

Sunderland City 5K & Fast 5K

Saturday 7th May 2022

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	129	14:25	Carl Avery	Morpeth Harriers & AC	Male	1	MS	1	14:25	1
2	116	14:26	Tommy Power	Hallamshire Harriers Sheffield	Male	2	MS	2	14:26	2
3	101	14:28	Jamie Hall	Hallamshire Harriers Sheffield	Male	3	MS	3	14:28	3
4	131	14:29	Lewis Gamble-thompson	New Marske Harriers Club	Male	4	MS	4	14:29	4
5	127	14:33	Carl Smith	Tyne Bridge Harriers	Male	5	MS	5	14:33	5
6	125	14:37	John Beattie	Leeds City Athletic Club	Male	6	MS	6	14:37	6
7	113	14:46	George Rudman	Morpeth Harriers & AC	Male	7	MS	7	14:46	7
8	114	15:05	Peter Smallcombe	Jarrow & Hebburn AC	Male	8	MS	8	15:05	8
9	139	15:11	William De vere owen	Morpeth Harriers & AC	Male	9	MS	9	15:11	9
10	133	15:13	James Straw	Lincoln Wellington Athletic Club	Male	10	MS	10	15:13	10
11	122	15:22	Dave Richardson	Gateshead Harriers & AC	Male	11	MS	11	15:22	11
12	102	15:29	Lucas Sutherland	Gateshead Harriers & AC	Male	12	MS	12	15:27	12
13	136	15:32	Steve Rankin	Sunderland Harriers & AC	Male	13	MS	13	15:32	13
14	132	15:36	Stuart Haw		Male	14	MS	14	15:36	14
15	107	15:37	Jonathan Scott	North York Moors AC	Male	15	MS	15	15:37	15
16	137	15:37	Ryan Holt	Tyne Bridge Harriers	Male	16	MS	16	15:37	16
17	130	15:51	Andrew Lawrence	Morpeth Harriers & AC	Male	17	MS	17	15:51	17
18	103	15:52	Ben Cook	North Shields Polytechnic Club	Male	18	MV40	1	15:52	18
19	126	15:55	Simon Bennett	Hartlepool Burn Road Harriers	Male	19	MV40	2	15:55	19
20	138	16:02	Danielle Hodgkinson	Wallsend Harriers & AC	Female	1	FS	1	16:02	20
21	119	16:08	Wyatt Hill	Hallamshire Harriers Sheffield	Male	20	MS	18	16:07	21
22	444	16:09	Jake Ridding	Sunderland Harriers & AC	Male	21	MS	19	16:09	23
23	134	16:09	Peter Hodgson	Blaydon Harriers & AC	Male	22	MS	20	16:08	22
24	135	16:10	Sparrow Morley	Tyne Bridge Harriers	Male	23	MS	21	16:10	24
25	141	16:10	Philippa Stone	Middlesbrough Athletic Club (Mandale)	Female	2	FS	2	16:10	25
26	142	16:14	Gary Wallace	Blackhill Bounders	Male	24	MS	22	16:13	26
27	343	16:38	Chris Camps	South Shields Harriers & AC	Male	25	MV40	3	16:36	27
28	123	16:39	James Mcleod		Male	26	MS	23	16:39	29
29	109	16:40	Steven Medd	Gateshead Harriers & AC	Male	27	MV40	4	16:39	28
30	214	16:42	Rory Mcconnachy	North Shields Polytechnic Club	Male	28	MV40	5	16:40	30
31	140	16:42	Gemma Hillier-moses	Charnwood A C	Female	3	FS	3	16:42	32
32	579	16:42	Chris Stockdale	Tyne Bridge Harriers	Male	29	MV40	6	16:40	31
33	454	16:44	Daniel Sherliker	Low Fell RC	Male	30	MS	24	16:42	33
34	545	16:53	Ben Robinson		Male	31	MS	25	16:51	34
35	443	16:55	Robert Teasdale	Crook & Dist Sports AC	Male	32	MS	26	16:53	35
36	104	16:58	Patrick Houghton	North Shields Polytechnic Club	Male	33	MV40	7	16:56	36
37	523	17:03	Phil Sharpe	North East Project	Male	34	MS	27	17:00	37
38	112	17:04	Alexandra Sneddon	Jarrow & Hebburn AC	Female	4	FS	4	17:03	38
