

Outright Female

| Discipline | Athlete | Event | Venue | Date | Performance | Athlete | Event | venue | Date | Performance |
|------------------------|-------------------------------------|-------------------------------------|---------------|------------|-------------|--------------------------------|--|-------------------|------------|-----------------|
| 10000m | Heather Christopher | NECAA 10000m champs | Jarrow | 23/04/2014 | 43:56.0s | Ella Wood | Senior League 3E | Middlesbrough | 12/07/2015 | 19.4 |
| 100H SW | Abbi Willis | Senior League Div 2E | Middlesbrough | 06/08/2016 | 19.2 | Alice Dungworth | Senior League Div 3E | Whitley Bay | 09/08/2014 | 13 |
| 100m | Heather Macdonald | NEYDL Div 2N | Whitley Bay | 29/04/2018 | 12.5 | Leanne Herron | Tynedale 10k | Ovingham | 04/07/2012 | 40:10m |
| 10k | Gill Meakin (Priest) | Tynedale 10k | Tynedale | ??/07/1994 | 39:58m | Phillippa Baxter | Blyth Valley 10k | Blyth | 07/04/2013 | 41:24m |
| 10k (Blyth Valley) | Rachelle Falloon | Blyth Valley 10k | Blyth | 02/04/2016 | 41:09m | Leanne Herron | Brampton to Carlisle | Brampton | 18/11/2012 | 01:06:01m |
| 10m | Gill Meakin | Blyth Valley Ten | Blyth | ??/04/1995 | 01:04:54m | Sheila Greener | Blyth Valley Ten | Blyth | 1995 | 01:06:04m |
| 10m (Blyth Valley) | Gill Meakin | Blyth Valley Ten | Blyth | 1995 | 01:04:54m | Leanne Herron | Senior League Div 4E | Chester-le-Street | 05/07/2009 | 05:08.8s |
| 1500m | Charlie Hedley | North East Grand Prix | Jarrow | 15/05/2013 | 05:06.9s | Charlotte Ramsey | Senior League Div 3E | Middlesbrough | 09/06/2013 | 26.3 |
| 200m | Heather Macdonald | Northern Senior League Div 2E | Gateshead | 05/05/2018 | 25.58s | Emma James | Senior League Div 3E | Morpeth | 13/07/2014 | 11:36.7s |
| 3000m | Charlie Hedley | North East Schools Inter Counties | Middlesbrough | 15/06/2013 | 11:05.8s | Lauren Barrett | Senior League Div 3E | Middlesbrough | 06/06/2015 | 74.5 |
| 3000m (Higher Claim) | Rachelle Falloon | Senior League Div 2E | Jarrow | 03/06/2018 | 10:43.9s | Lauren Barrett | Tartan Games | Gateshead | 27/08/2017 | 61.4 |
| 400HW | Chloe Barrass | Northumberland Schools Championship | Hexham | 09/06/2018 | 72.7s | Dungworth,Wood,Falloon,Barrett | Spring Track Relays | Whitley Bay | 10/04/2016 | 56.2 |
| 400m | Charlotte Ramsey | NECAA Championships | Gateshead | 18/05/2014 | 60.71 | | Sprint Relays | Jarrow | 11/09/2013 | 05:21.4s |
| 4x100m (BLYTH ONLY) | Barrass, Ramsey, Dungworth, Barrett | Sprint Relays | Jarrow | 06/09/2017 | 55.57s | Helen Morris | North East Veterans League | Jarrow | 01/08/2007 | 19:54.7s |
| 4x400m (BLYTH ONLY) | Falloon,Dungworth,Scott,Wood | Sprint Relays | Jarrow | 09/09/2015 | 05:04.5s | Rachelle Falloon | GVG Staffelmarathon | Pulheim | 17/01/2016 | 20:33s |
| 5 mile road | Leanne Herron | Norman Woodcock 5m | Newcastle | 23/11/2013 | 32:41m | Charlotte Ramsey | Gateshead College Open Series, Gateshead | Gateshead | 13/02/2014 | 8.23 |
| 5000m | Leanne Herron | Police Sport UK Championships | Doncaster | 08/07/2009 | 19:38.5s | Kirstie Johnson | Northumberland Schools Championship | Gateshead | 14/06/2008 | 02:30.3s |
| 5k (Road) | Helen Morris | Exhibition Park 5k | Newcastle | 15/08/2007 | 20:05s | Heather Christopher | Blaydon Race | Blaydon | 09/06/2015 | 39:41m |
| 60m (i) | Alice Dungworth | NECAA Indoor Championships | Gateshead | 31/01/2016 | 8.19 | Sharon Richardson | Senior League Div 3E | Whitley Bay | 03/05/2015 | 18.46m |
| 800m | Charlie Hedley | North East Grand Prix | Gateshead | 15/08/2012 | 02:28.30s | Heather Christopher | Run Northumberland HM | Ponteland | 10/03/2013 | 93:57m |
| Blaydon Race 5.67m | Leanne Herron | Blaydon Race | Blaydon | 09/06/2004 | 39:26m | Heather Macdonald | NECAA Indoor Championships | Gateshead | 17/02/2018 | 1.60m |
| Discus 1kg | Tamsin Brown | Young Athletes 1NE | Jarrow | 22/05/2011 | 18.99m | Sharon Richardson | Senior League Div 3E | Morpeth | 13/07/2014 | 19.87m |
| Great North Run | | | | | | Lisa Dean | Senior League Div 3E | Whitley Bay | 05/07/2009 | 17.72m |
| Half Marathon | Gill Meakin (Priest) | Unknown | Langbaugh | 1995 | 01:28.29s | Bethan Sproat | Senior League 3E | Whitley Bay | 01/07/2012 | 4.48m |
| High Jump | Ellie Morris | Gateshead Indoor Series | Gateshead | 16/11/2017 | 1.60m | Cath Young | London Marathon | London | ??/04/1993 | 03:23:23s (EST) |
| HT 4kg | Steff Ramsey | Senior League Div 3E | Whitley Bay | 08/08/2015 | 23.23m | Helen Morris | North East Veterans League | Jarrow | 14/06/2010 | 06:20.5s |
| Javelin 600g | Chloe Barrass | Senior League Div 2E | Darlington | 04/08/2018 | 22.66m | Rachelle Falloon | Parkrun (Druridge Bay) | Druridge Bay | 07/02/2015 | 21:37m |
| Long Jump | Rebecca Nail | Senior League Div 3E | York | 03/07/2011 | 4.59m | Emma James | Parkrun (Whitley Bay) | Whitley Bay | 26/04/2014 | 20:02m |
| Marathon | Sheila Greener | London Marathon | London | ??/04/1994 | 03:05:51s | Adele Lonsdale | Senior League 3E | Whitley Bay | 05/05/2013 | 6.56m |
| Mile (track) | Heather Christopher | North East Veterans League | Jarrow | 17/06/2013 | 05:58.1s | Bethan Sproat | Senior League 3E | Whitley Bay | 01/07/2012 | 9.72m |
| Parkrun (Druridge Bay) | Leanne Herron | Parkrun (Druridge Bay) | Druridge Bay | 13/06/2015 | 21:10m | | | | | |
| Parkrun (Whitley Bay) | Charlie Hedley | Parkrun (Whitley Bay) | Whitley Bay | 20/04/2013 | 19:53m | | | | | |
| SP 4kg | Steff Ramsey | Senior League 3E | Whitley Bay | 08/08/2015 | 7.10m | | | | | |
| Triple Jump | Rebecca Nail | Senior League 3E | York | 03/07/2011 | 9.87m | | | | | |