

V35 Men



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
Long Jump	Daniel Njai	Northern Senior League Div 2E	Gateshead	05/05/2018	5.71m					
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
Marathon	Peter Brown	Edinburgh Marathon	Edinburgh	27/05/2012	02:55:38c	Chris Stone	London Marathon	London	17/04/2011	03:22:23s
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
SP 7.26kg	Steven French	Senior League 3E	Whitley Bay	05/05/2013	6.78m					
Triple Jump	Paul Whalley	Senior League Div 4E	Chester-le-Street	05/07/2009	9.29m					