

Division 3E Match 4 - Tynedale Athletics Park, Hexham

Events	BORD		HEAT		J&H		NMH		NSP		TYNE		UNUSED		TOTAL		
Men's 100m	5	3	3	1	9	5	6	7	4	2	6	4			33	22	
Men's 200m	6	4	3	2	6	5	9	7	4	1	5	3			33	22	
Men's 400m	6	7	4	3	5	4	6	1	3	2	9	5			33	22	
Men's 800m	9	7	5	4	3		4	3	6	5	6	2		1	33	22	
Men's 1500m	6	7	5	5	9		3		4		6	4		6	33	22	
Men's 3000m S/Chase	9	5	6	7	5		6		4	4	3			6	33	22	
Men's 5000m	5	5	6	3	4		6	7	9	4	3			3	33	22	
Men's 400m Hurdles	9	7	5	3	6		4	4	6	5	3			3	33	22	
Men's 110m Hurdles			6	5	9		4		6	7	5		3	10	33	22	
Men's Hammer	9	7	4	4	6		5				6	5		3	6	33	22
Men's Discus	9	5	4	2	5	7	6	3	3		6	4			1	33	22
Men's Javelin	6	5	4	1	6	7	5	4	3	2	9	3				33	22
Men's Shot Putt	5	4	4	2	6	3	6	5	3	1	9	7				33	22
Men's Long Jump	6	4	4	3	9	2	6	7	3	1	5	5				33	22
Men's Triple Jump	6	3	3		6	4	5	5	4	2	9	7		1	33	22	
Men's High Jump	9	7	5	3	6	5	3	2	4		6	4			1	33	22
Men's Pole Vault					9	7	6				6	5		12	10	33	22
Men's 4x100m Relay	6		4		6		9		5					3	22	33	22
Men's 4x400m Relay	5		4		6		9		3		6				22	33	22
	116	80	79	48	121	49	108	55	74	36	108	58		21	92	627	418

Women's 100m	9	7	4	3	6	5	5	4	6					3	3	33	22
Women's 200m	9	7	5	3			6	5	6	4				7	3	33	22
Women's 400m	6	5	5	4			6		9	7				7	6	33	22
Women's 800m	9	7	3	4	4		5	5	6		6				6	33	22
Women's 1500m	9	7	5	4					6	5	6			7	6	33	22
Women's 3000m S/Chase																	
Women's 3000m	9		5	5			4	4	6	7	6			3	6	33	22
Women's 400m Hurdles			6	5			6		9	7				12	10	33	22
Women's 100m Hurdles									9					24	22	33	22
Women's Hammer	9		6	7	6		5							7	15	33	22
Women's Discus	9		4	5	6		6	4	5	7				3	6	33	22
Women's Javelin	9	7	6	4	6	5	5	2	4	3				3	1	33	22
Women's Shot Putt	6		4	5	9		6	4	5	7				3	6	33	22
Women's Long Jump	9	7	6	5			5	3	6	4				7	3	33	22
Women's Triple Jump			6		9		6		5	7				7	15	33	22
Women's High Jump			6				6	7			9			12	15	33	22
Women's Pole Vault														33	22	33	22
Women's 4x100m Relay	9		6						6					12	22	33	22
Women's 4x400m Relay			6						9					18	22	33	22
	102	47	83	54	46	10	71	38	97	58	27			168	189	594	396

Match Summary	BORD		HEAT		J&H		NMH		NSP		TYNE		UNUSED		TOTAL	
Teams	345.0		264.0		226.0		272.0		265.0		193.0		470.0		2035.0	
Officials Points	30.0		30.0		30.0		20.0		20.0		30.0		160.0		320.0	
Total	375.0		294.0		256.0		292.0		285.0		223.0		630.0		2355.0	
Match Position	1		2		5		3		4		6		7		7	
League Points	6		5		2		4		3		1					

Standings	BORD		HEAT		J&H		NMH		NSP		TYNE					
League Points	20.0		19.0		13.0		15.0		11.0		6.0					
Match Points	1458.0		1210.0		1076.0		1147.0		1056.0		868.0					
League Positions	1		2		4		3		5		6		7		7	

