

Age Group	Sex	Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
V35	M	10 miles	Paul Whalley	Tynedale 10	Hexham	06/09/2009	56:34m					
OUTRIGHT	F	10000m	Heather Christopher	NECAA 10000m champs	Jarrow	23/04/2014	43:56.0s	Helen Morris	BMAF/NEMAA 10000m Championship	Jarrow	19/09/2021	52:42.42s
OUTRIGHT	M	10000m	Joseph Woods	BUCS 10000m Champs	Loughborough	27/04/2019	34:22.63s	Gary Jones	NEMAA 10000m Championship	Jarrow	16/09/2017	36:12.0s
U20	M	10000m	Jake Jansen	NECAA 10000m champs	Jarrow	23/04/2014	38:08.8s					
U23	M	10000m	Joseph Woods	BUCS 10000m Champs	Loughborough	27/04/2019	34:22.63s	Jake Jansen	NECAA 10000m champs	Jarrow	29/04/2015	36:32.4s
V35	M	10000m	Gary Jones	NEMAA 10000m Championship	Jarrow	16/09/2017	36:12.0s	Jon French	NECAA 10000m champs	Jarrow	13/09/2014	38:25.5s
V40	F	10000m	Heather Christopher	NECAA 10000m champs	Jarrow	23/04/2014	43:56.0s					
V40	M	10000m	Martin Scott	NEMAA 10000m Championship	Jarrow	19/09/2015	42:01.9s	Steven French	NECAA 10000m champs	Jarrow	19/09/2015	42:26.2s
V45	M	10000m	Paul Whalley	NECAA 10000m champs	Jarrow	18/04/2018	36:45.2s	Kevin Freeman	VAAE 10k championships	Jarrow	20/09/2006	40:59.7s
V50	F	10000m	Heather Christopher	BMAF/NEMAA 10000m Championship	Jarrow	19/09/2021	44:11.17s					
V55	M	10000m	Kevin Freeman	NEMAA 10000m Championship	Jarrow	08/09/2012	47:47.3s					
V55	F	10000m	Helen Morris	BMAF/NEMAA 10000m Championship	Jarrow	19/09/2021	52:42.42s					
V60	F	10000m	Anne Craddock	BMAF/NEMAA 10000m Championship	Jarrow	19/09/2021	55:01.51s					
U15	M	1000m	Josh Fiddaman	Northern Athletics Open Meeting	Sheffield	07/09/2015	02:52.63s	Connor Taggart	Northern Athletics Open Meeting	Sheffield	16/11/2019	03:08.91s
U15	F	1000m	Lauren Creaby	Kieran Maxwell Memorial Open	Darlington	11/04/2021	3:15.50s	Freya Johnson	Kieran Maxwell Memorial Open	Darlington	11/04/2021	03:39.82s
U17	M	1000m	Josh Fiddaman	Northern Athletics Open Meeting	Sheffield	18/11/2017	2:36.60s					
U20	M	1000m	Josh Fiddaman	Northern Indoor Open	Sheffield	17/11/2018	02:30.08s	Alfie Ward	England Athletics U20 Combined Eve	Sheffield	09/01/2022	03:15.97s
OUTRIGHT	F	1000 SW	Abbi Willis	Senior League Div 2E	Middlesbrough	06/08/2016	19.2	Ella Wood	Senior League 3E	Middlesbrough	12/07/2015	19.4
SEN	F	1000 SW	Lauren Barrett	Senior League 3E	Middlesbrough	06/06/2015	20	Phillipa Baxter	Senior League 3E	York	03/07/2011	26.6
U17	F	1000 SW	Abbi Willis	Senior League Div 2E	Middlesbrough	06/08/2016	19.2	Ella Wood	Senior League 3E	Middlesbrough	12/07/2015	19.4
U20	F	1000 SW	Bethan Sprout	Senior League 3E	Whitley Bay	07/07/2013	20.7					
V45	F	1000 SW	Sharon Richardson	Senior League 3E	Jarrow	26/05/2012	25.6					
U15	M	1000HJ7M	Christopher Brown	Durham Schools Championships	Jarrow	08/06/2013	15.8					
U17	M	1000HJ7M	Alfie Ward	NEYDL Div 2N	Hexham	23/06/2019	15.3	Scott Povey	Young Athletes 1NE	York	19/06/2011	18.1
V40	F	100km	Rachel Joseph	Heineken Race to the Castle		26/06/2021	14:59.39s					
V40	M	100km	Dayle Stafford	Heineken Race to the Castle		26/06/2021	14:59.38s					
OUTRIGHT	F	100m	Heather Macdonald	NEYDL Div 2N	Whitley Bay	29/04/2018	12.5	Millie Wilkinson	NEYDL Div 1	Morpeth	17/07/2021	12.6s
OUTRIGHT	M	100m	Jakob Nallen	Northern Senior League NE Premier	Morpeth	01/08/2021	11.3s	Alfie Ward	NECAA Championships	Middlesbrough	14/05/2022	11.49s
SEN	F	100m	Lauren Barrett	Senior League Div 3E	Whitley Bay	05/08/2017	13.5	Alison Lowes	Senior League Div 4E	Whitley Bay	01/05/2012	17.8
SEN	M	100m	Jakob Nallen	Northern Senior League NE Premier	Morpeth	01/08/2021	11.3s	Daniel Njai	Senior League Div 2E	York	07/05/2016	11.6
U11	F	100m	Abigail Huntly	Tartan Games	Gateshead	26/08/2019	14.55s					
U13	M	100m	Joshua Chrisp	NEYDL Div 2N	Hexham	23/06/2019	13.2s	Josh Fiddaman	NEYDL Div 2N	Jarrow	20/07/2017	14.1
U13	F	100m	Millie Wilkinson	Darlington Back 2 Track	Darlington	26/09/2020	13.0s	Hannah Wilson	Run Jump Throw Doncaster	Doncaster	20/08/2020	13.27s
U15	M	100m	Dale Turner	NEYDL Div 2N	Whitley Bay	16/07/2017	11.7s	Stewart Bestford	North East Grand Prix	Jarrow	26/06/2019	12.1s
U15	F	100m	Millie Wilkinson	NEYDL Div 1	Morpeth	17/07/2021	12.6s	Mia Liddell	NEYDL Div 2N	Whitley Bay	29/04/2018	13.0s
U17	M	100m	Chris Lillico	North East Athletics League	Gateshead	13/07/2011	11.6	Adam Wright	Senior League Div 3E	Morpeth	13/07/2014	11.7
U17	F	100m	Heather Macdonald	NEYDL Div 2N	Whitley Bay	29/04/2018	12.5	Alice Dungworth	Senior League Div 3E	Whitley Bay	09/08/2014	13
U20	F	100m	Charlotte Ramsey	Senior League Div 3E	Whitley Bay	09/08/2014	13.1	Alice Dungworth	Senior League Div 2E	York	07/05/2016	13.3
U20	M	100m	Alfie Ward	NECAA Championships	Middlesbrough	14/05/2022	11.49s	Chris Lillico	Senior League Div 3E	Whitley Bay	05/05/2012	11.7
U23	M	100m	Jakob Nallen	Senior League Div 3E	Whitley Bay	05/08/2017	11.6	Adam Swalwell	North East Grand Prix	Jarrow	21/07/2021	11.84
U23	F	100m	Chloe Barrass	Northern Senior League NE Premier	Morpeth	01/08/2021	13.3	Steff Ramsey	Senior League Div 3E	Whitley Bay	07/07/2013	14.9
V35	F	100m	Heather Barrass	Senior League Div 3E	Whitley Bay	01/07/2012	14.8	Helen Huntly	NEMAA Championships	Jarrow	19/06/2021	15.5
V35	M	100m	Daniel Njai	Northern Senior League Div 2E	Gateshead	05/05/2018	12.43s	Henry Madden	NEMAA League	Jarrow	10/06/2019	12.9
V40	M	100m	David Swalwell	North East Veterans League	Jarrow	20/05/2013	11.9	Nigel Gorvett	Northern Senior League NE Prem	Middlesbrough	30/04/2022	12.5
V40	F	100m	Gwen Forster	Senior League Div 3E	Jarrow	07/05/2017	15.2	Clair Southern	NEMAA League	Jarrow	20/05/2019	15.9
V45	M	100m	David Swalwell	Senior League Div 2E	York	08/05/2016	12	Phil Battista	NEMAA League	Jarrow	20/05/2019	13.7
V45	F	100m	Clair Southern	NEMAA Championships	Jarrow	19/06/2021	16.08	Heather Christopher	NEMAA League	Jarrow	16/05/2016	17.1
V50	M	100m	John Mallon	Senior League Div 4E	Jarrow	02/05/2009	13.6	Rod Giles	NEMAA League	Jarrow	16/05/2022	14.9
V50	F	100m	Cassie Keen	NEMAA League	Jarrow	17/05/2021	17.4					
V55	F	100m	Anne Craddock	North East Veterans League	Jarrow	07/07/2014	23.1					
V55	M	100m	Tony Dunn	Northern Senior League NE Prem	Middlesbrough	30/04/2022	14.2	Mark Walbank	NEMAA League	Jarrow	07-Jun	16.7s
V60	M	100m	John Mallon	NEMAA League	Jarrow	10/06/2019	15.1					
V65	M	100m	John Mallon	NEMAA League	Jarrow	17/05/2021	15.8					
V65	M	100m	John Mallon	NEMAA League	Jarrow	02/08/2021	15.4	Ralph Dickinson	Northern Senior League NE Premier	Middlesbrough	22/05/2021	20.1
Year 6	M	100m NOTAN	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	02/09/2018	13.8s	Joseph Anderson	NOTAN Summer Grand Prix	Whitley Bay	08/06/2019	14.0s
Year 6	F	100m NOTAN	Hannah Wilson	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	13.9s	Sadie Parker	NOTAN Summer Grand Prix	Whitley Bay	08/06/2019	14.2s
OUTRIGHT	F	10k	Gill Meakin (Priest)	Tynedale 10k	Tynedale	??/07/1994	39:58m	Leanne Herron	Ovingham	04/07/2012	40:10m	
OUTRIGHT	M	10k	Andy Brown	Vallis 10k	Team Valley, Gates	??/09/1993	31:28m	Andrew Henderson	Sheffield Lord Mayors 10k	Sheffield	22/04/2007	33:10m
SEN	M	10k	Andrew Henderson	Sheffield Lord Mayors 10k	Sheffield	22/04/2007	33:10m	Gary Jones	Ribble Valley 10k	Citheroe	28/12/2008	34:26m
SEN	F	10k	Leanne Herron	Tynedale 10k	Ovingham	04/07/2012	40:10m	Phillipa Baxter	Blyth Valley 10k	Blyth	07/04/2013	41:24m
U15	M	10k	James Young	North Tyneside 10k	North Shields	31/03/2013	39:42m					
U17	M	10k	Jake Masterman	Blyth Valley 10k	Blyth	03/04/2016	35:26m	Jake Jansen	Blyth Valley 10k	Blyth	01/04/2012	37:38m
U20	M	10k	Jake Masterman	Blyth Valley 10k	Blyth	03/04/2016	35:26m	Jake Jansen	Heaton Harriers Memorial 10k	Newcastle	09/11/2014	35:37m
U23	F	10k	Rachelle Falloon	Blyth Valley 10k	Blyth	02/04/2016	41:09m					
U23	M	10k	Joseph Woods	Port of Blyth 10k	Blyth	07/04/2019	33:25s					
V35	M	10k	Andrew Henderson	Stathern 10k	Stathern	20/06/2010	33:55m	Paul Whalley	Tynedale 10k	Hexham	01/07/2009	34:19m
V35	F	10k	Carly Ellis	Port of Blyth 10k	Blyth	03/04/2022	43:42m	Leanne Herron	Morpeth 10k	Morpeth	04/08/2015	44:17m
V40	M	10k	Andrew Henderson	Darlington 10k	Darlington	09/08/2015	36:25m c	Peter Brown	Cragside 10k	Roithbury	13/04/2013	37:18m
V45	M	10k	Adam Robinson	Cragside 10k	Roithbury	13/04/2013	39:41m	Steven French	Port of Blyth 10k	Blyth	03/04/2022	39:43m
V45	F	10k	Cath Young	North Tyneside 10k	North Tyneside	18/05/2016	44:14s	Adele Lonsdale	Clive Cookson 10k	Whitley Bay	18/05/2016	51:48m
V50	M	10k	Steve Gillespe	Tynedale 10k	Ovingham	06/07/2011	41:28m	David Shields	Port of Blyth 10k	Blyth	03/04/2022	41:44m
V50	F	10k	Susan Browning	Port of Blyth 10k	Blyth	03/04/2022	48:26m	Sandra Watson	Port of Blyth 10k	Blyth	03/04/2022	48:42m
V55	M	10k	Joe Frazer	Morpeth 10k	Morpeth	07/08/2007	37:27m	Martin Gaughan	Blyth Valley 10k	Blyth	06/04/2014	39:39m
V55	F	10k	Cath Young	North Tyneside 10k	North Shields	31/03/2013	47:44m	Anne Craddock	North Tyneside 10k	North Shields	27/03/2016	52:35m
V60	M	10k	Joe Frazer	Newton Aycliffe 10k	Newton Aycliffe	19/06/2011	43:07m	Dave Bradley	North Tyneside 10k	North Shields	05/04/2015	43:24m
V60	F	10k	Cath Young	Newcastle Valentines 10k	Newcastle	22/02/2017	50:57s	Lynn Munro	Great North 10k	Newcastle	13/07/2014	61:60c
V65	M	10k	David Cox	Blyth Valley 10k	Blyth	01/04/2012	46:27m	Terry McCabe	Blyth Valley 10k	Blyth	12/04/2015	47:03m
V65	F	10k	Alison Cummings	Port of Blyth 10k	Blyth	03/04/2022	54:19:00					
V70	M	10k	Ronald Forster	Port of Blyth 10k	Blyth	03-Apr	55:13m					
V40	F	10k	Helen Morris (f2)	Blyth Valley 10k	Blyth	24/04/2005	42:25m	Claire Calverley	Blyth Valley 10k	Blyth	09/04/2017	43:04m
V35	M	10k (Blyth Links)	Paul Whalley	Blyth Links 10k	Blyth	2009	33:13m					
MJ	M	10k (Blyth Valley)	Ryan Robinson (mj)	Blyth Valley 10k	Blyth	24/04/2005	37:28m					
OUTRIGHT	F	10k (Blyth Valley)	Rachelle Falloon	Blyth Valley 10k	Blyth	02/04/2016	41:09m	Phillipa Baxter	Blyth Valley 10k	Blyth	07/04/2013	41:24m
OUTRIGHT	M	10k (Blyth Valley)	Joseph Woods	Port of Blyth 10k	Blyth	07/04/2019	33:25s	Andrew Henderson	Blyth Valley 10k	Blyth	07/04/2007	33:47m
SEN	M	10k (Blyth Valley)	Andrew Henderson	Blyth Valley 10k	Blyth	29/04/2007	33:47m	Sam Dodd	Blyth Valley 10k	Blyth	12/04/2015	34:40m
SEN	F	10k (Blyth Valley)	Phillipa Baxter	Blyth Valley 10k	Blyth	07/04/2013	41:24m	Kirsty Huntingdon (f)	Blyth Valley 10k	Blyth	29/04/2007	42:48m
U15	F	10k (Blyth Valley)	Loren Bain	Blyth Valley 10k	Blyth	27/04/2008	52:09m					
U17	M	10k (Blyth Valley)	Jake Masterman	Blyth Valley 10k	Blyth	03/04/2016	35:26m	Jake Jansen	Blyth Valley 10k	Blyth	03/04/2011	37:47m
U20	M	10k (Blyth Valley)	Jake Masterman	Blyth Valley 10k	Blyth	03/04/2016	35:26m	Jake Jansen	Blyth Valley 10k	Blyth	07/04/2013	36:57m
U23	F	10k (Blyth Valley)	Rachelle Falloon	Blyth Valley 10k	Blyth	02/04/2016						

V45	M	10m (Blyth Valley)	Rob Hall	Blyth Valley Ten	Blyth	1998	57.43m	Dave Morris	Blyth Valley Ten	Blyth	1997	59.28m
V50	M	10m (Blyth Valley)	Joe Frazer	Blyth Valley Ten	Blyth	2000	59.41m	Dave Cox	Blyth Valley Ten	Blyth	1998	01:01:50m
V50	F	10m (Blyth Valley)	Sheila Greener	Blyth Valley Ten	Blyth	2001	01:11:37m	Trish Goodwin	Blyth Valley Ten	Blyth	2002	1:21:05m
V55	F	10m (Blyth Valley)	Gloria McCabe	Blyth Valley Ten	Blyth	2003	01:33:17m					
V55	M	10m (Blyth Valley)	Joe Frazer	Blyth Valley Ten	Blyth	2004	01:03:46m	Brian Dudding	Blyth Valley Ten	Blyth	1995	01:07:49m
V60	F	10m (Blyth Valley)	Katie Secombe	Blyth Valley Ten	Blyth	1997	01:29:42m					
V60	M	10m (Blyth Valley)	Tom Walton	Blyth Valley Ten	Blyth	2001	01:09:48m	L Hepples	Blyth Valley Ten	Blyth	1999	01:38:39m
V65	M	10m (Blyth Valley)	Dennis Moss	Blyth Valley Ten	Blyth	1994	01:12:11m	Bob Soulsby	Blyth Valley Ten	Blyth	1997	01:45:04m
OUTRIGHT M	110H SM		Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	15.8	Craig Birch	Senior League Div 2E	Middlesbrough	04/06/2011	20.3
