

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 Drozdowicz. 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 4 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/55							
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

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:	194	55:18	161 McCabe. Jackie	Billingham
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