

# V40 Female



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10000m	Heather Christopher	NECAA 10000m champs	Jarrow	23/04/2014	43:56.0s	Heather Christopher	North East Veterans League	Jarrow	18/05/2011	16.8
100m	Gwen Forster	Senior League Div 3E	Jarrow	07/05/2017	15.2	Claire Calverley	Blyth Valley 10k	Blyth	09/04/2017	43:04m
10k	Helen Morris (f2)	Blyth Valley 10k	Blyth	24/04/2005	42:25m	Claire Calverley	Blyth Valley 10k	Blyth	09/04/2017	43:04m
10k (Blyth Valley)	Helen Morris (f2)	Blyth Valley 10k	Blyth	24/04/2005	42:25m	Kath Glynn	Blyth Valley Ten	Blyth	1995	01:09:39m
10m (Blyth Valley)	Sheila Greener	Blyth Valley Ten	Blyth	1994	01:06:16m	Helen Morris	VAA North East League	Jarrow	23/06/2007	05:37.0s
1500m	Heather Christopher	North East Veterans League	Jarrow	03/06/2013	05:34.3s	Heather Christopher	North East Veterans League	Jarrow	28/05/2012	33.1
200m	Gwen Forster	Northern Senior League Div 3E	Jarrow	04/06/2017	31.7	Heather Christopher	North East Veterans League	Jarrow	20/05/2013	11:51.8s
3000m	Helen Morris	Tyneside League	Gateshead	08/08/2007	11:22.06s	Heather Christopher	North East Veterans League	Jarrow	07/07/2014	54.5
300m	Gwen Forster	NEMAA League	Jarrow	18/07/2016	50.3	Heather Christopher	North East Veterans League	Jarrow	16/06/2014	75.4
400m	Gwen Forster	Northern Senior League Div 3E	Jarrow	04/06/2017	70.6	Heather Christopher	North East Veterans League	Jarrow	08/09/2012	20:28.4s
5000m	Helen Morris	North East Veterans League	Jarrow	01/08/2007	19:54.7s	Gwen Forster	Senior League Div 2E	Gateshead	05/06/2016	02:44.8s
800m	Heather Christopher	Senior League Div 3E	Morpeth	13/07/2014	02:42.4s	Claire Calverley	Run Northumberland HM	Ponteland	19/03/2017	98:45m
Half Marathon	Heather Christopher	Run Northumberland HM	Ponteland	10/03/2013	93:57m	Susanne Hunter	Senior League 4E	Whitley Bay	02/08/2009	4.85m
Javelin 600g	Sue Browning	North East Veterans League	Jarrow	01/06/2015	10.19m	Gwen Forster	NEMAA League	Jarrow	04/07/2016	06:08.5s
1 Mile (track)	Heather Christopher	North East Veterans League	Jarrow	17/06/2013	05:58.1s	Gwen Forster	Parkrun (Druridge Bay)	Druridge Bay	24/10/2015	22:13m
Parkrun (Druridge Bay)	Susanne Browning	Parkrun (Druridge Bay)	Druridge Bay	04/04/2015	22:57m	Sue Browning	Parkrun (Whitley Bay)	Whitley Bay	03/05/2014	23:04m
Parkrun (Whitley Bay)	Heather Christopher	Parkrun (Whitley Bay)	Whitley Bay	11/08/2012	20:37m	Julie Lemin	Plusnet Yorkshire Marathon	York	09/10/2016	04:14.51s
SP 4kg	Susanne Hunter	Senior League 4E	Whitley Bay	02/08/2009	4.98m					
Marathon	Claire Calverley	London Marathon	London	23/04/2017	3:22.03s					