

UNDER 20 - WOMEN



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100H SW	Bethan Sproat	Senior League 3E	Whitley Bay	07/07/2013	20.7					
100m	Charlotte Ramsey	Senior League Div 3E	Whitley Bay	09/08/2014	13.1	Alice Dungworth	Senior League Div 2E	York	07/05/2016	13.3
1500m	Emma Freeman	North East Athletics League	Jarrow	28/04/2010	05:44.4s					
1500m SCW	Emma Freeman	NECAA Championships	Gateshead	09/05/2010	06:22.20s					
150m	Charlotte Ramsey	North East Grand Prix	Jarrow	23/04/2014	19.6					
200m	Charlotte Ramsey	North East Grand Prix	Gateshead	09/07/2014	26.4	Steff Ramsey	Senior League 3E	York	14/08/2012	28.5
400HW	Steff Ramsey	Senior League Div 3E	York	14/08/2011	83.3					
400m	Charlotte Ramsey	NECAA Championships	Gateshead	18/05/2014	60.71	Alice Dungworth	Senior League Div 2E	York	07/05/2016	66
400m (i)	Charlotte Ramsey	Northern Athletics Chamionships, Sheffield	Sheffield	17/01/2015	61.93					
60H SW	Bethan Sproat	NECAA Indoor Pentathlon	Gateshead	16/03/2014	12.07					
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
Half Marathon	Ella Wood	Great North Run	Newcastle	11/09/2016	02:11.01s					
High Jump	Sam Bell	Senior League Div 3E	Whitley Bay	07/07/2013	1.52m	Bethan Sproat	Gateshead Open indoor	Gateshead	21/03/2013	1.50m
HT 4kg	Steff Ramsey	Senior League Div 3E	Whitley Bay	05/08/2012	21.45m					
Long Jump	Bethan Sproat	NECAA Indoor Pentathlon	Gateshead	04/05/2014	4.00m	Sam Bell	Senior League 3E	Darlington	04/05/2014	3.86m
SP 4kg	Steff Ramsey	Senior League 3E	Whitley Bay	05/08/2012	6.50m	Bethan Sproat	Senior League 3E	Middlesbrough	03/08/2013	6.54m
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