

## U23 Men



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10000m	Jake Jansen	NECAA 10000m champs	Jarrow	29/04/2015	36:32.4s					
100m	Jakob Nailen	Senior League Div 3E	Whitley Bay	05/08/2017	11.6	Craig Birch	Trafford Grand Prix	Stretford	01/05/2012	11.87
10k (Blyth Valley)	Jake Jansen	Blyth Valley 10k	Blyth	12/04/2015	36:05m					
110H SM	Craig Birch	Senior League Div 3E	Middlesbrough	04/06/2011	20.3	Calum Storey	Senior League Div 3E	Whitley Bay	03/05/2015	23.4
1500m	Ellis Hetherington	Senior League Div 3E	Whitley Bay	05/08/2017	4:18.9s	Jake Jansen	BUCS Championship	Bedford	02/04/2015	04:34.48s
2000m S/C	Craig Birch	North East Athletics League	Jarrow	27/04/2011	07:43.5s					
200m	Jakob Nailen	Sale Harriers Open Series	Manchester	25/02/2018	23.86s					
200m	Jakob Nailen	Senior League Div 3E	Whitley Bay	05/08/2017	23.5	Chris Laidlaw	Senior League Div 3E	Whitley Bay	07/07/2013	24.4
3000m	Joseph Woods	Watford Open Graded Meeting	Watford	31/05/2017	09:32.39s	Jake Jansen	BUCS Championship	Sheffield	21/02/2015	09:42.85s
300m	Jake Jansen	North East Grand Prix	Jarrow	29/04/2015	42.7	Calum Storey	North East Grand Prix	Jarrow	29/04/2015	44
400H	Craig Birch	NECAA Championships	Gateshead	15/05/2011	63.24	Calum Storey	Senior League Div 3E	Middlesbrough	12/07/2015	70.3
400m	Ellis Hetherington	Northern Senior League Div 3E	Jarrow	07/05/2017	55.1	Craig Birch	North East Athletics League	Gateshead	10/08/2011	55.58
5000m	Joseph Woods	Senior League Div 3E	Jarrow	09/07/2017	17:09.3s					
600m (i)	Craig Birch	Manchester Open	Sportcity	06/03/2011	01:32.44s					
60H SM	Craig Birch	NECAA Indoor Pentathlon	Gateshead	18/03/2012	12.21					
60m (i)	Jakob Nailen	Gateshead Indoor Series	Gateshead	16/11/2017	7.24s	Craig Birch	Manchester Open	Sportcity	19/02/2012	7.65
800m	Ellis Hetherington	NECAA Championships	Gateshead	14/05/2017	02:00.38s	Chris Laidlaw	Senior League Div 3E	Whitley Bay	07/07/2013	02:07.4s
Blaydon Race 5.67m	Ellis Hetherington	Blaydon Race	Blaydon	09/06/2017	32:08m	Jake Jansen	Blaydon Race	Blaydon	09/06/2015	32:56m
Decathlon	Craig Birch	Wrexham Open Games	Wrexham	12/08/2012	2674					
Discus 2kg	Calum Storey	NECAA Pentathlon	Jarrow	19/09/2015	13.38m	Craig Birch	Wrexham Open Games	Wrexham	12/08/2012	12.28m
Half Marathon	Chris Laidlaw	Great North Run	Newcastle	07/09/2014	90:06m	Ellis Hetherington	Great North Run	Newcastle	11/09/2016	95:09m
High Jump	Calum Storey	North East Grand Prix	Jarrow	29/04/2015	1.55m	Craig Birch	Cheshire League	Ashton-under-Lyne	21/04/2013	1.35m
HT 7.26kg	Craig Birch	Cheshire League	Ellesmere Port	09/06/2012	9.55m					
Javelin 800g	Calum Storey	NECAA Pentathlon	Jarrow	24/09/2016	20.18m	Craig Birch	Wrexham Open Games	Wrexham	12/08/2012	18.20m
Long Jump	Craig Birch	Trafford Grand Prix	Stretford	11/06/2013	5.78m	Calum Storey	NECAA Pentathlon	Jarrow	24/09/2016	4.80m
1 Mile (track)	Calum Storey	North East Grand Prix	Gateshead	19/06/2013	05:06.43s	Jake Jansen	North East Athletics League	Jarrow	19/06/2013	04:54.6s
NECAA Indoor Pentathlon	Craig Birch	NECAA Indoor Pentathlon	Gateshead	18/03/2012	1841pts					
NECAA Pentathlon	Calum Storey	NECAA Pentathlon	Jarrow	19/09/2015	1403pts					
Pole Vault	Calum Storey	Northern Senior League Div 3E	Whitley Bay	05/08/2017	2.30m					
SP 7.26kg	Craig Birch	NECAA Indoor Pentathlon	Gateshead	18/03/2012	5.86m					
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