39	451	17:27	Anthony Wilson	Hartlepool Burn Road Harriers	Male	35	MV40	8	17:26	39
40	405	17:34	Danny Dixon		Male	36	MS	28	17:32	40
41	419	17:36	Paul Owen	South Shields Harriers & AC	Male	37	MV40	9	17:33	41
42	217	17:41	Gavin Duke	North Shields Polytechnic Club	Male	38	MV40	10	17:39	42
43	323	17:47	Mehdi Ben-tiba	New Marske Harriers Club	Male	39	MS	29	17:45	43
44	216	17:49	Steven Colby	North Shields Polytechnic Club	Male	40	MS	30	17:47	44
45	111	17:49	Emily Chong	Chester Le Street & Dist AC	Female	5	FS	5	17:48	45
46	124	17:56	Jacqueline Penn	North Shields Polytechnic Club	Female	6	FS	6	17:55	46
47	274	18:00	Joe Willis	Sunderland Harriers & AC	Male	41	MS	31	17:58	47
48	275	18:02	Graeme Thorpe	Morpeth Harriers & AC	Male	42	MV40	11	18:00	48
49	573	18:04	Chris Lines	Sedgefield Harriers	Male	43	MV50	1	18:02	49
50	552	18:11	Ptolemy Hand	Elvet Striders	Male	44	MS	32	18:07	50
51	234	18:19	Martin Gleghorn		Male	45	MS	33	18:15	51
52	459	18:20	David Bain	Low Fell RC	Male	46	MV40	12	18:18	52
53	326	18:35	Mark Taylor	Redcar Running Club	Male	47	MV40	13	18:29	53
54	371	18:35	Jordan Taylor		Male	48	MS	34	18:33	54
55	121	18:36	Ellen Mcleod	Sheffield RC	Female	7	FS	7	18:35	55
56	350	18:42	Ryan King	Houghton Harriers & AC	Male	49	MS	35	18:40	56
57	301	18:48	David Matthew	Run Nation Running Club	Male	50	MS	36	18:44	57
58	571	18:49	Danny Wade	Low Fell RC	Male	51	MV40	14	18:46	58
59	297	18:51	Darren Stoker	Sunderland Harriers & AC	Male	52	MV50	2	18:48	59
60	325	18:57	Andrew Smith	Gateshead Harriers & AC	Male	53	MV40	15	18:52	60
61	249	18:59	Grace Carter	Durham City Harriers & AC	Female	8	FS	8	18:57	61
62	344	19:00	Matty Tomlinson	Houghton Harriers & AC	Male	54	MV50	3	18:58	62
63	208	19:05	David Cowell	Elvet Striders	Male	55	MV40	16	19:01	63
64	546	19:10	Michael Pittuck		Male	56	MS	37	19:03	64
65	257	19:20	Emily Palmer	Stockton Striders AC	Female	9	FS	9	19:18	66
66	264	19:21	Richard Houghton	Elswick Harriers	Male	57	MV40	17	19:18	65
67	222	19:29	Ben Hall	Elswick Harriers	Male	58	MV40	18	19:26	67
68	304	19:30	Allan Renwick	Elvet Striders	Male	59	MV50	4	19:26	68
69	303	19:30	Nina Bojadzic	Elvet Striders	Female	10	FS	10	19:26	69
70	461	19:34	Stuart Joyce	Aycliffe Running Club	Male	60	MV50	5	19:29	70
71	500	19:36	James Ashton		Male	61	MS	38	19:30	71
72	572	19:48	Ciaran Lines	Houghton Harriers & AC	Male	62	MS	39	19:45	72
73	379	19:52	Ben Anderson	Sunderland Harriers & AC	Male	63	MS	40	19:49	73
74	278	19:54	Emma White		Female	11	FS	11	19:49	74
75	299	19:58	Mike Cherrington	Sunderland Harriers & AC	Male	64	MV50	6	19:54	75

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	108	20:02	Andrea Simmons	Ponteland Runners	Female	12	FS	12	20:00	76
77	349	20:14	Jude Graham	Sunderland Harriers & AC	Male	65	MS	41	20:11	77
78	330	20:15	Jason Clement	Sunderland Strollers	Male	66	MV50	7	20:11	78
79	559	20:19	Hazelle Webster-costella	Jarrow & Hebburn AC	Female	13	FS	13	20:16	80
