

Jarrow & Hebburn AC

Cock Crow 5k 2023

11/07/23

Position	Race Number	Name	Club	Race Category	Finishing Time
1	1	Peter Smallcombe	Morpeth Harriers & AC	MSnr	15:54
2	104	Daniel Alexander	Gateshead Harriers & AC	MSnr	16:28
3	94	Steve Rankin	Sunderland Harriers & AC	M35-39	16:36
4	98	Phillip Jamieson	Gateshead Harriers & AC	M35-39	17:03
5	26	Lee Dickens	South Shields Harriers & AC	M35-39	17:39
6	127	Mark Hodgson	South Shields Harriers & AC	M35-39	17:48
7	63	Chris Camps	South Shields Harriers & AC	M40-49	17:59
8	79	Jonathan Gilroy	Jarrow & Hebburn AC	M40-49	18:08
9	71	Conal Tufnell	Jarrow & Hebburn AC	MSnr	18:20
10	131	Mark Toward	Tyne Bridge Harriers	MSnr	18:35
11	47	Gavin Mulvaney	South Shields Harriers & AC	M40-49	18:44
12	95	Anthony Falcon	Low Fell RC	M35-39	18:50
13	62	Robert Atkinson	Blaydon Harrier & AC	Mu18	18:51
14	123	Steve Dobbing	unattached	M35-39	18:58
15	97	Jack Brown	Jarrow & Hebburn AC	MSnr	19:06
16	34	Chris Dwyer	Sunderland Harriers & AC	M40-49	19:26
17	99	Carl Smith	Jarrow & Hebburn AC	M35-39	19:27
18	100	Stephanie Maclean-Dann	North Shields Polytechnic Club	F40-49	19:37
19	41	Marc Joyce	Jarrow & Hebburn AC	M35-39	19:41
20	119	Nick Flanagan	South Shields Tri	MSnr	19:41
21	2	Marc Waters	South Shields Harriers & AC	M40-49	19:42
22	132	Cameron Hume	Jarrow & Hebburn AC	MSnr	19:43
23	75	george arthur	South Shields Harriers & AC	M60-69	19:49
24	66	Jackie Murdy	South Shields Harriers & AC	F50-59	19:53
25	16	Alexandra Sneddon	Jarrow & Hebburn AC	F35-39	20:04
26	110	Paddy McShane	South Shields Harriers & AC	M40-49	20:11
27	61	Jay Meston	South Shields Harriers & AC	M35-39	20:18
28	50	Iain Goff	South Shields Harriers & AC	M40-49	20:19
29	52	Jonathan Thornes	unattached	M40-49	20:21
30	111	Darren Parks	South Shields Harriers & AC	M40-49	20:22
31	51	Paul Samat	North East Veterans AC	M60-69	20:26
32	57	Fran Dembele	South Shields Harriers & AC	F40-49	20:36
33	129	Danny Wade	Low Fell RC	M40-49	20:42
34	96	Paul Simpson	Jarrow & Hebburn AC	M60-69	20:44
35	125	Anthony Duggan	Gateshead Harriers & AC	M35-39	20:53
36	25	Jenna Killock	Jarrow & Hebburn AC	FSnr	20:54
37	76	Darren Watson	South Shields Harriers & AC	M40-49	21:01
38	81	Jon Balmer	South Shields Harriers & AC	M40-49	21:03
39	115	Andy Smith	Gateshead Harriers & AC	M40-49	21:05
40	46	Mark Ruffell	Jarrow & Hebburn AC	M60-69	21:09
41	82	Jason Hussein	unattached	M35-39	21:11
42	90	Stephen White	Jarrow & Hebburn AC	M35-39	21:31
43	80	Ben Hodgson	South Shields Harriers & AC	M50-59	21:36
44	77	Allan Ball	South Shields Harriers & AC	M35-39	21:39
45	126	Aaron Day	South Shields Harriers & AC	M35-39	21:41
46	32	Carl Mowatt	Jarrow & Hebburn AC	M60-69	21:44
47	124	Brian Hurst	Jarrow & Hebburn AC	M50-59	21:46
48	116	Emily Booth	Jarrow & Hebburn AC	Fu18	21:46
49	31	Stephen Sparke	Ponteland Runners	M50-59	21:52
50	74	Steve Cummings	unattached	M50-59	21:55
51	102	Graham Buckingham	South Shields Harriers & AC	M50-59	21:59
52	93	Robert Weightman	Jarrow & Hebburn AC	M60-69	22:12
53	84	Caroline Ames	Jarrow & Hebburn AC	F35-39	22:16
54	105	Mark Kidger	Jarrow & Hebburn AC	M50-59	22:19
55	122	Joe O'Brien	unattached	MSnr	22:19
56	42	Neve King-Jones	Jarrow & Hebburn AC	Fu18	22:23
57	56	Kellie Campbell	South Shields Harriers & AC	F40-49	22:33
58	58	Stephen Barker	South Shields Harriers & AC	M40-49	22:34
59	53	Suzanne McStea	South Shields Harriers & AC	F40-49	22:36
60	101	Oksana Novokhrost	South Shields Harriers & AC	F40-49	22:38

