

V55 - MEN



Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10000m	Kevin Freeman	NECAA 10000m champs	Jarrow	08/09/2012	47:47.3s					
10k	Martin Gaughan	Blyth Valley 10k	Blyth	06/04/2014	39:39m	Dave Bradley	Darlington 10k	Darlington	11/08/2013	42:34m
10k (Blyth Valley)	Martin Gaughan	Blyth Valley 10k	Blyth	06/04/2014	39:39m	Joe Frazer	Blyth Valley 10k	Blyth	29/04/2007	41:02m
10m (Blyth Valley)	Joe Frazer	Blyth Valley Ten	Blyth	2004	01:03:46m	Brian Dudding	Blyth Valley Ten	Blyth	1995	01:07:49m
1500m	Kevin Freeman	North East Veterans League	Jarrow	03/06/2013	06:08.9s					
3000m	Kevin Freeman	North East Veterans League	Jarrow	20/05/2013	12:58.4s					
300m	Kevin Freeman	North East Veterans League	Jarrow	07/07/2014	58					
400H	Dave Bradley	Senior League Div 4E	Chester-le-Street	05/07/2009	93.5					
400m	Kevin Freeman	North East Veterans League	Jarrow	16/06/2014	79					
5k (Road)	Rob Hall	Gateshead Open Road Races	Gateshead	29/10/2005	16:16s					
800m	Kevin Freeman	North East Veterans League	Jarrow	03/06/2013	03:02.6s					
Blaydon Race 5.67m	Martin Gaughan	Blaydon Race	Blaydon	09/06/2014	36:26m	Dave Kitching	Blaydon Race	Blaydon	06/06/1999	38:27m
Half Marathon	Martin Gaughan	Great Cumbrian Half	Carlisle	07/10/2012	88:45m	Malcolm Darbyshire	Great Cumbrian Half	Carlisle	07/10/2012	92:39m
HT 7.26kg	Ralph Dickinson	Senior League Div 3E	York	03/07/2011	15.15m					
Marathon	David Bradley	London Marathon	London	17/04/2011	03:41:29s					
Mile (track)	Kevin Freeman	North East Veterans League	Jarrow	16/06/2014	06:38.7s					
Parkrun (Druridge Bay)	Martin Gaughan	Parkrun (Druridge Bay)	Druridge Bay	28/03/2015	20:03m	Brian Singleton	Parkrun (Druridge Bay)	Druridge Bay	02/05/2015	22:04m
Parkrun (Whitley Bay)	Martin Gaughan	Parkrun (Whitley Bay)	Whitley Bay	31/10/2015	19:16m	Malcolm Darbyshire	Parkrun (Whitley Bay)	Whitley Bay	23/11/2013	20:57m
Triple Jump	Dave Bradley	Senior League Div 4E	Chester-le-Street	05/07/2009	8.40m					