80	265	20:19	Ethan Bruce		Male	67	MS	42	20:12	79
81	460	20:25	Paul Reay	Jarrow & Hebburn AC	Male	68	MS	43	20:21	82
82	438	20:25	Hayley Dobinson	Sunderland Harriers & AC	Female	14	FS	14	20:20	81
83	373	20:26	Mick Davis	Elvet Striders	Male	69	MV50	8	20:22	83
84	253	20:29	Nathan Fryatt		Male	70	MS	44	20:23	84
85	486	20:35	John Gartland		Male	71	MS	45	20:26	85
86	518	20:49	Rob Merrison		Male	72	MS	46	20:46	86
87	432	20:58	Paul Noble	Redcar Running Club	Male	73	MV50	9	20:53	87
88	455	21:02	Andy Walker		Male	74	MV40	19	20:55	89
89	479	21:06	Simon Jakab		Male	75	MS	47	20:54	88
90	492	21:06	John Coates		Male	76	MV40	20	21:01	90
91	529	21:07	Stephen Pickersgill		Male	77	MV40	21	21:02	91
92	416	21:08	Andrew Hay	Sunderland Strollers	Male	78	MV50	10	21:04	92
93	512	21:19	Sandra Leyland	Low Fell RC	Female	15	FV50	1	21:16	94
94	210	21:31	Adrian Bell	Run Nation Running Club	Male	79	MV50	11	21:27	95
95	525	21:31	Isabelle Wilson	Middlesbrough Athletic Club (Mandale)	Female	16	FS	15	21:27	96
96	507	21:36	Mark Ruffell	Jarrow & Hebburn AC	Male	80	MV60	1	21:31	97
97	553	21:42	Rhys Mckie	Washington Running Club	Male	81	MS	48	21:13	93
98	398	21:49	Jonathan Gledhill	Saltwell Harriers	Male	82	MS	49	21:40	98
99	279	21:54	Robert Wright	Coalfields Racing Team (Triathlon Club)	Male	83	MV40	22	21:46	99
100	433	21:55	Rachel Dugan	Sunderland Strollers	Female	17	FS	16	21:50	101
101	538	21:55	Paul Dryden		Male	84	MV50	12	21:47	100
102	273	22:05	Libby Hammond	Darlington H & AC	Female	18	FS	17	22:02	104
103	258	22:05	Andrew Hawthorne	South Shields Harriers & AC	Male	85	MV40	23	21:58	103
104	291	22:06	Philip Teece	Darlington H & AC	Male	86	MV60	2	22:02	105
105	395	22:07	Paul Jukes		Male	87	MV40	24	21:56	102
106	561	22:19	Karen Byng	Elvet Striders	Female	19	FV50	2	22:13	107
107	566	22:22	Anna Mcleod	Elvet Striders	Female	20	FS	18	22:16	108
108	543	22:24	Andrew Teasdale		Male	88	MS	50	22:19	109
109	530	22:25	Alex Mccain		Male	89	MS	51	22:12	106
110	254	22:31	Brendan Self		Male	90	MS	52	22:23	113
111	445	22:32	Felipe Patino		Male	91	MS	53	22:22	111
112	394	22:32	Dyjon Nsubuga		Male	92	MS	54	22:21	110
113	319	22:34	Izabela Lukaszewska		Female	21	FS	19	22:22	112
114	331	22:44	Katherine Conway	Washington Running Club	Female	22	FS	20	22:36	115
115	441	22:45	Robert Salthouse	Vegan Runners UK	Male	93	MV50	13	22:27	114
116	374	22:47	Michael Nemeth	Tyne Bridge Harriers	Male	94	MS	55	22:41	116
117	209	22:48	Philip Scott	Tyne Bridge Harriers	Male	95	MS	56	22:41	117
118	298	22:52	Lyne Valentine	Washington Running Club	Female	23	FV60	1	22:43	118
119	262	22:56	Chris Wright	Coalfields Racing Team (Triathlon Club)	Male	96	MV40	25	22:48	119
120	221	23:02	Mary Hall	Elswick Harriers	Female	24	FV40	1	22:58	120
121	397	23:09	Jess Heyworth	Saltwell Harriers	Female	25	FS	21	23:00	121
122	305	23:09	Michael Bradley		Male	97	MS	57	23:01	123