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		Perf	Record	Wind	AW			Perf	Wind	AW
Women's 100m A		Wind=				Women's 100m B		Wind=		
1	1 Fiona Laurie	Border	12.8		☑	1	11 Alex Foxworthy	Border	13.9	
2	3 Emily Coyne	Jarrow & Hebburn	14.7			2	33 Janet Abladey	Jarrow & Hebburn	14.2	
3	5 Andrea Flynn	North Shields Poly	14.9			3	44 Aby Topliss	New Marske Harriers	15.6	
4	4 Louise Tinsley	New Marske Harriers	15.2			4	22 Gill Howden	Heaton Harriers	18.8	
5	2 Lisa Wheatley	Heaton Harriers	19.8			5				
Women's 200m A		Wind=				Women's 200m B		Wind=		
1	1 Fiona Laurie	Border	27.1			1	11 Alex Foxworthy	Border	28.4	
2	4 Aylish Stephen	New Marske Harriers	30.4			2	44 Louise Tinsley	New Marske Harriers	32.3	
3	5 Heather Lambert	North Shields Poly	36.4			3	55 Lucy Robinson	North Shields Poly	35.7	
4	2 Sarah Lemon	Heaton Harriers	36.7			4	22 Lisa Wheatley	Heaton Harriers	40.2	
Women's 400m A						Women's 400m B				
1	5 Gina Rutherford	North Shields Poly	60.9		☑	1	55 Andrea Flynn	North Shields Poly	65.9	
2	1 Paula Smith	Border	65.6			2	11 Pippa Wood	Border	69.9	
3	4 Louise Tinsley	New Marske Harriers	71.5			3	22 Kate Sloan	Heaton Harriers	82.5	
4	2 Gill Howden	Heaton Harriers	86.4			4				
Women's 800m A						Women's 800m B				
1	1 Phillipa McCrea	Border	2.28.4			1	11 Pippa Wood	Border	2.38.6	
2	5 Andrea Flynn	North Shields Poly	2.31.6			2	44 Louise Tinsley	New Marske Harriers	2.55.5	
3	6 Karen Robertson	Tynedale	2.37.3			3	22 Kate Sloan	Heaton Harriers	3.05.7	
4	4 Aylish Stephen	New Marske Harriers	2.41.6			4				
5	3 Vicki Thompson	Jarrow & Hebburn	3.11.2			5				
6	2 Lisa Wheatley	Heaton Harriers	3.14.7			6				
Women's 1500m A						Women's 1500m B				
1	1 Phillipa McCrea	Border	5.09.2			1	11 Yaz Choudray	Border	5.51.0	
2	6 Karen Robertson	Tynedale	5.28.6			2	5 Wendy Pawsey	North Shields Poly	5.58.5	
3	55 Karen Nielson	North Shields Poly	5.52.5			3	2 Kate Sloan	Heaton Harriers	6.35.7	
4	22 Jenny Friend	Heaton Harriers	5.59.7			4				
Women's 3000m A						Women's 3000m B				
1	1 Phillipa McCrea	Border	10.55.3			1	55 Heather Lambert	North Shields Poly	12.26.7	
2	5 Lucy Robinson	North Shields Poly	11.12.9			2	22 Fiona Turley	Heaton Harriers	12.57.6	
3	6 Karen Robertson	Tynedale	11.28.4			3	44 Charlotte Ellis	New Marske Harriers	15.13.4	
4	2 Sarah Lemon	Heaton Harriers	11.43.7			4				
5	4 Aby Topliss	New Marske Harriers	13.42.5			5				
Women's 400m Hurdles A						Women's 400m Hurdles B				
1	5 Wendy Pawsey	North Shields Poly	81.1			1	55 Lucy Robinson	North Shields Poly	82.1	
2	2 Fiona Turley	Heaton Harriers	81.8			2	22 Gill Howden	Heaton Harriers	103.2	
3	4 Aby Topliss	New Marske Harriers	84.7			3				
Women's 100m Hurdles A		Wind=				Women's 100m Hurdles B		Wind=		
1	5 Lucy Robinson	North Shields Poly	24.0			1				
Women's Hammer A						Women's Hammer B				
1	1 Sara Hill	Border	24.95			1	22 Sarah Lemon	Heaton Harriers	10.82	
2	3 Katherine Bulmer	Jarrow & Hebburn	21.33			2				
3	2 Jenny Friend	Heaton Harriers	14.32			3				
4	4 Aby Topliss	New Marske Harriers	11.42			4				

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Women's Discus A

	Perf	Record	Wind	AW
1	1	Sara Hill	Border	23.52
2	3	Katherine Bulmer	Jarrow & Hebburn	19.69
3	4	Aby Topliss	New Marske Harriers	18.40
4	5	Wendy Pawsey	North Shields Poly	15.00
5	22	Lisa Wheatley	Heaton Harriers	13.95

