

# North Eastern Counties Athletic Association Track & Field Championships

## Senior Events

Senior Men 100m		
CBP:	Jonathan Edwards (Gateshead H) 1992	10.6
<b>G M Todd Challenge Cup</b>		
2017	Sam Griffin(Middlesbrough Mandale)	10.95
2016	Christian Carson (Newham&Essex)	10.87
2015	Christian Carson (Gateshead Harriers)	10.98
2014	Chris Ferguson(Gateshead Harriers)	10.87
2013	Jack Crosby (Middlesbrough Mandale)	10.87
2012	Christian Carson (Gateshead Harriers)	11.01
2011	George Kenyon (Gateshead Harriers)	10.89 -0.4
2010	George Kenyon (Gateshead Harriers)	10.91 +1.3
2009	Chris Ferguson(Hartlepool Burn Road)	11.01 +2.2
2008	Steve Maybury (Gateshead Harriers)	11.26 +1.7
2007	Andrew Sturrock (Gateshead Harriers)	11.1
2006	David Riley (Morpeth Harriers)	11.01 +0.0
2005	Peter Vickers ( Middlesbrough A.C.)	11.02
2004	Peter Vickers ( Middlesbrough A.C.)	10.86
2003 s	Craig Telford (Border Harriers)	10.95
2002	Chris Tomlinson ( Newham & Essex B.)	10.80 +0.7
2001	Neil Wiscombe (Jarrow & Hebburn)	11.29
2000	Paul Nwaolise (Morpeth Harriers)	11.11
1999	Paul Nwaolise (Croydon)	10.96
1998	Paul Nwaolise (Croydon)	10.89
1997	Jared Deacon (Morpeth Harriers)	11.19
1996 J	Jared Deacon (Morpeth Harriers)	11.0
1995 M	Dave Deacon (Morpeth Harriers)	11.0
1994	Stephen Markham (Midd & Cleveland)	10.73
1993 J	David Lawson (Cramlington)	11.0
1992 M	Jonathan Edwards (Gateshead Harriers)	10.6
1991	David Lawson (Cramlington)	10.96
1990	Jonathan Edwards (Gateshead Harriers)	10.97
1989 J	Jason Urron (Morpeth Harriers)	10.8 +1.6
1988 M	Uche Wodu (Mandale)	10.7
1987	Andrew Abrahams (Morpeth Harriers)	11.1
1986	Neil Armstrong (Gateshead Harriers)	11.3
1985M	Vince Jones (Midd & Cleveland)	10.8
1984	Neil Armstrong (Gateshead Harriers)	10.9
1983	Vince Jones (Midd & Cleveland)	11.32
1982 M	S Poskefi (GatesheadHarriers)	11.4
1981		
1980	C Appleby (Gateshead Harriers)	
1979M	R McIver (unattached)	11.0
1978	C Appleby (Ashington)	
1977	C Appleby (Ashington)	11.4
1976		
1975	N Coverdale (North Shields Poly)	
1974 v	G Wood (North Shields Poly)	11.1
1973	Ian Hamilton (North Shields Poly)	
1972		
1971	Ian Hamilton (North Shields Poly)	11.1
1970		
1969		
1968		
1967		
1958		
1957	R Watson (Birchfield)	10.1
1956	B.D. Cox (Norton & Stockton)	10.00

Senior Women 100m		
CBP:	June Rowell (Houghton Harriers) 1971	11.6
	Louise Stuart (Middlesbrough & Cleveland) 1988	
2017	Georgia Whitfield(Gateshead Harriers)	13.04
2016	Rachel Highfield(Gateshead Harriers)	12.37
2015	Isobel Hainsworth(Durham City Harriers)	12.90
2014	Amy Readman(New Marske Harriers)	12.95
2013	Elaine Telford (Morpeth Harriers)	12.77
2012	Lisa Feguson(Edinburgh AC)	12.84
2011	Elaine Telford (Morpeth Harriers)	13.05 +0.
2010	Rebekah Wilmhurst (Durham City Harr)	12.9 -0.1
2009	Rachael Davidson(Gateshead Harriers)	12.73 -2.2
2008	Sara Todd (Gateshead Harriers)	12.46 +0.
2007	Victoria Barr (Rugby & Northampton)	12.20
2006	Titi Ameobi (Gateshead Harriers)	12.77 -2.2
2005	Becky Taylor (Gateshead Harriers)	13.26
2004	Titi Ameobi (Gateshead Harriers)	12.58
2003 s	Haley Braithwaite (Middlesbrough A.C.)	13.1
2002	Sara Todd (Border Harriers)	12.95
2001	Sara Todd (Jarrow & Hebburn)	12.74
2000	Sara Todd (Jarrow & Hebburn)	12.48
1999	Sara Todd (Jarrow & Hebburn)	12.42
1998	Sara Todd (Jarrow & Hebburn)	12.60
1997		
1996 J	J Harwood (Middlesbrough & Cleveland)	12.5
1995 M	J Glover (Elswick Harriers)	12.7
1994	Louise Stuart (Sale Harriers)	12.42
1993 J	N McStea (Jarrow & Hebburn)	13.0
1992 M	Jocelyn Kirby (Midd & Cleveland)	12.4
1991	K Purchase (Midd. & Cleveland)	12.76
1990	Louise Stuart (Midd. & Cleveland)	12.10
1989 J	Louise Stuart (Midd. & Cleveland)	11.9
1988 M	Louise Stuart (Midd. & Cleveland)	11.6
1987	Louise Stuart (Midd. & Cleveland)	12.1
1986	Angela Piggford (Gateshead Harriers)	12.6
1985		
1984 M	Wendy Addison (North Shields Poly)	11.9
1983	Angela Piggford (Gateshead Harriers)	12.1
1982	Wendy Addison (North Shields Poly)	11.9
1981		
1980	Dawn Taylor (Blaydon Harriers)	12.2
1979	Janine MacGregor (Hartlepool B R)	
1978	Janine MacGregor (Hartlepool B R)	12.1
1977	Janine MacGregor (Hartlepool B R)	12.2
1976	Ann Cook (Jarrow & Hebburn)	13.2
1975		
1974		
1973		
1972		
1971	June Rowell (Houghton Harriers)	11.6

## Senior Men 200m

CBP:	Rabah Yusif (Newham & Essex B) 2007	21.11
	<b>P A Jordan Trophy</b>	
2017	Sam Griffin(Middlesbrough Mandale)	22.07
2016	Christian Carson (Newham&Essex)	22.08
2015	Christian Carson (Gateshead Harriers)	21.59
2014	Chris Ferguson(Gateshead Harriers)	23.26
2013	Jack Crosby (Middlesbrough Mandale)	22.03
2012	Christian Carson (Gateshead Harriers)	22.80
2011	Rob Patton (Gateshead Harriers)	22.86 -0.8
2010	Rabah Yusif Bkheit (Newham & Essex B)	21.23 +0.4
2009	David Riley (Gateshead Harriers)	22.43 -1.1
2008	Nick Little (Gateshead Harriers)	22.28
2007	Rabah Yusif (Newham & Essex B)	21.11
2006	David Riley (Morpeth Harriers)	22.45 -2.6
2005	Rabah Yusif (Border Harriers)	21.77
2004	Jared Deacon (South Shields Harriers)	21.75
2003	s Craig Telford (Border Harriers)	21.88
2002	Jared Deacon (Border Harriers)	22.10
2001	Jared Deacon (Border Harriers)	21.83
2000	Neil Jennings (Middlesbrough A.C.)	22.37
1999	Liam Collins (Sale Harriers)	22.14
1998	Neil Jennings (Middlesbrough A.C.)	22.30
1997		
1996	J J Bird (Morpeth Harriers)	22.2
1995	M Dave Deacon (Morpeth Harriers)	21.9
1994	Dave Deacon (Morpeth Harriers)	21.19
1993	J David Lawson (Cramlington)	22.4
1992	M David Lawson (Cramlington)	21.7
1991	David Lawson (Cramlington)	22.20
1990	David Lawson (Cramlington)	22.15
1989	J Mark McMahon (Edinburgh So.)	21.6 +2.2
1988	M Andrew Abrahams (Morpeth Harriers)	21.6
1987	Andrew Abrahams (Morpeth Harriers)	21.9
1986	Neil Armstrong (Gateshead Harriers)	22.3
1985	M Mark McMahon (Gateshead Harriers)	21.5
1984	Vince Jones (Midd & Cleveland)	21.5
1983	Vince Jones (Midd & Cleveland)	21.79
1982	M W Armstrong (Morpeth Harriers)	22.4
1981		
1980	W Armstrong (Morpeth Harriers)	22.06
1979	M D Price (Elswick Harriers)	22.5
1978		
1977	D Price (Elswick Harriers)	22.7
1976	Ian Hamilton (Borough Road Coll)	22.0
1975	D Gallagher (Morpeth Harriers)	22.5
1974	v G Wood (North Shields Poly)	22.5
1973	Ian Hamilton (North Shields Poly)	22.7
1972		
1971		
1970		
1969		
1968		
1967		
1966		
1965		
1964		
1959		
1957	W Henderson (Benwell)	22.9
1956	W Henderson (Benwell)	23.4

## Senior Women 200m

CBP:	Wendy Addison (North Shields Poly) 1984	23.6
	Louise Stuart (Midd. & Cleveland) 1989	
2017	Georgia Whitfield(Gateshead Harriers)	26.68
2016	Stephanie Addison (Gateshead Harriers)	25.63
2015	Isobel Hainsworth(Durham City Harriers)	26.79
2014	No Event	
2013	Samantha Coleby (Durham City)	25.08
2012	Jacqui Hodgson (Durham City Harriers)	27.37
2011	Elaine Telford (Morpeth Harriers)	27.07 +2.0
2010	Rebekah Wilmhurst (Durham City Harr)	25.9
2009	Lauren Arthur (Gateshead Harriers)	25.98 -1.9
2008	Victoria Barr (Rugby & Northampton)	23.92 -0.1
2007	Sara Todd (Border Harriers)	25.4
2006	Emma Morris (South Shields Harriers)	25.68 +0.1
2005	Victoria Barr (Gateshead Harriers)	24.60
2004	Clare Branson (North Shields Poly)	25.74
2003	s Lindsay Yellop (City of Norwich)	27.41
2002	Sara Todd (Border Harriers)	25.65
2001	Sara Todd (Jarrow & Hebburn)	25.69
2000	Victoria Barr (Gateshead Harriers)	24.48
1999	Abigail Naugher (Sunderland Harriers)	25.23
1998	Abigail Naugher (Sunderland Harriers)	25.82
1997	Donna Kerr (Jarrow & Hebburn)	25.35
1996	J Ruth Williams (Darlington Harriers)	25.7
1995	M B Hutchinson (Stockton & Billingham)	26.1
1994	Louise Stuart (Sale Harriers)	25.41
1993	J Louise Stuart (Sale Harriers)	26.5
1992	M Ruth Williams (Darlington Harriers)	25.2
1991	Ruth Williams (Darlington Harriers)	
1990	Louise Stuart (Midd. & Cleveland)	24.11
1989	J Louise Stuart (Midd. & Cleveland)	23.6 +2.0
1988	M Louise Stuart (Midd. & Cleveland)	23.7
1987	Louise Stuart (Midd. & Cleveland)	24.0
1986	Angela Piggford (Gateshead Harriers)	24.8
1985		
1984	M Wendy Addison (North Shields Poly)	23.6
1983	Wendy Addison (North Shields Poly)	24.7
1982	Wendy Addison (North Shields Poly)	24.4
1981	Wendy Addison (North Shields Poly)	24.9
1980	Wendy Addison (North Shields Poly)	24.5
1979	Janine MacGregor (Hartlepool B R)	24.4
1978	Janine MacGregor (Hartlepool B R)	24.0
1977	Janine MacGregor (Hartlepool B R)	24.0
1976	E Thompson (Gosforth Harriers)	27.2
1975		
1974		
1973		
1972		
1971		

