

THE SOUTH SHIELDS 10 MILE RACE 2024 RESULTS

Position	No.	Name	Club	Time	Category
1	252	James Anderson	North Shields Polytechnic Club	00:56:19	MV40
2	256	Liam Taylor	Sunderland Harriers	00:58:24	MV35
3	161	Matthew Woodhouse	Unattached	01:02:34	M
4	312	Oscar Reid	Heaton Harriers & AC	01:03:19	M
5	431	Richard Harrison	Jarrow & Hebburn AC	01:03:46	MV40
6	280	Christopher Jennings	Unattached	01:04:25	M
7	437	Dan Lanes	Unattached	01:06:00	MV35
8	73	Jake Parmley	Morpeth Harriers & AC	01:06:41	M
9	217	Joe Straker	Unattached	01:07:05	MV35
10	263	James Stewart	Unattached	01:07:12	M
11	310	Marc Waters	South Shields Harriers & AC	01:07:34	MV45
12	162	Callum Jennings	Run Eat Sleep	01:07:48	M
13	315	James Pitchford	Unattached	01:08:02	MV40
14	198	Simon Todd	Unattached	01:08:19	MV35
15	288	Jay Bowley	Jarrow & Hebburn AC	01:08:31	MV50
16	63	Alexander Graham	Unattached	01:09:28	MV40
17	438	Paul Harmsworth	Unattached	01:09:29	M
18	416	Jackie Murdy	South Shields Harriers & AC	01:09:32	FV55
19	410	Alex Collier	Elvet Striders	01:10:26	MV40
20	406	Mike Russell	Elswick Harriers	01:11:51	MV55
21	260	Ben Rea	Tyne Bridge Harriers	01:11:53	MV45
22	455	Mark Wilkinson	Unattached	01:12:31	MV35
23	289	Liam Standen	Unattached	01:13:33	M
24	409	Kelly Beard Foden	South Shields Harriers & AC	01:13:42	FV45
25	98	Philip Mckeown	Gateshead Harriers & AC	01:13:48	MV35
26	37	Paul Andrews	Unattached	01:13:56	MV45
27	14	Timothy Banks	Unattached	01:14:05	MV35
28	128	Liam Gasper	Hunwick Harriers	01:14:10	MV40
29	313	Claire O'Callaghan	South Shields Harriers & AC	01:14:39	FV40
30	250	Paul Banks	Morpeth Harriers & AC	01:15:12	MV50
31	48	Andrew Lawler	Unattached	01:16:03	M
32	428	Christopher Mordue	Unattached	01:16:27	M
33	186	Sandro Di Simplicio	Jesmond Joggers	01:16:31	MV45
34	151	Michael Skoyles	Unattached	01:16:46	M
35	464	Mary Stobbs	Jarrow & Hebburn AC	01:17:28	F
36	425	Ed Sweeney	Sunderland Harriers	01:17:38	MV60
37	135	Christopher Brierley	Unattached	01:17:45	M
38	12	Keith Cranswick	Alnwick Harriers	01:17:59	MV60
39	274	Daniel Fenwick	Run Eat Sleep	01:18:12	M
40	117	Antonio Ribeiro	Derwentside AC	01:18:13	MV50
41	62	Kev Warburton	Run Eat Sleep	01:18:27	MV35
42	282	Adam Thompson	Unattached	01:18:35	MV35
43	463	Garry Stobbs	Jarrow & Hebburn AC	01:18:52	MV60
44	15	Scott Hunter	Unattached	01:18:53	M
45	449	Ben Hodgson	South Shields Harriers & AC	01:19:08	MV50
46	248	Jonathan White	Unattached	01:19:38	M
47	457	Abbey Boyle	Birtley Athletics Club	01:19:45	FV35
48	64	Jessica Heyworth	Saltwell Harriers	01:20:01	F
49	305	Steve Lloyd	Jog on the Tyne	01:20:20	MV60
50	242	Julia Gray Carnaffin	Jog on the Tyne	01:20:20	FV60