Women's Javelin A

1	1	Alex Foxworthy	Border	16.44
2	2	Jenny Friend	Heaton Harriers	13.15
3	33	Janet Abladey	Jarrow & Hebburn	11.44
4	4	Louise Tinsley	New Marske Harriers	10.96
5	5	Heather Lambert	North Shields Poly	7.76

Women's Shot Putt A

1	3	Katherine Bulmer	Jarrow & Hebburn	9.41
2	4	Louise Tinsley	New Marske Harriers	6.99
3	1	Sara Hill	Border	6.45
4	5	Wendy Pawsey	North Shields Poly	6.07
5	2	Jenny Friend	Heaton Harriers	5.08

Women's Long Jump A

1	1	Fiona Laurie	Border	4.92
2	2	Fiona Turley	Heaton Harriers	3.86
3	5	Wendy Pawsey	North Shields Poly	3.56
4	4	Aylish Stephen	New Marske Harriers	3.19

Women's Triple Jump A

1	3	Janet Abladey	Jarrow & Hebburn	9.57
2	4	Aby Topliss	New Marske Harriers	9.27
3	2	Fiona Turley	Heaton Harriers	7.88

Women's High Jump A

1	66	Jenny Bradshaw	Tynedale	1.55	<input checked="" type="checkbox"/>
2	2	Fiona Turley	Heaton Harriers	1.30	
3	4	Aby Topliss	New Marske Harriers	1.25	

Women's Pole Vault A

96 No Competitors Entered

Women's 4x100m Relay

1	1	Border	Pippa Wood	Fiona Laurie	Alex Foxworthy	Paula Smith	55.2
2	5	North Shields Poly	Andrea Flynn	Lucy Robinson	Heather Lambert	Karen Nielson	56.8
3	2	Heaton Harriers	A Lorenzi	Gill Howden	Fiona Turley	Sarah Lemon	66.2

Women's 4x400m Relay

1	5	North Shields Poly	Andrea Flynn	Lucy Robinson	Heather Lambert	Karen Nielson	5.01.4
2	2	Heaton Harriers	Fiona Turley	Jenny Friend	Lisa Wheatley	A Lorenzi	5.15.1

Women's Discus B

	Perf	Wind	AW	
1	55	Karen Nielson	North Shields Poly	13.14
2	2	Jenny Friend	Heaton Harriers	9.91
3	44	Charlotte Ellis	New Marske Harriers	3.34
4				
5				

Women's Javelin B

1	11	Paula Smith	Border	13.11
2	3	Emily Coyne	Jarrow & Hebburn	9.07
3	22	Lisa Wheatley	Heaton Harriers	7.34
4	55	Karen Nielson	North Shields Poly	5.64
5	44	Charlotte Ellis	New Marske Harriers	3.36

Women's Shot Putt B

1	55	Karen Nielson	North Shields Poly	5.09
2	22	Sarah Lemon	Heaton Harriers	4.73
3	44	Charlotte Ellis	New Marske Harriers	2.76
4				
5				

Women's Long Jump B

1	11	Paula Smith	Border	3.93
2	22	Gill Howden	Heaton Harriers	2.91
3	55	Karen Nielson	North Shields Poly	2.75
4	44	Charlotte Ellis	New Marske Harriers	2.19

Women's Triple Jump B

1	77	-		7.82
2				
3				

Women's High Jump B

1	44	Louise Tinsley	New Marske Harriers	1.15
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Women's Pole Vault B

