















U17	F	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
U20	F	Triple Jump	Bethan Sproat	Senior League 3E	Whitley Bay	05/05/2013	9.24m	Sam Bell	Senior League 3E	Darlington	04/05/2014	9.14m
V35	F	Triple Jump	Hayley Raitbby	North East Veterans League	Jarrow	02/07/2012	5.82m	Jill Thompson	NEMAA League	Jarrow	16/08/2021	3.72m
V40	F	Triple Jump	Steph English	NEMAA League	Jarrow	16/08/2021	5.21m					
V50	F	Triple Jump	Lee Elder	NEMAA League	Jarrow	16/08/2021	4.56m					
V55	F	Triple Jump	Claire Mason	NEMAA League	Jarrow	16/08/2021	3.50m					
V60	F	Triple Jump	John Mallon	NEMAA League	Jarrow	06/06/2022	7.73m					
V60	F	Triple Jump	Anne Craddock	NEMAA League	Jarrow	16/08/2021	3.38m					
OUTRIGHT	M	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)
SEN	M	Triple Jump	Daniel Njai	NECAA Indoor Championships	Gateshead	14/02/2015	12.01m (I)	Craig Birch	Senior League 3E	Middlesbrough	06/06/2015	10.77m
U17	M	Triple Jump	Adam Wright	Senior League 3E	Whitley Bay	09/08/2014	12.51m	Kalvin Hurst	Young Athletes 1NE	Jarrow	05/06/2011	11.13m
U20	M	Triple Jump	Craig Birch	Tartan Games	Gateshead	21/08/2010	11.84m	Joe Wren	Senior League 2E	Hewham	08/07/2018	11.26m
U23	M	Triple Jump	Craig Birch	NECAA Indoor Championships, Gateshead	Gateshead	08/01/2011	11.76m (I)	Calum Storey	Senior League 3E	Jarrow	04/06/2017	10.30m
V35	M	Triple Jump	Daniel Njai	Senior League Div 2E	Middlesbrough	16/06/2019	11.04m	Paul Whalley	Senior League Div 4E	Chester-le-Street	05/07/2009	9.29m
V45	M	Triple Jump	Stephen French	NEMAA League	Jarrow	16/08/2021	8.58m	Steve Walker	Senior League Div 4E	Jarrow	02/05/2009	8.01m
V55	M	Triple Jump	Dave Bradley	Senior League Div 4E	Chester-le-Street	05/07/2009	8.40m					
V65	M	Triple Jump	John Mallon	NEMAA League	Jarrow	04/07/2022	8.09m					
OUTRIGHT	M	Triple Jump (Higher C	Peter Skirrow	Senior League Div 3E	Jarrow	05/06/2017	12.54m					
V55	M	Weight	Stephen Forster	NEMAA Throws Pentathlon	Jarrow	17/09/2022	8.04m					
V55	M	Weight	Tony Dunn	NEMAA League	Jarrow	05/07/2021	6.03m					

\*These starred performances on 22/5 were wind assisted, however results submitted to power of 10 without wind readings.