## Senior Men 400m

CBP:	Jared Deacon (Border Harriers) 2002	46.38
	<b>W Garbutt Challenge Cup</b>	
2017	Timothy Tetlow (Durham City Harriers)	49.62
2016	Justin Cooper(Newcastle Uni)	50.53
2015	Lea Stephenson(Tynedale Harriers)	50.25
2014	Mark Collier(Border Harriers)	50.84
2013	David Dempsey (Gateshead Harriers)	49.43
2012	Jak Lowden (Gateshead Harriers)	50.16
2011	David Riley (Gateshead Harriers)	48.41
2010	Adam Rogers (Sale Harriers)	49.55
2009	James Whitehouse (Northumbria Univ)	48.84
2008	Jak Lowdon (Gateshead Harriers)	49.26
2007	Nick Little (Tynedale Harriers)	49.2
2006	David Riley (Morpeth Harriers)	48.24
2005	Rabah Yusuf (Border Harriers)	48.14
2004	Rabah Yusuf (Border Harriers)	46.97
2003 s	Steve Redshaw (Gateshead Harriers)	51.17
2002	Jared Deacon (Border Harriers)	46.38
2001	Neil Jennings (Middlesbrough A.C.)	46.91
2000	Neil Jennings (Middlesbrough A.C.)	48.08
1999	Jared Deacon (Morpeth Harriers)	47.04
1998	Jared Deacon (Morpeth Harriers) 46.99h	47.40
1997	Jared Deacon (Morpeth Harriers)	48.70
1996 J	Jared Deacon (Morpeth Harriers)	47.6
1995 M	Jared Deacon (Morpeth Harriers)	49.3
1994	Dave Deacon (Morpeth Harriers)	47.68
1993 J	Dave Deacon (Morpeth Harriers)	
1992 M	Dave Deacon (Morpeth Harriers)	48.6
1991	J Bird (Hartlepool B.R.)	49.17
1990	David Sharpe (Jarrow & Hebburn)	48.04
1989 J	Neil Armstrong (Morpeth Harriers)	49.0
1988 M	Andrew Abrahams (Morpeth Harriers)	48.6
1987	Mark McMahon (Edinburgh Southern)	48.8
1986	J Douglas (North Shields Poly)	52.1
1985M	Mark McMahon (Gateshead Harriers)	48.1
1984	Mark McMahon (Gateshead Harriers)	47.8
1983	Philip R Jones (Heaton Harriers)	49.1
1982 M	Mark McMahon (Houghton)	48.0
1981		
1980	S Todner (Houghton Harriers)	
1979M	D Price (Elswick Harriers)	
1978	Bill Armstrong (Morpeth Harriers)	49.4
1977	D Price (Elswick Harriers)	49.9
1976		
1975	V Rumis (Jarrow & Hebburn)	
1974 v	G Wood (North Shields Poly)	50.4
1973	Phil Dunn (Billingham S )	
1972		
1971	M Riddell (Morpeth Harrier)	50.0
1970		
1969		
1968		
1967		
1966		
1965		
1964		
1963		
1957	J W Mitchell (Elswick Harriers)	51.0
1956	W Henderson (Benwell)	51.6

## Senior Women 400m

CBP:	Angela Piggford (Gateshead Harriers)1986	53.9
2017	Nisha Desai (Trafford A.C.)	56.08
2016	Nisha Desai (Trafford A.C.)	56.67
2015	Nisha Desai (Trafford A.C.)	62.59
2014	Bethany Towers (Northumbria Uni)	61.36
2013	Samantha Coleby (Durham City Harriers)	54.80
2012	Nisha Desai (Trafford A.C.)	56.74
2011	Nisha Desai (Trafford A.C.)	56.98
2010	Gina Rutherford (North Shields Poly)	57.16
2009	Nisha Desai (Trafford A.C.)	57.01
2008	Nisha Desai (Trafford A.C.)	57.10
2007	Victoria Barr (Rugby & Northampton)	53.94
2006	Victoria Carmichael (Gateshead Harriers)	56.40
2005	Nisha Desai (Morpeth Harriers.)	57.52
2004	Claire Brason (Sale Harriers)	56.60
2003 s	Karen Johns (Gateshead Harriers)	58.04
2002	- no event	
2001	Karen Storey (Gateshead Harriers)	56.99
2000	Karen Storey (Gateshead Harriers)	57.60
1999	Abigail Naugher (Sunderland Harriers)	56.23
1998	Abigail Naugher (Sunderland Harriers)	57.49
1997	Abigail Naugher (Sunderland Harriers)	58.13
1996 J	Tracy Ashcroft (Jarrow & Hebburn)	57.7
1995 M	Tracy Ashcroft (Jarrow & Hebburn)	59.0
1994	Alison Curbishly (Midd & Cleveland)	57.83
1993 J	D Knox (Midd. & Cleveland)	57.4
1992 M	D Knox (Midd. & Cleveland)	56.3
1991	Ruth Williams (Darlington Harriers)	55.45
1990	D Knox (Midd. & Cleveland)	57.72
1989 J	D Knox (Midd. & Cleveland)	57.1
1988 M	Wendy Addison (North Shields Poly)	55.7
1987	Wendy Addison (North Shields Poly)	56.0
1986	Angela Piggford (Gateshead Harriers)	53.9
1985		
1984 M	Christine Boxer (Aldershot)	55.8
1983	Angela Piggford (Gateshead Harriers)	57.5
1982		
1981		
1980	Angela Piggford (Gateshead Harriers)	
1979	Janine MacGregor (Hartlepool B R)	55.6
1978	Janine MacGregor (Hartlepool B R)	
1977	Janine MacGregor (Hartlepool B R)	56.1
1976		
1975		
1974		
1973		
1972		
1971		

## Senior Men 800m

CBP:	David Sharpe (Jarrow & Hebburn)	1990	1:48.4
2017	Cameron Cutts(newcastle Uni)		1:56.44
2016	Adrian Bailes(Birtley AC)		1:56.11
2015	Adrian Bailes(Birtley AC)		1:58.57
2014	Alan Piggford(New Marske Harriers)		1:55.91
2013	Marc Elliott (Gateshead Harriers)		1:55.19
2012	Marc Elliott (Gateshead Harriers)		1:53.26
2011	Marc Elliott (Gateshead Harriers)		1:53.26
2010	Nick McCormick (Morpeth Harriers)		1:52.75
2009	Marc Elliott (Gateshead Harriers)		1:54.53
2008	Ryan Stephenson (North Shields Poly)		1:57.49
2007	Andrew Graham (Gosforth Harriers )		1:54.02
2006	Andrew Teate (Middlesbrough A.C.)		1:54.3
2005	Nick McCormick (Morpeth Harriers)		1:52.20
2004	Hasan Ismael		1:56.12
2003	s Vince Wilson (Morpeth Harriers)		1:56.03
2002	Nick McCormick (Tynedale Harriers)		1:53.00
2001	Vince Wilson (Morpeth Harriers)		1:53.38
2000	Vince Wilson (Morpeth Harriers)		1:52.69
1999	Vince Wilson (Morpeth Harriers)		1:53.02
1998	Terry West (Gosforth Harriers )		1:54.17
1997	Anthony Morrell (Morpeth Harriers)		1:53.3
1996	J		
1995	M David Sharpe (Jarrow & Hebburn)		1:55.9
1994	Anthony Morrell (Wolverhampton & B)		1:56.32
1993	J David Sharpe (Jarrow & Hebburn)		1:53.6
1992	M Vince Wilson (Morpeth Harriers)		1:54.2
1991	David Sharpe (Jarrow & Hebburn)		1:49.62
1990	David Sharpe (Jarrow & Hebburn)		1:48.4
1989	J Tommy Brannen (North Shields Poly)		1:53.2
1988	M David Sharpe (Jarrow & Hebburn)		1:51.7
1987	Terry West (Gosforth Harriers )		1:50.3
1986	D McMillan (Durham City)		1:51.4
1985	M		
1984	Dave Slipper (Elswick Harriers)		1:52.8
1983	Anthony Morrell (Midd & Cleveland)		1:50.71
1982	M Anthony Morrell (Midd & Cleveland)		1:53.8
1981			
1980	Ronnie Woods ( Durham City)		1:58.2
1979	M Andrew Lawrence (Darlington Harriers)		1:54.1
1978	Ronnie Woods ( Durham City)		
1977	Ronnie Woods ( Durham City)		1:51.5
1976			
1975	Dave Gibbon (Elswick Harriers)		1:52.5
1974	v Dave Gibbon (Elswick Harriers)		1:55.1
1973	Phil Dunn (Billingham S )		
1972			
1971	Dave Elderkin (Sunderland Harriers)		1:51.9
1970			
1969	Dave Elderkin (Billingham A.C.)		1:49.7
1968			
1967			
1966			
1965			
1964			
1957	E C Thompson ( Elswick Harriers)		1:56.6
1956	R D Henderson ( Elswick Harriers)		2:03.0

