

# V40 Men



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
150m	David Swalwell	North East Athletics League	Jarrow	25/04/2012	18.3					
10000m	Martin Scott	NECAA 10000m champs	Jarrow	19/09/2015	42:01.9s	Steven French	NECAA 10000m champs	Jarrow	19/09/2015	42:26.2s
100m	David Swalwell	North East Veterans League	Jarrow	20/05/2013	11.9					
10k	Andrew Henderson	Darlington 10k	Darlington	09/08/2015	36:25m c	Peter Brown	Cragside 10k	Rothbury	13/04/2013	37:18m
10k (Blyth Valley)	Andrew Henderson	Blyth Valley 10k	Blyth	03/04/2016	37:15m	Dale Smith	Blyth Valley 10k	Blyth	01/04/2012	39:49m
10m	Andy Brown	Jelly Tea	Hexham-Ovingham	12/09/2004	59:25s					
10m (Blyth Valley)	Rob Hall	Blyth Valley Ten	Blyth	1995	54:38m	Colin Priest	Blyth Valley Ten	Blyth	1998	59:10m
1500m	Stephen French	North East Veterans League	Jarrow	22/05/2017	05:01.5s	Martin Scott	North East Veterans League	Jarrow	02/06/2014	05:18.9s
200m	David Swalwell	North East Veterans Championships	Jarrow	28/06/2014	24.7	Steven French	NECAA Pentathlon	Jarrow	19/09/2015	29.2
200m (i)	David Swalwell	Scottish National Championships	Emirates Arena	31/01/2015	24.8					
3000m	Martin Scott	North East Veterans League	Jarrow	18/05/2015	11:06.3s	Steven French	North East Veterans League	Jarrow	18/05/2015	11:32.8s
3000m S/C	Ian Baxter	Senior League Div 3E	York	14/08/2011	13:33.7s	Iain Singer	Senior League Div 3E	York	03/07/2011	14:23.3s
300m	David Swalwell	North East Veterans League	Jarrow	07/07/2014	40.4	Iain Singer	North East Veterans League	Jarrow	20/06/2011	47.5
400H	Iain Singer	Senior League Div 3E	York	03/07/2011	77.1					
400m	Steven French	North East Masters Championships	Jarrow	17/06/2017	66	Iain Singer	Senior League Div 3E	Middlesbrough	04/06/2011	67.5
5000m	Iain Singer	Senior League Div 3E	Jarrow	07/05/2011	18:23.6s	Martin Scott	North East Veterans Championships	Jarrow	28/06/2014	19:39.8s
60m (i)	David Swalwell	Scottish National Championships	Emirates Arena	31/01/2015	7.54					
800m	Iain Singer	North East Veterans Championships	Jarrow	09/07/2011	02:29.5s	Stephen French	NEMAA League	Jarrow	22/05/2017	02:33.4s
Blaydon Race 5.67m	Stephen Gair	Blaydon Race	Blaydon	09/06/1999	33:08m	Steve Gillespe	Blaydon Race	Blaydon	06/06/1999	34:34m
Discus 2kg	David Swalwell	North East Veterans Championships	Jarrow	28/06/2014	17.36m	Steven French	NECAA Pentathlon	Jarrow	19/09/2015	17.02m
Half Marathon	Andrew Henderson	Plusnet Yorkshire Half Marathon	Sheffield	10/04/2016	81:45m	Peter Brown	Great North Run	Newcastle	15/09/2013	83:07m
High Jump	Iain Singer	Gateshead College Open Series	Gateshead	15/03/2012	1.40m					
HT 7.26kg	Martin Scott	Senior League Div 3E	Middlesbrough	06/06/2015	11.99m					
Javelin 800g	David Swalwell	North East Veterans Championships	Jarrow	20/07/2013	34.92m	Steven French	NECAA Pentathlon	Jarrow	09/09/2015	21.55m
Long Jump	David Swalwell	NECAA Pentathlon	Jarrow	08/09/2012	4.65m	Steven French	NECAA Pentathlon	Jarrow	09/09/2015	4.35m
Marathon	Tony Holland	London Marathon	London	24/04/2016	03:01.31s	Steven French	London Marathon	London	24/04/2016	03:09.26s
Mile (track)	Martin Scott	North East Veterans League	Jarrow	16/06/2014	05:46.0s	Steven French	Tyne Bridge Golden Mile	Whitley Bay	09/05/2015	05:51.1s
NEMAA PentathlonM40	David Swalwell	NECAA Pentathlon	Jarrow	08/09/2012	2153pts	Steven French	NECAA Pentathlon	Jarrow	19/09/2015	1608pts
Parkrun (Druridge Bay)	Paul Whalley	Parkrun (Druridge Bay)	Druridge Bay	03/01/2015	19:03m	Tony Holland	Parkrun (Druridge Bay)	Druridge Bay	27/09/2014	20:23m
Parkrun (Whitley Bay)	Tony Holland	Parkrun (Whitley Bay)	Whitley Bay	31/10/2015	18:42m	Steven French	Parkrun (Whitley Bay)	Whitley Bay	18/04/2015	19:35m
SP 7.26kg	David Swalwell	Senior League 3E	Whitley Bay	09/06/2013	8.63m	Martin Scott	Senior League 3E	Whitley Bay	09/08/2014	5.36m