

V45 Women



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100H 5W	Sharon Richardson	Senior League 3E	Jarrow	26/05/2012	25.6					
100m	Heather Christopher	NEMAA League	Jarrow	16/05/2016	17.1					
10k	Adele Lonsdale	Clive Cookson 10K	Whitley Bay	18/05/2016	51:48m	Davina Lonsdale	Blyth Valley 10k	Blyth	07/04/2013	52:04m
10k (Blyth Valley)	Helen Morris	Blyth Valley 10k	Blyth	25/04/2010	44:53m	Davina Lonsdale	Blyth Valley 10k	Blyth	03/04/2011	50:58m
10m (Blyth Valley)	Sheila Greener	Blyth Valley Ten	Blyth	1995	01:06:04m	Cath Young	Blyth Valley Ten	Blyth	2002	01:10:37m
1500m	Heather Christopher	NEMAA League	Jarrow	23/05/2016	05:40.9s	Helen Morris	North East Veterans League	Jarrow	19/07/2010	05:56.3s
200m	Heather Christopher	NEMAA League	Jarrow	18/07/2016	36.7					
3000m	Helen Morris	North East Athletics League	Jarrow	26/05/2010	12:14.3s	Heather Christopher	NEMAA League	Jarrow	13/06/2016	12:15.6s
300m	Heather Christopher	NEMAA League	Jarrow	18/07/2016	57.3	Susan Browning	NEMAA League	Jarrow	13/06/2016	59.1
400m	Heather Christopher	NEMAA League	Jarrow	16/05/2016	80	Helen Morris	North East Veterans Championships	Jarrow	23/06/2012	83
5000m	Helen Morris	Veterans AA North East Championships	Jarrow	24/09/2008	20:51.0s					
800m	Heather Christopher	NEMAA League	Jarrow	23/05/2016	02:52.0s	Helen Morris	North East Veterans League	Jarrow	02/07/2012	02:58.9s
Blaydon Race 5.67m	Heather Christopher	Blaydon Race	Blaydon	09/06/2015	39:41m	Sandra Watson	Blaydon Race	Blaydon	09/06/2018	42:57m
Discus 1kg	Sharon Richardson	Senior League Div 3E	York	14/08/2011	14.90m	Adele Lonsdale	Senior League Div 3E	Whitley Bay	05/05/2013	14.79m
Half Marathon	Karen Singleton	Run With the Wind Half Marathon	Strathaven	21/02/2016	01:47.41s	Davina Lonsdale	Run Northumberland HM	Ponteland	15/03/2013	01:50.49s
HT 4kg	Sharon Richardson	Northern League 4E	Whitley Bay	01/05/2010	19.39m	Susan Browning	Senior League Div 3E	Whitley Bay	05-Aug	11.84m
Javelin 600g	Susan Browning	Senior League Div 3E	Whitley Bay	05/08/2017	14.12m	Sharon Richardson	Senior League Div 3E	Whitley Bay	05/05/2012	13.59m
Marathon	Susanne Hunter	Marathon of the North	Sunderland	06/05/2012	03:24:51s	Adele Lonsdale	Edinburgh Marathon	Edinburgh	31/05/2015	04:10.37c
Mile (track)	Helen Morris	North East Veterans League	Jarrow	14/06/2010	06:20.5s	Heather Christopher	NEMAA League	Jarrow	04/07/2016	06:23.7s
Parkrun (Druridge Bay)	Karen Singleton	Parkrun (Druridge Bay)	Druridge Bay	27/12/2014	23:56m	Andrea Wilson	Parkrun (Druridge Bay)	Druridge Bay	04/04/2015	28:01m
Parkrun (Whitley Bay)	Helen Morris	Parkrun (Whitley Bay)	Whitley Bay	20/10/2012	22:10m	Jocelyn Smith	Parkrun (Whitley Bay)	Whitley Bay	31/10/2015	27:16m
SP 4kg	Adele Lonsdale	Senior League 3E	Whitley Bay	05/05/2013	6.56m	Sharon Richardson	Senior League 3E	Whitley Bay	05/07/2009	6.60m