## Senior Women 800m

CBP:	Kirsty Wade (Blaydon Harriers)	1991	2:05.6
	<b>Peter Trophy</b>		
2017	Emma Wortley(Middlesbrough Mandale)		2:17.78
2016	Rebecca Metin (Newcastle University)		2:27.51
2015	Emma Toogood(Durham City Harriers)		2:19.81
2014	No Event		
2013	Josie Cram (Morpeth Harriers)		2:17.55
2012	Emma Williams (Newcastle Uni)		2:16.75
2011	Stacey Smith (Gateshead Harriers)		2:05.90
2010	Nisha Desai (Trafford AC)		2:21.11
2009	Nisha Desai (Trafford AC)		2:27.38
2008	Nisha Desai (Morpeth Harriers)		2:11.01
2007	Karen Johns (North Shields Poly)		2:09.38
2006	Nisha Desai (Morpeth Harriers)		2:13.24
2005	Nisha Desai (Morpeth Harriers)		2:20.70
2004	Karen Johns (Gateshead Harriers)		2:10.35
2003	s Karen Johns (Gateshead Harriers)		2:13.62
2002	Karen Johns (Shildon R & A.C.)		2:13.37
2001	Bev Blakeman (Sunderland Harriers)		2:12.29
2000	Julie Mitchell (Jarrow &Hebburn.)		2:13.27
1999	Bev Blakeman (Sunderland Harriers)		2:11.41
1998	Dianne Henaghan (Morpeth Harriers)		2:09.71
1997	Dianne Henaghan (Morpeth Harriers)		2:11.20
1996	J Dianne Henaghan (Morpeth Harriers)		2:09.2
1995	M Amanda Tremble (North Shields Poly)		2:14.0
1994	Shirley Griffiths (Cramlington)		2:14.05
1993	J Tracy Ashcroft (Jarrow & Hebburn)		2:16.9
1992	M Catherine Allsopp (Blaydon Harriers)		2:11.7
1991	Kirsty Wade (Blaydon Harriers)		2:05.6
1990	Christine Cahill (Gateshead Harriers)		2:06.12
1989	J Sue Robson (Liverpool Harriers)		2:12.3
1988	M Kirsty Wade (Blaydon Harriers)		2:09.8
1987	Christine Cahill (Gateshead Harriers)		2:07.0
1986	L Reilly (Morpeth Harriers)		2:17.5
1984	M S Raine (Darlington Harriers)		2:14.3
1983			
1982			
1981			
1980			
1979			
1978			
1977	P Crawford (Darlington Harriers)		2:16.5
1976	Mary Chambers ( Blaydon Harriers)		2:19.3
1975			
1974			
1973			
1972			
1971			

## Senior Men 1500m

CBP:	Anthony Morrell(Wolverhampton & B)	1991	3:41.62
2017	Adrian Bailes (Birtley AC)		3:59.16
2016	Sparrow Morley (Newcastle Uni)		4:08.58
2015	Adrian Bailes (Birtley AC)		4:07.54
2014	Lewis Timmins (Morpeth Harriers)		4:03.78
2013	Ryan Stephenson (Morpeth Harriers)		4:03.78
2012	Richard Morrell (new Marske Harriers)		3:59.08
2011	Marc Elliott (Gateshead Harriers)		3:56.43
2010	Philip Hurst (Elswick Harriers)		3:54.52
2009	Ricky Stephenson(New Marske Harriers)		3:50.52
2008	Lewis Moses (Darlington Harriers)		3:53.28
2007	Andrew Graham (Gosforth Harriers )		3:55.82
2006	Shaun Moralee (Durham City H & A.C.)		3:58.88
2005	Gavin Massingham(Sunderland Harriers)		4:02.40
2004	Stephen Horn (Elswick Harriers)		3:59.0
2003 s	Stephen Horn (Elswick Harriers)		4:01.21
2002	Andy Caine (Tynedale Harriers)		3:58.50
2001	Tom Ranger (Univ Northumbria)		3:52.52
2000	David Anderson (Elswick Harriers)		3:50.25
1999	Kevin Corr (Jarrow & Hebburn)		3:58.38
1998	Tony Mate (Gateshead Harriers)		3:54.05
1997	Michael Openshaw (Chester le Street)		3:50.38
1996 J	Tony Mate (Gateshead Harriers)		3:55.5
1995 M	Vince Wilson (Jarrow & Hebburn)		3:54.6
1994	Terry West (Morpeth Harriers )		3:51.70
1993 J	David Sharpe (Jarrow & Hebburn)		3:56.9
1992 M	Terry West (Morpeth Harriers )		3:47.5
1991	Anthony Morrell (Wolverhampton & B)		3:41.62
1990	Rob Denmark (Gateshead Harriers)		3:42.91
1989 J	John Lucas (Wallsend Harriers)		3:48.9
1988 M	David Sharpe (Jarrow & Hebburn)		3:51.4
1987	Mike McLeod (Elswick Harriers)		3:47.5
1986	John Lucas (Wallsend Harriers)		3:51.8
1985M	Anthony Morrell (Midd & Cleveland)		3:51.5
1984	C Pulford (Darlington Harriers)		3:49.7
1983	Colin Walker (Gateshead Harriers)		3:49.65
1982 M	Paul Harker (Darlington Harriers)		3:51.1
1981			
1980	Paul Harker (Darlington Harriers)		3:49.7
1979M	Paul Harker (Darlington Harriers)		3:54.2
1978	Laurie Nicholson (South Shields)		
1977	Paul Harker (Darlington Harriers)		3:57.3
1976	L Nicholson (South Shields Harriers)		4:03.
1975	Dave Gibbon (Elswick Harriers)		
1974 v	David Lowes (Gateshead Harriers)		3:52.
1973	Dave Gibbon (Elswick Harriers)		
1972			
1971			
1970			
1969	David Wright (Jarrow A.C.)		3:48.6
1968			
1967			
1966			
1965			
1964			
1963			
1957	J E Bell (Gosforth Harriers)		4:19.0 mile
1956	George E Ogle (Bedlington)		4:24.2 mile

## Senior Women 1500m

CBP:	Kate Avery (Shildon R & A.C.)	2012	4:20.75
2017	Helen Warburton(Gosforth Harriers)		4:47.51
2016	Chloe Price (Birtley AC)		4:40.96
2015	Alex Sneddon (Jarrow&Hebburn)		4:49.62
2014	No Event		4:28.35
2013	Ashley Gibson (Gateshead Harriers)		4:29.46
2012	Kate Avery (Shildon R & A.C.)		4:20.75
2011	Kate Avery (Shildon R & A.C.)		4:28.35
2010	Tracy Laws (Chester Le Street)		4:38.94
2009	Lauren Roche (Gateshead Harriers)		4:38.24
2008	Karen Johns (North Shields Poly)		4:30.18
2007	Ashley Gibson (Elswick Harriers)		4:37.4
2006	Ashley Gibson (Elswick Harriers)		4:36.12
2005	Claire Robson (Teesdale A.C.)		4:32.32
2004	Claire Robson (Teesdale A.C.)		4:32.69
2003 s	Karen Johns (Gateshead Harriers)		4:34.39
2002	Claire Smallwood (Jarrow & Hebburn)		4:35.63
2001	Bev Blakeman (Sunderland Harriers)		4:36.13
2000	Claire Taylor (Gateshead Harriers)		4:40.54
1999	Dianne Henaghan (Morpeth Harriers)		4:21.88
1998	Bev Blakeman (Sunderland Harriers)		4:40.89
1997	Amanda Tremble (North Shields Poly)		4:30.56
1996 J	Shirley Griffiths (Cramlington)		4:24.9
1995 M	Amanda Tremble (North Shields Poly)		4:36.7
1994	Shirley Griffiths (Cramlington)		4:36.02
1993 J	Shirley Griffiths (Cramlington)		4:39.4
1992 M	Catherine Allsopp (Blaydon Harriers)		4:38.1
1991	Andrea Duke (Mandale)		4:34.85
1990	Jo-Ann Scott (Darlington Harriers)		4:38.87
1989 J	K Dowson (Chester le Street)		4:45.1
1988 M	Jill Hunter (Blaydon Harriers)		4:21.6
1987	Christine Cahill (Gateshead Harriers)		4:24.6
1986	Jill Hunter (Blaydon Harriers)		5:35.3
1984 M	S Raine (Darlington Harriers)		4:31.2
1983			
1982			
1981			
1980	Deborah Hillen (Blaydon Harriers)		4:34.0
1979			
1978			
1977	Mary Chambers ( Edinburgh A.C.)		4:38.3
1976			
1975			
1974			
1973			
1972			
1971			

## Senior Men 5000m

CBP:	Steve Cram (Jarrow & Hebburn)	1984	13:48.0
2017	Greg Jayasuriya(Middlesbrogh&Cleve)		14:54.95
2016	Any Burn (Jarrow&Hebburn)		15:04.96
2015	Greg Jayasuriya(Middlesbrogh&Cleve)		15:17.61
2014	Dan Garbutt (Durham City Harriers)		14:43.28
2013	Daniel Jenkin (Durham City Harriers)		15:32.00
2012	Dan Garbutt (Durham City Harriers)		15:16.78
2011	Matty Hynes (Middlesbrough A.C.)		15:16.78
2010	Shaun Moralee (Durham City Harriers)		14:50.25
2009	Dominic Shaw (New Marske Harriers)		15:01.17
2008	Dominic Shaw (New Marske Harriers)		15:07.82
2007	Mark Brown (Morpeth Harriers)		15:02.22
2006	Mark Brown (Morpeth Harriers)		14:43.83
2005	David Wardle (London Irish)		14:36.38
2004	Robert Cole (Middlesbrough A.C.)		15:19.06
2003 s	Robert Cole (Middlesbrough A.C.)		15:12.38
2002	Stewart Bell (Chester le Street)		14:40.26
2001	Rob Hand (Durham City Harriers)		15:11.68
2000	Leigh Towers (Shildon R & A.C.)		15:26.86
1999	Simon O'Donnell (Chester le Street)		15:02.80
1998	Stewart Bell (Chester le Street)		14:32.17
1997			
1996 J	Stewart Bell (Chester le Street)		14:31.6
1995 M	Gary Nagel (Valli)		14:22.5
1994	S Dodd (Blackheath Harriers)		14:54.51
1993 J	Colin Walker (Gateshead Harriers)		14:20.5
1992 M	Mark Hudspith (Morpeth Harriers)		14:20.3
1991	Colin Walker (Gateshead Harriers)		14:00.11
1990	Alan Johnson (Elswick Harriers)		14:20.1
1989 J	Tony Robinson (Valli Harriers)		14:47.6
1988 M	A Richardson (South Shields Harriers)		14:44.3
1987	M Humble (Gosforth Harriers)		14:41.7
1986	Gary Nagel (Gateshead Harriers)		14:24.9
1985M	Graham Smith (Sunderland Harriers)		14:15.3
1984	Steve Cram (Jarrow & Hebburn)		13:48.0
1983	Graham Smith (Sunderland Harriers)		14:13.5
1982 M	Ian Archibald (Durham City)		
1981	Glenn Forster (Sunderland Harriers)		14:27.7
1980	Glenn Forster (Sunderland Harriers)		14:16.5
1979M	Kevin Forster (Saltwell Harriers)		14:20.7
1978			
1977	Glenn Forster (Sunderland Harriers)		14:31.6
1976			
1975	J Myatt (Gateshead Harriers)		
1974 v	Jim Alder (Morpeth Harriers)		14:42.4
1973			
1972	R Patterson (Blaydon Harriers)		14:10.6
1971			
1970			
1969	Jim Alder (Morpeth Harriers)		14:10.4
1968			
1967			
1966			
1965			
1964			
1963			
1957	J P Anderson (Saltwell Harriers)		14:26.0 3m
1956	Keith Boyle (Sunderland Harriers)		14:38.7 3m

