

Senior Ladies



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100H SW	Lauren Barrett	Senior League 3E	Middlesbrough	06/06/2015	20	Phillipa Baxter	Senior League 3E	York	03/07/2011	26.6
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
10k	Leanne Herron	Tynedale 10k	Ovingham	04/07/2012	40:10m	Phillipa Baxter	Blyth Valley 10k	Blyth	07/04/2013	41:24m
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
10m (Blyth Valley)	Gill Meakin	Blyth Valley Ten	Blyth	1995	01:04:54m	Jacqui Lumsden	Blyth Valley Ten	Blyth	1997	01:08:35m
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
200m	Lauren Barrett	Tartan Games	Gateshead	27/08/2017	27.49s	Gemma Harmon	Senior League Div 2E	Middlesbrough	06/08/2016	38.4
3000m	Rachelle Falloon	Watford Open Graded Meeting	Watford	20/04/2016	11:37.10s	Lindsay Chapman	Senior League Div 3E	Middlesbrough	03/08/2013	12:20.1s
400HW	Lauren Barrett	Senior League Div 3E	Middlesbrough	06/06/2015	74.5	Phillipa Baxter	Senior League 3E	Whitley Bay	05/05/2013	86.1
400m	Lauren Barrett	Tartan Games	Gateshead	27/08/2017	61.4	Leanne Herron	Senior League Div 3E	Whitley Bay	01/07/2012	70.1
4x100m	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
4x100m (with Wallsend)		Senior League Div 3E	Morpeth	13/07/2014	57.5	Wood/Dunworth/Barrett/Heron	Senior League Div 2E	York	07/05/2016	57.9
4x200m		Sprint Relays	Jarrow	11/09/2013	01:53.8s	Falloon, Dungworth, Scott, Wood	Sprint Relays	Jarrow	09/09/2015	02:03.1s
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
4x400m (with Wallsend)		Senior League Div 3E	Morpeth	13/07/2014	04:34.0s	Wood/Barrett	Senior League Div 3E	Middlesbrough	06/06/2015	04:35.5s
5000m	Leanne Herron	Police Sport UK Championships	Doncaster	08/07/2009	19:38.5s					
60H SW	Phillipa Baxter	Gateshead Indoor Series	Gateshead	20/01/2011	16.44					
800m	Leanne Herron	Senior League Div 3E	Whitley Bay	01/07/2012	02:32.8s	Lauren Barrett	Senior League Div 3E	Whitley Bay	07/06/2014	02:42.5s
Blaydon Race 5.67m	Jacqui Lumsden	Blaydon Race	Blaydon	09/06/1999	38:57m	Leanne Herron	Blaydon Race	Blaydon	09/06/2004	39:26m
Discus 1kg	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
Half Marathon	Phillipa Baxter	Run Northumberland HM	Ponteland	10/03/2013	97:51c	Lindsey Chapman	Redcar Half Marathon	Redcar	29/09/2013	98:37c
High Jump	Leanne Herron	Senior League 4E	Chester-le-Street	05/07/2009	1.30m					
HT 4kg	Gemma Harmon	Senior League Div 3E	Jarrow	09/07/2017	10.84m					
Javelin 600g	Gemma Harmon	Senior League Div 3E	Jarrow	04/06/2017	8.57m					
Long Jump	Lauren Barrett	Senior League Div 3E	Jarrow	07/05/2017	3.16m	Gemma Harmon	Senior League Div 3e	Jarrow	07/05/2017	2.23m
Marathon	Claire Calverley	London Marathon	London	24/04/2016	03:29.02s	Phillipa Baxter	London Marathon	London	21/04/2013	03:35.22s