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		Perf	Record	Wind	AW			Perf	Record	Wind	AW
Men's 100m A											
Wind=											
1	3	Josh Abladey	Jarrow & Hebburn	11.6							
2	4	Chris Smallwood	New Marske Harriers	11.7							
3	6	C. Stewart	Tynedale	11.9							
4	1	Alistair Moore	Border	12.5							
5	5	Richard Baker	North Shields Poly	13.2							
6	2	Johnny Keelan	Heaton Harriers	13.6							
Men's 100m B											
Wind=											
1	44	Carl Storey	New Marske Harriers	12.3							
2	33	Daniel Coutakis	Jarrow & Hebburn	12.5							
3	66	M. Smith	Tynedale	13.2							
4	11	Calum Stone	Border	13.4							
5	55	PUUL HUGHES	North Shields Poly	14.5							
6	22	Mark Likeman	Heaton Harriers	14.8							
Men's 200m A											
Wind=											
1	4	Chris Smallwood	New Marske Harriers	23.4							
2	3	Josh Abladey	Jarrow & Hebburn	23.5							
3	1	Mark Crawley	Border	25.4							
4	6	L. Stephenson	Tynedale	25.5							
5	5	Richard Baker	North Shields Poly	27.6							
6	2	Johnny Keelan	Heaton Harriers	28.0							
Men's 200m B											
Wind=											
1	44	Carl Storey	New Marske Harriers	25.1							
2	33	Jason Steadman	Jarrow & Hebburn	25.8							
3	11	Alistair Moore	Border	26.0							
4	66	Lee Lowdon	Tynedale	26.1							
5	22	Paul Howe	Heaton Harriers	27.8							
6	55	PUUL HUGHES	North Shields Poly	28.1							
Men's 400m A											
1	6	L. Stephenson	Tynedale	52.4							
2	1	Oliver Cartwright	Border	52.8							
3	4	Russell Best	New Marske Harriers	53.6							
4	3	Daniel Coutakis	Jarrow & Hebburn	53.8							
5	2	Lee Roe	Heaton Harriers	55.7							
6	5	PUUL HUGHES	North Shields Poly	61.9							
Men's 400m B											
1	11	Mark Crawley	Border	54.1							
2	66	Lee Lowdon	Tynedale	56.0							
3	33	Jason Steadman	Jarrow & Hebburn	57.9							
4	22	Mal Gibson	Heaton Harriers	62.3							
5	55	STEVE BORLOS	North Shields Poly	62.8							
6	44	Carl Storey	New Marske Harriers	64.8							
Men's 800m A											
1	1	Tony Thompson	Border	2:03.2							
2	5	MARK FENWICK	North Shields Poly	2:04.9							
3	6	Greg Irwin	Tynedale	2:07.1							
4	2	Paul Howe	Heaton Harriers	2:18.2							
5	4	Tom Danby	New Marske Harriers	2:25.7							
6	3	Craig Deacon	Jarrow & Hebburn	2:27.7							
Men's 800m B											
1	11	Harry Earl	Border	2:15.6							
2	55	Vaughan Hemy	North Shields Poly	2:19.5							
3	22	Mal Gibson	Heaton Harriers	2:21.5							
4	44	Andrew Hart	New Marske Harriers	2:30.0							
5	66	Ian Cowell	Tynedale	2:36.9							
6											
Men's 1500m A											
1	3	Greg Richie	Jarrow & Hebburn	4:23.3							
2	1	Wil Nicholson	Border	4:24.2							
3	6	Greg Irwin	Tynedale	4:28.3							
4	2	Paul Howe	Heaton Harriers	4:46.8							
5	55	-	North Shields Poly	4:50.2							
6	4	Andrew Sugden	New Marske Harriers	5:14.9							
Men's 1500m B											
1	11	Tom Nicholson	Border	4:41.3							
2	22	Chris Burn	Heaton Harriers	5:18.7							
3	66	Ian Cowell	Tynedale	5:38.6							
4											
5											
6											
Men's 3000m S/Chase A											
1	1	Calum Stone	Border	10:51.2							
2	2	Lucas Longman	Heaton Harriers	11:04.5							
3	4	Andrew Sugden	New Marske Harriers	11:43.3							
4	3	Michael Bunn	Jarrow & Hebburn	11:58.5							
5	5	BARRY YOUNG	North Shields Poly	12:02.3							
6	6	Ian Cowell	Tynedale	13:35.2							
Men's 3000m S/Chase B											
1	22	Dan Robins	Heaton Harriers	11:24.4							
2	11	Kevin Bell	Border	11:44.3							
3	55	-	North Shields Poly	12:51.8							
4											
5											
6											
Men's 5000m A											
1	5	MICHAEL DAWSON	North Shields Poly	16:06.5							
2	4	Tom Danby	New Marske Harriers	16:25.4							
3	2	Lee Roe	Heaton Harriers	16:59.5							
4	11	Kevin Bell	Border	18:47.1							
5	3	Michael Bunn	Jarrow & Hebburn	18:56.3							
6	6	Nigel Barnes	Tynedale	21:33.9							
Men's 5000m B											
1	44	Adam Blowers	New Marske Harriers	18:32.3							
2	1	Daniel Stone	Border	19:32.6							
3	55	Steve Atwell	North Shields Poly	19:32.6							
4	22	Iain McKinnon	Heaton Harriers	19:33.8							
5											
6											