123	578	23:10	Richard Townsend	Saltwell Harriers	Male	98	MV60	3	23:00	122
124	493	23:26	John Hawthorne	South Shields Harriers & AC	Male	99	MS	58	23:19	125
125	357	23:27	Matthew Hammond		Male	100	MS	59	23:18	124
126	218	23:30	Peter Holliday	Sunderland Strollers	Male	101	MV60	4	23:26	126
127	308	23:39	Dawn Elliott		Female	26	FV60	2	23:30	127
128	471	23:40	Michael Joicey		Male	102	MS	60	23:33	128
129	359	23:46	Helen Ruffell	Jarrow & Hebburn AC	Female	27	FV50	3	23:40	129
130	467	23:58	Sam Dawson		Male	103	MS	61	23:52	132
131	332	23:59	Jacob Rodgers		Male	104	MS	62	23:44	130
132	547	24:10	Lisa Bennett		Female	28	FS	22	24:02	133
133	516	24:14	Gordon Wilson		Male	105	MV60	5	24:05	134
134	202	24:19	Mark Nichoson		Male	106	MV40	26	24:07	135
135	503	24:20	Ian Murphy		Male	107	MV40	27	23:51	131
136	238	24:24	Dom Weller		Male	108	MS	63	24:16	138
137	378	24:25	Paul Jacques		Male	109	MS	64	24:07	136
138	409	24:25	Craig Millen		Male	110	MS	65	24:13	137
139	239	24:40	Martyn Weller		Male	111	MV50	14	24:32	140
140	206	24:44	Anthony Mcdermott		Male	112	MS	66	24:39	143
141	314	24:47	Lynsey Manifold		Female	29	FV40	2	24:38	141
142	225	24:49	Kayden Wilson		Male	113	MS	67	24:41	144
143	464	24:55	Paul Robertson		Male	114	MV40	28	24:25	139
144	474	24:55	Richard Schofield		Male	115	MV40	29	24:41	145
145	548	24:58	Michael Bennett		Male	116	MS	68	24:49	146
146	434	25:03	Brian Dugan	Sunderland Strollers	Male	117	MV60	6	24:59	149
147	519	25:04	Robert Welsh		Female	30	FV50	4	24:56	147
148	491	25:11	Geoffrey Batten		Male	118	MV50	15	24:59	148
149	435	25:12	Robert Wilkinson		Male	119	MS	69	25:05	152
150	296	25:13	Keely Richardson		Female	31	FV40	3	25:02	150

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	360	25:16	Matty Palin		Male	120	MS	70	25:12	154
152	251	25:18	Robert Clark		Male	121	MV40	30	25:08	153
153	213	25:23	Jonathan Linsley		Male	122	MS	71	24:39	142
154	226	25:24	Jill Wilson		Female	32	FV50	5	25:15	155
155	489	25:37	David Smith		Male	123	MS	72	25:26	156
156	502	25:40	Ray Johnson		Male	124	MS	73	25:04	151
157	421	25:49	Mark Tyler		Male	125	MV40	31	25:33	157
158	425	25:53	Ian Mason		Male	126	MV40	32	25:47	159
159	540	25:59	Juliet Clarke		Female	33	FS	23	25:44	158
160	255	26:18	Mason Gilhespy		Male	127	MS	74	26:10	160
161	242	26:20	Marc Stubbs	Sunderland Strollers	Male	128	MS	75	26:13	161
162	358	26:21	Paul Leonard		Male	129	MV50	16	26:14	162
163	269	26:22	Anita Wright		Female	34	FV60	3	26:15	163
164	377	26:34	Dyl Laverick		Male	130	MS	76	26:22	165
165	452	26:38	Nicola Hern	Sunderland Strollers	Female	35	FS	24	26:28	166
166	490	26:38	Nicola Maw	Sunderland Strollers	Female	36	FV40	4	26:28	167
167	404	26:44	Bola Adisa		Female	37	FV40	5	26:35	169
168	352	26:46	Michael Robson		Male	131	MV40	33	26:20	164
169	315	26:51	Michael Higgins	Tyne Bridge Harriers	Male	132	MV60	7	26:45	171
170	508	26:54	Neil Smith	Heaton Harriers & AC	Male	133	MV50	17	26:40	170