51	67	Andrew Thornton	Jarrow & Hebburn AC	01:20:30	MV35
52	304	Karl Maguire	Run Eat Sleep	01:20:51	M
53	84	Jonathan Murphy	Unattached	01:21:06	MV35
54	222	Philip Dodd	Unattached	01:21:20	MV40
55	298	Lucy Walton	Sunderland Strollers	01:21:42	F
56	459	Amy Pescod	Unattached	01:22:06	FV45
57	418	Thomas Mckenna	Unattached	01:22:19	M
58	426	Emma McCabe	Elvet Striders	01:22:38	FV40
59	451	Kris Lockney	Run Eat Sleep	01:23:33	MV35
60	136	Allen Mundangepufpu	Unattached	01:23:53	MV45
61	131	Barry Potts	Unattached	01:24:01	MV45
62	411	David Oxlade	Elvet Striders	01:24:17	MV35
63	27	Brian Harbison	Unattached	01:24:32	MV55
64	452	Lucy Murdy	Run Eat Sleep	01:24:33	F
65	297	Kate Black	Jesmond Joggers	01:24:35	FV50
66	168	Amy Hamilton	Unattached	01:24:38	FV35
67	439	Gary Gale	Run Eat Sleep	01:24:41	MV50
68	211	Suzanne McStea	South Shields Harriers & AC	01:24:45	FV45
69	108	Helen Slaughter	Unattached	01:25:14	F
70	303	Allan Callender	Red Kite Runners	01:25:29	MV55
71	295	Ellie Page	Unattached	01:25:37	F
72	66	David Wheelhouse	Fordy Runs Running Club	01:25:38	MV50
73	201	Tom Winter	Unattached	01:25:54	M
74	245	Sophie Ward	Morpeth Harriers & AC	01:26:22	F
75	134	Patrick De Berry	Unattached	01:26:37	MV50
76	5	Emma Rutter	Unattached	01:27:00	FV45
77	188	Barry Marshall	Jarrow & Hebburn AC	01:27:06	MV60
78	414	David March	Elvet Striders	01:27:33	M
79	45	Cory Carney	Unattached	01:27:38	M
80	307	Gemma Drinkald	Run Eat Sleep	01:27:49	FV40
81	300	Ashley Henson	Unattached	01:28:02	FV40
82	174	Dominic Harland	Boro Runners	01:28:02	M
83	177	Martin Caygill	Unattached	01:28:03	MV45
84	417	Richard Slack	South Shields Harriers & AC	01:28:04	MV60
85	87	Ciaran Mallon	Unattached	01:28:10	MV35
86	61	Alison Cessford	Jog on the Tyne	01:28:15	FV40

87	445	Stuart Dowell	Sunderland Strollers	01:28:23	MV50
88	301	Graeme Scott	Run Eat Sleep	01:28:25	MV40
89	446	Gary McDonald	Sunderland Strollers	01:28:30	MV35
90	447	Lorraine Scott	Sunderland Strollers	01:28:34	FV50
91	262	Richard Wilkinson	Lonely Goat RC	01:28:48	MV35
92	21	Emma Carr	Run Eat Sleep	01:28:51	FV35
93	429	David Winter	Unattached	01:28:53	M
94	69	Laura Tennant	Red Kite Runners	01:29:40	F
95	152	Katharine Willett	Aurora Harrier	01:29:45	F
96	283	Diane Wood	Durham City Harriers & AC	01:30:02	FV55
97	223	Jamie Richardson	Unattached	01:30:22	MV35
98	176	David Hosken	Birtley Athletics Club	01:30:33	MV55
99	43	Alex Henry	Heaton Harriers & AC	01:30:34	FV40
100	183	Catherine Jarvis	Durham City Harriers & AC	01:30:50	FV45
101	192	Sharon Prudhoe	Unattached	01:30:56	FV50
102	442	Jack Hawkins	Run Eat Sleep	01:31:08	M
103	422	Raymond Maddison	Run Eat Sleep	01:31:09	MV55
104	157	Emma Tranter	Unattached	01:31:21	FV35
