

# 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      | Joanne Stobart  | Blaydon Race         | Blaydon       | 09/06/2015 | 54:27m      |
| 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      |                 |                      |               |            |             |