

## V35 Male

| Discipline             | Athlete          | Event                         | Venue        | Date       | Performance | Athlete        | Event                             | venue             | Date       | Performance |
|------------------------|------------------|-------------------------------|--------------|------------|-------------|----------------|-----------------------------------|-------------------|------------|-------------|
| 10 miles               | Paul Whalley     | Tynedale 10                   | Hexham       | 06/09/2009 | 56:34m      |                |                                   |                   |            |             |
| 10000m                 | Gary Jones       | NEMAA 10000m Championship     | Jarrow       | 16/09/2017 | 36:12.0s    | Jon French     | NECAA 10000m champs               | Jarrow            | 13/09/2014 | 38:25.5s    |
| 10k                    | Andrew Henderson | Stathern 10k                  | Stathern     | 20/06/2010 | 33:35m      | Paul Whalley   | Tynedale 10k                      | Hexham            | 01/07/2009 | 34:19m      |
| 10k (Blyth Links)      | Paul Whalley     | Blyth Links 10k               | Blyth        | 2009       | 33:13m      |                |                                   |                   |            |             |
| 10k (Blyth Valley)     | Peter Brown      | Blyth Valley 10k              | Blyth        | 25/04/2010 | 35:31m      | Ash Henderson  | Blyth Valley 10k                  | Blyth             | 07/04/2013 | 36:48m      |
| 100m                   | Daniel Njai      | Northern Senior League Div 2E | Gateshead    | 05/05/2018 | 12.43s      |                |                                   |                   |            |             |
| 110H SM                | Daniel Njai      | Northern Senior League Div 2E | Jarrow       | 03/06/2018 | 16.6s       | Jon French     | Senior League Div 3E              | Whitley Bay       | 09/08/2014 | 23.1        |
| 1500m                  | Paul Whalley     | Senior League Div 4E          | Whitley Bay  | 02/08/2009 | 04:36.6s    | Jon French     | NEMAA Championships               | Jarrow            | 27/06/2015 | 04:43.5s    |
| 200m                   | Iain Singer      | North East Veterans League    | Jarrow       | 01/08/2007 | 30.7        |                |                                   |                   |            |             |
| 3000m                  | Gary Jones       | NEMAA League                  | Jarrow       | 21/05/2018 | 9:49.2s     | Jon French     | North East Veterans League        | Jarrow            | 20/07/2015 | 10:23.5s    |
| 3000m S/C              | Jon French       | Senior League Div 3E          | Jarrow       | 07/05/2017 | 10:54.2s    | Paul Whalley   | Senior League Div 4E              | Chester-le-Street | 05/07/2009 | 12:13.4s    |
| 400H                   | Steve Dobby      | Senior League Div 3E          | Jarrow       | 07/05/2011 | 66.6        | Paul Whalley   | Senior League 4E                  | Chester-le-Street | 05/07/2009 | 67.6        |
| 400m                   | Jon French       | NEMAA Championships           | Jarrow       | 27/06/2015 | 57.6        | Paul Whalley   | Senior League Div 3E              | Chester-le-Street | 05/07/2009 | 64.1        |
| 5000m                  | Ash Henderson    | Northern League 4E            | Hexham       | 04/07/2010 | 16:43.4s    | Gary Jones     | Senior League Div 2E              | Jarrow            | 03/06/2018 | 17:12.0s    |
| 5k (Road)              | Paul Whalley     | Sunderland 5k                 | Sunderland   | 23/07/2008 | 16:57m      |                |                                   |                   |            |             |
| 800m                   | Paul Whalley     | Senior League Div 4E          | Whitley Bay  | 02/08/2009 | 02:15.3s    | Jon French     | North East Veterans Championships | Jarrow            | 27/06/2015 | 02:18.2s    |
| Blaydon Race 5.67m     | Gary Jones       | Blaydon Race                  | Blaydon      | 09/06/2018 | 31:58m      | Graeme Stewart | Blaydon Race                      | Blaydon           | 09/06/2015 | 35:36m      |
| Half Marathon          | Rob Hall         | Flymo Half Marathon           | ?            | 20/09/1987 | 71:43s      | Paul Whalley   | Cumbrian Half Marathon            | Carlisle          | 19/10/2008 | 75:18:00    |
| High Jump              | Iain Singer      | VANEE Championships           | Jarrow       | 26/06/2010 | 1.35m       |                |                                   |                   |            |             |
| HT 7.26kg              | Steven French    | Senior League Div 3E          | Whitley Bay  | 05/05/2013 | 20.83m      | Gary Jones     | NEMAA League                      | Jarrow            | 21/05/2018 | 12.93m      |
| Long Jump              | Daniel Njai      | Northern League 2E            | Darlington   | 04/08/2018 | 5.90m       |                |                                   |                   |            |             |
| Marathon               | Gary Jones       | Frankfurt Marathon            | Edinburgh    | 28/10/2018 | 02:41.36s   | Peter Brown    | Edinburh Marathon                 | Edinburgh         | 27/05/2012 | 02:55:38c   |
| Mile (track)           | Jon French       | Tyne Bridge Golden Mile       | Whitley Bay  | 09/05/2015 | 05:06.3s    | Steven French  | Tyne Bridge Golden Mile           | Whitley Bay       | 10/05/2014 | 05:37.5s    |
| Parkrun (Druridge Bay) | Jon French       | Parkrun (Druridge Bay)        | Druridge Bay | 14/03/2015 | 17:52m      | Graeme Stewart | Parkrun (Druridge Bay)            | Druridge Bay      | 16/08/2014 | 18:48m      |
| Parkrun (Whitley Bay)  | Andrew Henderson | Parkrun (Whitley Bay)         | Whitley Bay  | 05/01/2013 | 17:25m      | Jon French     | Parkrun (Whitley Bay)             | Whitley Bay       | 22/11/2014 | 18:03m      |