105	89	Keiran Hewkin	Unattached	01:31:27	M
106	58	Tracy Marie Suddick	Unattached	01:31:27	FV45
107	56	Ricky King	Run Eat Sleep	01:31:33	MV45
108	267	Ashley Cave	South Shields Harriers & AC	01:31:37	FV35
109	225	Brian Fenn	Unattached	01:31:38	MV50
110	44	Kevin Ball	Unattached	01:31:46	MV50
111	46	Khayl Carney	Unattached	01:31:47	M
112	60	Claire Scott	Unattached	01:31:48	FV35
113	458	Faye Cartner	Birtley Athletics Club	01:31:50	F
114	314	Joanne Forster	Elswick Harriers	01:32:15	FV35
115	420	Gemma Poole	Washington Running Club	01:32:21	FV40
116	200	Katie Jordan	Unattached	01:32:30	FV35
117	454	Angela Brown	Unattached	01:33:13	FV40
118	232	Kathreen Smith	Unattached	01:33:15	FV35
119	441	Anna Cuninghame	Unattached	01:33:17	F
120	49	Malcolm Cox	Sunderland Strollers	01:33:31	MV65
121	141	Claire Thompson	Derwent Valley Running Club	01:33:34	FV35
122	427	Michelle Sutcliffe	South Shields Harriers & AC	01:33:41	FV60
123	273	Iain England	Run Eat Sleep	01:34:01	M
124	253	Nikki Anderson	Unattached	01:34:06	FV40
125	159	Sue Cartwright	North East Marathon Club	01:34:14	FV55
126	264	Mick O'Reilly	Unattached	01:34:50	MV60
127	16	Chris Laws	Unattached	01:35:11	MV35
128	241	Ross Ahmed	Unattached	01:35:12	MV40
129	444	Michael Vasey	Unattached	01:35:12	M
130	36	Alison Valkhard	Heaton Harriers & AC	01:35:45	FV55
131	4	Iain Singer	Ashington Hirst Running Club	01:35:47	MV50
132	2	Michelle Embleton	Ashington Hirst Running Club	01:35:47	FV50
133	54	Lisa Martin	East Durham Running Club	01:35:56	FV50
134	306	Mel Cave	South Shields Harriers & AC	01:35:59	FV40
135	190	Grace Mussell	Heaton Harriers & AC	01:36:21	F
136	191	David Kirkbride	Heaton Harriers & AC	01:36:21	M
137	82	Sarah Phillips	These Girls Can Run	01:36:38	FV45
138	138	Jessica Dodds	Aurora Harrier	01:36:39	F
139	450	Caitlin Robertson	Unattached	01:37:33	F
140	105	P Burn	Red Kite Runners	01:37:44	FV40
141	233	Lydia Huntley	Unattached	01:37:53	F
142	165	Clare Gray	Unattached	01:37:53	FV40
143	38	Kim Matthews	Elswick Harriers	01:37:58	FV65
144	432	Peter Harris	Run Eat Sleep	01:38:00	MV50
145	181	Chloe Arthur	Unattached	01:38:05	F
146	448	Benjamin Thompson	Heaton Harriers & AC	01:38:07	MV35
147	460	Stacey Burns	Unattached	01:38:18	F
148	132	Neringa Thompson	Unattached	01:38:18	F
149	287	Paul Kerr	South Shields Harriers & AC	01:38:23	MV50
150	278	Ian Stephenson	Alnwick Harriers	01:38:46	MV60
151	180	Chris Doyle	Lonely Goat RC	01:39:21	MV50
152	145	Stuart Newton	Unattached	01:39:26	M
153	275	Szymon Dutkiewicz	Unattached	01:40:01	M
154	265	Martin Oreilly	Unattached	01:40:21	M
155	285	Andrew Spoors	Unattached	01:40:23	MV35
156	440	Natalie Pattinson	Unattached	01:40:31	FV35
