

| Pos | Number | Team Time | Name | Team Name | Category | Leg | team no | Leg time | Leg Pos |
|-----|--------|-----------|----------------------|------------------------|----------|-----|---------|----------|---------|
| 1 | 1059 | 49.37 | Garry Robson | North Shields Poly A | Mvet50 | 4 | 105 | 12:58 | 1 |
| 2 | 1139 | 51.14 | Steve Cairns | Tyne Bridge | Mvet50 | 4 | 113 | 12:02 | 2 |
| 3 | 289 | 52.00 | Stephanie Pattinson | Jarrow & Hebburn A | Wsen | 4 | 28 | 13:07 | 1 |
| 4 | 329 | 52.51 | Emma Holt | Morpeth Harriers A | Wsen | 4 | 32 | 12:24 | 2 |
| 5 | 399 | 53.47 | Rosie Adams | Richmond & Zet (Gst) | Wsen | 4 | 39 | 14:10 | 3 |
| 6 | 1069 | 54.22 | Tommy Brannon | North Shields Poly B | Mvet50 | 4 | 106 | 13:23 | 3 |
| 7 | 1119 | 55.25 | Paul Dunlop | Sunderland Strollers A | Mvet50 | 4 | 111 | 14:09 | 4 |
| 8 | 69 | 55.31 | Catherine Roberts | Darlington Harriers A | Wsen | 4 | 6 | 13:21 | 4 |
| 9 | 659 | 55.50 | Lisa Atkinson | Gateshead Harriers A | Wvet | 4 | 65 | 14:35 | 1 |
| 10 | 1089 | 55.54 | Peter Mullarkey | Saltwell Harriers | Mvet50 | 4 | 108 | 14:22 | 5 |
| 11 | 799 | 56.02 | Nicola Woodward | Sunderland Harriers B | Wvet | 4 | 79 | 13:56 | 2 |
| 12 | 229 | 56.10 | Silvia Moffat | Gosforth Harriers A | Wsen | 4 | 22 | 15:03 | 5 |
| 13 | 819 | 56.16 | Rachel Ball | Sunderland Strollers A | Wvet | 4 | 81 | 15:23 | 3 |
| 14 | 349 | 56.33 | Charlotte Ellis | New Marske A | Wsen | 4 | 34 | 14:54 | 6 |
| 15 | 949 | 56.36 | Martin Connelly | Elswick Harriers | Mvet50 | 4 | 94 | 13:35 | 6 |
| 16 | 759 | 57.03 | Kay Neesam | New Marske | Wvet | 4 | 75 | 14:01 | 4 |
| 17 | 1149 | 57.05 | Bernard Kivlehan | Tynedale | Mvet50 | 4 | 114 | 15:24 | 7 |
| 18 | 599 | 57.31 | Natalie Curgenvan | Darlington Harriers | Wvet | 4 | 59 | 14:13 | 5 |
| 19 | 969 | 57.59 | Richard McQuade | Gosforth Harriers | Mvet50 | 4 | 96 | 15:03 | 8 |
| 20 | 449 | 58.34 | Sarah Knight | Sunderland Harriers A | Wsen | 4 | 44 | 14:07 | 7 |
| 21 | 169 | 58.39 | Samantha Crowe | Elswick Harriers A | Wsen | 4 | 16 | 14:08 | 8 |
| 22 | 1019 | 58.43 | Michael Graham | Low Fell RC | Mvet50 | 4 | 101 | 15:02 | 9 |
| 23 | 739 | 58.50 | Katherine Davis | North Shields Poly A | Wvet | 4 | 73 | 14:49 | 6 |
| 24 | 839 | 59.11 | Kathryn Stevenson | Tyne Bridge A | Wvet | 4 | 83 | 14:23 | 7 |
| 25 | 769 | 60.13 | Gemma Floyd | Morpeth Harriers A | Wvet | 4 | 76 | 14:53 | 8 |
| 26 | 939 | 60.15 | Ian Brown | Darlington | Mvet50 | 4 | 93 | 15:36 | 10 |
| 27 | 479 | 60.25 | Mairi Clancy | Tyne Bridge A | Wsen | 4 | 47 | 14:45 | 9 |
| 28 | 999 | 60.31 | Stephen Pearson | Houghton | Mvet50 | 4 | 99 | 18:11 | 11 |