Division 3E Match 4 - Tynedale Athletics Park, Hexham

Men's 400m Hurdles A

	Perf	Record	Wind	AW
1	1	David Little	Border	63.5
2	3	Dave Robertson	Jarrow & Hebburn	67.2
3	5	PAUL BAKER	North Shields Poly	70.5
4	2	Dan Robins	Heaton Harriers	75.1
5	4	Tom Danby	New Marske Harriers	77.2
6	6	Ian Cowell	Tynedale	79.1

Men's 110m Hurdles A

	Perf	Record	Wind	AW
1	3	Dave Robertson	Jarrow & Hebburn	16.9
2	5	PAUL BAKER	North Shields Poly	20.6
3	2	Lee Wilkinson	Heaton Harriers	23.3
4	6	P. Smith	Tynedale	24.3
5	4	Andrew Sugden	New Marske Harriers	25.7

Men's Hammer A

	Perf	Record	Wind	AW
1	1	David Little	Border	55.00
2	6	Ian Cowell	Tynedale	23.32
3	3	Adam Wiles	Jarrow & Hebburn	21.87
4	44	Charlie Burke	New Marske Harriers	19.30
5	2	Kevin Lott	Heaton Harriers	15.97

Men's Discus A

	Perf	Record	Wind	AW
1	1	David Little	Border	32.67
2	6	Rob Leonard	Tynedale	32.37
3	4	Richard Cook	New Marske Harriers	30.49
4	33	Dave Robertson	Jarrow & Hebburn	28.50
5	2	Kevin Lott	Heaton Harriers	17.13
6	5	BARRY YOUNG	North Shields Poly	12.07

Men's Javelin A

	Perf	Record	Wind	AW
1	6	Matthew Burns	Tynedale	44.57
2	3	Adam Wiles	Jarrow & Hebburn	43.76
3	1	Nathan Williams	Border	43.39
4	4	Adam Blowers	New Marske Harriers	32.01
5	2	Kevin Lott	Heaton Harriers	25.16
6	5	PAUL BAKER	North Shields Poly	21.12

Men's Shot Putt A

	Perf	Record	Wind	AW
1	6	Richard Hunter	Tynedale	10.55
2	3	Adam Wiles	Jarrow & Hebburn	10.52
3	4	Richard Cook	New Marske Harriers	9.74
4	1	David Little	Border	9.15
5	2	Kevin Lott	Heaton Harriers	6.98
6	55	Richard Baker	North Shields Poly	5.39

Men's Long Jump A

	Perf	Record	Wind	AW
1	3	Dave Robertson	Jarrow & Hebburn	6.10
2	4	Chris Waugh	New Marske Harriers	6.09
3	1	Kevin Williams	Border	5.77
4	66	David Dixon	Tynedale	5.27
5	22	Johnny Keelan	Heaton Harriers	4.86
6	5	PAUL BAKER	North Shields Poly	4.77

Men's Triple Jump A

	Perf	Record	Wind	AW
1	66	David Dixon	Tynedale	12.31
2	1	Kevin Williams	Border	11.39
3	3	Dave Robertson	Jarrow & Hebburn	11.21
4	4	Richard Cook	New Marske Harriers	11.20
5	7	-		10.45
6	2	Lee Wilkinson	Heaton Harriers	9.51

Men's 400m Hurdles B

	Perf	Record	Wind	AW
1	11	Kevin Williams	Border	68.5
2	55	Richard Baker	North Shields Poly	71.8
3	44	Andrew Sugden	New Marske Harriers	73.6
4	22	Lee Wilkinson	Heaton Harriers	75.5

Men's 110m Hurdles B

	Perf	Record	Wind	AW
1	55	Richard Baker	North Shields Poly	23.0
2	22	Kevin Lott	Heaton Harriers	29.2

Men's Hammer B

	Perf	Record	Wind	AW
1	11	James Slack	Border	30.33
2	66	Matthew Burns	Tynedale	22.41
3	22	George Routledge	Heaton Harriers	11.92

Men's Discus B

	Perf	Record	Wind	AW
1	3	Adam Wiles	Jarrow & Hebburn	26.94
2	11	Rob Slack	Border	24.71
3	66	Richard Hunter	Tynedale	24.10
4	44	Charlie Burke	New Marske Harriers	18.56
5	22	George Routledge	Heaton Harriers	15.82

Men's Javelin B

	Perf	Record	Wind	AW
1	33	Andrew Harle	Jarrow & Hebburn	38.17
2	11	Oliver Cartwright	Border	32.39
3	44	Richard Best	New Marske Harriers	27.44
4	66	Ian Cowell	Tynedale	26.46
5	55	Steve Atwell	North Shields Poly	19.09
6	22	George Routledge	Heaton Harriers	16.79