SEN M	110H SM		Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	15.8	Craig Birch	Senior League Div 2E	Jarrow	07/05/2017	20.5s
U20 M	110H SM		Craig Birch	Senior League Div 4E	Jarrow	31/07/2010	21.8					
U23 M	110H SM		Craig Birch	Senior League Div 3E	Middlesbrough	04/06/2011	20.3	Calum Storey	Senior League Div 3E	Whitley Bay	03/05/2015	23.4
V35 M	110H SM		Daniel Njai	Northern Senior League Div 2E	Middlesbrough	16/06/2019	16.5s	Jon French	Senior League Div 3E	Whitley Bay	09/08/2014	23.1
U20 M	110H U20M		Alfie Ward	YDL Upper (HIGHER CLAIM GATESHEAD)	York	27/06/2021	15.61	Craig Birch	National Junior Athletic League North	Gateshead	27/06/2010	20.85
U13 F	1200m		Charlotte Ramsey	Young Athletes Northern 2N	Jarrow	20/07/2008	04:30.5s					
U11 F	140m (NEYS)		Caitlin Creaby	North East Youth Indoor Series	Gateshead	09/11/2019	25.94s					
U11 M	140m (NEYS)		Frankie Foster	North East Youth Indoor Series	Gateshead	25/01/2020	26.26s	Jacob French	North East Youth Indoor Series	Gateshead	09/11/2019	26.63s
U13 F	140m (NEYS)		Sadie Parker	North East Youth Indoor Series	Gateshead	25/01/2020	22.04s	Abigail Huntly	North East Youth Indoor Series	Gateshead	25/01/2020	22.13s
OUTRIGHT F	1500m		Lauren Creaby	NECAA Championships	Middlesbrough	15/05/2022	04:54.54s	Charlie Hedley	North East Grand Prix	Jarrow	15/05/2013	05:06.9s
OUTRIGHT M	1500m		Josh Fiddaman	Northern League Prem NE	Middlesbrough	30/04/2022	03:53.0s	Ellis Hetherington	Senior League Div 3E	Whitley Bay	05/08/2017	4:18.9s
SEN F	1500m		Leanne Herron	Senior League Div 4E	Chester-le-Street	05/07/2009	05:08.8s	Helen Bruce	Senior League Div 4E	Whitley Bay	02/08/2009	05:39.6s
SEN M	1500m		Lee Cuthbertson	NECAA Championships	Gateshead	17/05/2014	04:27.5s	Daniel Njai	North East Grand Prix	Jarrow	23/04/2014	04:34.0s
U13 F	1500m		Stacey Robinson	NECAA Championships	Gateshead	13/05/2007	05:20.9s	Niamh Adams	North East Grand Prix	Jarrow	21/07/2021	05:33.86s
U13 M	1500m		Josh Fiddaman	North East Grand Prix	Jarrow	23/07/2014	04:49.9s	Taylor Glover	NEYDL Div 2N	Morpeth	28/07/2013	04:52.2s
U15 M	1500m		Josh Fiddaman	North East Grand Prix	Jarrow	10/08/2016	04:22.9s	Kalvin Hurst	Northumberland Schools Champions	Gateshead	28/06/2008	04:41.2s
U15 F	1500m		Lauren Creaby	NECAA Championships	Middlesbrough	15/05/2022	04:54.54s	Charlie Hedley	North East Grand Prix	Gateshead	20/06/2012	05:19.2s
U17 F	1500m		Charlie Hedley	North East Grand Prix	Jarrow	15/05/2013	05:06.9s	Emma James	Northumberland Schools Champions	Gateshead	14/06/2014	05:17.99s
U17 M	1500m		Josh Fiddaman	North East Grand Prix	Jarrow	18/04/2018	04:08.31s	James Young	Senior League Div 3E	Whitley Bay	09/08/2014	04:22.2s
U20 F	1500m		Emma Freeman	North East Athletics League	Jarrow	28/04/2010	05:44.4s					
U20 M	1500m		Josh Fiddaman	North East Grand Prix	Jarrow	21/07/2021	03:56.62s	Joe Wren	North East Grand Prix	Jarrow	25/07/2018	04:23.52s
U23 M	1500m		Josh Fiddaman	Northern League Prem NE	Middlesbrough	30/04/2022	03:53.0s	Ellis Hetherington	Senior League Div 3E	Whitley Bay	05/08/2017	4:18.9s
V35 F	1500m		Leanne Herron	Senior League Div 2E	Darlington	04/08/2018	05:25.0s	Julie Clark	Senior League Div 3E	Whitley Bay	05/05/2012	05:27.9s
V35 M	1500m		Craig Harmon	North East Grand Prix	Jarrow	20/04/2022	04:34.50s	Paul Whalley	Senior League Div 4E	Whitley Bay	02/08/2009	04:36.6s
V40 F	1500m		Heather Christopher	North East Veterans League	Jarrow	03/06/2013	05:34.3s	Helen Morris	VAA North East League	Jarrow	23/06/2007	05:37.0s
V40 M	1500m		Stephen French	North East Veterans League	Jarrow	22/05/2017	05:01.5s	Martin Scott	North East Veterans League	Jarrow	02/06/2014	05:18.9s
V45 F	1500m		Heather Christopher	NEMAA League	Jarrow	23/05/2016	05:40.9s	Helen Morris	North East Veterans League	Jarrow	19/07/2010	05:56.3s
V45 M	1500m		Nic Crofts	NEMAA League	Jarrow	07/06/2021	05:24.0s	Phillip Battista	NEMAA League	Jarrow	03/06/2019	05:28.0
V50 M	1500m		John Mallon	NEMAA League	Jarrow	13/06/2008	05:32.0	David Shields	NEMAA League	Jarrow	07/06/2021	05:37.0
V50 F	1500m		Helen Morris	North East Veterans League	Jarrow	03/06/2013	06:03.3s	Lee Elder	NEMAA League	Jarrow	07/06/2021	6:05.8s
V55 F	1500m		Helen Morris	NEMAA League	Jarrow	23/06/2018	06:35.0	Anne Craddock	NEMAA League	Jarrow	23/05/2016	07:31.5s
V55 M	1500m		Tony Dunn	Senior League Div 2E	Whitley Bay	10/08/2019	05:13.0	Kevin Freeman	North East Veterans League	Jarrow	03/06/2013	06:08.9s
V60 F	1500m		Alison Cummings	NEMAA League	Jarrow	07/06/2021	06:49.3s	Anne Craddock	NEMAA League	Jarrow	03/06/2019	07:13.0
U17 M	1500m (I)		Josh Fiddaman	Sheffield Festival of Athletics	Sheffield	28/01/2018	04:13.01s					
U17 M	1500m (S)		Kalvin Hurst	Young Athletes 1NE	Doncaster	16/05/2010	05:23.3s	Scott Povey	Young Athletes 1NE	Jarrow	02/05/2010	05:33.1s
U20 F	1500m SCW		Emma Freeman	NECAA Championships	Gateshead	09/05/2010	06:22.20s					
SEN M	150m		Jakob Nailen	North East Grand Prix	Jarrow	28/04/2021	17.25	Daniel Njai	North East Grand Prix	Jarrow	29/04/2015	18.5
U11 F	150m		Abigail Huntly	City of York Summer Open	York	11/08/2019	22.4s	Niamh Adams	City of York Summer Open	York	11/08/2019	23.7s
U13 F	150m		Millie Wilkinson	Trafford AC Open Meeting	Trafford	12/09/2020	20.33s	Hannah Wilson	Interleague Match	Cudworth	01/09/2019	20.87s
U15 F	150m		Sadie Parker	North East Grand Prix	Jarrow	28/04/2021	20.38					
U17 M	150m		Jake Masterman	North East Grand Prix	Jarrow	29/04/2015	19.4	Mathew Eltringham-Davson	North East Grand Prix	Jarrow	18/04/2018	20.42s
U17 F	150m		Millie Train	North East Grand Prix	Jarrow	28/04/2021	20.46	Alice Dungworth	North East Grand Prix	Jarrow	29/04/2015	20.8
U20 F	150m		Charlotte Ramsey	North East Grand Prix	Jarrow	23/04/2014	19.6					
U20 M	150m		Adam Swalwell	North East Grand Prix	Jarrow	24/04/2019	17.41s	Alfie Ward	North East Grand Prix	Jarrow	28/04/2021	17.9
U23 F	150m		Alice Dungworth	North East Grand Prix	Jarrow	24/04/2019	21.24s					
U23 M	150m		Adam Swalwell	Trafford Open	Trafford	23/04/2021	17.37s					
V40 M	150m		David Swalwell	North East Athletics League	Jarrow	25/04/2012	18.3					
U13 F	150m (I)		Millie Wilkinson	Northern Athletics Indoor Open	Sheffield	07/12/2019	20.27s	Maya Turner	Northern Athletics Indoor Open	Sheffield	07/12/2019	20.37s
U13 M	150m (I)		Luke Pichler	Northern Athletics Indoor Open	Sheffield	07/12/2019	21.26s	Joshua Chrisp	Northern Athletics Indoor Open	Sheffield	02/12/2017	21.79s
U15 M	150m (I)		Dale Turner	Northern Athletics Open Meeting	Sheffield	03/12/2016	18.44	Stewart Bestford	Northern Athletics Open Meeting	Sheffield	01/12/2018	19.01
U15 F	150m (I)		Hannah Wilson	Northern Indoor Open	Sheffield	11/12/2021	19.28	Millie Wilkinson	Northern Indoor Open	Sheffield	11/12/2021	57:36.0
U17 F	150m (I)		Olivia Quinn	Northern Athletics Indoor Open	Sheffield	12/11/2016	20.30					
U23 M	150m (I)		Adam Swalwell	Northern Athletics Indoor Open	Sheffield	20/11/2021	17.45s					
V55 M	1m		Tony Dunn	Monthly Mile	South Shields	07/08/2019	05:33s					
U13 F	2 miles		Alice Dungworth	Bupa Junior Great Manchester Run	Manchester	14/11/2011	16:25					
SEN M	2000m		Craig Harmon	Northern Athletics Indoor Open	Sheffield	16/11/2019	7:00.15s					
U17 M	2000m		Liam Marsh	Northern Athletics Open Meeting	Sheffield	07/09/2015	06:51.88s					
V45 F	2000m Race Walk		Clair Southern	NEMAA League	Jarrow	07/06/2021	16:41.8s					
V55 M	2000m Race Walk		Tony Dunn	NEMAA League	Jarrow	07/06/2021	18:31.5s					
SEN M	2000m S/C		Joseph Woods	North East Grand Prix	Jarrow	25/07/2018	07:14.0					
U20 M	2000m S/C		Craig Birch	National Junior Athletic League Northern	Gateshead	27/06/2010	07:15.4s	Calum Storey	Northumberland Schools Champions	Gateshead	08/06/2013	07:35.08s
U23 M	2000m S/C		Craig Birch	North East Athletics League	Jarrow	27/04/2011	07:43.5s					
OUTRIGHT F	200m		Heather Macdonald	Northern Senior League Div 2E	Gateshead	05/05/2018	25.58s	Hannah Wilson	NECAA Championships	Middlesbrough	14/05/2022	25.67s
OUTRIGHT M	200m		Jakob Nailen	Northern Senior League NE Premier	Morpeth	01/08/2021	22.2s	Adam Swalwell	NECAA Championships	Middlesbrough	12/05/2019	23.17s
SEN F	200m		Lauren Barrett	Tartan Games	Gateshead	27/08/2017	27.49s	Alice Dungworth	Northern Senior League Prem NE	Middlesbrough	30/04/2022	32.6
SEN M	200m		Jakob Nailen	Northern Senior League NE Premier	Morpeth	01/08/2021	22.2s	Daniel Njai	Senior League Div 2E	York	07/05/2016	23.8
U11 M	200m		Josh Fiddaman	Young Athletes 1NE	Gateshead	06/05/2012	31.5					
U11 F	200m		Abigail Huntly	Tartan Games	Gateshead	26/08/2019	30.62s	Caitlin Creaby	NECAA Open	Morpeth	18/10/2020	33.77
U13 M	200m		Joshua Chrisp	NECAA Championships	Middlesbrough	12/05/2019	26.93s	Luke Pichler	Back to Track III	Darlington	10/10/2020	27.17s
U13 F	200m		Hannah Wilson	NECAA Open	Morpeth	06/09/2020	27.00s	Millie Wilkinson	NECAA Open	Morpeth	06/09/2020	27.32s
U15 M	200m		Dale Turner	YDL Interleague Match	Middlesbrough	03/09/2017	23.57s	Luke Pichler	NEYDL Div 1	Whitley Bay	24/04/2022	24.0s
U15 F	200m		Hannah Wilson	NECAA Championships	Middlesbrough	14/05/2022	25.67s	Sadie Parker	NECAA Championships	Middlesbrough	14/05/2022	26.58s
U17 F	200m		Heather Macdonald	Northern Senior League Div 2E	Gateshead	05/05/2018	25.58s	Charlotte Ramsey	Senior League Div 2E	Middlesbrough	09/06/2013	26.3
U17 M	200m		Dale Turner	Northumberland Schools Championship	Hexham	09/06/2018	23.3	Chris Lillico	Senior League Div 3E	York	03/07/2011	23.6
U20 M	200m		Chris Lillico	Senior League 3E	Whitley Bay	05/05/2013	24.4	Craig Birch	Senior League 4E	Hexham	06/06/2009	24.7
U20 F	200m		Charlotte Ramsey	North East Grand Prix	Gateshead	09/07/2014	26.4	Chloe Barras	North East Grand Prix	Gateshead	07/08/2019	27.9s
U20 M	200m		Adam Swalwell	NECAA Championships	Middlesbrough	12/05/2019	23.17s					
U23 M	200m		Jakob Nailen	Senior League Div 3E	Whitley Bay	05/08/2017	23.5	Chris Laidlaw	Senior League Div 3E	Whitley Bay	07/07/2013	24.4
U23 F	200m		Chloe Barras	Northern Senior League NE Premier	Whitley Bay	04/07/2021	28.1	Alice Dungworth	BUCS Championships	Bedford	05/05/2019	28.75s
U23 M	200m		Adam Swalwell	Northern Senior League NE Premier	Morpeth	01/08/2021	23.6s	Jakob Nailen	Sale Harriers Open Series	Manchester	25/02/2018	23.86s
V35 F	200m		Heather Barras	NECAA Pentathlon	Jarrow	24/09/2016	34.6	Haley Rathby	Senior League Div 2E	Jarrow	26/05/2012	36.9
V35 M	200m		Daniel Njai	Northern Senior League NE Premier	Middlesbrough	06/06/2021	25.9s	Henry Madden	Senior League Div 3E	Morpeth	14/07/2019	27.3
V40 M	200m		David Swalwell	North East Veterans Championships	Jarrow	28/06/2014	24.7	Nigel Gorvett	NEMAA League	Jarrow	19/07/2021	26
V40 F	200m		Gwen Forster	Northern Senior League Div 3E	Jarrow	04/06/2017	31.7	Heather Christopher	North East Veterans League	Jarrow	28/05/2012	33.1
V45 M	200m		David Swalwell	Senior League Div 3E	Middlesbrough	06/06/2015	24.6	Steve Dobby	NEMAA League	Jarrow	19/07/2021	30.3
V45 F	200m		Marie Liddell	NEMAA Pentathlon Championships	Jarrow	22/09/2018	31.49s	Clair Southern	NEMAA Championships	Jarrow	19/06/2021	34.4s
V50 M	200m		John Mallon	NEMAA League	Jarrow	13/06/2008	28.3	Ian Baxter	NEMAA League	Jarrow	19/07/2021	33
V50 F	200m		Cassie Keen	NEMAA League	Jarrow	16/08/2021	38					
V55 F	200m		Anne Craddock	North East Veterans League	Jarrow	16/06/2014	47					
V55 M	200m		Tony Dunn	NEMAA League	Jarrow	29/07/2019	30.0s	Tony Walbank	NEMAA League	Jarrow	07/06/2021	35.6
V60 F	200m		Alison Cummings	NEMAA League	Jarrow	16/08/2021	41.3s					
V65 M	200m		John Mallon	NEMAA League	Jarrow	16/08/2021	32.4s					
SEN M	200m (I)		Jakob Nailen	Sale Harriers Open Series	Manchester	05/01/2020	23.50s					
U13 M	200m (I)		Joshua Chrisp	Sale Harriers Open Series	Manchester	06/01/2019	27.99s	Luke Pichler	Northern Athletics U13/U15 Indoor C	Sheffield	02/02/2020	28.94s
U13 F	200m (I)		Hannah Wilson	Northern Athletics U13/U15 Indoor Ch	Sheffield	02/02/2020	27.					

