



NORTHERN NAVIGATORS
GNF Wednesday evening event at
Silksworth Sports Complex
Wednesday, 11th May 1994

SHORT – 3.0km

| | | | |
|---------------|-----|------|-------|
| 1. R.Rose | W45 | NN | 28.35 |
| 2. V.Miller | W17 | NATO | 32.47 |
| 3. G.Rickman | M17 | NATO | 43.52 |
| 4. H.Anderson | W13 | NATO | 44.36 |
| 5. D.Cornish | M10 | ind | 49.32 |
| 6. C.Cooper | M10 | NN | 84.40 |

MEDIUM – 5.0km

| | | | |
|-----------------|-----|------|-------|
| 1. G.Harden | M21 | NATO | 36.48 |
| 2. J.Gilmore | M21 | KNOB | 37.04 |
| 3. M.Anderson | M15 | NATO | 37.25 |
| 4. D.Brook | M50 | NN | 37.42 |
| 5. M.Sprot | M15 | NATO | 39.02 |
| 6. T.Russell | M13 | NN | 39.05 |
| 7. R.Cooper | M45 | NN | 39.46 |
| 8. D.Raymond | M21 | NATO | 40.41 |
| 9. J.Wilson | M15 | NATO | 42.07 |
| 10. M.Brook | M17 | NN | 44.05 |
| 11. O.Armstrong | W15 | NATO | 47.50 |
| 12. C.Wilson | M40 | NATO | 54.16 |
| 13. A.Rice | M15 | NATO | 54.50 |
| 14. P.Crossman | M15 | ind | 58.00 |
| 15. S.Harvey | M19 | ind | 58.17 |
| 16. R.Armstrong | M45 | NATO | 62.55 |
| 17. D.Robson+2 | | ind | 67.18 |
| 18. R.Armstrong | W45 | NATO | 76.50 |

Retired / disqualified

A.Hall Ryhope Scouts 42.34 7 ctrls only

LONG – 7.5km

| | | | |
|-------------------|-----|------|-------|
| 1. T.Higginbottom | M21 | UNOC | 38.46 |
| 2. K.Maynard | M21 | NATO | 40.51 |
| 3. M.Goode | M40 | NATO | 44.12 |
| 4. R.Mills | M21 | NATO | 48.59 |
| 5. R.Maynard | M35 | NATO | 49.02 |
| 6. A.Berne | M21 | NATO | 50.41 |
| 7. R.Johnson | M50 | NN | 50.50 |
| 8. J.Phizacklea | M21 | NATO | 52.35 |
| 9. T.Tweddell | M40 | NN | 55.22 |
| 10. M.Anderson | M45 | NATO | 56.03 |
| 11. S.Pattinson | W21 | NEOA | 59.20 |

Organiser / planners comments – Frank Major

Thanks for your support. In spite of one or two minor problems everything went smoothly. I hope you enjoyed your runs. My thanks also to Bob McKenna for his help on the night.