157	23	David Mason	Derwentside AC	01:40:31	MV55
158	34	Donna Whyte	Run Eat Sleep	01:40:59	FV40
159	270	Suzie Keyes	Blaydon Harriers & AC	01:41:02	FV45
160	39	Jamie Glenwright	Unattached	01:41:04	MV40
161	433	Jackie Johnson	Run Eat Sleep	01:41:14	FV45
162	110	Adam Yansley	Unattached	01:41:17	M
163	109	Ryan Lee	Unattached	01:41:17	M
164	123	Debra Plews	Unattached	01:41:19	FV55
165	243	Richard Klitzke	Unattached	01:41:22	MV35
166	106	Simon McCudden	Ripon Runners	01:41:28	MV60
167	257	Louise Ambrose	Unattached	01:41:39	FV45
168	40	Rachel Wilson	Run Eat Sleep	01:41:42	F
169	86	Sheena Elliott	Unattached	01:42:06	FV40
170	20	Mark Wilkinson	Unattached	01:42:07	MV50
171	413	Tracey McKenzie	Unattached	01:42:10	FV45
172	166	Philip Bennison	Unattached	01:42:18	MV45
173	402	Steven Richards	Run Eat Sleep	01:42:20	MV50
174	412	Angi Effard	South Shields Harriers & AC	01:42:39	FV60
175	226	Michelle Bays	South Shields Harriers & AC	01:42:41	FV60

176	436	Catherine Findlay	Unattached	01:42:49	FV40
177	234	Kate Williams	Unattached	01:42:51	F
178	94	Chris Sumsion	Tyne Bridge Harriers	01:42:57	MV55
179	308	Neil Reay	Run Eat Sleep	01:43:08	MV60
180	148	Oli Ali	Unattached	01:43:27	M
181	456	Jane Dennison	Mile Shy Club	01:43:36	FV40
182	214	Christopher Willoughby	Unattached	01:43:38	MV45
183	405	Andrea Gilhespie	Unattached	01:43:57	FV40
184	291	Laura Merrison	Unattached	01:44:02	FV35
185	292	Rob Merrison	Unattached	01:44:03	MV35
186	220	Davina Lonsdale	Blyth Running Club	01:44:36	FV55
187	290	Adele Lonsdale	Blyth Running Club	01:44:37	FV55
188	421	Louisa Craigs	Unattached	01:45:05	FV35
189	142	Sophie Steele	Unattached	01:45:29	FV35
190	302	Rebecca Hall	Unattached	01:45:41	FV35
191	95	Michelle Robinson	Run Eat Sleep	01:46:02	FV50
192	96	Ken Robinson	Run Eat Sleep	01:46:02	MV55
193	6	Holly Collins	Low Fell RC	01:46:19	F
194	434	Stephen Nicholson	Unattached	01:46:36	M
195	453	Imogen Simpson	Unattached	01:46:51	F
196	104	Oliver Mulvaney	Ashington Hirst Running Club	01:46:57	M
197	255	Amy Goodall	Unattached	01:46:57	F
198	221	Simon Stothard	Unattached	01:46:58	MV35
199	281	Ruth Ankers	Unattached	01:47:02	F
200	47	Corrina Poole	Unattached	01:47:04	FV45
201	25	Rachel Stothard	Unattached	01:47:05	FV35
202	127	Wayne Errington	Friendly Running Club	01:47:57	MV40
203	219	Lyndsay King	Unattached	01:48:02	FV40
204	99	Annemarie Graham	Ealing Eagles Running Club	01:48:03	FV50
205	17	Jane Turnbull	Unattached	01:48:13	FV40
206	296	Tonia Thompson	log on the Tyne	01:48:30	FV50
207	407	Nicky Aitchison	Unattached	01:48:42	FV35
208	419	Ian Payne	Aycliffe Running Club	01:48:42	MV40
209	59	Vanessa Robinson	Run Eat Sleep	01:48:45	FV40