| 29 | 199 | 60.42 | Jessica Leslie | Gateshead Harriers A | Wsen | 4 | 19 | 15:51 | 10 |
| 30 | 269 | 61.25 | Lyndsey Page | Houghton Harriers | Wsen | 4 | 26 | 16:56 | 11 |
| 31 | 309 | 61.49 | Laura Cheetham | Jesmond Joggers A | Wsen | 4 | 30 | 14:28 | 12 |
| 32 | 1159 | 62.23 | Michael Lindsay | Wallsend | Mvet50 | 4 | 115 | 17:12 | 12 |
| 33 | 369 | 62.26 | Louise Coultate | North Shields Poly | Wvet | 4 | 36 | 17:51 | 9 |
| 34 | 249 | 62.39 | Nina Cameron | Heaton Harriers A | Wsen | 4 | 24 | 15:46 | 13 |
| 35 | 689 | 62.43 | Angela Richardson | Gosforth Harriers A | Wvet | 4 | 68 | 16:34 | 10 |
| 36 | 529 | 62.44 | Julie Williams | Wallsend | Wsen | 4 | 52 | 15:37 | 14 |
| 37 | 709 | 63.04 | Carla King | Houghton Harriers A | Wvet | 4 | 70 | 16:12 | 11 |
| 38 | 619 | 63.14 | Arabella Pearce | Elswick Harriers | Wvet | 4 | 61 | 15:26 | 12 |
| 39 | 579 | 63.17 | Juliet Robinson | Blackhill Bounders | Wvet | 4 | 57 | 16:44 | 13 |
| 40 | 259 | 63.54 | Janine Routledge | Heaton Harriers B | Wsen | 4 | 25 | 14:52 | 15 |
| 41 | 209 | 64.04 | Katie Taylor | Gateshead Harriers B | Wsen | 4 | 20 | 16:37 | 16 |
| 42 | 1129 | 64.14 | Neil Critchley | Sunderland Strollers B | Mvet50 | 4 | 112 | 16:36 | 13 |
| 43 | 729 | 64.43 | Helen Johnson | Jarrow & Hebburn | Wvet | 4 | 72 | 16:22 | 14 |
| 44 | 189 | 64.54 | Fiona Kinghorn Jones | Elvet Striders | Wsen | 4 | 18 | 15:38 | 17 |
| 45 | 459 | 64.56 | Catherine Purdy | Sunderland Harriers B | Wsen | 4 | 45 | 16:55 | 18 |
| 46 | 239 | 65.18 | Ellie McIntyre | Gosforth Harriers B | Wsen | 4 | 23 | 16:52 | 19 |
| 47 | 669 | 65.22 | Angela Kirtley | Gateshead Harriers B | Wvet | 4 | 66 | 16:51 | 15 |
| 48 | 79 | 65.48 | Kimberley Reeve | Darlington Harriers B | Wsen | 4 | 7 | 15:58 | 20 |
| 49 | 359 | 65.54 | Rebecca Aspin | New Marske B | Wsen | 4 | 35 | 16:18 | 21 |
| 50 | 929 | 66.08 | Alan Welsh | Crook | Mvet50 | 4 | 92 | 17:07 | 14 |
| 51 | 919 | 66.12 | Ralph Dickinson | Blyth | Mvet50 | 4 | 91 | 18:04 | 15 |

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|----|------|-------|-----------------------|------------------------|--------|---|-----|-------|----|
| 52 | 489 | 66.25 | Nicola Brady | Tyne Bridge B | Wsen | 4 | 48 | 15:31 | 22 |
| 53 | 469 | 66.48 | Katie McCormack | Sunderland Strollers | Wsen | 4 | 46 | 18:20 | 23 |
| 54 | 409 | 67.03 | Tanya Velho | Saltwell Harriers A | Wsen | 4 | 40 | 16:55 | 24 |
| 55 | 429 | 67.17 | Katie Abel | Stockton Striders A | Wsen | 4 | 42 | 15:48 | 25 |
| 56 | 849 | 67.50 | Catherine Eaton | Tyne Bridge B | Wvet | 4 | 84 | 15:49 | 16 |
| 57 | 139 | 67.58 | Ellie Atkinson | Derwentside A | Wsen | 4 | 13 | 16:52 | 26 |
| 58 | 389 | 67.59 | Abby Dorani | Ponteland Runners B | Wsen | 4 | 38 | 15:42 | 27 |