U20	M	3000m	Josh Fiddaman	North East Grand Prix	Jarrow	04/08/2021	08:36.39s	Jake Jansen	North East Athletics League	Jarrow	23/05/2012	9:50.2s
U23	M	3000m	Joseph Woods	Cambridge vs Oxford Inter-varsity	Cambridge	18/05/2019	09:24.20s	Jake Jansen	BUCS Championship	Sheffield	21/02/2015	09:42.85s
V35	F	3000m	Leanne Herron	North East Veterans League	Jarrow	20/07/2015	11:37.9s	Suzanne Beall	Senior League Div 3E	Whitley Bay	09/08/2014	12:08.7s
V35	M	3000m	Gary Jones	NEMAA League	Jarrow	21/05/2018	9:49.2s	Jon French	North East Veterans League	Jarrow	20/07/2015	10:23.5s
V40	F	3000m	Helen Morris	Tyneside League	Gateshead	08/08/2007	11:22.06s	Heather Christopher	North East Veterans League	Jarrow	20/05/2013	11:51.8s
V40	M	3000m	Steven French	NEMAA League	Jarrow	10/06/2019	10:51.9s	Paul Norvell	NEMAA League	Jarrow	16/05/2022	10:58.3s
V45	F	3000m	Helen Morris	North East Athletics League	Jarrow	26/05/2010	12:14.3s	Heather Christopher	NEMAA League	Jarrow	13/06/2016	12:15.6s
V45	M	3000m	Nic Crofts	NEMAA 3000s Champs	Morpeth	27/09/2020	11:13.60s	Kevin Freeman	VAANE League	Jarrow	31/07/2006	11:31.4s
V50	M	3000m	Kevin Freeman	VAANE League	Jarrow	16/07/2007	10:59.1s	David Shields	NEMAA League	Jarrow	02/08/2021	11:33.8s
V50	F	3000m	Helen Morris	Senior League Div 3E	Middlesbrough	09/06/2013	12:35.5s	Lee Elder	NEMAA League	Jarrow	17/05/2021	13:20.9s
V55	F	3000m	Helen Morris	NEMAA League	Jarrow	16/07/2018	13:55.0	Claire Mason	NEMAA League	Jarrow	02/08/2021	14:15.0
V55	M	3000m	Tony Horsley	NEMAA 3000s Champs	Morpeth	27/09/2020	10:53.97s	Tony Dunn	NEMAA League	Jarrow	20/05/2019	11:33.0
V60	F	3000m	Alison Cummings	NEMAA 3000s Champs	Morpeth	27/09/2020	13:43.79s	Anne Craddock	NEMAA League	Jarrow	21/05/2018	14:55.0
OUTRIGHT	F	3000m (Higher Claim)	Rachelle Falloon	Senior League Div 2E	Jarrow	03/06/2018	10:43.9s					
U20	M	3000m (I)	Josh Fiddaman	Northern Indoor Open	Sheffield	07/12/2019	09:13.00					
OUTRIGHT	M	3000m S/C	Jon French	Senior League Div 3E	Jarrow	07/05/2017	10:54.2s	Joseph Woods	Senior League Div 2E	Hexham	08/07/2018	11:05.0s
SEN	M	3000m S/C	Lee Cuthbertson	Senior League Div 3E	Whitley Bay	13/07/2014	11:08.5s	Robert Morris	Northern Senior League NE Prem	Whitley Bay	04/07/2021	11:31.0s
U20	M	3000m S/C	Joseph Woods	Senior League Div 3E	Middlesbrough	06/08/2016	11:51.6s	Calum Storey	Senior League Div 3E	Whitley Bay	07/07/2013	11:51.6s
U23	M	3000m S/C	Joseph Woods	Senior League Div 2E	Hexham	08/07/2018	11:05.0s					
V35	M	3000m S/C	Jon French	Senior League Div 3E	Jarrow	07/05/2017	10:54.2s	Paul Whalley	Senior League Div 4E	Chester-le-Street	05/07/2009	12:13.4s
V40	M	3000m S/C	Ian Baxter	Senior League Div 3E	York	14/08/2011	13:33.7s	Iain Singer	Senior League Div 3E	York	03/07/2011	14:23.3s
V50	M	3000m S/C	Steve Gillespie	Senior League Div 4E	Hexham	06/06/2009	14:08.8s					
V35	M	3000m I	Daniel Njai	ASF Tyneside Treat	Hexham	09/05/2015	42.7					
SEN	M	3000m I	Henry Madden	NEMAA Championships	Jarrow	22/06/2019	56.2s					
U17	F	3000m W	Ella Wood	Northern Schools Inter County Match	Gateshead	20/06/2015	52.26	Rebecca Nail	Young Athletes 1NE	York	19/06/2011	52.3
SEN	M	3000m	Daniel Njai	North East Grand Prix	Jarrow	29/04/2015	38.3	Craig Birch	Stockport Summer Open Series	Stockport	16/07/2014	45.1
SEN	F	3000m	Lauren Barrett	North East Grand Prix	Jarrow	20/04/2022	44.53					
U15	F	3000m	Dale Turner	England Athletics U13/U15 National Cham	Bedford	27/08/2017	37.23s	Adam Swalwell	Northern Schools Inter County Match	Gateshead	20/06/2015	39.22
U17	M	3000m	Sadie Parker	Trafford AC Open Meeting	Trafford	02/05/2022	42.52s	Mia Liddell	NECAA Championships	Middlesbrough	13/05/2018	43.33s
U17	F	3000m	Adam Swalwell	North East Grand Prix	Jarrow	19/04/2017	39.7	Jake Masterman	North East Grand Prix	Jarrow	29/04/2015	40.1
U20	M	3000m	Heather Macdonald	Northumberland Schools Championship	Hexham	09/06/2018	40.9s	Alice Dugworth	ESAA Championships	Gateshead	10/07/2015	41.9
U23	M	3000m	Adam Swalwell	North East Grand Prix	Jarrow	24/04/2019	37.21s	Nathan Eltringham-Davison	North East Grand Prix	Jarrow	19/04/2017	40.3
V35	F	3000m	Adam Swalwell	Trafford Open	Trafford	23/04/2021	38.88s	Jake Jansen	North East Grand Prix	Jarrow	29/04/2015	42.7
V35	M	3000m	Heather Barrass	North East Veterans League	Jarrow	02/07/2012	49.9	Leanne Herron	North East Veterans League	Jarrow	20/05/2015	50.5
V40	F	3000m	Paul Slaughter	NEMAA League	Jarrow	19/07/2021	48.8s					
V40	M	3000m	Gwen Forster	NEMAA League	Jarrow	18/07/2016	50.3	Heather Christopher	North East Veterans League	Jarrow	07/07/2014	54.5
V45	F	3000m	Nigel Gorvett	North East Grand Prix	Jarrow	20/04/2022	39.88	David Swalwell	North East Veterans League	Jarrow	07/07/2014	40.4
V50	F	3000m	Clair Southern	NEMAA League	Jarrow	19/07/2021	57	Heather Christopher	NEMAA League	Jarrow	18/07/2016	57.3
V50	F	3000m	Helen Morris	North East Veterans League	Jarrow	20/07/2015	63.7					
V55	F	3000m	Anne Craddock	North East Veterans League	Jarrow	21/07/2014	76.4					
V55	M	3000m	Tony Dunn	NEMAA League	Jarrow	01/07/2019	48.5s	Kevin Freeman	North East Veterans League	Jarrow	07/07/2014	58
V60	F	3000m	Anne Craddock	NEMAA League	Jarrow	01/07/2019	78.7					
V65	M	3000m	John Mallon	NEMAA League	Jarrow	19/07/2021	53.1					
SEN	M	3000m (I)	Jakob Nailen	Sale Harriers Open Series	Sportcity	15/03/2020	36.98	Daniel Njai	Northern Athletics Open Meeting	Sheffield	04/12/2016	38.09
U15	F	3000m (I)	Courtney Madden	Northern Athletics Indoor Open	Sheffield	02/12/2017	47.75s					
U17	M	3000m (I)	Dale Turner	Northern Athletics Indoor Open	Sheffield	01/12/2018	37.51	John Wilson	Northern Athletics Indoor Open	Sheffield	01/12/2018	40.12
U17	F	3000m (I)	Heather Macdonald	Scottish National Championships	Glasgow	26/01/2019	42.36	Alice Dugworth	Northern Athletics Chamionships	Sheffield	17/01/2015	43.1
U20	F	3000m (I)	Heather Macdonald	Northern Athletics Indoor Open	Sheffield	07/12/2019	43.39	Chloe Barrass	Northern Athletics Indoor Open	Sheffield	07/12/2019	46
U20	M	3000m (I)	Adam Swalwell	Northern Athletics Indoor Open	Sheffield	07/12/2019	38.34s					
U23	M	3000m (I)	Adam Swalwell	Sale Harriers Open Series	Sportcity	13/03/2022	37.57s	Jakon Nailen	Northern Athletics Indoor Open	Sheffield	07/12/2019	38.26s
U13	M	3k (Road)	Connor Taggart	Quayside 3k	Gateshead	14/08/2019	11:50	Luke Robson	Darlington 3k	Darlington	12/08/2018	12.42
OUTRIGHT	M	400H	Daniel Njai	Northern Championships	Sportcity	12/06/2016	56.35	Chris Lillico	Senior League Div 3E	Jarrow	26/05/2012	62.3
SEN	M	400H	Daniel Njai	Northern Championships	Sportcity	12/06/2016	56.35	Rob Macdonald	Senior League Div 3E	Jarrow	09/07/2017	66.1
U20	M	400H	Chris Lillico	Senior League Div 3E	Jarrow	26/05/2012	62.3	Craig Birch	Senior League 4E	Jarrow	31/07/2010	63.4
U23	M	400H	Craig Birch	NECAA Championships	Gateshead	15/05/2011	63.24	Calum Storey	Senior League Div 3E	Middlesbrough	12/07/2015	70.3
V35	M	400H	Daniel Njai	NECAA Championships	Middlesbrough	12/05/2019	57.98	Steve Dobby	Senior League Div 3E	Jarrow	07/05/2011	66.6
V40	M	400H	Steven French	Northern Senior League 2E	Morpeth	14/07/2019	76.6s	Iain Singer	Senior League Div 3E	York	03/07/2011	77.1
V55	M	400H	Dave Bradley	Senior League Div 4E	Chester-le-Street	05/07/2009	93.5					
U17	M	400H/17M	Chris Lillico	Young Athletes 1NE	Jarrow	20/06/2010	62	Jake Masterman	NEYDL Div 2N	Jarrow	28/06/2015	64.3s
OUTRIGHT	F	400H/W	Chloe Barrass	Northern Senior League 2E	Leeds	19/05/2019	69.12s	Lauren Barrett	Senior League Div 3E	Middlesbrough	06/06/2015	74.5
SEN	F	400H/W	Lauren Barrett	Senior League Div 3E	Middlesbrough	06/06/2015	74.5	Phillipa Baxter	Senior League 3E	Whitley Bay	05/05/2013	86.1
U17	F	400H/W	Chloe Barrass	Senior League Div 3E	Whitley Bay	05/08/2017	93.7					
U20	F	400H/W	Chloe Barrass	Northern Senior League 2E	Leeds	19/05/2019	69.12s	Steff Ramsey	Senior League Div 3E	York	14/08/2011	83.3
V35	F	400H/W	Heather Barrass	Senior League Div 3E	Jarrow	26/05/2012	79.8	Lisa Scorer	Northern Senior League Div 3E	Jarrow	07-May	102.6
OUTRIGHT	F	400m	Charlotte Ramsey	NECAA Championships	Gateshead	18/05/2014	60.71	Lauren Barrett	Tartan Games	Gateshead	27/08/2017	61.4
OUTRIGHT	M	400m	Josh Fiddaman	Northern Senior League NE Premier	Morpeth	01/08/2021	51.7	Daniel Njai	Senior League Div 2E	Middlesbrough	12/07/2015	52
SEN	M	400m	Daniel Njai	Senior League Div 3E	Middlesbrough	12/07/2015	52	Jon French	Senior League Div 2E	Whitley Bay	05/05/2013	59.6
SEN	F	400m	Lauren Barrett	Tartan Games	Gateshead	27/08/2017	61.4	Leanne Herron	Senior League Div 3E	Whitley Bay	01/07/2012	70.1
U11	M	400m	Joshua Chrisp	Gateshead Minors	Gateshead	17/07/2016	70.23s	Kai Lisle	Gateshead Minors	Gateshead	22/05/2016	01:55.0
U11	F	400m	Taylor Chrisp	Tartan Games	Gateshead	26/08/2019	01:22.53s	Niamh Adams	Gateshead Young Athletes Meeting	Gateshead	15/04/2018	01:24.01s
U15	M	400m	Chris Lillico	Northumberland Schools Championship	Gateshead	13/06/2009	57.5	Michael Scott	Young Athletes 1NE	Whitley Bay	18/07/2010	58.9
U17	M	400m	Chris Lillico	Young Athletes 1NE	York	19/06/2011	52.3	Josh Fiddaman	NEYDL Div 2N	Hexham	24/06/2018	53.8s
U17	F	400m	Alice Dugworth	North East Grand Prix	Gateshead	13/08/2014	63.19	Kirstie Johnson	Senior League 4E	Hexham	06/06/2009	64.3
U20	F	400m	Charlotte Ramsey	NECAA Championships	Gateshead	18/05/2014	60.71	Chloe Barrass	Senior League Div 2E	Whitley Bay	10/08/2019	63.4
U20	M	400m	Josh Fiddaman	Northern Senior League NE Premier	Morpeth	01/08/2021	51.7	Chris Lillico	North East Athletics League	Jarrow	23/05/2012	54.4
U23	M	400m	Peter Skirrow	Northern Senior League Div 2E	Leeds	19/05/2019	53.25	Lillis Hetherington	Northern Senior League Div 3E	Jarrow	07/05/2017	55.1
U23	F	400m	Chloe Barrass	Northern Senior League NE Premier	Morpeth	01/08/2021	61.7s					
V35	F	400m	Heather Barrass	North East Veterans League	Jarrow	11/06/2012	70.6	Lisa Dean	Senior League 4E	Chester-le-Street	05/07/2009	77.3
V35	M	400m	Jon French	NEMAA Championships	Jarrow	27/06/2015	57.6	Daniel Njai	Northern Senior League NE Prem	Middlesbrough	06/06/2021	59.8s
V40	F	400m	Gwen Forster	Northern Senior League Div 3E	Jarrow	04/06/2017	70.6	Heather Christopher	North East Veterans League	Jarrow	16/06/2014	75.4
V40	M	400m	Nigel Gorvett	NEMAA League	Jarrow	16/05/2022	56.9	Paul Norvell	NEMAA League	Jarrow	16/05/2022	60.3
V45	F	400m	Heather Christopher	NEMAA League	Jarrow	16/05/2016	80	Helen Morris	North East Veterans Championships	Jarrow	23/06/2012	83
