



Outright Male

Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10000m	Gary Jones	NEMAA 10000m Championship	Jarrow	16/09/2017	36:12.0s	Jake Jansen	NECAA 10000m champs	Jarrow	29/04/2015	36:32.4s
100m	Chris Lillico	North East Athletics League	Gateshead	13/07/2011	11.6	Daniel Njai	Senior League Div 2E	York	07/05/2016	11.6
100m (joint 1st)	Jakob Nailen	Senior League Div 3E	Whitley Bay	05/08/2017	11.6					
10k	Andy Brown	Valli 10k	Team Valley, Gateshead	??/09/1993	31:28m	Andrew Henderson	Sheffield Lord Mayors 10k	Sheffield	22/04/2007	33:10m
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
10m	Andy Brown	Brampton-Carlisle	Brampton	??/11/1993	51:05m	Rob Hall	Hebburn 10	Hebburn?	??/??/1985	53:15s
10m (Blyth Valley)	Andy Brown	Blyth Valley Ten	Blyth	??/??/1997	52:04m	Rob Hall	Blyth Valley Ten	Blyth	1995	54:38m
110H 5M	Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	15.8	Craig Birch	Senior League Div 3E	Middlesbrough	04/06/2011	20.3
1500m	Josh Fiddaman	North East Grand Prix	Jarrow	18/04/2018	04:08.31s	Ellis Hetherington	Senior League Div 3E	Whitley Bay	05/08/2017	4:18.9s
200m	Dale Turner	Northumberland Schools Championship	Hexham	09/06/2018	23.3	Jakob Nailen	Senior League Div 3E	Whitley Bay	05/08/2017	23.5
3000m	Andy Brown	Unknown	Jarrow	18/08/1993	09:01s	Joseph Woods	Watford Open Graded Meeting	Watford	31/05/2017	09:32.39s
3000m S/C	Jon French	Senior League Div 3E	Jarrow	07/05/2017	10:54.2s	Lee Cuthbertson	Senior League Div 3E	Whitley Bay	13/07/2014	11:08.5s
400H	Daniel Njai	Northern Championships	Sportcity	12/06/2016	56.35	Chris Lillico	Senior League Div 3E	Jarrow	26/05/2012	62.3
400m	Daniel Njai	Senior League Div 3E	Middlesbrough	12/07/2015	52	Chris Lillico	Young Athletes 1NE	York	19/06/2011	52.3
4x100m (BLYTH ONLY)	A Swalwell, Njai, D Swalwell, Masterman	Northern Senior League Division 2E	Jarrow	03/06/2018	46.9s	A Swalwell, Njai, D Swalwell, Masterman	Sprint Relays	Jarrow	09/09/2015	47.1
4x400m (BLYTH ONLY)	Njai,Jansen,A Swalwell,Masterman	Sprint Relays	Jarrow	09/09/2015	03:50.5s	Woods,D Swalwell,Skirrow,Dungworth	Sprint Relays	Jarrow	09/09/2015	03:56.2s
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
5000m	Ash Henderson	Northern League 4E	Hexham	04/07/2010	16:43.4s	Joseph Woods	Senior League Div 3E	Jarrow	09/07/2017	17:09.3s
5k (Road)	Ellis Hetherington	Terry O'Gara 5k	Wallsend	22/04/2018	16:06	Andrew Henderson	Clive Cookson 5k	Whitley Bay	23/05/2007	16:09s
60m (i)	Jakob Nailen	Gateshead Indoor Series	Gateshead	16/11/2017	7.24s	Dale Turner	Gateshead Indoor Series	Gateshead	14/12/2017	7.51s
800m	Josh Fiddaman	Senior League Div 2E	Jarrow	03/06/2018	1:56.3s	Ellis Hetherington	NECAA Championships	Gateshead	14/05/2017	02:00.38s
Blaydon Race 5.67m	Gary Jones	Blaydon Race	Blaydon	09/06/2018	31:58m	Ellis Hetherington	Blaydon Race	Blaydon	09/06/2017	32:08m
Discus 2kg	Daniel Njai	North East Grand Prix	Jarrow	23/07/2014	22.49m	Ken Turnbull	Senior League Div 3E	York	03/07/2011	17.90m
Great North Run	Andy Brown	Great North Run	Newcastle	??/09/1993	01:09.24s					
Half Marathon	Andy Brown	Great North Run	Newcastle	??/09/1993	69:24m	Rob Hall	Flymo Half Marathon	?	20/09/1987	71:43s
High Jump	Chris Lillico	Senior League Div 3E	Whitley Bay	01/07/2012	1.88m	Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	1.63m
High Jump (HIGHER CLAIM)	Peter Skirrow	Northern Senior League 2E	Gateshead	05/05/2018	1.95m					
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
Javelin 800g	Matthew Fairhurst	Senior League 3E	Whitley Bay	05/08/2017	37.33m	David Swalwell	North East Veterans Championships	Jarrow	20/07/2013	34.92m
Javelin 800g (Higher Claim)	Peter Skirrow	Senior League Div 3E	Jarrow	09/07/2017	42.84m					
Long Jump	Daniel Njai	NECAA Indoor Pentathlon	Gateshead	22/03/2015	5.98m (i)	Chris Lillico	Young Athletes 1NE	York	19/06/2011	5.97m
Long Jump (HIGHER CLAIM)	Peter Skirrow	Senior League Div 2E	Jarrow	03/06/2018	7.03m					
Marathon	Andy Brown	London Marathon	London	??/04/1993	02:29.42s	Rob Hall	London Marathon	London	??	02:33:08s
Mile (track)	Josh Fiddaman	North East Grand Prix	Jarrow	21/06/2017	04:31.0s	James Young	North East Grand Prix	Jarrow	19/06/2013	04:53.8s
Parkrun (Druridge Bay)	Jon French	Parkrun (Druridge Bay)	Druridge Bay	14/03/2015	17:52m	Jake Jansen	Parkrun (Druridge Bay)	Druridge Bay	27/09/2014	18:10m
Parkrun (Whitley Bay)	Jake Jansen	Parkrun (Whitley Bay)	Whitley Bay	26/09/2015	16:52m	Jake Masterman	Parkrun (Whitley Bay)	Whitley Bay	24/10/2015	17:06m
Pole Vault	Calum Storey	Northern Senior League Div 3E	Whitley Bay	05/08/2017	2.30m					
SP 7.26kg	David Swalwell	Senior League 3E	Whitley Bay	08/08/2015	8.76m	Jonathan Dickinson	Senior League 3E	Whitley Bay	05/05/2012	8.70m
Triple Jump	Adam Wright	Senior League 3E	Whitley Bay	09/08/2014	12.51m	Daniel Njai	NECAA Indoor Championships	Gateshead	14/02/2015	12.01m (i)
Triple Jump (Higher Claim)	Peter Skirrow	Senior League Div 3E	Jarrow	05/06/2017	12.54m					