171	581	26:59	Stuart Hitcham		Male	134	MS	77	26:47	173
172	370	27:03	Ross Johnson		Male	135	MS	78	26:32	168
173	511	27:13	Laura Wilson		Female	38	FS	25	27:04	175
174	399	27:16	David Ingram		Male	136	MV70	1	27:08	176
175	227	27:24	Michael Tait		Male	137	MV40	34	26:45	172
176	575	27:31	Christine Smith	Sunderland Strollers	Female	39	FV40	6	27:18	177
177	215	27:34	Alice Lee	Run Mummy Run	Female	40	FS	26	27:28	182
178	270	27:36	Sarah Pratt		Female	41	FV40	7	27:21	179
179	224	27:39	Joseph Appleby		Male	138	MV60	8	27:02	174
180	313	27:41	Joanne Allison	Lonely Goat RC	Female	42	FV40	8	27:32	184
181	565	27:42	John Robins		Male	139	MS	79	27:22	181
182	564	27:42	Richard Craig		Male	140	MS	80	27:22	180
183	424	27:47	Jason Simpson		Male	141	MS	81	27:19	178
184	449	27:53	Race Number 449		Male	142	MS	82	27:42	185
185	402	28:03	Louise Hamblin		Female	43	FV40	9	27:49	189
186	430	28:05	Christopher Roe	Redcar Running Club	Male	143	MV40	35	27:47	186
187	521	28:08	Maisie Aveston		Female	44	FS	27	27:57	192
188	306	28:09	Stephen Manifold	Crook & Dist Sports AC	Male	144	MV60	9	27:55	191
189	400	28:12	Ian Ross		Male	145	MV60	10	27:52	190
190	408	28:12	Chloe Rowe		Female	45	FS	28	27:57	194
191	568	28:13	Paul Armstrong		Male	146	MS	83	27:57	193
192	336	28:19	Susan Feechan		Female	46	FV50	6	27:49	188
193	574	28:19	Sarah Middlemiss		Female	47	FV40	10	27:48	187
194	475	28:20	Louise Wright		Female	48	FS	29	28:02	195
195	427	28:20	Deano Franciosy		Male	147	MV50	18	27:31	183
196	272	28:29	Matt Birkwood		Male	148	MV50	19	28:14	198
197	362	28:30	Toby Kennedy		Male	149	MS	84	28:11	196
198	364	28:31	Ian Naylor		Male	150	MV50	20	28:12	197
199	544	28:35	Ray Blakey		Male	151	MV50	21	28:23	200
200	439	28:40	Jane Niven		Female	49	FV50	7	28:24	201
201	351	28:47	Martin Blair		Male	152	MS	85	28:22	199
202	401	28:52	Emma Brook	Wesham Road Runners & AC	Female	50	FS	30	28:38	203
203	365	29:07	Simon Mulvaney		Male	153	MS	86	28:48	205
204	569	29:08	John Wood		Male	154	MS	87	28:25	202
205	345	29:12	Allison Dimmock		Female	51	FV40	11	28:46	204
206	363	29:16	Adele Liddle		Female	52	FS	31	28:57	206
207	415	29:25	Michael Bruton		Male	155	MV40	36	28:59	207
208	263	29:28	Nicole Glover		Female	53	FS	32	29:21	210
209	333	29:31	Stephen Rodgers		Male	156	MV50	22	29:16	209
210	231	29:33	Christine Holliday	Sunderland Strollers	Female	54	FV60	4	29:23	211
211	414	29:35	Emily Mcbeth		Female	55	FV40	12	29:08	208
212	406	29:43	Rebecca Sproat		Female	56	FV40	13	29:29	212
213	420	29:47	Craig Lawson	Run Peterlee	Male	157	MS	88	29:35	214
214	531	29:47	Neil Sanders	Run Peterlee	Male	158	MV40	37	29:35	213
215	307	29:50	Tony Jones		Male	159	MV60	11	29:41	215
216	252	30:05	Marieo Collinson	UKRunChat Running Club	Female	57	FV40	14	29:57	220
217	476	30:08	Alex Whitman		Male	160	MS	89	29:51	217
218	488	30:13	Richard Godden		Male	161	MV40	38	30:03	223