V45	M	400m	Rob Wilson	NEMAA Championships	Jarrow	22/06/2019	60.0s	Phil Battista	NEMAA League	Jarrow	20/05/2019	65.1s
V50	M	400m	John Mallon	Senior League Div 4E	Whitley Bay	02/08/2009	65.5	Ian Baxter	NEMAA League	Jarrow	05/07/2021	72.9
V50	F	400m	Lee Elder	NEMAA League	Jarrow	17/05/2021	84.4s	Helen Morris	North East Veterans League	Jarrow	16/06/2014	88.5
V55	F	400m	Helen Morris	NEMAA League	Jarrow	16/07/2018	01:35.0	Claire Mason	NEMAA League	Jarrow	02/08/2021	01:41.0
V55	M	400m	Tony Dunn	NEMAA League	Jarrow	16/05/2022	66.4	Kevin Freeman	North East Veterans League	Jarrow	16/06/2014	79
V60	M	400m	John Mallon	NEMAA League	Jarrow	10/06/2019	01:24.0					
V60	F	400m	Anne Craddock	NEMAA League	Jarrow	15/07/2019	01:44.0					
U17	M	400m (I)	Dale Turner	Northern Athletics Championships, Sheffield	Sheffield	12/01/2019	53.96	John Wilson	Northern Athletics Championships, Sh	Sheffield	12/01/2019	57.78
U20	F	400m (I)	Charlotte Ramsey	Northern Athletics Championships, Sheffield	Sheffield	17/01/2015	61.93					
U20	M	400m (I)	Adam Swalwell	Northern Athletics Championships	Sheffield	12/01/2019	55.51					
Year 3	F	400m NOTAN	Taylor Chrisp	NOTAN Summer Grand Prix	Whitley Bay	26/08/2017	01:34	Marie Irvine	NOTAN Summer Grand Prix	Whitley Bay	29/07/2017	02:12
Year 3	M	400m NOTAN	Aiden Coyle	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	01:17	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	27/07/2014	01:21
U11	M	450m	Joshua Chrisp	Monkton Minor Athletes	Jarrow	12/11/2016	1:38.8s					
SEN	F	4x100m	Barras, Ramsey, Dungworth, Barrett	Sprint Relays	Jarrow	06/09/2017	55.75s	Dungworth,Wood,Falloon,Barre	Spring Track Relays	Whitley Bay	10/04/2016	56.2
SEN	M	4x100m	Nailen/Ward/Fiddaman/Swalwell	Northern Senior League NE Premier	Morpeth	01/08/2021	45.1s	Nailen/Turner/D Swalwell/A Sw	Spring Relays	Jarrow	05/09/2018	46.42s
U11	M	4x100m	Chrisp,Gray,Watson,Lisle	Spring Track Relays	Whitley Bay	09/04/2017	74.1	Chrisp,Gray,Watson,Lisle	Spring Track Relays	Whitley Bay	09/04/2017	74.5
U11	F	4x100m	Adams/Creaty/Chrisp/Huntly	Spring Track Relays	Whitley Bay	30/03/2019	65.0s	Parker/Allan/Adams/Turner	Spring Track Relays	Whitley Bay	22/04/2018	65.39
U13	M	4x100m	Anderson,Walker,Dempsey,Chrisp	Spring Track Relays	Whitley Bay	30/03/2019	57.9s	Anderson,Walker,Horsman,Chrisp	NEYDL Div 2N	Hexham	23/06/2019	58.7s
U13	F	4x100m	Parker/Wilson/Wilkinson/Turner	IAAF Diamond League Birmingham	Birmingham	18/08/2019	53.24s	Parker/Liddell/Wilson/Turner	Spring Track Relays	Whitley Bay	30/03/2019	55.3s
U15	M	4x100m	Barron, Kyle, Eltringham, Wilson	NEYDL Div 2N	Whitley Bay							

U15	F	4x200m	Corvett/Parker/Creaby/Wilkinson	NECAA Sprint Relays	Jarrow	08/09/2021	01:53.0	Quinn,Madden,Ross-Knight,Gur	Sprint Relays	Jarrow	14/09/2016	02:01.0
U17	F	4x200m	Unknown	Sprint Relays	Jarrow	??/09/2011	02:04.5s					
U17	M	4x200m	Unknown	Sprint Relays	Jarrow	??/09/2011	01:40.4s	Swalwell/Fiddaman/Wilson/Tur	Spring Track Relays	Whitley Bay	09/04/2017	01:40.5s
SEN	M	4x200m mixed	Madden/Forster/Battista/Barrett	Spring Track Relays	Whitley Bay	30/03/2019	01:57.0	Thomson/Harmon/Fairhurst/M	Spring Track Relays	Whitley Bay	22/04/2018	02:12.87s
U13	M	4x200m mixed	Chris/Liddell/Walker/Parker	Spring Track Relays	Whitley Bay	30/03/2019	01:58.0	Turner/Dempsey/Anderson/Wil	Spring Track Relays	Whitley Bay	30/03/2019	02:12.0
U15	M	4x200m mixed	Pichler/Wilson/Bond/Stewart	NECAA Sprint Relays	Jarrow	08/09/2021	01:53.0	Bestford/Walker/Train/Coyle	Spring Track Relays	Whitley Bay	30/03/2019	02:02.0
U17	F	4x300m	Liddell/Madden/Anderson/Macdo	Spring Track Relays	Whitley Bay	30/03/2019	03:06.0					
SEN	F	4x400m	Dungworth/Wood/Forster/Barrett	Spring Track Relays	Whitley Bay	10/04/2016	4:41.4s	Falloon,Dungworth,Scott,Wood	Sprint Relays	Jarrow	09/09/2015	05:04.5s
SEN	M	4x400m	Swagwell_Turner, Nallen, Fiddaman	Spring Track Relays	Jarrow	05/09/2018	03:38.82s	Njai,Jansen,A Swalwell,Masterm	Sprint Relays	Jarrow	09/09/2015	03:50.5s
U17	M	4x400m	Swalwell,Barron,Wilson,Turner	Spring Track Relays	Whitley Bay	09/04/2017	03:59.0s					
OUTRIGHT F		4x400m (BLTYH ONLY)	Falloon,Dungworth,Scott,Wood	Sprint Relays	Jarrow	09/09/2015	05:04.5s			Jarrow	11/09/2013	05:21.4s
OUTRIGHT M		4x400m (BLTYH ONLY)	Swalwell_Turner, Nallen, Fiddaman	Sprint Relays	Jarrow	05/09/2018	03:38.82s	Njai,Jansen,A Swalwell,Masterm	Sprint Relays	Jarrow	09/09/2015	03:50.5s
SEN	F	4x400m (with Walkend	Barratt/Barrass/Berry(W)/Hodgkir	Northern Senior League Division 2E	Darlington	04/08/2018	04:26.0	Barrass/Walsend/Walsend/Wa	Northern Senior League Division 2E	Darlington	04/08/2018	04:30.0
SEN	M	4x400m (with Walkend	Walsend/Skirroo/Fiddaman/Wall	Northern Senior League Division 2E	Darlington	04/08/2018	03:38.0	Fiddaman/Skirroo/Macdonald/	Northern Senior League Division 2E	Jarrow	03/06/2018	3:39.1s
SEN	M	4x800m	Jansen,Masterman,Marsh,Dungwo	Spring Track Relays	Whitley Bay	10/04/2016	09:17.0s	Dunn/Madden/Fiddaman/Dun	Spring Track Relays	Whitley Bay	30/03/2019	09:40.0
U13	F	4x800m	Parker/Wilson/Liddell/Farrell	Spring Track Relays	Whitley Bay	30/03/2019	13:01.0	Crackett/Fiddaman/Graham/Mc	Spring Track Relays	Whitley Bay	10/04/2016	13:09.2s
U13	M	4x800m	Hosman/Wormwell/Watson/Wormwe	Spring Track Relays	Whitley Bay	30/03/2019	14:02.0					
U15	F	4x800m	Fiddaman/Graham/Morris/Stansf	Spring Track Relays	Whitley Bay	09/04/2017	11:58.4s					
OUTRIGHT F		5 mile road	Leanne Herron	Norman Woodcock 5m	Newcastle	23/11/2013	32:41m					
OUTRIGHT M		5 mile road	Brad Clough	Norman Woodcock 5m	Newcastle	06/12/2014	27:39m	Ash Henderson	Whalton Autumn Classic 5	Whalton	30/09/2007	27:59m
SEN	M	5 mile road	Brad Clough	Norman Woodcock 5m	Newcastle	06/12/2014	27:39m	Ash Henderson	Whalton Autumn Classic 5	Whalton	30/09/2007	27:59m
OUTRIGHT F		5000m	Leanne Herron	Police Sport UK Championships	Doncaster	08/07/2009	19:38.5s	Helen Morris	North East Veterans League	Jarrow	01/08/2007	19:54.7s
OUTRIGHT M		5000m	Joseph Woods	MK5000 PB Special	Milton Keynes	27/07/2019	15:56.01s	Ash Henderson	Northern League 4E	Hexham	04/07/2010	16:43.4s
SEN	F	5000m	Leanne Herron	Police Sport UK Championships	Doncaster	08/07/2009	19:38.5s					
SEN	M	5000m	Jake Jansen	Northern Senior League NE Premier	Middlesbrough	06/06/2021	16:51.9s	Lee Cuthbertson	RAF Championships	Coxford	18/06/2014	17:14.23s
U20	M	5000m	Jake Jansen	Senior League Div 3E	Whitley Bay	07/07/2013	17:40.7s	Joseph Dungworth	Whitley Bay Div 3E	Whitley Bay	03/05/2015	18:45.8s
U23	M	5000m	Joseph Woods	MK5000 PB Special	Milton Keynes	27/07/2019	15:56.01s	Joe Wren	Northern Senior League NE Prem	Middlesbrough	30-Apr	17:21.0
V35	M	5000m	Ash Henderson	Northern League 4E	Hexham	04/07/2010	16:43.4s	Richard Jones	Senior League Div 2E	Jarrow	03/06/2018	17:12.0s
V35	F	5000m	Leanne Herron	NEMAA 5000m Championships	Jarrow	19/09/2015	21:00.4s					
V40	F	5000m	Helen Morris	North East Veterans League	Jarrow	01/08/2007	19:54.7s	Heather Christopher	NECAA 5000m Championships	Jarrow	08/09/2012	20:28.4s
V40	M	5000m	Iain Singer	Senior League Div 3E	Jarrow	07/05/2011	18:23.6s	Steven French	Northern Senior League 2E	Morpeth	14/07/2019	18:45.5s
V45	M	5000m	Kevin Freeman	???	Jarrow	22/07/2006	19:04.3s	Peter Brown	Senior League 4E	Hexham	06/06/2009	
V45	F	5000m	Helen Morris	Veterans AA North East Championships	Jarrow	24/09/2008	20:51.0s					
V50	F	5000m	Helen Morris	NECAA 5000m Championships	Jarrow	07/09/2013	22:21.3s					
V55	F	5000m	Helen Morris	NEMAA Championships	Jarrow	22/06/2019	24:27.0s					
V60	F	5000m	Alison Cummings	NEMAA Championships	Jarrow	19/06/2021	23:52.6s	Diane Wallace	NECAA 5000m Championships	Jarrow	08/09/2012	26:02.2s
U11	M	50m	Kai Lisle	Gateshead Minors	Gateshead	17/07/2016	10.06s					
Year 3	F	50m NOTAN	Taylor Chrisp	NOTAN Summer Grand Prix	Whitley Bay	26/08/2017	9.5s	Marie Irvine	NOTAN Summer Grand Prix	Whitley Bay	29/07/2017	11.2s
Year 3	M	50m NOTAN	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	May 2014	8.3	Aiden Coyle	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	8.5s
OUTRIGHT F		5k (Road)	Helen Morris	Exhibition Park 5k	Newcastle	15/08/2007	20:05s	Rachelle Falloon	GVG Staffelnarathon	Pulheim	17/01/2016	20:33s
OUTRIGHT M		5k (Road)	Josh Fiddaman	Podium 5k	Barrowford	12/03/2022	15:15	Ellis Hetherington	Terry O'Gara 5k	Walsend	22/04/2018	16:06
SEN	M	5k (Road)	Ellis Hetherington	Terry O'Gara 5k	Walsend	22/04/2018	16:06	Andrew Henderson	Clive Cookson 5k	Whitley Bay	23/05/2007	16:09s
U20	M	5k (Road)	Josh Fiddaman	Middlesbrough Endeavour Graded 5K	Middlesbrough	11/04/2021	15:42					
U23	F	5k (Road)	Rachelle Falloon	GVG Staffelnarathon	Pulheim	17/01/2016	20:33s					
U23	M	5k (Road)	Josh Fiddaman	Podium 5k	Barrowford	12/03/2022	15:15					
V35	M	5k (Road)	Paul Whalley	Sunderland 5k	Sunderland	23/07/2008	16:57m					
V35	F	5k (Road)	Carly Ellis	Terry O'Gara 5k	Walsend	10/04/2022	20:44	Katie Donaldson	Terry O'Gara 5k	Walsend	10/04/2022	21:02
V40	M	5k (Road)	Paul Norvell	Terry O'Gara 5k	Walsend	10/04/2022	19:02	Richard Daly	Terry O'Gara 5k	Walsend	10/04/2022	20:52
V40	F	5k (Road)	Lisa Scorer	Terry O'Gara 5k	Walsend	10/04/2022	23:48					
V45	M	5k (Road)	Steven French	Terry O'Gara 5k	Walsend	10/04/2022	18:46	Dan Frater	Terry O'Gara 5k	Walsend	10/04/2022	19:42
V50	M	5k (Road)	Ian Baxter	Terry O'Gara 5k	Walsend	10/04/2022	19:35	Alan Stewart	Terry O'Gara 5k	Walsend	10/04/2022	21:08
V55	M	5k (Road)	Rob Hall	Gateshead Open Road Races	Gateshead	29/10/2005	16:16s	Tony Dunn	Terry O'Gara 5k	Walsend	22/04/2018	19:38
V55	M	5k (Road)	equal 2nd					Joe Frazer	Air Products Sunderland 5k	Sunderland	18/07/2007	19:38
U11	M	600m	Joshua Chrisp	Tartan Games	Gateshead	27/08/2017	1:53.95s	Josh Fiddaman	Tartan Games	Gateshead	25/08/2012	01:56.13s
U11	F	600m	Niamh Adams	North Yorks South Durham League	Middlesbrough	16/04/2019	02:02.0	Sadie Parker	Gateshead Young Athletes Meeting	Gateshead	12/08/2018	02:09.0
U13	M	600m	Luke Robson	Gateshead Young Athletes Meeting	Gateshead	15/04/2018	02:16.0	Christopher Njai	Gateshead Young Athletes Meeting	Gateshead	15/04/2018	03:35.0
U13	F	600m	Madeleine Liddell	Gateshead Young Athletes Meeting	Gateshead	12/08/2018	01:57.0	Abi Fiddaman	Anne Marie Reddish Open	Shildon	17/04/2016	2:04.2s
SEN	M	600m (I)	Henry Madden	Northern Athletics Open Meeting	Sheffield	01/12/2018	01:40.45s	Craig Harmon	Northern Athletics Open Meeting	Sheffield	01/12/2018	01:40.77s
U13	F	600m (I)	Niamh Adams	Northern Athletics Indoor Open	Sheffield	16/11/2019	02:00.82s					
U15	F	600m (I)	Lauren Creaby	Northern Athletics Indoor Open	Sheffield	20/11/2021	01:46.34s					
