Thomas Mackie	Unattached	01:29:33	M
103	118	Antonio Ribeiro	Derwentside AC	01:29:38	MV50
104	241	Paul Lewins	Low Fell RC	01:29:46	MV50
105	63	Lydia Brodie	Ashington Hirst Running Club	01:30:02	F
106	77	Nichola Findlay	Unattached	01:30:19	FV40
107	14	Andy Sixsmith	Unattached	01:30:41	M
108	48	Emma Carr	Run Eat Sleep	01:31:20	FV35
109	233	Robert Bianchi	Unattached	01:31:29	MV50
110	95	Louisa Scola	Alnwick Harriers	01:31:41	FV60

111	45	Laura Hewitt	Unattached	01:31:49	F
112	80	David Cooling	Unattached	01:32:04	MV40
113	263	Abbey Boyle	Birtley Athletics Club	01:32:06	F
114	113	Charlotte Coffield	Birtley Athletics Club	01:32:08	F
115	97	Graeme Scott	Unattached	01:32:19	MV40
116	255	Sj Gorman	Unattached	01:32:27	FV40
117	220	Tracy Marie Suddick	Sunderland Strollers	01:32:32	FV45
118	266	Robert Weightman	Jarrow & Hebburn AC	01:32:36	MV65
119	279	Hazelle Costella	Jarrow & Hebburn AC	01:32:37	F
120	87	Sylvia Sawosko	Run Eat Sleep	01:32:38	FV40
121	131	Stuart Eggleston	North East Marathon Club	01:33:00	MV50
122	184	?	?	01:33:13	?
123	164	Thomas Abel	Unattached	01:33:15	M
124	83	Julia Atkinson-Tait	Sedgefield Harriers	01:33:15	FV55
125	98	Chris Laws	Unattached	01:33:19	MV35
126	72	Deborah Greaves	These Girls Can Run	01:33:22	FV50
127	163	Rebecca Swindells	Washington Running Club	01:33:29	FV40
128	88	Michelle Embleton	Ashington Hirst Running Club	01:33:33	FV50
129	91	Iain Singer	Ashington Hirst Running Club	01:33:34	MV50
130	99	Scott Hunter	Unattached	01:33:37	M
131	8	David Little	Shildon Running & AC	01:33:41	MV40
132	84	Janet Main	Sedgefield Harriers	01:34:01	FV60
133	258	Liam Ross	Unattached	01:34:02	M
134	161	Claire Oconnor	Unattached	01:34:13	FV45
135	10	Ken Robinson	Run Eat Sleep	01:34:15	MV55
136	60	Kelly Ramsey	Washington Running Club	01:34:26	FV40
137	183	Jennie Martin	Macclesfield Harriers & AC	01:34:48	FV45
138	19	Jenny Friend	Unattached	01:35:01	FV60
139	114	David Money	Birtley Athletics Club	01:35:11	MV50
140	167	Louisa Craigs	Unattached	01:35:17	FV35
141	27	Jennifer Knight	Alnwick Harriers	01:35:25	FV40
142	85	Anna Cuninghame	Heaton Harriers & AC	01:35:26	F
143	115	Victoria Lawton	Birtley Athletics Club	01:35:35	FV35
144	38	Rebecca Peirson	Unattached	01:35:49	F
145	267	Claire Earle	Hartlepool Burn Road Harriers	01:35:52	FV50
146	170	Louise Bell	Run Eat Sleep	01:35:58	F
147	100	Sid Astbury	Unattached	01:36:01	MV70
148	225	Jacqueline Candlish	Saltwell Harriers	01:36:06	FV55
149	31	Christopher Reay	Unattached	01:36:14	M
150	120	John Neabitt	Unattached	01:36:30	MV40
151	151	Richard Usher	Vane Tempest	01:36:33	MV45
152	211	Jeff Marriott	Quakers Running Club	01:36:54	MV60
153	214	Nikki Anderson	Unattached	01:37:33	FV35
154	282	Donna Harris	Unattached	01:37:34	MV50
155	238	Bridget Peberdy	Alnwick Harriers	01:37:46	FV60
156	198	Patrick Wallace	Unattached	01:37:48	MV55
157	96	Jill Sinton	Unattached	01:38:02	FV35
158	71	Claire Chadwick	Run Nation Running Club	01:38:14	FV50
159	287	Peter Harris	Run Eat Sleep	01:38:30	MV45
160	66	Michael Parkin	Jarrow & Hebburn AC	01:38:35	M
161	261	Judith Archibold	Heaton Harriers & AC	01:38:39	FV60
162	175	Marcus Ashton	Dragons Running Club Yeadon	01:38:55	MV50
163	128	Jessica Wright	Unattached	01:39:27	F
164	142	Philip Bennison	Unattached	01:39:44	MV45
165	177	Emma Haggie	Unattached	01:40:38	FV45
166	152	Davina Lonsdale	Blyth Running Club	01:41:02	FV55