219	550	30:14	Andrew Smithson		Male	162	MV40	39	29:44	216
220	310	30:15	Imogen Parkes		Female	58	FS	33	29:58	221
221	309	30:15	Amanda Parkes		Female	59	FV40	15	29:59	222
222	389	30:15	Svenia Nierling	Newcastle Fronrunners	Female	60	FS	34	29:55	219
223	555	30:15	Allan England		Male	163	MV50	23	29:54	218
224	458	30:29	Wendy Wilson		Female	61	FV40	16	30:11	225
225	244	30:32	Lisa Scarratt		Female	62	FV40	17	30:11	226

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	245	30:32	Andrew Grainger		Male	164	MV50	24	30:12	227
227	393	30:34	Zainah Namuli		Female	63	FS	35	30:23	229
228	576	30:36	Rob Parsons		Male	165	MS	90	30:06	224
229	472	30:47	Dawn Flint		Female	64	FV50	8	30:26	230
230	477	30:49	Martyn Russell		Male	166	MV50	25	30:22	228
231	292	30:52	Alison Maynard		Female	65	FV50	9	30:39	232
232	536	30:58	Molly Hodgson		Female	66	FS	36	30:53	233
233	388	31:00	Muhammad Karim		Female	67	FV40	18	30:38	231
234	515	31:17	Lesley Foster		Female	68	FV50	10	30:54	234
235	463	31:26	Emma Flynn	Shildon Running & AC	Male	167	MV40	40	30:58	235
236	322	31:28	Angie Cooke		Female	69	FV40	19	30:59	236
237	563	31:52	Marlene Arthur		Female	70	FV40	20	31:18	237
238	534	31:54	Matthew Wood		Male	168	MS	91	31:32	239
239	522	31:55	David Wood		Male	169	MV40	41	31:33	240
240	334	32:01	David Brack		Male	170	MV60	12	31:48	241
241	509	32:05	Anne Hattersley		Female	71	FV50	11	31:30	238
242	376	32:06	Alison Laverick		Female	72	FV50	12	31:52	242
243	447	32:11	Callum Greig	Run Peterlee	Male	171	MS	92	31:58	243
244	446	32:11	Jade Ellwood		Female	73	FS	37	31:58	244
245	517	32:29	Maelona Watson redhead	Newburn Running Club	Female	74	FS	38	32:05	245
246	560	32:41	Andrea Frankone		Female	75	FV40	21	32:10	246
247	527	32:42	Michael Charlton		Male	172	MV50	26	32:15	247
248	380	32:44	Mark Ashcroft		Male	173	MS	93	32:19	249
249	562	32:46	Carly Welburn		Female	76	FS	39	32:41	254
250	577	32:48	Sarah Durham		Female	77	FS	40	32:17	248
251	211	32:52	Angela Cowell		Female	78	FV40	22	32:31	251
252	465	32:53	Rachel Wilson		Female	79	FS	41	32:40	253
253	448	32:54	Heather Boal		Female	80	FS	42	32:24	250
254	356	32:57	Sarah jane Evans	Fylde Coast Runners	Female	81	FV60	5	32:33	252
255	570	33:10	Shelby Gray	Sunderland Harriers & AC	Female	82	FV40	23	32:58	259
256	485	33:11	Rosemary Finn		Female	83	FV50	13	32:44	256
257	237	33:15	Debbie Brien	Washington Running Club	Female	84	FV40	24	32:48	257
258	271	33:18	Richard Pratt		Male	174	MV50	27	33:03	264
259	256	33:18	Jayne Mcquillan		Female	85	FV50	14	32:44	255
260	456	33:21	Yvette Blaney	Lonely Goat RC	Female	86	FV40	25	33:02	262
261	417	33:22	Susan Palmer		Female	87	FV40	26	33:02	263
262	338	33:24	Hayley Pearson	Lonely Goat RC	Female	88	FV40	27	32:57	258
263	321	33:27	Janet Morris	Washington Running Club	Female	89	FV50	15	33:00	260
264	320	33:27	Sharon Simpson		Female	90	FV50	16	33:00	261