U20	M	600m (I)	Josh Fiddaman	Northern Athletics Open Meeting	Sheffield	01/12/2018	01:26.16s					
U23	M	600m (I)	Craig Birch	Manchester Open	Sportcity	06/03/2011	01:32.44s					
U15	M	600m (L, bounceboards	Dale Turner	Monkton Young Athletes	Jarrow	10/11/2016	02:11.9s	John Wilson	Monkton Young Athletes	Jarrow	10/11/2016	02:16.0s
Year 4	M	600m NOTAN	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	April 2016	02:06	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	July 2015	02:10
Year 4	F	600m NOTAN	Abi Fiddaman	NOTAN Summer Grand Prix	Whitley Bay	May 2014	02:13	Niamh Adams	NOTAN Summer Grand Prix	Whitley Bay	13/04/2019	02:14
Year 5	F	600m NOTAN	Niamh Adams	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	02:01	Abigail Huntly	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	02:04
Year 5	M	600m NOTAN	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	May 2017	01:56	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	April 2016	02:04
SEN	M	60H SM	Daniel Njai	Northern Athletics Indoor Championships	Sheffield	16/01/2016	8.86					
U23	M	60H SM	Craig Birch	NECAA Indoor Pentathlon	Gateshead	18/03/2012	12.21					
SEN	F	60H SW	Phillipa Baxter	Gateshead Indoor Series	Gateshead	20/01/2011	16.44					
U20	F	60H SW	Bethan Sproat	NECAA Indoor Pentathlon	Gateshead	16/03/2014	12.07					
U15	F	60H U15G	Sadie Parker	England Athletics Combined Events Cham	Sheffield	13/03/2022	9.30s	Hannah Wilson	NECAA Indoor Championships	Gateshead	20/02/2022	9.48s
U17	F	60H U17M	Heather Macdonald	NECAA Indoor Pentathlon	Gateshead	17/03/2019	9.33s	Millie Train	England Athletics Indoor Age Group	Sheffield	13/02/2022	9.58s
U20	M	60H U20M	Alfie Ward	England Athletics U20 Combined Events	Sheffield	09/01/2022	8.51					
U13	M	60H U13M	Luke Pichler	NECAA Indoor Championships	Gateshead	16/02/2020	10.26s					
U13	F	60H U13W	Millie Wilkinson	Scottish National Championships	Emirates Arena	29/02/2020	9.73	Hannah Wilson	NECAA Indoor Championships	Gateshead	17/02/2019	10.16s
U11	F	60m	Sadie Parker	Tartan Games	Gateshead	26/08/2018	9.73s	Taylor Chrisp	Tartan Games	Gateshead	26/08/2019	10.14s
U11	M	60m	Joshua Chrisp	Tartan Games	Gateshead	27/08/2017	8.84	Lewis Conolly	Tartan Games	Gateshead	29/08/2021	9.84s
OUTRIGHT M		60m (I)	Jakob Nallen	Gateshead Indoor Series	Gateshead	16/11/2017	7.24	Alfie Ward	England Athletics U20 Combined Eve	Sheffield	08/01/2022	7.27s
OUTRIGHT F		60m (I)	Millie Wilkinson	England Athletics Indoor Age Group Cham	Sheffield	12/02/2022	8.01s	Hannah Wilson	Gateshead Indoor Series	Gateshead	02/02/2022	8.03s
SEN	M	60m (I)	Daniel Njai	Gateshead Indoor Series	Gateshead	15/12/2016	7.54	Rob Macdonald	Gateshead Indoor Series	Gateshead	09/02/2017	7.81
U11	F	60m (I)	Joshua Chrisp	Jarrow Minor Athletics	Jarrow	12/11/2016	8.9	Kea Rezal	Jarrow Minor Athletics	Jarrow	06/03/2016	9.5
U11	M	60m (I)	Maya Turner	Gateshead College Open Series	Gateshead	15/03/2018	9.02s	Caitlin Creaby	North East Youth Indoor Series	Gateshead	09/11/2019	10.43s
U13	M	60m (I)	Frankie Foster	North East Youth Indoor Series	Gateshead	25/01/2020	10.46s	Jacob French	North East Youth Indoor Series	Gateshead	09/11/2019	10.57
U13	F	60m (I)	Joshua Chrisp	Gateshead Indoor Series	Gateshead	14/03/2019	8.21	Luke Pichler	NECAA Indoor Championships	Gateshead	16/02/2020	8.55s
U15	F	60m (I)	Millie Wilkinson	NECAA Indoor Pentathlon	Gateshead	15/03/2020	8.16s	Hannah Wilson	NECAA Indoor Championships	Gateshead	16/02/2020	8.32s
U15	F	60m (I)	Millie Wilkinson	England Athletics Indoor Age Group Cham	Sheffield	12/02/2022	8.01s	Hannah Wilson	Gateshead Indoor Series	Gateshead	02/02/2022	8.03s
U15	M	60m (I)	Luke Pichler	NECAA Indoor Championships	Gateshead	20/02/2022	7.56s	Dale Turner	NECAA Indoor Pentathlon	Gateshead	19/03/2017	7.74
U17	F	60m (I)	Heather Macdonald	NECAA Indoor Championships	Gateshead	17/02/2019	8.06	Alice Dungworth	English Athletics Championships	Sheffield	28/02/2015	8.2
U17	M	60m (I)	Alfie Ward	England Athletics U17 Combined Events	Sheffield							

U13	M	800m	Josh Fiddaman	NECAA Championships	Gateshead	18/05/2014	02:21.49s	Connor Taggart	North East Grand Prix	Gateshead	07/08/2019	02:27.92s
U13	F	800m	Lauren Creaby	NECAA Open	Morpeth	18/10/2020	02:35.81s	Abi Fiddaman	NEYD 2N	Whitley Bay	21/05/2017	02:40.0
U15	M	800m	Josh Fiddaman	Northern Athletics Championships	Middlesbrough	24/08/2016	02:07.13s	Chris Lillico	English Schools Combined Events	Bedford	19/09/2009	02:13.10s
U15	F	800m	Lauren Creaby	NEGP	Jarrow	19/05/2021	02:21.31s	Charlie Hedley	North East Grand Prix	Gateshead	15/08/2012	02:28.30s
U17	F	800m	Charlotte Ramsey	Young Athletes 1NE	York	19/11/2011	02:30.9s	Millie Train	NEGP	Jarrow	19/05/2021	02:35.75s
U17	M	800m	Josh Fiddaman	Senior League Div 2E	Jarrow	03/06/2018	1:56.3s	James Young	NEYD Div 2N	Jarrow	20/07/2014	02:04.5s
U20	M	800m	Josh Fiddaman	BMC PB Classic	Milton Keynes	05/06/2021	01:53.50s	Joseph Dungworth	Senior League Div 3E	Darlington	04/05/2014	02:07.6s
U23	M	800m	Josh Fiddaman	Loughborough Open	Loughborough	11/05/2022	01:53.27s	Ellis Hetherington	NECAA Championships	Gateshead	14/05/2017	02:00.38s
V35	F	800m	Leanne Herron	Senior League Div 3E	Jarrow	07/05/2017	2:37.4s	Julie Clark	Senior League Div 3E	Whitley Bay	05/05/2012	02:42.2s
V35	M	800m	Craig Harmon	NECAA Championships	Middlesbrough	15/05/2022	02:14.50s	Paul Whalley	Senior League Div 4E	Whitley Bay	02/08/2009	02:15.3s
V40	M	800m	Iain Singer	North East Veterans Championships	Jarrow	09/07/2011	02:29.5s	Stephen French	NEMAA League	Jarrow	22/05/2017	02:33.4s
V40	F	800m	Heather Christopher	Senior League Div 3E	Morpeth	13/07/2014	02:42.4s	Gwen Forster	Senior League Div 2E	Gateshead	05/06/2016	02:44.8s
V45	F	800m	Heather Christopher	NEMAA League	Jarrow	23/05/2016	02:42.4s	Marie Liddell	NEMAA Pentathlon Championships	Jarrow	22/09/2018	2:55.46
V45	M	800m	Phil Battista	NEMAA League	Jarrow	01/07/2019	02:41.0	Stephen French	NEMAA League	Jarrow	16/08/2021	02:41.0
V50	F	800m	Helen Morris	North East Veterans League	Jarrow	03/06/2013	03:08.5s	Sue Browning	NEMAA League	Jarrow	16/08/2021	03:11.0
V50	M	800m	Ian Baxter	NEMAA League	Jarrow	16/08/2021	02:35.0	David Shields	NEMAA League	Jarrow	16/08/2021	02:43.0
V55	F	800m	Helen Morris	NEMAA League	Jarrow	04/06/2018	03:30.3s					
V55	M	800m	Tony Dunn	NEMAA League	Jarrow	29/07/2019	02:28.0	Mark Walbank	NEMAA Championships	Jarrow	19/06/2021	02:40.62s
V60	F	800m	Alison Cummings	NEMAA League	Jarrow	07/06/2021	3:26.4s	Anne Craddock	NEMAA League	Jarrow	29/07/2019	03:47.0
V65	M	800m	John Mallon	NEMAA League	Jarrow	07/06/2021	03:18.0					
U13	F	800m (I)	Niamh Adams	Northern U13/U15 Indoor Champs	Sheffield	02/02/2020	2:55.92s					
U15	M	800m (I)	Luke Pichler	Scottish National CE Champs	Glasgow	29/01/2022	2:19.75s	Connor Taggart	Northern U13/U15 Indoor Champs	Sheffield	02/02/2020	2:21.34s
U17	F	800m (I)	Senna Gorvett	Scottish National CE Champs	Glasgow	30/01/2022	2:32.26s					
U20	M	800m (I)	Josh Fiddaman	England Athletics Age Group Champions	Sheffield	25/02/2018	01:56.47s					
U20	M	800m (I)	Josh Fiddaman	Northern Athletics Championships	Sheffield	12/01/2020	1:58.26s					
Year 6	F	800m NOTAN	Lauren Creaby	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	02:49	Abi Fiddaman	NOTAN Summer Grand Prix	Whitley Bay	May 2016	02:54
Year 6	M	800m NOTAN	Luke Pichler	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	02:39	Joseph Anderson	NOTAN Summer Grand Prix	Whitley Bay	13/04/2019	03:08
U15	M	80M U15M	Luke Pichler	NEYD Div 1	Whitley Bay	24/04/2022	11.5s	Dale Turner	ESAA Combined Events Regional Qual	Middlesbrough	24/06/2017	12.4
U17	F	80M U17W	Millie Train	NEYD Div 1	Morpeth	17/07/2021	12.5s	Ellie Morris	NEYD Div 2N	Whitley Bay	28/04/2019	13.7
U11	F	80m	Abigail Huntly	Northumberland Minors Champs	Gateshead	22/06/2019	12.1					
U13	F	80m	Maya Turner	City of York Summer League	York	06/05/2019	11.39	Sadie Parker	City of York Summer League	York	06/05/2019	11.69
OUTRIGHT F		Blaydon Race 5.67m	Leanne Herron	Blaydon Race	Blaydon	09/06/2004	39:26m	Heather Christopher	Blaydon Race	Blaydon	09/06/2015	39:41m
OUTRIGHT M		Blaydon Race 5.67m	Gary Jones	Blaydon Race	Blaydon	09/06/2018	31:58m	Ellis Hetherington	Blaydon Race	Blaydon	09/06/2017	32:08m
SEN F		Blaydon Race 5.67m	Julie Lumsden	Blaydon Race	Blaydon	09/06/1999	38:57m	Leanne Herron	Blaydon Race	Blaydon	09/06/2004	39:26m
SEN M		Blaydon Race 5.67m	Andy Brown	Blaydon Race	Blaydon	09/06/1999	29:52m	Sam Dodd	Blaydon Race	Blaydon	09/06/2015	32:57m
U20 M		Blaydon Race 5.67m	Gareth Hope	Blaydon Race	Blaydon	09/06/1999	37:38m					
U23 F		Blaydon Race 5.67m	Rachelle Falloon	Blaydon Race	Blaydon	09/06/2015	43:30m					
U23 M		Blaydon Race 5.67m	Ellis Hetherington	Blaydon Race	Blaydon	09/06/2017	32:08m	Jake Jansen	Blaydon Race	Blaydon	09/06/2015	32:56m
V35 F		Blaydon Race 5.67m	Claire Calverley	Blaydon Race	Blaydon	09/06/2015	41:33m	Phillippa Baxter	Blaydon Race	Blaydon	09/06/2014	43:01m
V35 M		Blaydon Race 5.67m	Gary Jones	Blaydon Race	Blaydon	09/06/2018	31:58m	Graeme Stewart	Blaydon Race	Blaydon	09/06/2015	35:36m
V40 M		Blaydon Race 5.67m	Stephen Gair	Blaydon Race	Blaydon	09/06/1999	33:08m	Steven French	Blaydon Race	Blaydon	09/06/2018	34:31m
V45 M		Blaydon Race 5.67m	Rob Hall	Blaydon Race	Blaydon	09/06/1999	32:33m	David Morris	Blaydon Race	Blaydon	06/06/1999	34:19m
V45 F		Blaydon Race 5.67m	Heather Christopher	Blaydon Race	Blaydon	09/06/2015	39:41m	Sandra Watson	Blaydon Race	Blaydon	09/06/2018	42:57m
V50 M		Blaydon Race 5.67m	Joe Frazer	Blaydon Race	Blaydon	09/06/1999	34:47m	Alan Kenny	Blaydon Race	Blaydon	06/06/1999	36:55m
V50 F		Blaydon Race 5.67m	Carole Watt	Blaydon Race	Blaydon	09/06/2014	47:29m	Davina Lonsdale	Blaydon Race	Blaydon	09/06/2018	49:26m
V55 M		Blaydon Race 5.67m	Martin Gaughan	Blaydon Race	Blaydon	09/06/2014	36:26m	Dave Kitching	Blaydon Race	Blaydon	06/06/1999	38:27m
V55 F		Blaydon Race 5.67m	Cath Young	Blaydon Race	Blaydon	09/06/2015	48:10m					
V60 M		Blaydon Race 5.67m	Dave Bradley	Blaydon Race	Blaydon	09/06/2014	39:11m	Ralph Dickinson	Blaydon Race	Blaydon	09/06/2014	44:43m
V65 M		Blaydon Race 5.67m	Joe Frazer	Blaydon Race	Blaydon	09/06/2015	43:06m	Alf Margison	Blaydon Race	Blaydon	09/06/2015	55:28m
V70 M		Blaydon Race 5.67m	Denis Moss	Blaydon Race	Blaydon	1999	42:37m					
V55 M		Blaydon Race 5.7m	Joe Frazer	Nike Blaydon Race	Blaydon	09/06/2007	37:27m					
U13 F		Cricket Ball 5oz	Rebecca Allan	Northumberland Minors Champs	Gateshead	22/06/2019	20.00m					