61	59 Susan Burgess	South Shields Harriers & AC	F40-49	22:58
62	106 Ronnie Kidger	Jarrow & Hebburn AC	M60-69	23:04
63	88 Ashleigh Day	South Shields Harriers & AC	F35-39	23:04
64	55 Daniel Walsh	unattached	MSnr	23:16
65	78 Stephanie Boyd	Jarrow & Hebburn AC	FSnr	23:16
66	40 Barry Marshall	unattached	M60-69	23:25
67	33 Maxine Minchella	South Shields Harriers & AC	F60-69	23:26
68	109 Mick Thornton	South Shields Harriers & AC	M60-69	23:32
69	68 Alister Robson	Fetch Everyone	M50-59	23:35
70	117 Jak Watson	unattached	MSnr	24:07
71	108 Heather Robinson	Jarrow & Hebburn AC	F60-69	24:13
72	37 Antony Evans	Caerleon RC	M40-49	24:24
73	121 Arron Hyde	Jarrow & Hebburn AC	M35-39	24:32
74	91 Alan Wilks	Aycliffe Running Club	M70+	24:43
75	48 Gillian Robinson	Gateshead Harriers & AC	F50-59	24:51
76	72 Dale Underwood	unattached	MSnr	24:54
77	64 Joanne Camps	South Shields Harriers & AC	F40-49	24:54
78	89 Christopher Atthey	Low Fell RC	M60-69	24:59
79	14 David Larkin	Washington Running Club	M60-69	25:03
80	70 Michael Parkin	Jarrow & Hebburn AC	MSnr	25:05
81	20 Judith Robinson	Gateshead Harriers & AC	F50-59	25:13
82	29 Richard Scott	Jarrow & Hebburn AC	M35-39	25:16
83	43 Ken Johnson	unattached	M70+	25:18
84	13 Linda Smith	Jarrow & Hebburn AC	F50-59	25:19
85	5 David Ailano	South Shields Harriers & AC	M50-59	25:27
86	130 Michael Page	Jarrow & Hebburn AC	M40-49	25:28
87	49 Shafaika Radman	Jarrow & Hebburn AC	F40-49	25:48
88	45 Allan Lyngberg Jensen	Jarrow & Hebburn AC	M40-49	25:50
89	67 Rosemary Anthony	South Shields Harriers & AC	F35-39	26:04
90	114 Steve Milotay	Birtley AC	M50-59	26:11
91	3 Gillian Nichol	South Shields Harriers & AC	F40-49	26:17
92	35 Andrea Simmons	Ponteland Runners	FSnr	26:33
93	36 Paul Aldred	unattached	M35-39	26:37
94	118 Jamie Scorer	South Shields Harriers & AC	M50-59	26:50
95	8 Brian Hepplewhite	South Shields Harriers & AC	M60-69	26:58
96	85 Linda Wilson	unattached	F50-59	27:16
97	112 Tonia Porter	Jarrow & Hebburn AC	F50-59	27:37
98	107 Marie Slack	South Shields Harriers & AC	F50-59	27:39
99	54 Antonia Smith	Jarrow & Hebburn AC	FSnr	27:52
100	65 Nichola Hood	South Shields Harriers & AC	F40-49	28:07
101	69 Angi Effard	South Shields Harriers & AC	F60-69	28:08
102	120 Jade Roper	South Shields Tri	F35-39	28:23
103	92 Michael Sinton	unattached	M40-49	28:50
104	11 Emma Brady	unattached	FSnr	29:03
105	87 Andrew Pringle	unattached	M60-69	29:08
106	83 Stacey McGeorge	unattached	FSnr	29:33
107	27 Lisa Bainbridge	Fordy Runs Running Club	F40-49	29:34
108	22 James Smith	Jarrow & Hebburn AC	M70+	30:35
109	73 Susan Bell	Jarrow & Hebburn AC	F60-69	31:29
110	10 Anna Hambling	Jarrow & Hebburn AC	F40-49	32:50
111	113 Emily Porter	Jarrow & Hebburn AC	FSnr	33:18
112	18 Clare Swales	Jarrow & Hebburn AC	F60-69	34:19
113	24 Janette Kilgour	Heaton Harriers & AC	F70+	34:39
114	23 George Routledge	Heaton Harriers & AC	M70+	36:42
115	7 Gillian Hepplewhite	South Shields Harriers & AC	F50-59	36:52