265	203	33:31	Tremayne Crossley		Male	175	MV50	28	33:03	265
266	580	33:31	Claire Jellema		Female	91	FS	43	33:08	266
267	260	33:36	Linda Gibson		Female	92	FV60	6	33:13	268
268	295	33:40	Erin Kinnee		Female	93	FV40	28	33:20	270
269	413	33:47	Helen Snowball		Female	94	FS	44	33:12	267
270	436	33:53	Sarah Lawrence		Female	95	FV40	29	33:20	271
271	437	33:53	Michael Lawrence		Male	176	MV40	42	33:20	269
272	386	33:56	Stephanie Waller		Female	96	FS	45	33:22	272
273	243	34:10	Tammy Cook	Fetch Everyone	Female	97	FV40	30	33:46	274
274	317	34:10	Claire Walker		Female	98	FV40	31	33:46	273
275	324	34:11	Marie Bunn		Female	99	FS	46	33:50	275
276	496	34:18	Janice Craigs		Female	100	FV50	17	34:03	279
277	497	34:19	Darin Craigs		Male	177	MV50	29	34:04	280
278	285	34:24	Peter Rudd		Male	178	MV60	13	33:53	276
279	504	34:28	Brian Johnston	Sunderland Strollers	Male	179	MV70	2	34:02	278
280	551	34:29	Catherine Dodds		Female	101	FV40	32	34:00	277
281	466	34:30	Emily Hughes		Female	102	FV40	33	34:06	281
282	495	34:31	Julie Swinbank		Female	103	FV40	34	34:10	282
283	494	34:32	Clair Barbour		Female	104	FV40	35	34:10	284
284	335	34:32	Julie Brack		Female	105	FV50	18	34:19	287
285	387	34:35	Robert Anderson		Male	180	MV40	43	34:30	290
286	391	34:36	Bethany Meek		Female	106	FS	47	34:31	292
287	281	34:45	Regan Blakey		Male	181	MS	94	34:10	283
288	423	34:49	Roberto Tolentino		Male	182	MV40	44	34:20	288
289	302	34:49	Franz luke Licaros		Male	183	MS	95	34:13	285
290	473	34:50	Emma Thompson	Sunderland Strollers	Female	107	FV40	36	34:29	289
291	428	34:51	Dominic Caliza		Male	184	MV40	45	34:15	286
292	513	35:05	Terry Deary	Derwentside AC	Male	185	MV70	3	34:30	291
293	375	35:14	Craig Morley		Male	186	MS	96	34:50	295
294	367	35:18	Joanne Hilton		Female	108	FV50	19	34:43	293
295	369	35:19	Malcolm Johnson		Male	187	MV50	30	34:46	294
296	290	35:28	Julie Trow		Female	109	FS	48	35:08	297
297	469	35:41	Louise Pratt		Female	110	FS	49	34:59	296
298	411	35:46	Kathleen Horn		Female	111	FV50	20	35:23	302
299	412	35:46	Peter Horn		Male	188	MS	97	35:23	300
300	248	35:47	David Horn		Male	189	MV50	31	35:23	301

Sunderland City 5K & Fast 5K

Saturday 7th May 2022

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	532	35:52	Bev Atkinson		Female	112	FV60	7	35:46	309
302	241	35:54	Susan Walker		Female	113	FV60	8	35:14	298
303	337	35:55	Diane Cooper		Female	114	FV50	21	35:40	307
304	240	35:55	Catherine Lydon		Female	115	FS	50	35:15	299
305	407	35:58	Carol Rowe		Female	116	FV50	22	35:42	308
306	557	35:59	Catherine George		Female	117	FS	51	35:46	310
307	368	36:01	Julie Johnson		Female	118	FV40	37	35:28	303
308	366	36:08	Simon Hilton	Wearside Triathlon Club	Male	190	MV50	32	35:34	304
309	288	36:09	Ashleigh Crosby		Female	119	FS	52	35:37	305
310	289	36:09	Brad Brooks		Male	191	MS	98	35:37	306
311	431	36:22	Alistair Peel		Male	192	MS	99	36:10	311
312	440	37:00	Gabrielle Niven		Female	120	FS	53	36:31	312