U23 M		Decathlon	Craig Birch	Wrexham Open Games	Wrexham	12/08/2012	2674					
U20 M		Decathlon U20M	Affie Ward	ESAA Combined Events Regional Qualifier	Hull	27/06/2021	5350pts					
U15 M		Discus 1.25kg	Dale Turner	NEYD Div 2N	Whitley Bay	21/05/2017	23.05m	Josh Fiddaman	NEYD Div 2N	Whitley Bay	17/07/2016	18.78m
U17 M		Discus 1.5kg	Matthew Fairhurst	NEYD Div 2N	Jarrow	20/05/2018	24.82m	Kalvin Hurst	North East Combined Events	Hull	26/06/2010	20.42m
V50 M		Discus 1.5kg	Ian Baxter	NEMAA League	Jarrow	16/08/2021	15.70m					
V55 M		Discus 1.5kg	Tony Dunn	NEMAA Championships	Jarrow	19/09/2021	22.97m					
U20 M		Discus 1.75kg	Affie Ward	NECAA Championships	Middlesbrough	21/08/2021	32.33m					
OUTRIGHT F		Discus 3kg	Helen Huntly	NEMAA Championships	Jarrow	19/06/2021	19.88m	Tamsin Brown	Young Athletes 1NE	Jarrow	22/05/2011	18.99m
SEN F		Discus 3kg	Heather Barrass	Senior League Div 4E	Whitley Bay	02/08/2009	13.25m	Gemma Harmon	Senior League Div 3E	Jarrow	04/06/2017	11.69m
U13 M		Discus 3kg	Alex Walker	NEYD Div 2N	Hexham	23/06/2019	12.64m					
U15 F		Discus 3kg	Hannah Walker	NEYD Div 2N	Jarrow	18/05/2019	16.99m	Lisa Blackburn	Young Athletes 1NE	Jarrow	08/05/2011	15.89m
U17 F		Discus 3kg	Tamsin Brown	Young Athletes 1NE	Jarrow	22/05/2011	18.99m	Heather Macdonald	NEYD Div 2N	Hexham	23-Jun	15.83m
U23 F		Discus 3kg	Steph Ramsay	Senior League Div 3E	Middlesbrough	06/06/2015	17.10m					
V35 F		Discus 3kg	Helen Huntly	NEMAA Championships	Jarrow	19/06/2021	19.88m	Stacey Short	NEMAA League	Jarrow	16/08/2021	13.54m
V40 F		Discus 3kg	Steph English	NEMAA League	Jarrow	19/07/2021	17.83m	Claire Southern	NEMAA Championships	Jarrow	22/06/2019	15.97m
V45 F		Discus 3kg	Sharon Richardson	Senior League Div 3E	York	14/08/2011	14.90m	Adele Lonsdale	Senior League Div 3E	Whitley Bay	05/05/2013	14.79m
V50 F		Discus 3kg	Sharon Richardson	Senior League Div 3E	Whitley Bay	03/05/2015	18.46m	Cassie Keen	NEMAA League	Jarrow	07/06/2021	13.11m
V55 F		Discus 3kg	Anne Craddock	Senior League Div 3E	Darlington	04/05/2014	13.47m	Claire Mason	NEMAA League	Jarrow	16/08/2021	6.94m
V60 F		Discus 3kg	Anne Craddock	NEMAA League	Jarrow	16/08/2021	10.64m					
V65 M		Discus 3kg	John Mallon	NEMAA League	Jarrow	07/06/2021	12.88m					
OUTRIGHT M		Discus 2kg	Tony Dunn	Northern Senior League NE Premier	Morpeth	01/08/2021	23.55m	Richard Bickerton	Northern Senior League 2E	Morpeth	14/07/2019	22.87m
SEN M		Discus 2kg	Daniel Njai	North East Grand Prix	Jarrow	23/07/2014	22.49m	Henry Madden	Senior League Div 2E	Whitley Bay	05/08/2017	18.72m
U20 M		Discus 2kg	Matthew Fairhurst	Northern Senior League 2E	Leeds	19/05/2019	17.60m	Craig Birch	North East Athletics League	Jarrow	26/05/2010	13.43m
U23 M		Discus 2kg	Calum Storey	NECAA Pentathlon	Jarrow	19/09/2015	13.28m	Craig Birch	Wrexham Open Games	Wrexham	12/08/2012	12.28m
V35 M		Discus 2kg	Nigel Gorvett	NEMAA League	Jarrow	16/08/2021	19.29m	Gary Rydz	NEMAA League	Jarrow	19/07/2021	16.62m
V40 M		Discus 2kg	Richard Bickerton	Northern Senior League 2E	Morpeth	14/07/2019	22.87m	Nigel Gorvett	NEMAA Pentathlon	Jarrow	19/09/2021	18.75m
V45 M		Discus 2kg	Phil Battista	NEMAA League	Jarrow	01/07/2019	19.39m	Steven French	NEMAA Pentathlon	Jarrow	19/09/2021	18.77m
V50 M		Discus 2kg	John Mallon	Senior League Div 4E	Hexham	06/06/2009	14.56m					
V55 M		Discus 2kg	Tony Dunn	Northern Senior League NE Premier	Morpeth	01/08/2021	23.55m					
V60 M		Discus 2kg	Ken Turnbull	Senior League Div 3E	York	03/07/2011	17.90m	Terry Hart	Senior League Div 3E	York	03/07/2011	17.80m
U13 F		Discus 750g	Hannah Wilson	NEYD 2N	Hexham	23/06/2019	14.16m	Ellie Allan	NEYD 2N	Hexham	23/06/2019	12.73m
OUTRIGHT F		Great North Run	Andy Brown	Great North Run	Newcastle	??/09/1993	01:09.24s					
OUTRIGHT F		Half Marathon	Gill Meakin (Priest)	Unknown	Langbaugh	1995	01:28.29s	Heather Christopher	Run Northumberland HM	Ponteland	10/03/2013	93:57m
OUTRIGHT M		Half Marathon	Andy Brown	Great North Run	Newcastle	??/09/1993	69:24m	Rob Hall	Flymo Half Marathon	?	20/09/1987	71:43s
SEN M		Half Marathon	Gary Jones	Wilmslow Half Marathon	Wilmslow	29/06/2009	76:14m	Brad Clough	Great North Run	Newcastle	07/09/2014	77:48m
SEN F		Half Marathon	Phillipa Baxter	Run Northumberland HM	Ponteland	10/03/2013	97:51c	Lindsey Chapman	Redcar Half Marathon	Redcar	29/09/2013	98:37c
U17 M		Half Marathon	Lewis Jansen	Great North Run	Newcastle	07/09/2014	01:59:09s					
U20 M		Half Marathon	Jake Jansen	Great North Run	Newcastle	15/09/2013	82:34m	Joseph Woods	Vitality Oxford Half Marathon	Oxford	09/10/2016	85:07m
U20 F		Half Marathon	Ellia Wood	Great North Run	Newcastle	11/09/2016	02:11.01s					
U23 M		Half Marathon	Chris Laidlaw	Great North Run	Newcastle	07/09/2014	90:06m	Ellis Hetherington	Great North Run	Newcastle	11/09/2016	95:09m
V35 M		Half Marathon	Rob Hall	Flymo Half Marathon	?	20/09/1987	71:43s	Paul Whalley	Cumbrian Half Marathon	Carlisle	19/10/2008	75:18:00
V35 F		Half Marathon	Cath Coutate	Keswick Half Marathon	Keswick	19/05/1996	01:38.11s	Claire Calverley	Hatwhistle Half Mar	Hatwhistle	27/09/2015	01:40:17s
V40 F		Half Marathon	Cath Coutate	Redcar Half Marathon	Redcar	02/03/1997	01:33.15s	Heather Christopher	Run Northumberland HM	Ponteland	10/03/2013	93:57m
V40 M		Half Marathon	Andrew Henderson	Plusnet Yorkshire Half Marathon	Sheffield	10/04/2016	81:45m	Peter Brown	Great North Run	Newcastle	15/09/2013	83:07m
V45 M		Half Marathon	Mal Darbyshire	Brass Monkey Half Marathon	York	22/01/2006	01:25:38s	Ian Baxter	Run Northumberland HM	Ponteland	16/03/2014	91:03m
V45 F		Half Marathon	Cath Young	Redcar Half Marathon	Redcar	01/10/2006	01:37:20s	Karen Singleton	Run With the Wind Half Marathon	Strathaven	21/02/2016	01:47:41s
V50 F		Half Marathon	Cath Young	Redcar Half Marathon	Redcar	18/03/2007	01:36:06s	Claire Mason	Great Cumbrian Half Marathon	Carlisle	02/10/2016	01:54:06s
V50 M		Half Marathon	Martin Gaughan	Haweswater Half Marathon	Bampton	06/03/2011	86:15s	Steve Gillespie	Haweswater Half Marathon	Bampton	06/03/2011	91:44m
V55 M		Half Marathon	Martin Gaughan	Great Cumbrian Half	Carlisle	07/10/2012	88:45m	Malcolm Darbyshire	Great Cumbrian Half	Carlisle	07/10/2012	92:39m
V55 F		Half Marathon	Cath Young	Run Northumberland HM	Ponteland	03/10/2013	01:43.49s					

U17	M	High Jump	Koffi Avonyo	Northumberland/Durham Schools Trials	Gateshead	19/06/2021	1.90m	Chris Lillico	Young Athletes 1NE	Jarrow	22/05/2011	1.80m
U20	M	High Jump	Chris Lillico	Senior League Div 3E	Whitley Bay	01/07/2012	1.88m	Alfie Ward	Northern League Prem NE	Middlesbrough	30/04/2022	1.80m
U20	F	High Jump	Florence Archer	Gateshead Indoor Series	Gateshead	02/12/2021	1.55m	Sam Bell	Senior League Div 3E	Whitley Bay	07/07/2013	1.52m
U23	M	High Jump	Calum Storey	North East Grand Prix	Jarrow	29/04/2015	1.55m	Craig Birch	Cheshire League	Ashton-under-Lyne	21/04/2013	1.35m
V35	F	High Jump	Heather Barrass	North East Veterans League	Jarrow	11/06/2012	1.20m	Leanne Herron	Senior League Div 3E	Whitley Bay	08/08/2015	1.20m
V35	M	High Jump	Daniel Njai	Northern Senior League 2E	Whitley Bay	10/08/2019	1.60m	Iain Singer	VANEE Championships	Jarrow	26/06/2010	1.35m
V40	M	High Jump	Iain Singer	Gateshead College Open Series	Gateshead	15/03/2012	1.40m	Stephen French	NEMAA League	Jarrow	15/07/2019	1.25m
V45	M	High Jump	Stephen French	NEMAA League	Jarrow	16/08/2021	1.30m					
V50	M	High Jump	John Mallon	Senior League 4E	Whitley Bay	02/08/2009	1.40m					
V50	F	High Jump	Cassie Keen	NEMAA League	Jarrow	16/08/2021	1.00m	Lee Elder	NEMAA League	Jarrow	16/08/2021	0.95m
V60	M	High Jump	John Mallon	NEMAA League	Jarrow	15/07/2019	1.35m					
V65	M	High Jump	John Mallon	NEMAA League	Jarrow	02/08/2021	1.20m					
OUTRIGHT	M	High Jump (HIGHER CLAIM)	Peter Skirrow	Northern Senior League 2E	Gateshead	05/05/2018	1.95m					
U11	F	Howler	Sadie Parker	Gateshead Young Athletes Meeting	Gateshead	12/08/2018	22.99	Abigail Huntly	Gateshead Young Athletes Meeting	Gateshead	14/04/2019	18.37m
U11	M	Howler	Oscar Pichler	North East Run Jump Throw	Hexham	26/08/2019	22.33m					
Year 3	M	Howler NOTAN	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	June 2014	24.39m	Aiden Coyle	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	22.7m
Year 3	F	Howler NOTAN		NOTAN Summer Grand Prix	Whitley Bay				NOTAN Summer Grand Prix	Whitley Bay		
Year 4	F	Howler NOTAN	Sadie Parker	NOTAN Summer Grand Prix	Whitley Bay	26/08/2017	17.32m	Niamh Adams	NOTAN Summer Grand Prix	Whitley Bay	02/09/2018	16.01m
Year 4	M	Howler NOTAN	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	April 2015	27.1m	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	May 2016	23.64m
Year 5	F	Howler NOTAN	Sadie Parker	NOTAN Summer Grand Prix	Whitley Bay	05/08/2018	25.80m	Abigail Huntly	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	21.87
Year 5	M	Howler NOTAN	Sam Browning	NOTAN Summer Grand Prix	Whitley Bay	May 2016	26.10m	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	29/07/2017	25.36m
Year 6	F	Howler NOTAN	Hannah Wilson	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	27.51m	Sadie Parker	NOTAN Summer Grand Prix	Whitley Bay	08/06/2019	22.38m
Year 6	M	Howler NOTAN	Luke Pichler	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	42.74m	Joseph Anderson	NOTAN Summer Grand Prix	Whitley Bay	13/04/2019	17.48m
U15	F	HT 3kg	Olivia Quinn	Northern Athletics Intercounties	Jarrow	07/08/2016	15.38m					
V50	F	HT 3kg	Sharon Richardson	NEMAA Championships	Jarrow	27/06/2015	26.06m	Cassie Keen	NEMAA League	Jarrow	05-Jul	17.56m
V55	F	HT 3kg	Anne Craddock	North East Veterans League	Jarrow	16/06/2014	15.32m					
V60	F	HT 3kg	Anne Craddock	NEMAA League	Jarrow	20/05/2019	13.85m					
OUTRIGHT	F	HT 4kg	Steff Ramsey	Senior League Div 3E	Whitley Bay	08/08/2015	23.23m	Sharon Richardson	Senior League Div 3E	Morpeth	13/07/2014	19.87m
SEN	F	HT 4kg	Gemma Harmon	Senior League Div 3E	Jarrow	09/07/2017	10.84m					
U15	M	HT 4kg	Mathew Jackson	Young Athletes 1NE	York	19/06/2011	16.02m					
U20	F	HT 4kg	Steff Ramsey	Senior League Div 3E	Whitley Bay	05/08/2012	21.45m					
U23	F	HT 4kg	Steff Ramsey	Senior League Div 3E	Whitley Bay	08/08/2015	23.23m					
V35	F	HT 4kg	Stacey Short	NEMAA League	Jarrow	05/07/2021	12.99m	Gemma Harmon	Northern League NE Prem	Middlesbrough	30/04/2022	11.49m
V40	F	HT 4kg	Stephanie English	NEMAA Championships	Jarrow	19/06/2021	19.24m	Clair Southern	NEMAA League	Jarrow	29/07/2019	15.84m
V45	F	HT 4kg	Sharon Richardson	Northern League 4E	Whitley Bay	01/05/2010	19.39m	Susan Browning	Senior League Div 3E	Whitley Bay	05-Aug	11.84m