210	272	Liam Corkin	Unattached	01:48:49	M
211	118	Angela Ribeiro	Unattached	01:49:10	FV45
212	19	Kelly Cook	Low Fell RC	01:49:15	FV45
213	111	Vaughan Freeman	Unattached	01:49:19	MV65
214	239	Agnes Bastien-Langham	Blackhill Bounders	01:49:24	FV50
215	189	Vanessa Major	Unattached	01:49:34	FV50
216	50	Vicki Mcdowell	Unattached	01:49:45	FV35
217	249	Jacinta Wake	Morpeth Harriers & AC	01:49:55	FV55
218	251	Clare Walker	Unattached	01:49:56	FV45
219	227	Julia Ewart	Ashington Hirst Running Club	01:49:57	FV55
220	100	Maxine Cottam	Elswick Harriers	01:50:15	FV50
221	215	Emma Swinney	Unattached	01:50:18	F
222	204	Philip Mccarthy	Unattached	01:50:20	MV40
223	199	Georgia Callander	Run Eat Sleep	01:50:36	F
224	236	Lucy Astley	Unattached	01:50:46	FV35
225	175	Dean Hartis	Durham City Harriers & AC	01:50:55	MV40
226	228	Annie Heath	Tyne Bridge Harriers	01:51:11	FV50
227	229	Roger Heath	Heaton Harriers & AC	01:51:12	MV55
228	443	David Webster	Unattached	01:51:47	MV35
229	24	William Adamson	Unattached	01:52:00	MV55
230	154	Amber Johnson	Unattached	01:52:37	F
231	153	Phil Johnson	Unattached	01:52:37	MV55
232	240	Andrew Langham	Unattached	01:53:10	MV45
233	122	Tricia Chaplin	Hunwick Harriers	01:53:55	FV70
234	170	Karen Watson-Mcclurg	Hunwick Harriers	01:53:55	FV50
235	164	Dorothy Meikle	Unattached	01:54:00	FV60
236	197	Corrinne Dockwray	Unattached	01:54:21	FV45
237	238	Mark Copeland	Unattached	01:54:27	M
238	299	Sebastian Close	Sunderland Strollers	01:54:33	M
239	276	Emma Scott	Run Eat Sleep	01:54:37	F
240	430	Stephanie Bowey	Unattached	01:54:57	FV40
241	26	Erica Harbison	Low Fell RC	01:55:13	FV55
242	237	Suzi Price-Young	Unattached	01:55:48	FV40
243	149	Dainee Brown	Unattached	01:55:54	FV35
244	187	Andy Stobbart	Sunderland Strollers	01:55:54	MV40
245	258	Lynne Waugh	Washington Running Club	01:55:56	FV50
246	254	Awess Sawati	Unattached	01:56:10	MV35
247	435	Victoria Williamson	Unattached	01:56:36	FV40
248	124	Kate Gowland	Unattached	01:57:32	FV35
249	216	Rhiann Mason	Unattached	01:57:35	F
250	266	Rachel Hunter	Unattached	01:57:38	F
251	75	Deborah Leckey	Newburn Running Club	01:59:01	FV50
252	76	Samantha Cooper	Newburn Running Club	01:59:17	FV55
253	139	Sophie Hawkins	Run Eat Sleep	01:59:21	F
254	130	Michelle Lovatt	Run Eat Sleep	01:59:21	FV55
255	261	Emma Rea	Unattached	01:59:37	FV40
256	408	Olivia Baker	Heaton Harriers & AC	01:59:51	F
257	29	Emily Connelly	Low Fell RC	02:00:09	FV50
258	271	Tracy Clasper	Unattached	02:00:14	FV35
259	403	Mark Clasper	Unattached	02:00:15	MV40
260	182	Yasmine Bennett	Unattached	02:00:15	F
261	71	Ross Punton	Run Eat Sleep	02:00:28	MV35
262	400	Terry Harcus	Run Eat Sleep	02:00:31	FV55
