

Discipline	Athlete	Event	Venue	Date	Performance	Athlete	Event	venue	Date	Performance
10k	Lynn Munro	Great North 10k	Newcastle	13/07/2014	61:60c					
10k (Blyth Valley)	Lynn Munro	Blyth Valley 10k	Blyth	06/04/2014	1:01:59m					
Javelin	Anne Craddock	NEMAA League	Jarrow	21/5/2018	7.37m					
10m (Blyth Valley)	Katie Seccombe	Blyth Valley Ten	Blyth	1997	01:29:42m					
3000m	Anne Craddock	NEMAA League	Jarrow	21/05/2018	14:55.1					
5000m	Diane Wallace	NECAA 5000m Championships	Jarrow	08/09/2012	26:02.2s					
Half Marathon	Diane Wallace	Great North Run	Newcastle	07/09/2014	02:16.12s	Lynn Munro	Great North Run	Newcastle	07/09/2014	02:33.07s
Parkrun (Druridge Bay)	Patricia Goodwin	Parkrun (Druridge Bay)	Druridge Bay	16/08/2014	28:58m	Lynn Munro	Parkrun (Druridge Bay)	Druridge Bay	15/11/2014	29:41m
Parkrun (Whitley Bay)	Patricia Goodwin	Parkrun (Whitley Bay)	Whitley Bay	02/11/2013	28:59m	Lynn Munro	Parkrun (Whitley Bay)	Whitley Bay	14/12/2013	30:24m