V50	F	HT 4kg	Sharon Richardson	Senior League Div 3E	Whitley Bay	08/08/2015	20.11m					
V55	F	HT 4kg	Anne Craddock	Senior League Div 4E	York	07/05/2016	12.86m					
U17	M	HT 5kg	Matthew Fairhurst	NEYDL Div 2N	Whitley Bay	29/04/2018	19.29m	Chris Sheffer	NEYDL Div 2N	Jarrow	28/04/2013	12.24m
V55	M	HT 6kg	Stephen Forster	NEMAA League	Jarrow	16/05/2022	20.24m	Tony Dunn	NEMAA League	Jarrow	10/06/2019	12.04m
OUTRIGHT	M	HT 7.26kg	Steven French	Senior League Div 3E	Whitley Bay	05/05/2013	20.83m	Ken Turnbull	Senior League Div 3E	York	07/07/2013	18.90m
SEN	M	HT 7.26kg	Jonathan Dickinson	Senior League Div 3E	Whitley Bay	05/05/2012	18.19m					
U20	M	HT 7.26kg	Calum Storey	Senior League Div 3E	Whitley Bay	05/05/2013	9.87m					
U23	M	HT 7.26kg	Craig Birch	Cheshire League	Ellesmere Port	09/06/2012	9.55m					
V35	M	HT 7.26kg	Steven French	Senior League Div 3E	Whitley Bay	05/05/2013	20.83m	Gary Ryzd	NEMAA League	Jarrow	02/08/2021	15.75m
V40	M	HT 7.26kg	David McGarry	Northern Senior League 2E	Jarrow	03/06/2018	17.26m	Steven French	Northern Senior League 2E	Morpeth	14/07/2019	13.47m
V45	M	HT 7.26kg	David McGarry	Northern Senior League 2E	Hexham	08/07/2018	17.87m	Steve Dobby	NEMAA Championships	Jarrow	19/06/2021	16.05m
V50	M	HT 7.26kg	John Mallon	Senior League Div 3E	Hexham	06/06/2009	5.63m					
V55	M	HT 7.26kg	Ralph Dickinson	Senior League Div 3E	York	03/07/2011	15.15m					
V60	M	HT 7.26kg	Ken Turnbull	Senior League Div 3E	York	07/07/2013	18.90m	Terry Hart	Senior League Div 3E	York	14/08/2011	16.65m
V65	M	HT 7.26kg	Ralph Dickinson	Northern Senior League 2E	Middlesbrough	16/06/2019	13.86m					
V70	M	HT 7.26kg	Ralph Dickinson	Northern Senior League NE Premier	Morpeth	01/08/2021	12.66m					
U13	M	Javelin 400g	Kia Rezal	NEYDL Div 2N	Whitley Bay	15/07/2018	22.68m	Sam Browning	NEYDL Div 2N	Whitley Bay	15/07/2018	15.67m
U13	F	Javelin 400g	Ellie Allan	North East Grand Prix	Gateshead	07/08/2019	21.38m	Abigail Huntly	North East Grand Prix	Jarrow	30/06/2021	17.21m
U15	F	Javelin 500g	Hollie-Anne Sudder	NECAA Championships	Middlesbrough	14/05/2022	23.69m	Emily Bond	England Athletics Combined Events C	Sportcity	28/08/2021	22.27m
U17	F	Javelin 500g	Millie Train	NECAA Championships	Middlesbrough	21/08/2021	20.98m	Chloe Barrass	NEYDL Div 2N	Whitley Bay	16/07/2017	20.04m
V50	F	Javelin 500g	Sharon Richardson	NEMAA Championships	Jarrow	27/06/2015	13.38m	Cassie Keen	NEMAA League	Jarrow	17/05/2021	9.77m
V55	F	Javelin 500g	Anne Craddock	North East Veterans League	Jarrow	13/07/2014	11.96m					
V60	F	Javelin 500g	Anne Craddock	NEMAA League	Jarrow	15/07/2019	9.64m					
OUTRIGHT	F	Javelin 600g	Chloe Barrass	Northern League NE Prem	Middlesbrough	30/04/2022	26.25m	Lisa Dean	Senior League Div 3E	Whitley Bay	05/07/2009	17.72m
SEN	F	Javelin 600g	Gemma Harmon	Senior League Div 3E	Jarrow	04/06/2017	8.57m					
U15	M	Javelin 600g	Matthew Fairhurst	Northumberland Schools AA Champs	Gateshead	11/06/2016	37.58m	Dale Turner	NEYDL Div 2N	Whitley Bay	21/05/2017	23.58m
U17	F	Javelin 600g	Chloe Barrass	Senior League Div 2E	Middlesbrough	14/08/2016	21.28m	Stacey Robinson	Young Athletes 1NE	Jarrow	20/06/2010	11.90m
U20	F	Javelin 600g	Chloe Barrass	Senior League Div 2E	Darlington	04/08/2018	22.66m					
U23	F	Javelin 600g	Chloe Barrass	Northern League NE Prem	Middlesbrough	30/04/2022	26.25m					
V35	F	Javelin 600g	Lisa Dean	Senior League Div 3E	Whitley Bay	05/07/2009	17.72m	Heather Barrass	NECAA Pentathlon	Jarrow	24/09/2016	13.22m
V40	F	Javelin 600g	Stephanie English	NEMAA League	Jarrow	02/08/2021	15.09m	Clair Southern	NEMAA League	Jarrow	20/05/2019	11.27m
V45	F	Javelin 600g	Marie Liddell	NEMAA Pentathlon Championships	Jarrow	22/09/2018	14.24m	Susan Browning	Senior League Div 3E	Whitley Bay	05/08/2017	14.12m
V50	F	Javelin 600g	Sharon Richardson	Senior League Div 3E	Whitley Bay	08/08/2015	13.59m	Cassie Keen	NEMAA League	Jarrow	05/07/2021	11.52m
V55	F	Javelin 600g	Anne Craddock	Senior League Div 3E	Middlesbrough	06/06/2015	10.98m					
U17	M	Javelin 700g	Matthew Fairhurst	NEYDL Div 2N	Hexham	25/06/2018	45.80m	Alfie Ward	NECAA Open	Morpeth	27/09/2020	40.66
V50	M	Javelin 700g	Rod Giles	NEMAA League	Jarrow	16/05/2022	12.73m					
V55	M	Javelin 700g	Tony Dunn	NEMAA League	Jarrow	05/07/2021	24.16m	Stephen Forster	NEMAA League	Jarrow	16/05/2022	16.21m
OUTRIGHT	M	Javelin 800g	Matthew Fairhurst	Northern Schools Intercounties	Gateshead	15/06/2019	43.00m	Alfie Ward	NECAA Championships	Middlesbrough	22/08/2021	39.91m
SEN	M	Javelin 800g	Peter Skirrow	Northern Senior League NE Premier	Gateshead	22/05/2021	39.59m	Daniel Njai	North East Grand Prix	Jarrow	23/04/2014	25.21m
U17	M	Javelin 800g	Matthew Fairhurst	Senior League 3E	Whitley Bay	05/08/2017	37.33m	Dale Turner	Senior League Div 2E	Darlington	04/08/2018	33.56m
U20	M	Javelin 800g	Matthew Fairhurst	Northern Schools Intercounties	Gateshead	15/06/2019	43.00m	Alfie Ward	NECAA Championships	Middlesbrough	22/08/2021	39.91m
U23	M	Javelin 800g	Matthew Fairhurst	Northern Senior League NE Premier	Morpeth	01/08/2021	42.09m	Calum Storey	NECAA Pentathlon	Jarrow	24/09/2016	20.18m
V35	M	Javelin 800g	Gary Ryzd	NEMAA League	Jarrow	05/07/2021	24.55m	Andy Pattison	NEMAA League	Jarrow	16/05/2022	19.14m
V40	M	Javelin 800g	David Swallow	North East Veterans Championships	Jarrow	20/07/2013	34.92m	Nigel Gorvett	NEMAA Pentathlon	Jarrow	19/09/2021	32.21m
V45	M	Javelin 800g	David Swallow	Senior League Div 2E	York	08/05/2016	32.91m	Steven French	NEMAA Pentathlon	Jarrow	19/09/2021	18.76m
V60	M	Javelin 800g	Terry Hart	Senior League Div 3E	York	03/07/2011	24.88m	Ken Turnbull	Senior League 4E	Chester-le-Street	05/07/2009	24.61m
OUTRIGHT	M	Javelin 800g (Higher Claim)	Peter Skirrow	Senior League Div 3E	Jarrow	09/07/2017	42.84m					
U15	F	Junior Great North Run	Erin Scott	Junior Great North Run (4k)	Newcastle	15/09/2012	16.25	Alice Dungworth	Junior Great North Run (4k)	Newcastle	14/09/2013	20.00s
		Junior Great North Run	Abi Fiddaman	Junior Great North Run (4k)	Newcastle	12/09/2015	19.44m					
		Junior Great North Run	Jake Masterman	Junior Great North Run (4k)	Newcastle	12/09/2015	13.27m					
		Junior Great North Run	Josh Fiddaman	Junior Great North Run (4k)	Newcastle	12/09/2015	14.13m					
OUTRIGHT	M	Long Jump	Peter Skirrow	Northern League 2E	Middlesbrough	16/06/2019	7.23m	Alfie Ward	Northern Senior League NE Prem	Middlesbrough	30/04/2022	6.85m
OUTRIGHT	F	Long Jump	Sadie Parker	England Athletics Indoor Age Group Champs	Sheffield	12/02/2022	5.45m	Hannah Wilson	ESAA Combined Events Regional Qual	Hull	27/06/2021	5.10m
SEN	F	Long Jump	Lauren Barrett	Senior League Div 2E	Morpeth	14/07/2019	3.17m	Gemma Harmon	Senior League Div 3E	Jarrow	07/05/2017	2.23m
SEN	M	Long Jump	Peter Skirrow	Northern Senior League NE Premier	Gateshead	06/06/2021	6.97m	Daniel Njai	NECAA Indoor Pentathlon	Gateshead	22/03/2015	5.98m (i)
U11	M	Long Jump	Joshua Chrisp	Gateshead Collge Open	Gateshead	09/02/2017	4.31m	Oscar Pichler	NECAA Open	Morpeth	18/10/2020	3.03m
U11	F	Long Jump	Abigail Huntly	Tartan Games	Gateshead	26/08/2019	4.00m	Sadie Parker	City of York Summer League	York	16/06/2018	3.55m
U13	M	Long Jump	Joshua Chrisp	NECAA Indoor Championships	Gateshead	16/02/2019	5.06m	Luke Pichler	NECAA Open	Morpeth	18/10/2020	4.95m
U13	F	Long Jump	Sadie Parker	NECAA Open	Morpeth	06/09/2020	4.88m	Hannah Wilson	NECAA Indoor Championships	Gateshead	15/02/2020	4.64m
U15	F	Long Jump	Sadie Parker	England Athletics Indoor Age Group Champs	Sheffield	12/02/2022	5.45m	Hannah Wilson	ESAA Combined Events Regional Qual	Hull	27/06/2021	5.10m
U15	M	Long Jump	Luke Pichler	England Athletics Indoor Age Group Champs	Sheffield	13/02/2022	5.99m	Dale Turner	ESAA Combined Events National Final	Boston	16/09/2017	5.45m
U17	F	Long Jump	Heather Macdonald	NECAA Indoor Championships	Gateshead	16/02/2019	4.92m	Millie Train	NECAA Championships	Middlesbrough	14/05/2022	4.77m
U17	M	Long Jump	Alfie Ward	NECAA Indoor Championships	Gateshead	15/02/2020	6.41m	Chris Lillico	Young Athletes 1NE	York	19/06/2011	5.97m
U20	F	Long Jump	Bethan Sproat	NECAA Indoor Pentathlon	Gateshead	04/05/2014	4.00m	Sam Bell	Senior League 3E	Darlington	04/05/2014	3.86m
U20	M	Long Jump	Alfie Ward	Northern Senior League NE Prem	Middlesbrough	30/04/2022	6.85m	Chris Lillico	Senior League Div 3E	Whitley Bay	01/07/2012	5.69m
U23	M	Long Jump	Peter Skirrow	Northern League 2E	Middlesbrough	16/06/2019	7.23m	Craig Birch	Trarford Grand Prix	Stretford	11/06/2013	5.78m
V35	M	Long Jump	Daniel Njai	Northern League 2E	Whitley Bay	10/08/2019	6.19m	Paul Slaughter	NEMAA League	Jarrow	17/05/2021	3.42m
V35	F	Long Jump	Helen Huntly	Northern Senior League NE Premier	Middlesbrough	06/06/2021	3.74m	Heather Barrass	North East Veterans League	Jarrow	02/07/2012	3.52m
V40	F	Long Jump	Stephanie English	NEMAA League	Jarrow	02/08/2021	2.39m					
V40	M	Long Jump	Nigel Gorvett	NEMAA Indoor Championships	Gateshead	19/02/2022	4.71m	David Swallow	NECAA Pentathlon			

Year 6	F	Long Jump NOTAN	Hannah Wilson	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	04:15	Millie Wilkinson	NOTAN Summer Grand Prix	Whitley Bay	06/07/2019	3.94m
Year 6	M	Long Jump NOTAN	Luke Pichler	NOTAN Summer Grand Prix	Whitley Bay	18/08/2019	4.72m	Joshua Chrisp	NOTAN Summer Grand Prix	Whitley Bay	02/09/2018	4.58m
OUTRIGHT	M	Marathon	Andy Brown	London Marathon	London	??/04/1993	02:29.42m	Rob Hall	London Marathon	London	??	02:33:08s
OUTRIGHT	F	Marathon	Sheila Greener	London Marathon	London	??/04/1994	03:05:51	Cath Young	London Marathon	London	??/04/1993	03:23:23s (EST)
SEN	M	Marathon	Gary Jones	London Marathon	London	20/09/2009	02:41:50s	Brad Clough	London Marathon	London	24/04/2016	02:46:56s
SEN	F	Marathon	Claire Calverley	London Marathon	London	24/04/2016	03:29:02s	Phillipa Baxter	London Marathon	London	21/04/2013	03:35:22s
V35	M	Marathon	Gary Jones	Frankfurt Marathon	Edinburgh	28/10/2018	02:41.36s	Peter Brown	Edinburgh Marathon	Edinburgh	27/05/2012	02:55:38s
V35	F	Marathon	Cath Young	London Marathon	London	??/04/1993	03:23:23s (EST)	Claire Calverley	Plusnet Yorkshire Marathon	York	11/10/2015	03:32.36m
V40	M	Marathon	Tony Holland	London Marathon	London	24/04/2016	03:01.31s	Steven French	London Marathon	London	24/04/2016	03:09.26s
V40	F	Marathon	Claire Calverley	London Marathon	London	23/04/2017	3:02.03s	Julie Lemin	Plusnet Yorkshire Marathon	York	09/10/2016	04:14.51s
V45	M	Marathon	Mal Darbyshire	London Marathon	London	04/04/2005	03:05:47s	Martin Scott	Plusnet Yorkshire Marathon	York	11/10/2015	03:23:12s