Men's Shot Putt B

	Perf	Record	Wind	AW
1	66	Rob Leonard	Tynedale	9.46
2	44	Carl Storey	New Marske Harriers	9.36
3	11	Rob Slack	Border	7.29
4	33	Michael Bunn	Jarrow & Hebburn	6.85
5	22	Mal Gibson	Heaton Harriers	6.45
6	5	BARRY YOUNG	North Shields Poly	5.22

Men's Long Jump B

	Perf	Record	Wind	AW
1	44	Richard Cook	New Marske Harriers	5.66
2	6	Matthew Burns	Tynedale	4.93
3	11	Alistair Moore	Border	4.71
4	2	Lee Wilkinson	Heaton Harriers	4.32
5	33	Andrew Harle	Jarrow & Hebburn	4.22
6	55	Richard Baker	North Shields Poly	4.16

Men's Triple Jump B

	Perf	Record	Wind	AW
1	6	Matthew Burns	Tynedale	10.88
2	44	Carl Storey	New Marske Harriers	10.85
3	33	Adam Wiles	Jarrow & Hebburn	10.80
4	11	Tony Thompson	Border	10.35
5	77	-		7.57

Division 3E Match 4 - Tynedale Athletics Park, Hexham

Perf Record Wind AW

Perf Wind AW

Men's High Jump A

1	1	Nathan Williams	Border	1.80
2	33	Andrew Harle	Jarrow & Hebburn	1.70
3	6	Matthew Burns	Tynedale	1.65
4	22	Chris Burn	Heaton Harriers	1.65
5	5	PAUL BAKER	North Shields Poly	1.60
6	44	Richard Best	New Marske Harriers	1.50

Men's High Jump B

1	11	Kevin Williams	Border	1.75
2	3	Dave Robertson	Jarrow & Hebburn	1.65
3	66	Lee Lowdon	Tynedale	1.50
4	2	Lee Wilkinson	Heaton Harriers	1.45
5	4	Chris Waugh	New Marske Harriers	1.40

Men's Pole Vault A

1	3	Dave Robertson	Jarrow & Hebburn	2.50
2	4	Andrew Sugden	New Marske Harriers	2.40
3	66	P. Smith	Tynedale	2.10

Men's Pole Vault B

1	33	Adam Wiles	Jarrow & Hebburn	2.60
2	6	Richard Hunter	Tynedale	2.10

Men's 4x100m Relay

1	4	New Marske Harriers	Chris Waugh	Carl Storey	Chris Smallwood	Richard Cook	47.1
2	3	Jarrow & Hebburn	Jason Steadman	Josh Abladey	Daniel Coutakis	Andrew Harle	47.4
3	1	Border	Kevin Williams	Mark Crawley	Alistair Moore	-	47.7
4	5	North Shields Poly	PAUL BAKER	Richard Baker	Paul Hughes	STEVE BORLOS	53.6
5	2	Heaton Harriers	Paul Howe	Chris Burn	Iain McKinnon	John Moore	62.3

Men's 4x400m Relay

1	4	New Marske Harriers	Chris Waugh	Carl Storey	Chris Smallwood	Russell Best	3.40.7
2	3	Jarrow & Hebburn	Josh Abladey	Jason Steadman	Craig Deacon	Greg Richie	3.41.1
3	6	Tynedale	G. Irwin	L. Stephenson	L. Lowdon	M. Smith	3.42.6
4	1	Border	Tony Thompson	Wil Nicholson	Oliver Cartwright	Mark Crawley	3.44.2
5	2	Heaton Harriers	Paul Howe	Lee Roe	Mal Gibson	Chris Burn	4.12.1
6	5	North Shields Poly	MICHAEL DAWSON	Vaughan Hemy	Paul Hughes	STEVE BORLOS	4.18.9

MATCH RESULT

League Points

Match

1	Border Harriers & AC	6	375.0
2	Heaton Harriers	5	294.0
3	New Marske Harriers	4	292.0
4	North Shield Poly AC	3	285.0
5	Jarrow & Hebburn AC	2	256.0
6	Tynedale Harriers	1	223.0

STANDINGS

League Points

Match

1	Border Harriers & AC	20	1458.0
2	Heaton Harriers	19	1210.0
3	New Marske Harriers	15	1147.0
4	Jarrow & Hebburn AC	13	1076.0
5	North Shield Poly AC	11	1056.0
6	Tynedale Harriers	6	868.0