

V55 Women

Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
100m	Anne Craddock	North East Veterans League	Jarrow	07/07/2014	23.1					
10k	Cath Young	North Tyneside 10k	North Shields	31/03/2013	47:44m	Anne Craddock	North Tyneside 10k	North Shields	27/03/2016	52:35m
10k (Blyth Valley)	Cath Young	Blyth Valley 10k	Blyth	01/04/2012	46:24m	Anne Craddock	Blyth Valley 10k	Blyth	07/04/2013	57:30m
10m (Blyth Valley)	Gloria McCabe	Blyth Valley Ten	Blyth	2003	01:33:17m					
1500m	Helen Morris	NEMAA League	Jarrow	23/06/2018	06:35.0	Anne Craddock	NEMAA League	Jarrow	23/05/2016	07:31.5s
200m	Anne Craddock	North East Veterans League	Jarrow	16/06/2014	47					
3000m	Helen Morris	NEMAA League	Jarrow	16/07/2018	13:55.0	Anne Craddock	NEMAA League	Jarrow	16/05/2016	15:07.4s
300m	Anne Craddock	North East Veterans League	Jarrow	21/07/2014	76.4					
400m	Helen Morris	NEMAA League	Jarrow	16/07/2018	01:35.0	Anne Craddock	NEMAA League	Jarrow	16/05/2016	01:48.0
800m	Helen Morris	NEMAA League	Jarrow	04/06/2018	03:30.3s					
Blaydon Race 5.67m	Cath Young	Blaydon Race	Blaydon	09/06/2015	48:10m					
Discus 1kg	Anne Craddock	Senior League Div 3E	Darlington	04/05/2014	13.47m					
Half Marathon	Cath Young	Run Northumberland HM	Ponteland	03/10/2013	01:43.49s	Anne Craddock	Great Cumbrian Half	Carlisle	04/10/2015	02:00:41m
HT 3kg	Anne Craddock	North East Veterans League	Jarrow	16/06/2014	15.32m					
HT 4kg	Anne Craddock	Senior League Div 4E	York	07/05/2016	12.86m					
Javelin 500g	Anne Craddock	North East Veterans League	Jarrow	13/07/2014	11.96m					
Javelin 600g	Anne Craddock	Senior League Div 3E	Middlesbrough	06/06/2015	10.98m					
Marathon	Carole Watt	Greater Manchester Marathon	Manchester	19/04/2015	04:21.26c	Anne Craddock	BMAF Town Moor Marathon	Newcastle	01/11/2015	04:51:55s
Mile (track)	Anne Craddock	North East Veterans League	Jarrow	04/07/2016	08:02.7s					
Parkrun (Druridge Bay)	Cath Young	Parkrun (Druridge Bay)	Druridge Bay	07/03/2015	26:44m	Anne Craddock	Parkrun (Druridge Bay)	Druridge Bay	28-Nov	26:44m
Parkrun (Whitley Bay)	Cath Young	Parkrun (Whitley Bay)	Whitley Bay	02/11/2013	23:24m	Margaret Dover	Parkrun (Whitley Bay)	Whitley Bay	27/06/2015	25:56m
SP 4kg	Anne Craddock	Senior League 3E	Darlington	04/05/2014	4.94m					