## Senior Women 5000m

CBP:	Shirley Griffiths (Cramlington)	1995	16:23.0
2017	Alex Sneddon (Jarrow&Hebburn)		17:44.95
2016	Alex Sneddon (Jarrow&Hebburn)		17:24.30
2015	Alex Sneddon (Jarrow&Hebburn)		17:36.05
2014	Alex Sneddon (Jarrow&Hebburn)		17:32.10
2013	Josephine Stone (Middle. Mandale)		17:04.78
2012	Josephine Stone (Middle. Mandale)		17:16.40
2011	Alexandra Snook (Shildon Running & AC)		18:05.39
2010	Tracy Laws (Chester le Street )		17:17.68
2009	Carolyn Summersgill(Midd & Cleveland)		17:34.52
2008	Jess Trowbridge (Gateshead Harriers)		17:43.94
2007	Andrea Ansell (Middlesbrough & Clev)		21:06.3
2006	Rosie Smith (Durham City Harriers)		17:22.77
2005	Bernadette Taylor (Darlington Harriers)		17:42.95
2004	Michelle Holt (Sunderland Harriers)		18:41.7
2003 s	Claire Simpson (Jarrow & Hebburn)		17:41.10
2002	Morag McDonnell (Chester le Street)		16:44.67
2001	Catherine Brennan (Chester le Street)		18:26.74
2000	Morag McDonnell (unattached)		17:38.08
1999	K Matthews (Middlesbrough & Clev)		17:02.36
1998	L Marr (Tynedale Harriers)		17:53.43
1997			
1996 J	Amanda Tremble (North Shields Poly)		16:49.3
1995 M	Shirley Griffiths (Cramlington)		16:23.0

## Senior Women 3000m

1994	N Brown (Tynedale Harriers)		10:02.25
1993 J			
1992 M			
1991			
1990	Jo-Ann Scott (Darlington Harriers)		9:46.7
1989 J	Jo-Ann Scott (Darlington Harriers)		9:53.0
1988 M	J Fish (Durham City Harriers)		9:54.4
1987	Jill Hunter (Blaydon Harriers)		9:27.3
1986	Jill Hunter (Blaydon Harriers)		9:40.9
1984 M			
1983			
1982			
1981			
1980			
1979 H	S Blair (Blaydon Harriers)		10:30.0
1978			
1977	N Methven (Darlington Harriers)		10:30.0
1976			
1975			
1974			
1973			
1972			
1971			

## Senior Men 10000m

CBP:	G Smith (Sunderland Harriers)	1984	29:32.5
2017	Greg Jayasuriya(Middlesbrogh&Cleve)		31:57.0
2016	Peter Newton (Morpeth Harriers)		29:54.3
2015	Peter Newton (Morpeth Harriers)		30:48.9
2014	Peter Newton (Morpeth Harriers)		30:10.3
2013	Conrad Franks (Gateshead Harriers)		32:59.4
2012	Peter Newton (Morpeth Harriers)		30:27.3
2011	Stewart Bell (Chester le Street)		34:26.3
2010	James Buis (Heaton Harriers)		31:59.52
2009	James Buis (Heaton Harriers)		32:36.29
2008	Rob Hand (Durham City Harriers)		33:40.0
2007	Ian Archbold (Leeds City)		35:29.11
2006	Paul Merrison (Wallsend Harriers)		34:57.86
2005	Paul Merrison (Wallsend Harriers)		34:07.
2004	Stewart Bell (Chester le Street)		33:20.
2003	s		
2002			
2001			
2000			
1999			
1998			
1997			
1996	J		
1995	M		
1994	Ray Smedley (Gateshead Harriers)		30:49.01
1993	J		
1992	M Ian Archbold		29:49.
1991			
1990	P Campbell (Sunderland Harriers)		29:46.9
1989	J C Lees (Elswick Harriers )		30:41.6
1988	M Tony Robinson (Gateshead Harriers)		29:35.0
1987	Tony Robinson (Gateshead Harriers)		30:27.8
1986	Stuart Bell (Mandale)		32:02.7
1985	M Don Speight (Morpeth Harriers)		30:05.2
1984	Graham Smith (Sunderland Harriers)		29:32.5
1983			
1982	M		
1981			
1980			
1979	M		
1978			
1977			
1976			
1975			
1974	w		
1973			
1972	Jim Alder (Morpeth Harriers)		29:45.0
1971			
1970			
1969			
1968	Kevin Carr (Sunderland Harriers)		29:03.8 6m
1967			
1966			
1965			
1964			
1963			
1962			
1956	Keith Boyle (Sunderland Harriers)		6m
1955			

## Senior Women 10000m

CBP:	Emma Holt(Morpeth Harriers)	2016	36:09.9
2017	Elaine Leslie (Jarrow&Hebburn)		39:25.0
2016	Emma Holt(Morpeth Harriers)		36:09.9
2015	Heather Robinson(Jarrow&Hebbuirm)		42:59.3
2014	Heather Robinson(Jarrow&Hebbuirm)		41:21.7
2013	- no event		
2012	- no event		
2011	- no event		
2010	- no event		
2009	- no event		
2008	- no event		

## Senior Men 110m Hurdles

CBP:	Anthony Brannen (Midd.& Cleveland)	1995	14.3	
	Ben Richardson (Gateshead Harriers)		14.34	
2017	Oliver Whellans (Gateshead Harriers)		16.92	
2016	Daniel N'Jai (Blyth Running Club)		16.09	
2015	- no event			
2014	- no event			
2013	Richard Kaufman (Gateshead Harriers)		16.77	
2012	- no event			
2011	Andrew Sturrock (Gateshead Harriers)		14.97	+1.5
2010	Ben Richardson (Gateshead Harriers)		14.34	+3.0
2009	Chris Hunter (Jarrow & Hebburn AC)		17.01	+0.2
2008	Suote Nyananyo (Middlesbrough A.C.)		15.12	+0.8
2007	Andrew Sturrock (Gateshead Harriers)		15.05	
2006	Suote Nyananyo (Middlesbrough A.C.)		15.99	
2005	Andrew Sturrock (Gateshead Harriers)		15.60	
2004	Peter Middleton (North Shields Poly)		14.91	
2003 s	Suote Nyananyo (Middlesbrough A.C.)		16.66	
2002	Richard Hunter (Tynedale Harriers)		15.83	
2001	Richard Hunter (Morpeth Harriers)		15.41	
2000	Richard Hunter (Morpeth Harriers)		15.09	
1999	Liam Collins (Sale Harriers)		15.10	
1998	Richard Hunter (Morpeth Harriers)		15.18	
1997	Simon McAree (Newham & Essex B)		15.09	
1996 J	M Chapman (Darlington Harriers)		15.5	
1995 M	Anthony Brannen (Midd.& Cleveland)		14.3	
1994	Kevin Lumsden (Morpeth Harriers)		15.13	
1993 J	Kevin Lumsden (Morpeth Harriers)		16.0	
1992 M I	Baldam (Hartlepool B.R.)		18.5	
1991	Anthony Brannen (Midd.& Cleveland)		14.5	
1990	Richard Hunter (Gateshead Harriers)		15.29	
1989 J	Paul Masters (Morpeth Harriers)		15.4	
1988 M	Paul Masters (Morpeth Harriers)		14.7	
1987	Andrew Smailes (Midd & Cleveland)		15.5	
1986	M Quinn (North Shields Poly)		16.0	
1985M				
1984	- no event			
1983	I Moore (Houghton)		16.43	
1982 M				
1981				
1980				
1979M				
1978				
1977				
1976				
1975				
1974 W	R.A.Davidson (City of Stoke)		15.4	
1973	R.A.Davidson (Elswick Harriers)		14.8	
1972				
1971				
1970				
1969				
1968				
1966				
1965				
1964				
1963				
1962				
1961				
1960				
1959				

## Senior Women 100m Hurdles

CBP:	Rebecca Liddle (Gateshead Harriers)	2013	14.18	
2017	Laura Voss(Northumbria Uni)		15.7	
2016	- no event			
2015	- no event			
2014	Abigail Smith (Gateshead Harriers)		15.32	
2013	Rebecca Liddle (Gateshead Harriers)		14.18	
2012	Ashleigh Wood (Gateshead harriers)		14.92	
2011	- no event			
2010	Clare Eyeington (Middlesbrough AC)		17.40	+2
2009	- no event			
2008	Sara Todd (Gateshead Harriers)		14.39	+0
2007	Sara Todd (Border Harriers)		14.44	
2006	Emma Morris (South Shields H & A.C.)		14.90	+0
2005	- no event			
2004	Lindsay Yellop (City of Norwich)		15.9	
2003 s	Lindsay Yellop (City of Norwich)		16.07	
2002	Sara Todd (Border Harriers)		14.57	
2001	Sara Todd (Jarrow & Hebburn)		14.88	
2000	Sara Todd (Jarrow & Hebburn)		14.73	
1999	R Gibb (Middlesbrough & Cleveland)		14.40	
1998	Kate Forsyth (North Shields Poly)		14.57	
1997	K Crowther (Midd. & Cleveland)		14.67	
1996 J	K Crowther (Midd. & Cleveland)		14.3	
1995 M J	Harwood (Midd. & Cleveland)		14.5	
1994	K Crowther (Midd. & Cleveland)		14.69	
1993 J	K Crowther (Midd. & Cleveland)		16.5	
1992 M	Jocelyn Kirby (Midd & Cleveland)		14.6	
1991	H Blanchard (Darlington Harriers)		15.77	
1990	Aileen Mills (North Shields Poly)		15.00	
1989 J	Jocelyn Kirby (North Shields Poly)		14.4	-0.8
1988 M	Jocelyn Kirby (North Shields Poly)		14.5	
1987	Jocelyn Kirby (North Shields Poly)		15.4	
1986	Aileen Mills (North Shields Poly)		15	
1985M	Aileen Mills (North Shields Poly)		14.2	
1984 M	Aileen Mills (North Shields Poly)		14.4	
1983				
1982	Aileen Mills (North Shields Poly)		15.4	
1981				
1980				
1979				
1978	R Hudson (North Shields Poly)			
1977	R Hudson (North Shields Poly)		15.7	
1976				
1975				
1974				
1973				
1972				
1971				