263	311	Julie Gothard	Desborough and Rothwell Running Clun	02:00:42	FV55
264	184	Elaine Easton	Unattached	02:00:50	FV50

265	22	Julie Cardno	Low Fell RC	02:01:16	FV50
266	116	Sarah Gazdar	Run Eat Sleep	02:02:01	FV45
267	203	Sarah McCarthy	Unattached	02:02:06	FV40
268	68	Helen Riding	Lonely Goat RC	02:02:07	FV45
269	55	Julie Dugdale	Lonely Goat RC	02:02:09	FV40
270	78	Nikki Parnaby	Run Eat Sleep	02:02:43	FV55
271	81	Stephen Dack	Concordia Runners & Pedallers	02:03:02	MV60
272	80	Maxine Ward	Unattached	02:03:03	FV60
273	79	Carole Thompson-Young	Unattached	02:03:11	FV60
274	28	Amy Hunter	Run Eat Sleep	02:03:30	F
275	42	Vicki Oman	Unattached	02:03:36	FV40
276	125	Vicky Loudon	Unattached	02:04:21	FV40
277	147	Lisa Bruce	Unattached	02:04:58	FV35
278	169	Rachael Crooks	Unattached	02:06:40	FV35
279	156	Stacey Hegarty	Unattached	02:06:53	FV35
280	101	Jennifer Stewart	Unattached	02:07:03	FV40
281	121	Julie Diboll	Unattached	02:07:04	FV45
282	218	Julie Swan	Run Eat Sleep	02:07:12	FV40
283	32	Michelle Leighton	Low Fell RC	02:07:20	FV35
284	65	Kat Nicholson	Prudhoe Plodders Running Club	02:08:25	FV45
285	195	Jan Smith	Washington Running Club	02:08:25	FV55
286	196	Janet Scott	Houghton Harriers and Athletics Club	02:08:41	FV45
287	424	Laura Collins	Unattached	02:09:27	FV40
288	269	Gosia Napierala	Unattached	02:11:15	FV35
289	57	Sue Barnes	Run Eat Sleep	02:11:17	FV70
290	163	Angela Cooke	Unattached	02:12:00	FV45
291	83	Kirsty Ross	Run Eat Sleep	02:12:56	F
292	207	Tracey Beavers	Run Eat Sleep	02:13:00	FV55
293	423	Ashley Ridley	Unattached	02:13:11	F
294	8	Wendy Brigstock	Vegan Runners UK	02:13:36	FV55
295	129	Sophie Charlton	Unattached	02:13:42	F
296	209	Sarah Petrov	Unattached	02:13:51	FV35
297	277	Addison Taylor	Unattached	02:14:23	M
298	404	Sarah Race	Unattached	02:15:18	F
299	210	Lyndsey Cooper	Unattached	02:16:13	F
300	107	Pamela Munro	Ripon Runners	02:16:31	FV65
301	160	Helen Thornley	Unattached	02:17:56	F
302	126	Danielle Barras	Friendly Running Club	02:18:08	FV40
303	205	Emma Richardson	Unattached	02:18:16	F
304	112	Gabrielle Larkin	Run Eat Sleep	02:19:02	F
305	231	Claire Wynczyk	Tyne Bridge Harriers	02:19:58	F
306	1	Naomi Hartley	Unattached	02:21:34	F
307	13	Laura Sclanders-Bell	Unattached	02:22:27	FV40
308	102	Janette Kilgour	Heaton Harriers & AC	02:37:36	FV70
309	53	Sophie Stephenson	Run Eat Sleep	02:40:08	F
310	293	Ruth Hancock	Hambleton Athletics & Running Club	02:40:10	FV50
311	119	Ally Brown	Hambleton Athletics & Running Club	02:44:00	FV35
312	133	Hannah Gowland	Low Fell RC	02:48:31	F
313	7	Sidney Molyneux	Northern Masters AC	02:49:23	MV75
314	93	Andrew Russell	Run Eat Sleep	02:49:35	MV55