| 59 | 89 | 68.03 | Jane Katherine Teague | Darlington Harriers C | Wsen | 4 | 8 | 17:09 | 28 |
| 60 | 889 | 68.04 | Anna French | Wallsend | Wvet | 4 | 88 | 16:20 | 17 |
| 61 | 49 | 68.24 | Gemma Harmon | Blyth RC | Wsen | 4 | 4 | 17:03 | 29 |
| 62 | 539 | 68.35 | Kathryn Murison | Washington A | Wsen | 4 | 53 | 18:45 | 30 |
| 63 | 159 | 68.54 | Christine Woods | Durham City | Wsen | 4 | 15 | 17:41 | 31 |
| 64 | 379 | 69.22 | Fiona Nicholson | Ponteland Runners A | Wvet | 4 | 37 | 16:35 | 18 |
| 65 | 319 | 69.28 | Lottie Rhodes | Jesmond Joggers B | Wsen | 4 | 31 | 16:57 | 32 |
| 66 | 219 | 69.33 | Vanessa Lloyd Cutter | Gateshead Harriers C | Wsen | 4 | 21 | 15:56 | 33 |
| 67 | 1009 | 69.37 | Barry Pascoe | Jarrow & Hebburn | Mvet50 | 4 | 100 | 18:39 | 16 |
| 68 | 789 | 70.20 | Judith Shotton | Sunderland Harriers A | Wvet | 4 | 78 | 16:21 | 19 |
| 69 | 59 | 71.08 | Joanne Hope | Crook | Wsen | 4 | 5 | 22:14 | 34 |
| 70 | 499 | 71.55 | Laura Carrick | Tyne Bridge C | Wsen | 4 | 49 | 18:07 | 35 |
| 71 | 829 | 73.17 | Lesley Watson | Sunderland Strollers B | Wvet | 4 | 82 | 18:23 | 20 |
| 72 | 699 | 73.30 | Sarah Rees | Gosforth Harriers B | Wvet | 4 | 69 | 19:56 | 21 |
| 73 | 109 | 73.56 | Anneli Mckenzie Brown | Darlington Harriers E | Wsen | 4 | 10 | 19:27 | 36 |
| 74 | 99 | 74.01 | Kerry Oyston | Darlington Harriers D | Wsen | 4 | 9 | 18:48 | 37 |
| 75 | 569 | 74.24 | Lindsay Freeman | Ashington | Wvet | 4 | 56 | 18:01 | 22 |
| 76 | 909 | 75.13 | Peter Maylia | Ashington | Mvet50 | 4 | 90 | 19:13 | 17 |
| 77 | 149 | 77.36 | Tanya Marshall | Derwentside B | Wsen | 4 | 14 | 23:14 | 38 |
| 78 | 989 | 78.58 | George Routledge | Heaton Harriers | Mvet50 | 4 | 98 | 23:15 | 18 |
| 79 | 19 | 75.00 | Vicky Thompson | Ashington | Wsen | 4 | 1 | 17:27 | 39 |
| 80 | 509 | 75.40 | Emma Colbourne | Tyne Bridge D | Wsen | 4 | 50 | 17:50 | 40 |
| 81 | 629 | 77.36 | Jan Ellis | Elvet Striders A | Wsen | 4 | 62 | 20:42 | 41 |
| 82 | 649 | 78.19 | Chloe Black | Elvet Striders C | Wvet | 4 | 64 | 17:25 | 23 |
| 83 | 809 | 78.32 | Michelle Squires | Sunderland Harriers C | Wvet | 4 | 80 | 18:25 | 24 |
| 84 | 29 | 79.44 | Barbara Kelly | Blackhill Bounders A | Wsen | 4 | 2 | 21:36 | 42 |
| 85 | 859 | 79.52 | Stephanie Isaac | Tyne Bridge C | Wsen | 4 | 85 | 17:56 | 43 |
| 86 | 279 | 83.23 | Nicola Willis | Hunwick Harriers | Wsen | 4 | 27 | 24:29 | 44 |
| 87 | 639 | 87.41 | Karen Wilson | Elvet Striders B | Wvet | 4 | 63 | 21:05 | 25 |
| 88 | 119 | 90.11 | Jen Harrison | Darlington Harriers F | Wsen | 4 | 11 | 20:33 | 45 |
| 89 | 419 | 95.18 | Yvonne Wilson | Saltwell Harriers B | Wsen | 4 | 41 | 22:32 | 46 |