## Senior Men 400m Hurdles

CBP:	Anthony Borsumato (City of Stoke) 1998	50.63
2017	Darren Towart (Tynedale Harriers)	61.40
2016	Daniel N'Jai (Blyth Running Club)	57.71
2015	Daniel N'Jai (Blyth Running Club)	59.25
2014	Liam Collins (Gateshead Harriers)	56.30
2013	Richard Kaufman (Gateshead Harriers)	60.49
2012	David Dempsey (Longwood Harriers)	52.48
2011	Adam Rodgers (Sale Harriers)	55.28
2010	Adam Rodgers (Sale Harriers)	54.70
2009	Adam Rodgers (Sale Harriers)	54.83
2008	Adam Rodgers (Sale Harriers)	55.38
2007	Kieran Flannery (Gateshead Harriers)	63.72
2006	- no event	
2005	Liam Collins (Gateshead Harriers)	52.91
2004	Jared Decon (South Shields Harriers)	50.68
2003 s	Liam Collins (Sale Harriers)	
2002	Jared Decon (South Shields Harriers)	50.68
2001	Jared Decon (Border Harriers)	53.67
2000	Lee Wiscombe (Jarrow & Hebburn)	54.40
1999	D Walker (Morpeth Harriers)	54.95
1998	Anthony Borsumato (City of Stoke)	50.63
1997	Anthony Borsumato (City of Stoke)	52.85
1996 J	M Chapman (Darlington Harriers)	56.7
1995 M	John Bell (North Shields Poly)	55.4
1994	Anthony Borsumato (City of Stoke)	54.63
1993 J	Anthony Borsumato (Mandale)	54.4
1992 M		
1991		
1990	Chris Irvine (North Shields Poly)	55.2
1989 J	N Baker (Midd. & Cleveland)	56.7
1988 M	Andrew Abrahams (Morpeth Harriers)	53.7
1987	Paul Masters (Morpeth Harriers)	55.7
1986	Andrew Abrahams (Morpeth Harriers)	53.8
1985 M	Andrew Abrahams (Gateshead Harriers)	54.0
1984	Andrew Abrahams (Gateshead Harriers)	55.1
1983	P Tynemouth (Morpeth Harriers)	55.95
1982 M		
1981		
1980		
1979 M		
1978		
1977	Ian Scott (Middlesbrough)	60.9
1976		
1975	L Mead (Gateshead Harriers)	58.2
1974 W	G Wood (North Shields Poly)	57.3
1973		
1972		
1971		
1970		
1969	J S Dryden (Achilles A.C.)	55.7
1968		
1967		
1966		
1965		
1964		
1963		
1962		
1956	A B Wilson (DLI)	60.7
1955		

## Senior Women 400m Hurdles

CBP:	Aileen Mills (North Shields Poly) 1986	59.8
2017	Nisha Desai (Trafford A.C.)	59.49
2016	Nisha Desai (Trafford A.C.)	60.40
2015	Nisha Desai (Trafford A.C.)	62.59
2014	No Event	
2013	Nisha Desai (Trafford A.C.)	60.11
2012	Nisha Desai (Trafford A.C.)	60.55
2011	Nisha Desai (Trafford A.C.)	60.38
2010	Nisha Desai (Trafford A.C.)	62.65
2009	Nisha Desai (Trafford A.C.)	61.74
2008	Nisha Desai (Trafford A.C.)	61.51
2007	Sara Todd (Border Harriers)	61.7
2006		
2005		
2004		
2003 s	Lindsay Yellop (City of Norwich)	68.84
2002	Sara Todd (Border Harriers)	60.65
2001	Sara Todd (Border Harriers)	62.81
2000	Sara Todd (Jarrow & Hebburn)	63.72
1999	H Walker (Midd. & Cleveland)	64.32
1998	Sara Elson (Gateshead Harriers)	62.07
1997	Sara Elson (Gateshead Harriers)	64.80
1996 J	Sara Elson (Gateshead Harriers)	62.9
1995 M	H Blanchard (City of Stoke)	69.1
1994	Clare Burke (Gateshead Harriers)	68.5
1993 J	Alison Curbishly (Midd & Cleveland)	62.9
1992 M	E Baker (Midd. & Cleveland)	68.1
1991		
1990	Aileen Mills (North Shields Poly)	63.9
1989 J	R Williams (Darlington Harriers)	63.4
1988 M	Aileen Mills (North Shields Poly)	65.4
1987	Aileen Mills (North Shields Poly)	62.5
1986	Aileen Mills (North Shields Poly)	59.8
1985 M	Aileen Mills (North Shields Poly)	
1984 M	Aileen Mills (North Shields Poly)	61.4
1983	Aileen Mills (North Shields Poly)	66.3
1982	Aileen Mills (North Shields Poly)	63.4
1981	Aileen Mills (North Shields Poly)	
1980	Aileen Mills (North Shields Poly)	
1979	Aileen Mills (North Shields Poly)	
1978		
1977	C Edmundson (South Shields Harriers)	69.5
1976	Lynn Jordan (South Shields Harriers)	70.4
1975		
1974		
1973		
1972		
1971		

## Senior Men 3000m Steeplechase

CBP:	Colin Walker (Gateshead Harriers)	1992	8:38.7
2017	Mark Snowball (Morpeth Harriers)		10:32.80
2016	Adam Mitchell(Middlesbrough Mandale)		10:38.70
2015	Adam Mitchell(Middlesbrough Mandale)		10:12.00
2014			9:20.80
2013	Barry Maskell (Gateshead Harriers)		9:41.44
2012	Jonathon Taylor (Morpeth Harriers)		8:50.10
2011	Richard Morrell (New Marske Harriers)		9:20.80
2010	Sean Hall (Gateshead Harriers)		9:14.81
2009	Paul Emmerson (Durham City Harr.)		11:32.7
2008	- no event		
2007	David Old (Chester le Street)		11:04.0
2006	Paul White (Middlesbrough A.C.)		9:37.98
2005	Paul White (Middlesbrough A.C.)		10:00.54
2004	Raymond Robinson (Gateshead Harr)		10:49.26
2003 s	Paul Weall (Wigan )		10:28.39
2002	- no event		
2001	M Hutchinson (Trafford)		9:44.8
2000	Darren Barton (Morpeth Harriers)		9:12.73
1999	Chris Sampson (Morpeth Harriers)		9:29.10
1998	Chris Sampson (Morpeth Harriers)		9:39.68
1997	Chris Sampson (Morpeth Harriers)		9:34.68
1996 J	Chris Sampson (Morpeth Harriers)		9:39.6
1995 M	M Charrington (Mandale)		9:32.7
1994	Colin Walker (Gateshead Harriers)		8:47.81
1993 J	S Parr (Gateshead Harriers)		9:47.8
1992 M	Colin Walker (Gateshead Harriers)		8:38.7
1991	M Hutchinson (Stretford)		9:09.5
1990	M Hutchinson (Stretford)		9:07.31
1989 J	Steve Parr (Gateshead Harriers)		8:57.0
1988 M	G Woods (Morpeth Harriers)		9:35.1
1987	Steve Jones (Blaydon Harriers)		8:56.5
1986	Steve Jones (Blaydon Harriers)		8:58.0
1985M	Steve Jones (Blaydon Harriers)		
1984	Colin Walker (Gateshead Harriers)		9:00.5
1983	Archie Jenkins(Morpeth Harriers)		9:24.4
1982 M	Colin Walker (Mandale)		9:23.6
1981	Dennis Coates (Gateshead Harriers)		8:48.0
1980			
1979M			
1978	Paul Taylor (Sunderland Harriers)		9:23.5
1977	Phil Barker (Morpeth Harriers)		9:34.4
1976			
1975			
1974 w			
1973			
1972			
1971	William Nicholls (Sunderland Harriers)		9:41.6
1970			
1969			
1968			
1967			
1966			
1963	E Pomfret (Houghton Harriers)		9:04.0
1958	Keith Boyle (Sunderland Harriers)		9:42.0
1957			
1956	Keith Boyle (Sunderland Harriers)		9:59.0
1955			

## Senior Women 2000m Steeplechase

CBP:	Emma Raven (Chester le Street)	2010	6:36.17
2017	Jacqueline Etherington(Sunderland H)		8:05.80
2016			
2015			
2014			
2013	- no event		
2012	- no event		
2011	Olivia Kate Tindale (Durham City Harr)		7:51.25
2010	Emma Raven (Chester le Street)		6:36.17
2009	- no event		
2008	Andrea Ansell (Midd & Cleveland)		9:00.58
2007	- no event		
2006	Lauren Roche (Midd & Cleveland)		8:37.00
2005			
2004			
2003 s			
2002	Sarah Jackson (Midd & Cleveland)		7:48.89
2001	Sarah Jackson (Midd & Cleveland)		7:46.8
2000	Sarah Jackson (Midd & Cleveland)		7:40.07
1999	- no event		

## Senior Men High Jump

CBP:	Ian Holliday (Sale Harriers) 2003	2.11m
2017	Lloyd Powell (North Shields Poly)	1.90m
2016	Lloyd Powell (City of Sheffield)	1.90m
2015	Reece Dimmock(Gateshead Harriers)	1.45m
2014	Will Mulroy(Newcastle Uni.)	1.85m
2013	Dotun Ogunkeyede(Gateshead Harriers)	1.96m
2012	Lloyd Powell (City of Sheffield)	1.90m
2011	Lloyd Powell (City of Sheffield)	1.90m
2010	John Stacey (Gateshead Harriers)	1.91m
2009	- no event	
2008	Lloyd Powell (Border Harriers)	2.06m
2007	- no event	
2006	John Stacey (Gateshead Harriers)	1.90m
2005	John Stacey (Gateshead Harriers)	1.90m
2004	Daniel Burns (Tynedale Harriers)	1.90m
2003	s Ian Holliday (Sale Harriers)	2.11m
2002	Ian Holliday (Sale Harriers)	2.00m
2001	Ian Holliday (Sale Harriers)	2.00m
2000	Ian Holliday (Sale Harriers)	2.10m
1999	Ian Holliday (Sale Harriers)	2.00m
1998	Ian Holliday (Sale Harriers)	2.09m
1997		
1996	J Ian Holliday (Shaftsbury)	2.00m
1995	M Ian Holliday (Gateshead Harriers)	2.07m
1994	John Wallace (Morpeth Harriers)	1.95m
1993	J J Potts (Gateshead Harriers)	1.95m
1992	M John Wallace (Morpeth Harriers)	2.00m
1991	Anthony Brannen (Midd & Cleveland)	2.06m
1990	Rob Leonard (Morpeth Harriers)	1.80m
1989	J John Wallace (Morpeth Harriers)	1.90m
1988	M John Wallace (Morpeth Harriers)	1.90m
1987	James Appleby (Gateshead Harriers)	1.95m
1986	Mark Byron (Gateshead Harriers)	2.06m
1985	M	
1984	Ian Moore (Houghton)	2.05m
1983	Ian Moore (Houghton)	1.95m
1982	M	
1981		
1980	S Gill (North Shields Poly)	2.03m
1979	M	
1978	D Robson (Houghton)	1.95m
1977	D Robson (North Shields Poly)	1.90m
1976		
1975	Alan Bell (North Shields Poly)	1.90m
1974	v M O'Connor (North Shields Poly)	1.70m
1973	Alan Bell (North Shields Poly)	1.86m
1972		
1971		
1970		
1969		
1968		
1967		
1958		
1957	Gordon Carr (Sunderland Harriers)	5ft 11ins
1956	J Mitchell (Heaton Harriers)	5ft 8ins
1955	Gordon Carr (Sunderland Harriers)	
1954	Gordon Carr (Sunderland Harriers)	

