

# V50 Women



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10k	Helen Morris	Blyth Valley 10k	Blyth	12/04/2015	49:01m	Claire Mason	North Tyneside 10k	North Shields	27/03/2016	50:32m
10k (Blyth Valley)	Cath Young	Blyth Valley 10k	Blyth	27/04/2008	43:41m	Helen Morris	Blyth Valley 10k	Blyth	12/04/2015	49:01m
10m (Blyth Valley)	Sheila Greener	Blyth Valley Ten	Blyth	2001	01:11:37m	Trish Goodwin	Blyth Valley Ten	Blyth	2002	1:21:05m
1500m	Helen Morris	North East Veterans League	Jarrow	03/06/2013	06:03.3s	Claire Mason	Senior League Div 3E	Whitley Bay	05/08/2017	6:56.0s
3000m	Helen Morris	Senior League Div 3E	Middlesbrough	09/06/2013	12:35.5s					
300m	Helen Morris	North East Veterans League	Jarrow	20/07/2015	63.7					
400m	Helen Morris	North East Veterans League	Jarrow	16/06/2014	88.5					
5000m	Helen Morris	NECAA 5000m Championships	Jarrow	07/09/2013	22:21.3s					
800m	Helen Morris	North East Veterans League	Jarrow	03/06/2013	03:08.5s					
Blaydon Race 5.67m	Carole Watt	Blaydon Race	Blaydon	09/06/2014	47:29m	Davina Lonsdale	Blaydon Race	Blaydon	09/06/2018	49:26m
Discus 1kg	Sharon Richardson	Senior League Div 3E	Whitley Bay	03/05/2015	18.46m	Claire Mason	Senior League Div 3E	Whitley Bay	05/08/2017	8.21m
Half Marathon	Claire Mason	Great Cumbrian Run Half Marathon	Carlisle	02/10/2016	01:54.06s	Davina Lonsdale	Great North Run	Newcastle	11/09/2016	01:55.45s
HT 3kg	Sharon Richardson	NEMAA Championships	Jarrow	27/06/2015	26.06m					
HT 4kg	Sharon Richardson	Senior League Div 3E	Whitley Bay	08/08/2015	20.11m					
Javelin 500g	Sharon Richardson	NEMAA Championships	Jarrow	27/06/2015	13.38m					
Javelin 600g	Sharon Richardson	Senior League Div 3E	Whitley Bay	08/08/2015	13.59m					
Marathon	Claire Mason	London Marathon	London	26/04/2015	04:04.35s	Davina Lonsdale	Edinburgh Marathon	Edinburgh	29/05/2016	04:1035s
1 Mile (track)	Helen Morris	North East Veterans League	Jarrow	17/06/2013	06:31.8s					
Parkrun (Druridge Bay)	Claire Mason	Parkrun (Druridge Bay)	Druridge Bay	28/11/2015	26:39m	Jocelyn Smith	Parkrun (Druridge Bay)	Druridge Bay	16/08/2014	29:39m
Parkrun (Whitley Bay)	Helen Morris	Parkrun (Whitley Bay)	Whitley Bay	23/05/2015	23:25m	Margaret Dover	Parkrun (Whitley Bay)	Whitley Bay	22/03/2014	26:49m
SP 3kg	Sharon Richardson	North East Veterans League	Jarrow	19/05/2014	6.88m					
SP 4kg	Sharon Richardson	Senior League 3E	Darlington	04/05/2014	6.08m					