

# V50 - MEN



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100m	John Mallon	Senior League Div 4E	Jarrow	02/05/2009	13.6					
10k	Steve Gillespe	Tynedale 10k	Ovingham	06/07/2011	41:28m	Dave Roberts	Blyth Valley 10k	Blyth	12/04/2015	43:11m
10k (Blyth Valley)	Martin Gaughan	Blyth Valley 10k	Blyth	29/04/2007	38:04m	Kevin Freeman	Blyth Valley 10k	Blyth	29/04/2007	39:07m
10m (Blyth Valley)	Joe Frazer	Blyth Valley Ten	Blyth	2000	59:41m	Dave Cox	Blyth Valley Ten	Blyth	1998	01:01:50m
200m	John Mallon	Senior League Div 4E	Jarrow	02/05/2009	29					
3000m	Kevin Freeman	VAANE League	Jarrow	16/07/2007	10:59.1s					
3000m S/C	Steve Gillespie	Senior League Div 4E	Hexham	06/06/2009	14:08.8s					
400m	John Mallon	Senior League Div 4E	Whitley Bay	02/08/2009	65.5					
Blaydon Race 5.67m	Joe Frazer	Blaydon Race	Blaydon	09/06/1999	34:47m	Alan Kenny	Blaydon Race	Blaydon	06/06/1999	36:55m
Discus 2kg	John Mallon	Senior League Div 4E	Hexham	06/06/2009	14.56m					
Half Marathon	Martin Gaughan	Haweswater Half Marathon	Bampton	06/03/2011	86:15s	Steve Gillespe	Haweswater Half Marathon	Bampton	06/03/2011	91:44m
High Jump	John Mallon	Senior League 4E	Whitley Bay	02/08/2009	1.40m					
HT 7.26kg	John Mallon	Senior League Div 3E	Hexham	06/06/2009	5.63m					
Marathon	Dave Roberts	London Marathon	London	26/04/2015	03:23:18s					
Parkrun (Druridge Bay)	Paul Turnbull	Parkrun (Druridge Bay)	Druridge Bay	08/08/2015	21:27m	Aynsley Herron	Parkrun (Druridge Bay)	Druridge Bay	12/09/2015	30:43m
Parkrun (Whitley Bay)	Steve Gillespe	Parkrun (Whitley Bay)	Whitley Bay	05/01/2013	20:52m	Paul Turnbull	Parkrun (Whitley Bay)	Whitley Bay	12/07/2014	21:25m