## Senior Women High Jump

CBP:	6 athletes	1.70m
2017	- no event	
2016	- no event	
2015	- no event	
2014	Eleanor Markendale(Middle. Mandale)	1.50m
2013	- no event	
2012	- no event	
2011	Amy Richards (Newcastle Univ)	1.63m
2010	- no event	
2009	Amy Richards (Newcastle Univ)	1.50m
2008	- no event	
2007	Alicia Berry (Jarrow & Hebburn)	1.50m
2006	Emma Morris (South Shields)	1.70m
2005	Emma Woodall (Jarrow & Hebburn)	1.40m
2004	Vicky Haswell (Jarrow & Hebburn)	1.48m
2003	s Vicky Haswell (Jarrow & Hebburn)	1.48m
2002	Rebecca Chatt (Middlesbrough A.C.)	1.40m
2001	Emma Morris (South Shields) u17	1.65m
2000	Kerry Swyer (Gateshead Harriers)	1.60m
1999	Emily Jackson (Sale Harriers)	1.70m
1998	Emily Jackson (Gateshead Harriers)	1.60m
1997	Nicola Baker (Gateshead Harriers)	1.65m
1996	J Nicola Baker (Gateshead Harriers)	1.65m
1995	M Nicola Baker (Gateshead Harriers)	1.65m
1994	V Adams (Darlington Harriers)	1.68m
1993	J Susan Noble (Midd & Cleveland)	1.70m
1992	M Leah Lackenby (Gateshead Harriers)	1.65m
1991	V Adams (Darlington Harriers)	1.65m
1990	D Donker (North Shields Poly)	1.56m
1989	J A Richings (Darlington Harriers)	1.65m
1988	M Emma Baker (Gateshead Harriers)	1.70m
1987	Emma Baker (Gateshead Harriers)	1.60m
1986	Madeleine Thomas (Gateshead Harriers)	1.70m
1985		
1984	M Jane Truman (Gateshead Harriers)	1.65m
1983	T Murray (Gateshead Harriers)	1.65m
1982		
1981		
1980		
1979	R Hudson (North Shields Poly)	1.70m
1978		
1977	R Hudson (North Shields Poly)	1.65m
1976		
1975		
1974		
1973		
1972		
1971		

## Senior Men Long Jump

CBP:	Chris Kirk(Newham&Essex)2012	7,50m
2017	Jack Roach(Middlesbrough Mandale)	7.08m
2016	James Andrew(Jarrow&Hebburn)	6.68m
2015	No Event	
2014	James Andrew(Jarrow&Hebburn)	6.69m
2013	Robert Longstaff(Middle.Mandale)	5.88m
2012	Chris Kirk(Newham&Essex Beagle)	7,50m
2011	George Kenyon (Gateshead Harriers)	6.81m +0.5
2010	Paul Allen (Gateshead Harriers)	6.70m +0.7
2009	Paul Allen (Gateshead Harriers)	6.71m +0.2
2008	John Stacey (Gateshead Harriers)	6.69m -
2007	Suote Nyananyo (NEB)	6.73m
2006	Suote Nyananyo (NEB)	7.03m
2005	Suote Nyananyo (NEB)	7.23m
2004	Daniel Burns (Tynedale Harriers)	6.43m
2003	s Mike Frazer (Sale Harriers)	5.25m
2002	B Meehan (Middlesbrough AC)	5.83m
2001	Peter Coates (Durham City Harriers)	6.18m
2000	Richard Hunter (Morpeth Harriers)	6.48m
1999	Richard Hunter (Morpeth Harriers)	6.52m
1998	David Bolam (Gateshead Harriers)	5.59m
1997	A Walker (Army)	6.76m
1996	J D Wylie (Darlington Harriers)	6.38m
1995	M D Wylie (Darlington Harriers)	6.50m
1994	Jonathan Edwards (Gateshead Harriers)	7.27m
1993	J Mark Belben (Midd & Cleveland)	7.00m
1992	M D W Gardner (Hartlepool B.R.)	6.71m
1991	D W Gardner (Hartlepool B.R.)	6.80m
1990	D W Gardner (Hartlepool B.R.)	
1989	J Karl Wharton (Gateshead Harriers)	7.01m
1988	M Karl Wharton (Gateshead Harriers)	7.20m
1987	Mark Belben (Midd & Cleveland)	6.70m
1986	Mark Belben (Midd & Cleveland)	7.30m
1985	M Karl Wharton (Gateshead Harriers)	6.75m
1984	Karl Wharton (Durham City Harriers)	7.12m
1983	Karl Wharton (Durham City Harriers)	7.24m
1982	M D Eastlake (Morpeth Harriers)	6.68m
1981		
1980	D Eastlake (Bedlington HS)	6.69m
1979	M W Bennett (North Shields Poly)	6.78m
1978		
1977	S Whiteside (South Shields)	6.39m
1976		
1975		
1974	w	
1973		
1972	K Brown (Houghton Harriers)	7.19m
1971		
1970		
1969		
1968		
1960	Gordon Carr (Sunderland Harriers)	20ft 9ins
1959	Gordon Carr (Sunderland Harriers)	22ft 8ins
1958		
1957	Gordon Carr (Sunderland Harriers)	21ft 2.5ins
1956	R Simpson (Elswick Harriers)	21ft 1.5ins
1955	Gordon Carr (Sunderland Harriers)	

## Senior Women Long Jump

CBP:	Ruth Irving (Edinburgh W M) 1998	6.28m
2017	No Event	
2016	Hannah Pringle (Gateshead Harriers)	5.49m
2015	Hannah Pringle (Gateshead Harriers)	5.13m
2014	Hannah Pringle (Gateshead Harriers)	5.28m
2013	Emma Pringle (Gateshead Harriers)	5.51m
2012	Ashleigh Wood (Gatehead Harriers)	5.59m
2011	- no event	
2010	- no event	
2009	- no event	
2008	- no event	
2007	Lucy Packer-Armitage (Bristol & West)	4.19m
2006	Alicia Berry (Jarrow & Hebburn)	4.81m
2005	Kimberley Goodall (Gateshead Harriers)	5.48m
2004	Elaine Smith (Sale Harriers)	5.47m
2003	s Elaine Smith (Sale Harriers)	5.47m
2002	Ruth Irving (Edinburgh W M)	6.15m
2001	Ruth Irving (Edinburgh W M)	6.08m
2000	Elaine Smith (Middlesbrough A.C.)	5.46m
1999	Ruth Irving (Edinburgh W M)	5.61m
1998	Ruth Irving (Edinburgh W M)	6.28m
1997		
1996	J K Crowther (Midd. & Cleveland)	5.63m
1995	M J Glover (Elswick Harriers)	5.58m
1994	Amy Logan (Gateshead Harriers)	5.59m
1993	J A Forrester (Sunderland Harriers)	6.04m
1992	M Amy Logan (Gateshead Harriers)	5.51m
1991	Ruth Williams (Darlington Harriers)	5.40m
1990	C Smith (Mandale)	
1989	J Emma Baker (Gateshead Harriers)	5.40m
1988	M Emma Baker (Gateshead Harriers)	5.38m
1987	J Robson (Gateshead Harriers)	5.44m
1986	Madeleine Thomas (Gateshead Harr)	5.73m
1984	M A Hendy (Mandale)	5.34m
1983		
1982		
1981		
1980		
1979		
1978		
1977	J Peacock (North Shields Poly)	6.08m
1976		
1975		
1974		
1973		
1972		
1971		

## Senior Men Triple Jump

CBP:	Jonathan Edwards (Gateshead H)	1989	16.09m
2017	No Event		
2016	No Event		
2015	No Event		
2014	James Andrew Jarrow&Hebburn		13.60m
2013	James Andrew Jarrow&Hebburn		14.27m
2012	James Andrew Jarrow&Hebburn		13.53m
2011	Sam Stanislaus (Gateshead Harriers)		13.80m
2010	Adebayo Babatunde (Middlesbrough)		15.45m +1.6
2009	John Stacey (Gateshead Harriers)		13.62m +1.6
2008	Graham Jackson ( N & E Beagles )		14.55m -
2007	- no event		
2006	David Adamson (Durham City Harriers)		10.98m
2005	Graham Jackson ( N & E Beagles )		14.06m
2004	Jon Evans (Houghton & Peterlee)		12.13m
2003	s		
2002	Andrew Sturrock (Gateshead Harriers)		13.21m
2001	Jon Evans (South Shields)		11.90m
2000	Colin MacDonald (City of Edinburgh)		12.66m
1999	David Bolam (Gateshead Harriers)		11.87m
1998	A Walker (Army)		15.71m
1997	A Walker (Army)		15.06m
1996	J Charles Ellis (Sunderland Harriers)		13.86m
1995	M Charles Ellis (Sunderland Harriers)		13.96m
1994	D Wylie (Darlington Harriers)		13.11m
1993	J - no event		
1992	M		
1991	Jon Evans (Morpeth Harriers)		12.79m
1990	Jon Evans (unattached)		13.10m
1989	J Jonathan Edwards (Gateshead Harriers)		16.09m
1988	M - no event		
1987	D Brice (North Shields Poly)		13.41m
1986	D Brice (North Shields Poly)		13.24m
1985	M		
1984	W R Hamilton (Durham City)		11.88m
1983	Alistair Cameron (Gateshead Harriers)		13.20m
1982	M B Featherstone (Crook)		12.48m
1981			
1980			
1979	M		
1978			
1977	S Whiteside (South Shields)		13.49m
1976			
1975			
1974	w		
1973			
1972			
1971			
1970			
1969			
1968			
1959	C Ambatielos (Durham Univ)		14.43m
1958			
1957	S Millington (St Hellens)		40ft 11.5ins
1956	J J Armstrong		41ft 8.5ins
1955			