V45	F	Marathon	Susanne Hunter	Marathon of the North	Sunderland	06/05/2012	03:24:51s	Cath Young	London Marathon	London	23/04/2006	03:29.34s
V50	M	Marathon	Joe Frazer	24th Marine Corps Marathon	Washington, DC	24/10/1999	02:59.43s	Dave Roberts	London Marathon	London	26/04/2015	03:23:18s
V50	F	Marathon	Cath Young	London Marathon	London	22/04/2007	03:31.21s	Claire Mason	London Marathon	London	26/04/2015	04:04.35s
V55	M	Marathon	David Bradley	London Marathon	London	17/04/2011	03:41:29s					
V55	F	Marathon	Carole Watt	Greater Manchester Marathon	Manchester	19/04/2015	04:21.26s	Anne Craddock	BMAF Town Moor Marathon	Newcastle	01/11/2015	04:51:55s
V60	M	Marathon	David Bradley	London Marathon	London	26/04/2015	03:36:37s	John Mallon	Edinburgh Marathon	Edinburgh	29/05/2016	03:40.2s
OUTRIGHT	M	1 Mile (track)	Josh Fiddaman	North East Grand Prix	Jarrow	20/06/2018	4:24.32s	Joe Wren	North East Grand Prix	Jarrow	20/06/2018	04:45.54s
OUTRIGHT	F	1 Mile (track)	Lauren Creaby	North East Grand Prix	Jarrow	02/06/2021	05:26.15s	Freya Johnson	North East Grand Prix	Jarrow	02/06/2021	05:52.46s
SEN	M	1 Mile (track)	Lee Cuthbertson	Tyne Bridge Golden Mile	Whitley Bay	10/05/2014	04:59.9s	Craig Harmon	North East Grand Prix	Jarrow	26/06/2019	05:08.9s
SEN	F	1 Mile (track)	Rachele Falloon (2nd Claim)	Spring Track Relays	Whitley Bay	09/04/2017	05:54.2s					
U13	M	1 Mile (track)	Connor Taggart	Tartan Games	Gateshead	26/08/2019	05:44.99s	Frankie Foster	North East Grand Prix	Jarrow	02/06/2021	5:59.38s
U13	F	1 Mile (track)	Niamh Adams	Tartan Games	Gateshead	29/08/2021	06:04.40s					
U15	F	1 Mile (track)	Lauren Creaby	North East Grand Prix	Jarrow	02/06/2021	05:26.15s	Freya Johnson	North East Grand Prix	Jarrow	02/06/2021	05:52.46s
U17	M	1 Mile (track)	Josh Fiddaman	North East Grand Prix	Jarrow	20/06/2018	4:24.32s	James Young	North East Grand Prix	Jarrow	19/06/2013	04:53.8s
U20	M	1 Mile (track)	Josh Fiddaman	North East Grand Prix	Jarrow	26/06/2019	04:38.0	Joe Wren	North East Grand Prix	Jarrow	20/06/2018	04:45.54s
U23	M	1 Mile (track)	Calum Storey	North East Grand Prix	Gateshead	19/06/2013	05:06.43s	Joseph Dungworth	Spring Track Relays	Whitley Bay	30/03/2019	05:07.4s
V35	F	1 Mile (track)	Claire Calverley	Tyne Bridge Golden Mile	Whitley Bay	09/05/2015	06:41.9s	Hayley Raithby	North East Veterans League	Jarrow	11/06/2012	06:44.6s
V35	M	1 Mile (track)	Jon French	Tyne Bridge Golden Mile	Whitley Bay	09/05/2015	05:06.3s	Steven French	Tyne Bridge Golden Mile	Whitley Bay	10/05/2014	05:37.5s
V40	F	1 Mile (track)	Heather Christopher	North East Veterans League	Jarrow	17/06/2013	05:58.0	Gwen Forster	NEMAA League	Jarrow	04/07/2016	06:08.5s
V40	M	1 Mile (track)	Steven French	NEMAA League	Jarrow	01/07/2019	05:38.0	Martin Scott	North East Veterans League	Jarrow	16/06/2014	05:46.0s
V45	F	1 Mile (track)	Helen Morris	North East Veterans League	Jarrow	14/06/2010	06:20.5s	Heather Christopher	NEMAA League	Jarrow	04/07/2016	06:23.7s
V45	M	1 Mile (track)	Nic Crofts	NEMAA League	Jarrow	19/07/2021	05:48.0	Steve Dobby	NEMAA League	Jarrow	19/07/2021	05:54.3s
V50	F	1 Mile (track)	Helen Morris	North East Veterans League	Jarrow	17/06/2013	06:31.8s	Lee Elder	NEMAA League	Jarrow	19/07/2021	07:10.0s
V50	M	1 Mile (track)	David Shields	NEMAA League	Jarrow	19/07/2021	05:53.0	Colin Brown	NEMAA League	Jarrow	19/07/2021	07:21.4s
V55	F	1 Mile (track)	Helen Morris	NEMAA League	Jarrow	01/07/2019	07:21.0	Anne Craddock	North East Veterans League	Jarrow	04/07/2016	08:02.7s
V55	M	1 Mile (track)	Tony Dunn	Mile Night	Shildon	02/08/2019	07:34.0	Kevin Freeman	North East Veterans League	Jarrow	16/06/2014	06:38.7s
V60	F	1 Mile (track)	Alison Cummings	NEMAA League	Jarrow	19/07/2021	05:35.0	Anne Craddock	NEMAA League	Jarrow	01/07/2019	07:56.0
SEN	M	NECAA Indoor Pentathlon	Daniel Njai	NECAA Indoor Pentathlon	Gateshead	22/03/2015	2579pts					
U13	F	NECAA Indoor Pentathlon	Hannah Wilson	NECAA Indoor Pentathlon	Gateshead	15/03/2020	2787pts	Millie Wilkinson	NECAA Indoor Pentathlon	Gateshead	15/03/2020	2549pts
U13	M	NECAA Indoor Pentathlon	Luke Pichler	NECAA Indoor Pentathlon	Gateshead	15/03/2020	1808pts					
U15	M	NECAA Indoor Pentathlon	Dale Turner	NECAA Indoor Pentathlon	Gateshead	19/03/2017	2622	John Wilson	NECAA Indoor Pentathlon	Gateshead	19/03/2017	1860
U15	F	NECAA Indoor Pentathlon	Senna Gorvett	NECAA Indoor Pentathlon	Gateshead	26/03/2022	2947pts	Millie Wilkinson	NECAA Indoor Pentathlon	Gateshead	26/03/2022	2940pts
U23	M	NECAA Indoor Pentathlon	Craig Birch	NECAA Indoor Pentathlon	Gateshead	18/03/2012	1841pts					
SEN	M	NECAA Pentathlon	Daniel Njai	NECAA Pentathlon	Jarrow	13/09/2014	2275pts	Henry Madden	NECAA Pentathlon	Jarrow	19/09/2015	1338pts
U20	M	NECAA Pentathlon	Calum Storey	NECAA Pentathlon	Jarrow	07/09/2013	1232pts					
U23	M	NECAA Pentathlon	Calum Storey	NECAA Pentathlon	Jarrow	19/09/2015	1403pts					
V35	F	NECAA Pentathlon (Senior)	Heather Barrass	NECAA Pentathlon	Jarrow	24/09/2016	991pts					
V40	M	NEMAA PentathlonM40	Nigel Gorvett	NEMAA Pentathlon	Jarrow	19/09/2021	2161pts	David Swallowell	NEMAA Pentathlon	Jarrow	08/09/2012	2153pts
U17	M	Octathlon	Kalvin Hurst	North East Schools Combined Events	Hull	27/06/2010	2798					
U15	M	Pen U15M (i)	Luke Pichler	Scottish National CE Champs	Glasgow	29/01/2022	2835pts					
U17	F	Pentathlon	Millie Train	NECAA Pentathlon	Jarrow	19/09/2021	2751pts	Chloe Barrass	NECAA Pentathlon	Jarrow	24/09/2016	1761pts
V45	F	Pentathlon (NEMAA)	Marie Liddell	NEMAA Pentathlon Championships	Jarrow	22/09/2018	2252					
U13	M	Pentathlon U13B	Luke Pichler	Tynedale Pentathlon	Hexham	19/09/2020	1895pts					
V45	M	Pentathlon V45	Steven French	NEMAA Pentathlon	Jarrow	19/09/2021	1592pts					
V55	M	Pentathlon V55	Tony Dunn	NEMAA Pentathlon Championships	Jarrow	21/09/2019	2214pts					
U13	F	PenU13W	Hannah Wilson	Tynedale Pentathlon	Hexham	19/09/2020	2519pts	Sadie Parker	Tynedale Pentathlon	Hexham	19/09/2020	2297pts
U15	M	PenU15M	Dale Turner	ESAA Combined Events Regional Qualifier	Middlesbrough	24/06/2017	2544	Luke Pichler	ESAA Combined Events Finals	Bedford	18/09/2021	2402pts
U15	F	PenU15W	Hannah Wilson	ESAA Combined Events Regional Qualifier	Hull	27/06/2021	2804pts	Emily Bond	ESAA Combined Events Finals	Bedford	19/09/2021	2523pts
U15	F	PenU15W (i)	Sadie Parker	England Athletics Combined Events Champs	Sheffield	13/03/2022	3039pts	Hannah Wilson	England Athletics Combined Events C	Sheffield	13/03/2022	2833pts
OUTRIGHT	F	PenU17W (Gateshead NS)	Heather Macdonald	NECAA Indoor Pentathlon	Gateshead	17/03/2019	3284pts	Millie Train	NECAA Indoor Pentathlon	Gateshead	26/03/2022	2939pts
OUTRIGHT	F	Pole Vault	Hannah Walker	North East Grand Prix	Gateshead	07/08/2019	2.03m	Mae Waters	Gateshead Indoor Series	Gateshead	12/03/2020	1.95m
OUTRIGHT	M	Pole Vault	Alfie Ward	NECAA Indoor Championships	Gateshead	19/02/2022	3.51m	Luke Pichler	Gateshead Indoor Series	Gateshead	01/02/2021	2.50m
SEN	M	Pole Vault	Calum Storey	Northern Senior League Div 2E	Gateshead	07/05/2018	2.10m					
U15	F	Pole Vault	Hannah Walker	North East Grand Prix	Gateshead	07/08/2019	2.03m	Mae Waters	Gateshead Indoor Series	Gateshead	12/03/2020	1.95m
U15	M	Pole Vault	Luke Pichler	Gateshead Indoor Series	Gateshead	01/02/2021	2.50m					
U17	M	Pole Vault	Alfie Ward	Gateshead Indoor Series	Gateshead	06/02/2020	2.60m					
U20	M	Pole Vault	Alfie Ward	NECAA Indoor Championships	Gateshead	19/02/2022	3.51m					
U23	M	Pole Vault	Calum Storey	Northern Senior League Div 3E	Whitley Bay	05/08/2017	2.30m					
U11	F	SP 2.72kg	Sadie Parker	City of York Summer League	York	16/06/2018	4.49m	Georgina Woods	Young Athletes 1NE	York	22/05/2011	3.77m
U13	F	SP 2.72kg	Abigail Huntly	NEYDL Div 1	Morpeth	17/07/2021	8.31m	Hannah Wilson	NECAA Indoor Pentathlon	Gateshead	15/03/2020	8.29m
U11	M	SP 3kg	Oscar Pichler	North East Youth Indoor Series	Gateshead	09/11/2019	5.23m	Frankie Foster	North East Youth Indoor Series	Jarrow	25/01/2020	4.34m
U11	M	SP 3.25kg (pre 2018)	Daniel Njai	Gateshead College Mini Series	Gateshead	22/02/2015	2.59m					
U13	M	SP 3.25kg	Joe Jenkins	NEYDL Div 2N	Jarrow	30/04/2017	4.79m	Adam Swallowell	NEYDL Div 2N	Jarrow	28/04/2013	4.15m
U11	M	SP 3kg	Oscar Pichler	NECAA Open	Morpeth	18/10/2020	4.44m					
U13	M	SP 3kg	Luke Pichler	Tynedale Pentathlon	Hexham	19/09/2020	9.42m	Oscar Pichler	North East Grand Prix	Jarrow	04/08/2021	5.45m
U15	F	SP 3kg	Hannah Walker	Gateshead Indoor Series	Gateshead	12/03/2020	8.80m	Sadie Parker	Gateshead Indoor Open	Gateshead	03/02/2022	8.55m
U17	F	SP 3kg	Millie Train	NECAA Indoor Pentathlon	Gateshead	26/03/2022	8.84m	Heather Macdonald	NECAA Indoor Pentathlon	Gateshead	17/03/2019	8.62m
V50	F	SP 3kg	Sharon Richardson	North East Veterans League	Jarrow	19/05/2014	6.88m	Cassie Keen	NEMAA League	Jarrow	07/06/2021	5.01m
OUTRIGHT	F	SP 4kg	Steff Ramsey	Senior League 4E	Whitley Bay	08/08/2015	7.10m	Helen Huntly	NEMAA Championships	Jarrow	19/06/2021	7.06m
SEN	F	SP 4kg	Heather Barrass	Senior League 4E	Whitley Bay	02/08/2009	6.20m	Germa Harmon	Senior League Div 2E	Darlington	04/08/2018	5.23m
U15	M	SP 4kg	Luke Pichler	NECAA Indoor Championships	Gateshead	19/02/2022	11.69m	Dale Turner	ESAA Combined Events Regional Qualifier	Middlesbrough	24/06/2017	11.24m
U17	F	SP 4kg	Steff Ramsey	Young Athletes 2N	Jarrow	19/07/2009	6.52m	Chloe Barrass	Senior League 2E	Middlesbrough	06/08/2016	6.36m
U20	F	SP 4kg	Steff Ramsey	Senior League 3E	Whitley Bay	05/08/2012	6.50m	Bethan Sproat	Senior League 3E	Middlesbrough	03/08/2013	6.54m
U23	F	SP 4kg	Steff Ramsey	Senior League 3E	Whitley Bay	08/08/2015	7.10m					
V35	F	SP 4kg	Helen Huntly	NEMAA Championships	Jarrow	19/06/2021	7.06m	Steph English	NEMAA Championships	Jarrow	19/06/2021	6.76m
V40	F	SP 4kg	Steph English	NEMAA League	Jarrow	17/05/2021	7.04m	Clair Southern	NEMAA League	Jarrow	29/07/2019	6.25m
V45	F	SP 4kg	Marie Liddell	NEMAA Pentathlon Championships	Jarrow	22/09/2018	6.72m	Sharon Richardson	Senior League 3E	Whitley Bay	05/07/2009	6.60m
V50	F	SP 4kg	Sharon Richardson	Senior League 3E	Darlington	04/05/2014	6.08m	Cassie Keen	NEMAA League	Jarrow	17/05/2021	4.93m
V55	F	SP 4kg	Anne Craddock	Senior League 3E	Darlington	04/05/2014	4.94m					
U17	M	SP 5kg	Alfie Ward	England Athletics U17 Combined Events	Sheffield	14/03/2020	12.23m	Dale Turner	Spring Track Relays	Whitley Bay	22/04/2018	10.53m
U20	M	SP 6kg	Alfie Ward	Tartan Games	Gateshead	29/08/2021	11.98m	Calum Storey	NECAA Pentathlon	Jarrow	07/09/2013	6.20m
V55	M											