

## v45 Men

Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10000m	Paul Whalley	NECAA 10000m champs	Jarrow	18/04/2018	36:45.2s	Kevin Freeman	VAANE 10k championships	Jarrow	20/09/2006	40:59.7s
100m	David Swalwell	Senior League Div 2E	York	08/05/2016	12					
10k	Adam Robinson	Cragside 10k	Rothbury	13/04/2013	39:41m	Ian Baxter	Darlington 10k	Darlington	09/08/2015	40:33m c
10k (Blyth Valley)	Martin Gaughan (m2)	Blyth Valley 10k	Blyth	24/04/2005	36:29m	Kevin Freeman (m2)	Blyth Valley 10k	Blyth	02/04/2006	39:30m
10m (Blyth Valley)	Rob Hall	Blyth Valley Ten	Blyth	1998	57:43m	Dave Morris	Blyth Valley Ten	Blyth	1997	59:28m
200m	David Swalwell	Senior League Div 3E	Middlesbrough	06/06/2015	24.6					
3000m	Kevin Freeman	VAANE League	Jarrow	31/07/2006	11:31.4s					
5000m	Kevin Freeman	???	Jarrow	22/07/2006	19:04.3s	Peter Brown	Senior League 4E	Hexham	06/06/2009	
60m (i)	David Swalwell	British Masters Championships	Lee Valley	12/03/2016	7.60s					
Blaydon Race 5.67m	Rob Hall	Blaydon Race	Blaydon	09/06/1999	32:33m	David Morris	Blaydon Race	Blaydon	06/06/1999	34:19m
Discus 2kg	David Swalwell	Senior League Div 3E	Jarrow	07/05/2017	17.61m	Steve Walker	Senior League Div 4E	Jarrow	02/05/2009	13.78m
Half Marathon	Ian Baxter	Run Northumberland HM	Ponteland	16/03/2014	91:03m	Martin Scott	Castles Half Maraton	Bamburgh	25/10/2015	94:39c
Javelin 800g	David Swalwell	Senior League Div 2E	York	08/05/2016	32.91m					
Marathon	Martin Scott	Plusnet Yorkshire Marathon	York	11/10/2015	03:23:12s	Paul Turnbull	London Marathon	London	21/04/2013	03:50:24s
Parkrun (Druridge Bay)		Parkrun (Druridge Bay)	Druridge Bay				Parkrun (Druridge Bay)	Druridge Bay		
Parkrun (Whitley Bay)	Dale Smith	Parkrun (Whitley Bay)	Whitley Bay	01/11/2014	18:45m	Ian Baxter	Parkrun (Whitley Bay)	Whitley Bay	02/11/2013	19:48m
SP 7.26kg	David Swalwell	Senior League 3E	Whitley Bay	08/08/2015	8.76m	Steve Walker	Senior League Div 4E	Jarrow	02/05/2009	6.63m
Triple Jump	Steve Walker	Senior League Div 4E	Jarrow	02/05/2009	8.01m					