## Senior Women Triple Jump

CBP:	Dovile Dzindaletaite (U/A)	2017	13.66m
2017	Dovile Dzindaletaite (U/A)		13.66m
2016	Hannah Pringle(Gateshead Harriers)		11.48m
2015	Hannah Pringle(Gateshead Harriers)		11.31m
2014	Emma Pringle(Gateshead Harriers)		12.74m
2013	Emma Pringle(Gateshead Harriers)		13.01m
2012	Emma Pringle(Gateshead Harriers)		12.23m
2011	Melissa Carr (Shildon R & AC)		12.45m
2010	- no event		
2009	- no event		
2008	- no event		
2007	Emma Wooff (Gateshead Harriers)		11.67m
2006	Julia Straker (Morpeth Harriers)		12.00m
2005	- no event		
2004	Julia Straker (Morpeth Harriers)		11.64m
2003	s Julia Straker (Morpeth Harriers)		11.64m
2002	Julia Straker (Morpeth Harriers)		11.69m
2001	Joanne Stanley (Midd & Cleveland)		11.49m
2000	Joanne Stanley (Midd & Cleveland)		11.81m
1999	Joanne Stanley (Midd & Cleveland)		11.20m
1998	Hilda Kaland (Newcastle Univ.)		11.77m
1997	Joanne Stanley (Elswick Harriers)		10.96m
1996	J J Scott (Elswick Harriers)		11.08m
1995	M J Scott (Elswick Harriers)		11.09m
1994	J Scott (Elswick Harriers)		11.18m
1993	J K Perrett (Midd & Cleveland)		9.79m
1992	M		
1991	K Todd (North Shields Poly)		10.11m

## Senior Men Pole Vault

CBP: Mark Christie (Sale Harriers) 2008	5.19m
2017	No Event
2016	No Event
2015	Reece Dimmock(Gateshead Harriers) 2.40m
2014	Jason Clark(Chester-Le-Street) 3.80m
2013	- no event
2012	Andy Wake (Morpeth Harriers) 3.60m
2011	- no event
2010	- no event
2009	John Loughran (Gosforth Harriers) 2.60m
2008	Mark Christie (Sale Harriers) 5.19m
2007	Mark Christie (Sale Harriers) 5.15m I
2006	Chris Boundy (Gateshead Harriers) 4.30m
2005	Mark Christie (Sale Harriers) 5.00m
2004	Mark Christie (Sale Harriers) 4.80m
2003 s	John Loughran (Gosforth Harriers) 2.70m
2002	Chris Boundy (Gateshead Harriers) 4.50m
2001	Andrew Wake (Morpeth Harriers) 4.60m
2000	Andrew Wake (Morpeth Harriers) 4.50m
1999	Dirk Feil (Morpeth Harriers) 4.00m
1998	Dirk Feil (Morpeth Harriers) 4.00m
1997	Richard Hunter (Gateshead Harriers) 3.40m
1996 J	John Loughran (Gosforth Harriers) 2.40m
1995 M	Anthony Brannen (City of Stoke) 4.60m
1994	Gary Jackson (Birchfield Harriers) 4.65m
1993 J	Gary Jackson (Gateshead Harriers) 4.81m
1992 M	
1991	Anthony Brannen (Midd & Cleveland) 4.70m
1990	C Anderson (Morpeth Harriers)
1989 J	Gary Jackson (Wolverhampton & Bilston) 4.50m
1988 M	Gary Jackson (Morpeth Harriers) 4.65m
1987	Andrew Wake (Morpeth Harriers) 4.40m
1986	Gary Jackson (Morpeth Harriers) 4.50m
1985M	
1984	N Peacock (Morpeth Harriers) 3.60m
1983	Stuart Ryan (Gosforth Harriers) 3.60m
1982 M	
1981	
1980	
1979M	
1978	
1977	
1976	
1975	
1974 w	
1973	
1972	
1971	
1970	
1969	
1968	
1967	
1966	
1965	
1964	
1963	
1962	J R McManus (Billingham A.C.) 4.16m
1957	J McManus (Cambridge Univ. ) 11ft 9ins
1956	

## Senior Women Pole Vault

CBP: Sally Scott (Trafford AC) 2015	3.85m
2017	Sydney Robertson(Gateshead Harriers) 2.70m
2016	Kim Weatherburn(South Shields) 2.80m
2015	Sally Scott (Trafford AC) 3.85m
2014	No Event
2013	- no event
2012	- no event
2011	- no event
2010	- no event
2009	- no event
2008	- no event
2007	Rachel Fairless (Middlesbrough A.C.) 3.10m
2006	
2005	
2004	
2003 s	- no event
2002	Melissa Stamp (Gateshead Harriers) 3.00m
2001	Melissa Stamp (Univ. Sunderland) 2.80m
2000	Kim Hobbs (Midd & Cleveland) 2.80m
1999	K Horn (Midd & Cleveland) 2.65m
1998	new event

Senior Men Shot Putt		7.26kg
CBP:	Paul Reed (Morpeth Harriers)	1988 17.04m
2017	Craig Sturrock (Thames Valley)	15.87m
2016	Craig Sturrock (Thames Valley)	15.44m
2015	Craig Sturrock (Gateshead Harriers)	15.55m
2014	Craig Sturrock (Gateshead Harriers)	16.72m
2013	David Dawson (Middlesbrough&Cleve)	14.44m
2012	Craig Sturrock (Gateshead Harriers)	15.91m
2011	Leslie Richards (City of York A.C.)	16.68m
2010	Leslie Richards (City of York A.C.)	15.87m
2009	Craig Sturrock (Gateshead Harriers)	15.79m
2008	Leslie Richards (City of York A.C.)	15.83m
2007	Leslie Richards (Trafford A.C.)	16.39m
2006	Craig Sturrock (Gateshead Harriers)	15.52m
2005	Craig Sturrock (Gateshead Harriers)	14.43m
2004	Paul Reed (Border Harriers)	15.17m
2003 s	Paul Reed (Morpeth Harriers)	14.88m
2002	Paul Reed (Border Harriers)	15.22m
2001	Paul Reed (Border Harriers)	15.40m
2000	Paul Corrigan (Morpeth Harriers)	13.83m
1999	Paul Reed (Morpeth Harriers)	16.24m
1998	Paul Corrigan (Gateshead Harriers)	13.69m
1997	Paul Corrigan (Gateshead Harriers)	13.34m
1996 J	Paul Reed (Morpeth Harriers)	16.10m
1995 M	Paul Reed (Morpeth Harriers)	16.00m
1994	Paul Reed (Morpeth Harriers)	15.99m
1993 J	Paul Reed (Wolverhampton & B)	15.36m
1992 M	Paul Reed (Wolverhampton & B)	15.36m
1991	Paul Reed (Wolverhampton & B)	15.66m
1990	Paul Reed (Morpeth Harriers)	16.00m
1989 J	Paul Reed (Morpeth Harriers)	16.19m
1988 M	Paul Reed (Morpeth Harriers)	17.04m
1987	Paul Reed (Morpeth Harriers)	16.32m
1986	Paul Reed (Morpeth Harriers)	15.79m
1985M	Paul Reed (Morpeth Harriers)	14.11m
1984	D Eastlake (Morpeth Harriers)	13.76m
1983	Paul Reed (Morpeth Harriers)	14.20m
1982 M		
1981		
1980	Paul Reed (Morpeth Harriers)	13.20m
1979M	H Staeheli (North Shields Poly)	15.51m
1978		
1977	Ian Chipchase (North Shields Poly)	12.71m
1976		
1975	Ian Chipchase (North Shields Poly)	
1974 w		
1973		
1972		
1971		
1970	Ian Chipchase (North Shields Poly)	15.87m
1969	Arthur McKenzie (North Shields Poly)	15.73m
1968		
1967		
1966		
1965		
1964		
1963		
1962		
1961		
1960	Gordan McCain (Sunderland Harriers)	43ft 8.75ins

Senior Women Shot Putt		4.0kg
CBP:	Cath Hartnell (Sale Harriers)	1977 13.83m
2017	Sophie Littlemore(Gateshead Harriers)	12.73m
2016	Sophie Littlemore(Gateshead Harriers)	12.56m
2015	Sophie Littlemore(Gateshead Harriers)	11.88m
2014	Katherine Bulmer (Jarrow&Hebburn)	11.29m
2013	Katherine Bulmer (Jarrow&Hebburn)	11.83m
2012	Katherine Bulmer (Jarrow&Hebburn)	11.19m
2011	Katy Wilson (Birtley A.C.)	10.67m
2010	Vicky Young (Gateshead Harriers)	11.50m
2009	Stephanie Hopkinson (Birtley AC)	11.37m
2008	Lianne Tucker (Gateshead Harriers)	11.15m
2007	Leah Weatheritt (Gateshead Harriers)	11.92m
2006	Lianne Tucker (Blaydon Harriers)	11.77m
2005	Lianne Tucker (Blaydon Harriers)	11.13m
2004	Leah Weatheritt (Gateshead Harriers)	11.23m
2003 s	Leah Weatheritt (Gateshead Harriers)	11.55m
2002	Elizabeth Dwan (Gateshead Harriers)	10.49m
2001	Elizabeth Dwan(Gateshead Harriers)u20	9.70m
2000	Lisa Wrigglesworth(Gateshead Harriers)	11.40m
1999	Julie Lavender (Sunderland Harriers)	11.70m
1998	K Crowther (Midd & Cleveland)	11.85m
1997	K Crowther (Midd & Cleveland)	11.16m
1996 J	K Crowther (Midd & Cleveland)	12.02m
1995 M	K Crowther (Midd & Cleveland)	11.90m
1994	K Crowther (Midd & Cleveland)	10.98m
1993 J	Julie Lavender (Sunderland Harriers)	10.62m
1992 M	K Price (Midd & Cleveland)	10.04m
1991	C Springett (Gateshead Harriers)	11.71m
1990	G Hornby (Monkland)	10.39m
1989 J	Gillian Gipson (Morpeth Harriers)	8.03m
1988 M	S Reddan (Houghton Harriers)	9.50m
1987	C Chilton (Gateshead Harriers)	
1986		
1985		9.81m
1984 M	Allyson Local (North Shields Poly)	
1983		
1982		
1981		
1980	Cath Hartnell (Sale Harriers)	13.83m
1979		
1978	Dorethy Chipchase (North Shields Poly)	
1977	Cath Hartnell (Sale Harriers)	13.83m
1976		
1975		
1974		
1973		
1972		
1971		
1959		
1958		
1957	J Graham (Heaton Harriers)	40ft 10ins
1956	J Graham (Heaton Harriers)	42ft 4ins
1955		
1954		