167	154	Adele Lonsdale	Blyth Running Club	01:41:03	FV55
168	139	Georgina Letts	Sedgefield Harriers	01:41:20	F
169	208	Ian Stephenson	Alnwick Harriers	01:41:43	MV60
170	169	Steph Humble	Unattached	01:42:01	FV40
171	205	Rachel Mackenzie	Unattached	01:42:04	F
172	224	Callum Watson	Unattached	01:42:05	M
173	197	Emma Chambers	Unattached	01:42:11	FV35
174	103	Kirsty Nicholson	Tyne Bridge Harriers	01:42:41	F
175	199	Michelle Bays	South Shields Harriers & AC	01:42:45	FV55
176	217	Melanie Rogers	Run Eat Sleep	01:42:46	FV50
177	22	Melanie Clegg	Alnwick Harriers	01:43:51	FV50
178	37	Jill Foster	Low Fell RC	01:44:48	FV40
179	149	Rachel Whitley	Run Eat Sleep	01:45:48	FV40
180	94	Chris Kelly	Unattached	01:46:17	MV35
181	43	Michael McElduff	Gosforth Harriers and Athletics Club	01:46:40	MV40
182	6	David Farrell	Run Eat Sleep	01:46:58	MV60
183	82	Paula McIntosh	Sunderland Strollers	01:46:59	FV50
184	249	Rose Todhunter	Allen Valley Striders	01:47:19	FV60
185	219	John Lowther	Sunderland Strollers	01:48:01	MV40
186	134	Kate Askew	Washington Running Club	01:48:05	F
187	133	Elaine Robinson	Washington Running Club	01:48:21	FV50
188	18	Alyson Mcteer	Birtley Athletics Club	01:48:24	FV45
189	17	Lisa Shaw	Unattached	01:48:31	FV45
190	143	Lindsey Teasdale	Unattached	01:48:43	FV35
191	74	Clare Ashton	Dragons Running Club Yeadon	01:49:42	FV45
192	9	Michelle Stephens	Run Eat Sleep	01:49:46	FV50
193	148	David Mason	Derwentside AC	01:49:47	MV50
194	150	William Adamson	Unattached	01:49:48	MV55
195	236	Clare Walker	Unattached	01:50:34	FV45
196	79	Brian Smith	Unattached	01:50:37	MV50
197	26	Linda Patterson	Alnwick Harriers	01:52:03	FV45
198	155	Julie Maskell	Unattached	01:52:06	FV45
199	146	Fiona Adams	Unattached	01:52:07	FV45
200	90	Mark Dunkley	Unattached	01:52:15	MV40
201	15	Tracey Wake	Unattached	01:52:19	FV50
202	11	Jamie Ailano	Run Eat Sleep	01:52:20	M
203	227	Lindsay Hamilton	Unattached	01:53:44	FV40
204	281	Danielle Lee	Run Eat Sleep	01:54:26	FV35
205	81	Linda Hutcheon	Unattached	01:54:59	FV50
206	256	Jodie Simpson	Swaledale Runners	01:55:13	F
207	58	Pamela Munro	Ripon Runners	01:55:58	FV65
208	190	Emily Barber	Low Fell RC	01:56:31	F
209	210	Ross Punton	Run Eat Sleep	01:56:58	MV35
210	93	Stuart Fowler	North East Marathon Club	01:58:28	MV45
211	108	Phil Johnson	Unattached	01:59:11	MV55
212	109	Amber Johnson	Unattached	01:59:17	F
213	12	Naomi Hartley	Unattached	02:01:08	F
214	112	Leeanne Rooney	Unattached	02:01:21	FV45
215	111	Angela McLeod	Unattached	02:01:22	FV40
216	147	Andrew Wood	Unattached	02:03:21	MV35
217	62	Simon Mccudden	Ripon Runners	02:04:37	MV60
218	5	Nicola Lawson	Lonely Goat RC	02:05:30	FV50
219	231	Joe Coyne	Heaton Harriers & AC	02:05:31	M
220	247	Naomi Cousins	Unattached	02:05:39	FV40
221	78	Kyle Bennett	Unattached	02:06:52	MV35
222	92	Ashleigh Charlton	Unattached	02:06:54	F

223	243	Sally Dixon	Vane Tempest	02:07:02	FV55
224	203	Carol Coxon	Unattached	02:07:03	FV45
225	124	Terry Hugill	Unattached	02:07:20	M
226	125	Thomas Gibson	Unattached	02:07:22	MV40
227	268	Sarah Handy	Ashington Hirst Running Club	02:07:37	FV50
228	65	Laura Frisby	Ashington Hirst Running Club	02:07:37	FV40
229	105	Kate Mukungu	Run Eat Sleep	02:09:46	FV50
230	55	Joanne Fairhurst	Unattached	02:10:17	FV45
231	13	Sidney Molyneux	Northern Masters AC	02:10:21	MV75
232	180	Alison Emslie	Run Eat Sleep	02:11:41	FV60
233	171	Chloe Johnston	Run Eat Sleep	02:11:41	FV35
234	237	Julie Nowlin	Run Eat Sleep	02:11:43	FV50
235	51	David Bradbury	Sunderland Strollers	02:11:52	MV55
236	218	Kathryn Clark	Durham Mums on the Run	02:14:46	FV45
237	41	Laura Sclanders-Bell	Unattached	02:15:30	FV35
238	176	Brian Elstob	Saltwell Harriers	02:15:31	MV50
239	157	Sarah Taylor	Unattached	02:18:15	FV35
240	165	Lisa Richards	Unattached	02:20:17	FV50
241	206	Claire Wyncarczyk	Tyne Bridge Harriers	02:24:07	F
242	153	Donna Carr	Seaham Aspiring Ladies	02:24:52	FV50
243	136	Sarah Yates	Seaham Aspiring Ladies	02:24:53	FV40
244	122	Lucy Cordell	Unattached	02:26:10	F
245	156	Gill Hartshorn	Unattached	02:43:18	FV55