313	382	37:00	Beth Mulligan		Female	121	FS	54	36:31	313
314	480	37:08	Jordan Godfrey		Male	193	MS	100	36:35	314
315	481	37:08	Laura Caldwell		Female	122	FS	55	36:35	315
316	506	37:30	Janet Akrami		Female	123	FV60	9	37:04	316
317	277	37:41	Helen Kent		Female	124	FV50	23	37:20	319
318	276	37:41	Dawn Bell		Female	125	FV60	10	37:20	318
319	384	37:41	Maanashi Raj		Female	126	FS	56	37:15	317
320	442	38:01	Julie Kellett		Female	127	FV40	38	37:36	322
321	347	38:06	Gemma Lightfoot		Female	128	FS	57	37:32	320
322	346	38:07	Natasha Scullion		Female	129	FS	58	37:33	321
323	554	38:11	Jo Shoebridge		Female	130	FV50	24	37:40	323
324	223	38:17	Hounsell Jan	Sunderland Strollers	Female	131	FV60	11	37:46	324
325	340	38:36	Hannah Williams		Female	132	FS	59	38:10	325
326	558	38:59	Scott Wilson-laing		Male	194	MS	101	38:46	327
327	353	39:08	Grace Daily		Female	133	FS	60	38:44	326
328	328	39:18	Sarah Handy	Ashington Hirst Running Club	Female	134	FV40	39	39:00	328
329	327	39:18	Susan Hurlbutt	Ashington Hirst Running Club	Female	135	FV70	1	39:01	329
330	549	39:50	Clare Guthrie		Female	136	FS	61	39:24	330
331	426	39:58	Grace Mcdonough		Female	137	FS	62	39:34	331
332	339	40:23	Emma Williams		Female	138	FV40	40	39:58	332
333	484	40:31	Charlotte Holland	Lonely Goat RC	Female	139	FS	63	40:01	333
334	232	40:41	Alexandra Ingram		Female	140	FS	64	40:17	334
335	396	40:57	Sulosana Raj		Female	141	FV40	41	40:31	336
336	520	41:03	Emma Robson		Female	142	FS	65	40:52	343
337	403	41:04	Jacqueline Lawson		Female	143	FV60	12	40:30	335
338	220	41:04	Natasha Rowell		Female	144	FV40	42	40:36	337
339	219	41:04	Steven Rowell		Male	195	MS	102	40:36	338
340	533	41:16	Lyndsey Pearce		Female	145	FS	66	40:44	339
341	528	41:21	Michael Pattison		Male	196	MV40	46	40:50	342
342	453	41:26	Samantha Smith		Female	146	FV40	43	40:48	340
343	259	41:26	Dave Smith	Lonely Goat RC	Male	197	MV50	33	40:49	341
344	348	41:43	Paige Brooks		Female	147	FS	67	41:11	344
345	283	41:52	Helen Crowther		Female	148	FV60	13	41:41	346
346	284	42:00	Nicola Davis	Run Eat Sleep Run Club	Female	149	FS	68	41:35	345
347	282	42:33	Poppy Goodliffe		Female	150	FS	69	41:58	347
348	539	42:45	Georg Janse van rensburg	Wearside Triathlon Club	Male	198	MV50	34	42:22	348
349	311	43:47	Brenna Gray		Female	151	FS	70	43:12	349
350	501	44:09	Vibert william Don		Male	199	MS	103	43:32	350
351	385	44:10	Connor Atkinson		Male	200	MS	104	43:37	351
352	287	44:26	Nicola Cunningham		Female	152	FV40	44	44:14	352
353	286	44:26	Kendra Cunningham		Female	153	FV40	45	44:14	353
354	381	45:00	Leona Ashcroft		Female	154	FS	71	44:21	354
355	342	46:19	Peter thomas Bland		Male	201	MS	105	45:40	355
356	341	47:17	Michelle Donnelly	Sunderland Strollers	Female	155	FV50	25	46:38	356
357	498	49:11	Kate Fisher	Lonely Goat RC	Female	156	FS	72	48:41	357
358	483	51:20	Doreen Snowdon		Female	157	FV50	26	51:10	358