

Senior Male



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100m	Daniel Njai	Senior League Div 2E	York	07/05/2016	11.6	Craig Birch	Senior League Div 2E	Jarrow	04/06/2017	12.5s
10k	Andrew Henderson	Sheffield Lord Mayors 10k	Sheffield	22/04/2007	33:10m	Gary Jones	Ribble Valley 10k	Clitheroe	28/12/2008	34:26m
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	Brad Clough	Jelly Tea	Hexham-Ovingham	31/08/2014	58:18m					
10m (Blyth Valley)	Andy Brown	Blyth Valley Ten	Blyth	1997	52:04m	Dave Mckenzie	Blyth Valley Ten	Blyth	1995	55:21m
110H SM	Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	15.8	Craig Birch	Senior League Div 3E	Jarrow	07/05/2017	20.5s
1500m	Lee Cuthbertson	NECAA Championships	Gateshead	17/05/2014	04:27.5s	Daniel Njai	North East Grand Prix	Jarrow	23/04/2014	04:34.0s
150m	Daniel Njai	North East Grand Prix	Jarrow	29/04/2015	18.5					
200m	Daniel Njai	Senior League Div 2E	York	07/05/2016	23.8	Rob Macdonald	Tartan Games	Gateshead	28/08/2016	25.05
3000m	Andy Brown	???	Jarrow	18/08/1993	09:01s	Daniel Njai	Havant AC Open	Portsmouth	12/04/2014	10:32.4s
3000m S/C	Lee Cuthbertson	Senior League Div 3E	Whitley Bay	13/07/2014	11:08.5s	Daniel Njai	Senior League Div 3E	Middlesbrough	09/06/2013	11:58.8s
300H M	Daniel Njai	ASF Tynedale Treat	Hexham	09/05/2015	42.7					
300m	Daniel Njai	North East Grand Prix	Jarrow	29/04/2015	38.3	Craig Birch	Stockport Summer Open Series	Stockport	16/07/2014	45.1
300m	Daniel Njai	Northern Athletics Open Meeting	Sheffield	04/12/2016	38.09					
400H	Daniel Njai	Northern Championships	Sportcity	12/06/2016	56.35	Rob Macdonald	Senior League Div 3E	Jarrow	09/07/2017	66.1
400m	Daniel Njai	Senior League Div 3E	Middlesbrough	12/07/2015	52	Jon French	Senior League Div 3E	Whitley Bay	05/05/2013	59.6
4x100m	A Swalwell, Njai, D Swalwell, Masterman	Sprint Relays	Jarrow	09/09/2015	47.1	Birch, Skirrow, Swalwell, Njai	Senior League Div 3E	Whitley Bay	08/08/2015	47.8
4x100m (with Wallsend)	athletes unknown	Senior League Div 3E	York	03/07/2011	47.9	athletes unknown	Senior League Div 3E	Jarrow	31/0/2010	48
4x200m	Swalwell, Swalwell, Skirrow, Masterman	Sprint Relays	Jarrow	09/09/2015	01:41.6s	Woods, Moore, Storey, Fiddaman	Sprint Relays	Jarrow	06/09/2017	01:45.39s
4x400m	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
4x400m (with Wallsend)	Fiddaman/Hetherington/Wallsend/Wallsend	Senior League Div 3E	Whitley Bay	05/08/2017	3:40.8s	athletes unknown	Senior League Div 3E	Middlesbrough	03/08/2013	03:41.1s
4x800m	Jansen, Masterman, Marsh, Dungworth	Spring Track Relays	Whitley Bay	10/04/2016	09:17.0s	Robinson/Scott/Harmon/Grieves	Spring Track Relays	Whitley Bay	10/04/2016	
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	Lee Cuthbertson	RAF Championships	Cosford	18/06/2014	17:14.23s	Rob Macdonald	Senior League Div 3E	Jarrow	04/06/2017	18:35.0
5k (Road)	Andrew Henderson	Clive Cookson 5k	Whitley Bay	23/05/2007	16:09s	Rob Hall	Gateshead Open Road Races	Gateshead	29/10/2005	16:16s
60H SM	Daniel Njai	Northern Athletics Indoor Championships	Sheffield	16/01/2016	8.86					
60m (i)	Daniel Njai	Gateshead Indoor Series	Gateshead	15/12/2016	7.54	Rob Macdonald	Gateshead Indoor Series	Gateshead	09/02/2017	7.81
800m	Daniel Njai	North East Grand Prix	Gateshead	01/07/2015	02:05.2s	Jon French	Senior League Div 3E	Whitley Bay	05/05/2013	02:20.2s
Blaydon Race 5.67m	Andy Brown	Blaydon Race	Blaydon	09/06/1999	29:52m	Sam Dodd	Blaydon Race	Blaydon	09/06/2015	32:57m
Discus 2kg	Daniel Njai	North East Grand Prix	Jarrow	23/07/2014	22.49m	Henry Madden	Senior League Div 3E	Whitley Bay	05/08/2017	18.72m
Half Marathon	Gary Jones	Wilmslow Half Marathon	Wilmslow	29/06/2009	76:14m	Brad Clough	Great North Run	Newcastle	07/09/2014	77:48m
High Jump	Daniel Njai	North East Grand Prix	Jarrow	08/06/2016	1.63m					
HIT 7.26kg	Jonathan Dickinson	Senior League Div 3E	Whitley Bay	05/05/2012	18.19m					
Javelin 800g	Daniel Njai	North East Grand Prix	Jarrow	23/04/2014	25.52m	Henry Madden	NECAA Pentathlon	Jarrow	24/09/2016	17.67m
Long Jump	Daniel Njai	NECAA Indoor Pentathlon	Gateshead	22/03/2015	5.98m (i)	Craig Birch	Senior League 3E	Middlesbrough	06/06/2015	5.24m
Marathon	Gary Jones	London Marathon	London	20/09/2009	02:41:50s	Brad Clough	London Marathon	London	24/04/2016	02:46.56s