Overall 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					
100H SW	Abbi Willis	Senior League Div 2E	Middlesbrough	06/08/2016	19.2	Ella Wood	Senior League 3E	Middlesbrough	12/07/2015	19.4
100m	Alice Dungworth	Senior League Div 3E	Whitley Bay	09/08/2014	13	Charlotte Ramsey	NECAA Championships, Gateshead	Gateshead	26/05/2014	13.02
10k	Gill Meakin (Priest)	Tynedale 10k	Tynedale	??/07/1994	39:58m	Leanne Herron	Tynedale 10k	Ovingham	04/07/2012	40:10m
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
10m	Gill Meakin	Blyth Valley Ten	Blyth	??/04/1995	01:04:54m	Leanne Herron	Brampton to Carlisle	Brampton	18/11/2012	01:06:01m
10m (Blyth Valley)	Gill Meakin	Blyth Valley Ten	Blyth	1995	01:04:54m	Sheila Greener	Blyth Valley Ten	Blyth	1995	01:06:04m
1500m	Charlie Hedley	North East Grand Prix	Jarrow	15/05/2013	05:06.9s	Leanne Herron	Senior League Div 4E	Chester-le-Street	05/07/2009	05:08.8s
200m	Charlotte Ramsey	Senior League Div 3E	Middlesbrough	09/06/2013	26.3	Heather Macdonald	Sale Harriers Open Series	Manchester	25/02/2018	26.57s
3000m	Charlie Hedley	North East Schools Inter Counties	Middlesbrough	15/06/2013	11:05.8s	Emma James	Senior League Div 3E	Morpeth	13/07/2014	11:36.7s
3000m (Higher Claim)	Rachelle Falloon	Senior League Div 3E	Jarrow	04/06/2017	11:02.3s					
400HW	Lauren Barrett	Senior League Div 3E	Middlesbrough	06/06/2015	74.5	Heather Barrass	Senior League Div 3E	Jarrow	26/05/2012	79.8
400m	Charlotte Ramsey	NECAA Championships	Gateshead	18/05/2014	60.71	Lauren Barrett	Tartan Games	Gateshead	27/08/2017	61.4
4x100m (BLYTH ONLY)	Barrass, Ramsey, Dungworth, Barrett	Sprint Relays	Jarrow	06/09/2017	55.57s	Dungworth,Wood,Falloon,Barrett	Spring Track Relays	Whitley Bay	10/04/2016	56.2
4x400m (BLYTH ONLY)	Falloon,Dungworth,Scott,Wood	Sprint Relays	Jarrow	09/09/2015	05:04.5s		Sprint Relays	Jarrow	11/09/2013	05:21.4s
5 mile road	Leanne Herron	Norman Woodcock 5m	Newcastle	23/11/2013	32:41m					
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
5k (Road)	Helen Morris	Exhibition Park 5k	Newcastle	15/08/2007	20:05s	Rachelle Falloon	GVG Staffelmarathon	Pulheim	17/01/2016	20:33s
60m (i)	Alice Dungworth	NECAA Indoor Championships	Gateshead	31/01/2016	8.19	Charlotte Ramsey	Gateshead College Open Series, Gateshead	Gateshead	13/02/2014	8.23
800m	Charlie Hedley	North East Grand Prix	Gateshead	15/08/2012	02:28.30s	Kirstie Johnson	Northumberland Schools Championship	Gateshead	14/06/2008	02:30.3s
Blaydon Race 5.67m	Leanne Herron	Blaydon Race	Blaydon	09/06/2004	39:26m	Heather Christopher	Blaydon Race	Blaydon	09/06/2015	39:41m
Discus 1kg	Tamsin Brown	Young Athletes 1NE	Jarrow	22/05/2011	18.99m	Sharon Richardson	Senior League Div 3E	Whitley Bay	03/05/2015	18.46m
Great North Run										
Half Marathon	Gill Meakin (Priest)	Unknown	Langbaurgh	1995	01:28.29s	Heather Christopher	Run Northumerland HM	Ponteland	10/03/2013	93:57m
High Jump	Ellie Morris	Gateshead Indoor Series	Gateshead	16/11/2017	1.60m	Heather Macdonald	NECAA Indoor Championships	Gateshead	17/02/2018	1.60m
HT 4kg	Steff Ramsey	Senior Leage Div 3E	Whitley Bay	08/08/2015	23.23m	Sharon Richardson	Senior League Div 3E	Morpeth	13/07/2014	19.87m
Javelin 600g	Chloe Barrass	Senior League Div 2E	Middlesbrough	14/082016	21.28m	Lisa Dean	Senior League Div 3E	Whitley Bay	05/07/2009	17.72m
Long Jump	Rebecca Nail	Senior Leage Div 3E	York	03/07/2011	4.59m	Bethan Sproat	Senior League 3E	Whitley Bay	01/07/2012	4.48m
Marathon	Sheila Greener	London Marathon	London	??/04/1994	03:05:51s	Cath Young	London Marathon	London	??/04/1993	03:23:23s (EST)
Mile (track)	Heather Christopher	North East Veterans League	Jarrow	17/06/2013	05:58.1s	Helen Morris	North East Veterans League	Jarrow	14/06/2010	06:20.5s
Parkrun (Druridge Bay)	Leanne Herron	Parkrun (Druridge Bay)	Druridge Bay	13/06/2015	21:10m	Rachelle Falloon	Parkrun (Druridge Bay)	Druridge Bay	07/02/2015	21:37m
Parkrun (Whitley Bay)	Charlie Hedley	Parkrun (Whitley Bay)	Whitley Bay	20/04/2013	19:53m	Emma James	Parkrun (Whitley Bay)	Whitley Bay	26/04/2014	20:02m
SP 4kg	Steff Ramsey	Senior League 3E	Whitley Bay	08/08/2015	7.10m	Adele Lonsdale	Senior League 3E	Whitley Bay	05/05/2013	6.56m
Triple Jump	Rebecca Nail	Senior League 3E	York	03/07/2011	9.87m	Bethan Sproat	Senior League 3E	Whitley Bay	01/07/2012	9.72m