Senior Men Discus		2.0kg
CBP:	Alan Toward(Sheffield&Dearne) 2017	59.00m
2017	Alan Toward(Sheffield&Dearne)	59.00m
2016	Alan Toward(Sheffield&Dearne)	52.85m
2015	Alan Toward(Enfield&Haringey)	52.79m
2014	Alan Toward(Gateshead Harriers)	54.62m
2013	Graeme Level (Gateshead Harriers)	50.58m
2012	Graeme Level (Gateshead Harriers)	48.84m
2011	Graeme Level (Gateshead Harriers)	46.15m
2010	Leslie Richards (City of York A.C.)	50.98m
2009	Graeme Level (Gateshead Harriers)	45.53m
2008	Leslie Richards (City of York A.C.)	48.90m
2007	Leslie Richards (Trafford AC)	51.79m
2006	Leslie Richards (Trafford AC)	49.80m
2005	Leslie Richards (Middlesbrough AC)	48.39m
2004	Paul Reed (Border Harriers)	48.15m
2003 s	Paul Reed (Morpeth Harriers)	52.43m
2002	Paul Reed (Border Harriers)	49.30m
2001	Paul Reed (Border Harriers)	53.24m
2000	Paul Reed (Border Harriers)	49.59m
1999	Paul Reed (Morpeth Harriers)	54.25m
1998	Paul Reed (Morpeth Harriers)	51.96m
1997	Paul Reed (Morpeth Harriers)	51.82m
1996 J	Paul Reed (Morpeth Harriers)	51.08m
1995 M	Paul Reed (Morpeth Harriers)	51.36m
1994	Paul Reed (Morpeth Harriers)	53.00m
1993 J	Paul Reed (Wolverhampton & B)	52.64m
1992 M	Paul Reed (Wolverhampton & B)	47.98m
1991	Paul Reed (Wolverhampton & B)	48.06m
1990	Paul Reed (Morpeth Harriers)	47.04m
1989 J	Paul Reed (Morpeth Harriers)	48.80m
1988 M	Paul Reed (Morpeth Harriers)	50.16m
1987	Paul Reed (Morpeth Harriers)	52.54m
1986	Paul Reed (Morpeth Harriers)	47.30m
1985M	Paul Reed (Morpeth Harriers)	48.88m
1984	Paul Reed (Morpeth Harriers)	48.72m
1983	Paul Reed (Morpeth Harriers)	45.20m
1982 M		
1981		
1980		
1979M	H Staeheli (North Shields Poly)	46.30m
1978		
1977	Ian Chipchase (North Shields Poly)	38.72m
1976		
1975		
1974 w	P Rutherford (Gateshead Harriers)	39.60m
1973		
1972		
1971		
1970		
1969		
1968	Arthur McKenzie (North Shields Poly)	54.62m
1967		
1966		
1957	A Jakeobson (Billingham)	108ft 0ins
1956	D Russell (Benwell)	109ft 8ins
1950	K Maksimcyk (Sunderland Harriers)	134ft 4.5ins

Senior Women Discus		4.0kg
CBP:	Claire Griss (Border Harriers) 2005	47.59m
2017	Sophie Littlemore(Gateshead Harriers)	44.56m
2016	Sophie Littlemore(Gateshead Harriers)	40.94m
2015	Sophie Littlemore(Gateshead Harriers)	33.99m
2014	Katy Wilson (Birtley AC)	34.14m
2013	Katy Wilson (Birtley AC)	36.44m
2012	No Event	
2011	Stephanie Hopkinson (Birtley AC)	30.51m
2010	Stephanie Hopkinson (Birtley AC)	33.47m
2009	Kayleigh Sullivan (Middlesbrough AC)	28.65m
2008	Lianne Tucker (Gateshead Harriers)	40.89m
2007	Lianne Tucker (Blaydon Harriers)	37.31m
2006	Lianne Tucker (Blaydon Harriers)	34.83m
2005	Claire Griss (Border Harriers)	47.59m
2004	Nicola Baker (Gateshead Harriers)	42.61m
2003 s	Claire Moore (unattached)	43.49m
2002	Claire Moore (Gateshead Harriers)	40.50m
2001	Claire Moore (Gateshead Harriers) u20	40.55m
2000	Claire Moore (Gateshead Harriers)	38.37m
1999	Claire Moore (Gateshead Harriers)	35.31m
1998	Kirsty Perrett (Midd & Cleveland)	35.92m
1997	K Crowther (Midd & Cleveland)	32.84m
1996 J	Melanie McLean (Gateshead Harriers)	31.74m
1995 M	Kirsty Perrett (Midd & Cleveland)	34.74m
1994	Kirsty Perrett (Midd & Cleveland)	37.34m
1993 J	H Middlemiss (Mandale)	40.42m
1992 M	Kimberley Thompson (Sunderland Harr)	34.92m
1991	Gillian Gipson (Morpeth Harriers)	33.44m
1990	G Hornby (Monkland)	42.76m
1989 J	Gwen Bird (North Shields Poly)	43.66m
1988 M	Gwen Bird (North Shields Poly)	43.58m
1987		
1986	J Calvert (Midd & Cleveland)	31.96m
1985		
1984 M	Allyson Local (North Shields Poly)	36.60m
1983	Allyson Local (North Shields Poly)	36.54m
1982		
1981		
1980		
1979		
1978		
1977		
1976		
1975		
1974	Dorethy Chipchase (North Shields Poly)	44.18m
1973		
1972		
1971		



Senior Men Javelin		800g
CBP:	Ian Burns (Gateshead Harriers)	2001 61.13m
2017	Steve Birse(Middlesbrough Mandale)	54.56m
2016	Aedon Moloney(Middle. Mandale)	51.68m
2015	Aedon Moloney(Middle. Mandale)	52.38m
2014	SamStanislaus(Gateshead Harriers)	44.32m
2013	Daniel Holden (Durham City Harriers)	54.97m
2012	Daniel Holden (Durham City Harriers)	51.68m
2011	Daniel Holden (Durham City Harriers)	51.68m
2010	Graeme Fairbairn (Gateshead Harriers)	41.15m
2009	John Thompson (Morpeth Harriers)	33.79m
2008	Dean Barratt (Gateshead Harriers)	48.13m
2007	Ian Burns (Gateshead Harriers)	58.01m
2006		
2005	- no event	
2004	Daniel Burns (Tynedale Harriers)	47.53m
2003	s	
2002	Ian Burns (Gateshead Harriers)	58.40m
2001	Ian Burns (Gateshead Harriers)	61.13m
2000	Ian Burns (Gateshead Harriers)	57.45m
1999	Ian Burns (Gateshead Harriers)	51.55m
1998	Ian Burns (Gateshead Harriers)	48.78m
1997	Ian Burns (Gateshead Harriers)	49.08m
1996	J S Marrs (Chesler le Street)	44.06m
1995	M P Burke (New Marske Harriers)	43.88m
1994		
1993	J Dave Prescod (Sunderland Harriers)	56.60m
1992	M Dave Prescod (Sunderland Harriers)	57.24m
1991	Justin Carter (Gateshead Harriers)	50.12m
1990	Stuart Ryan (Gateshead Harriers)	
1989	J A Hill (Midd & Cleveland)	53.02m
1988	M A Hill (Midd & Cleveland)	52.30m
1987	Ian Moore (Gateshead Harriers)	49.40m
1986	A Hill (Midd & Cleveland)	54.26m
1985	M	
1984	D Eastlake (Morpeth Harriers)	54.74m
1983	W J Craig (Gateshead Harriers)	50.74m
1982	M	
1981		
1980		
1979	M	
1978		
1977	T Straker (North Shields Poly)	39.68m
1976		
1975	P Patterson (Blaydon) or A Walker (Darl)	51.70m
1974	w	
1973	C J Bacon (Achilles AC)	61.14m
1972		
1971		
1970		
1969		
1968		
1967		
1966		
1965		
1964		
1959	William Ellis (Sunderland Harriers)	157ft 8ins
1958		

*new model from 1986*

Senior Women Javelin		600g
CBP:	Sarah Dunkley (West Suffolk AC)	2008 42.27m
	<i>1999 Model</i>	
2017	No Event	
2016	No Event	
2015	Carrie Lamb(Gateshead Harriers)	27.37m
2014	No Event	
2013	- no event	
2012	- no event	
2011	Stephanie Hopkinson (Birtley AC)	26.64m
2010	Lisa Edwards (Gateshead Harriers)	34.03m
2009	Lisa Edwards (Gateshead Harriers)	34.32m
2008	Sarah Dunkley (West Suffolk AC)	42.27m
2007	Sarah Dunkley (West Suffolk AC)	39.10m
2006	Leah Weatheritt (Gateshead Harriers)	29.38m
2005	Stacey Mohamed (Jarrow & Hebburn)	39.17m
2004	Stacey Mohamed (Jarrow & Hebburn)	42.01m
2003	s Kristine Ritchie (Gateshead Harriers)	38.53m
2002	Stacey Mohamed (Jarrow & Hebburn)	35.40m
2001	Stacey Mohamed (Jarrow & Hebburn)	34.29m
2000	Kirsty Perett (Midd & Cleveland)	32.31m
1999	Kirsty Perett (Midd & Cleveland)	28.67m
1998	Linda Andreasson (Gateshead Harriers)	38.55m
1997	A Humble (North Shields Poly)	34.66m
1996	J Leah Lackenby (Gateshead Harriers)	33.56m
1995	M L Knowles (Jarrow & Hebburn)	32.56m
1994	M Spackman (Notts A.C.)	41.04m
1993	J K Crowther (Midd & Cleveland)	32.24m
1992	M Lisa Hardwick (Gateshead Harriers)	38.70m
1991	Cheryl Quinn (Gateshead Harriers)	36.72m
1990	K Allan (Elswick Harriers)	
1989	J A Palmer (Gateshead Harriers)	30.14m
1988	M S Reddan (Houghton Harriers)	20.90m
1986	Madeleine Thomas (Gateshead Harr)	30.54m
1984	M Angela Milne (North Shields Poly)	31.68m
1983		
1982		
1981		
1980		
1979		
1978		
1977	N Batty (South Shields Harriers)	27.20m
1976	H McDonald (Blaydon Harriers)	39.92m
1975		
1974		
1973		
1972		
1971		

Senior Men Hammer		7.26kg
CBP:	Ian Chipchase (North Shields P)	1974 66.48m
2017	Reece Straker (North Shields Poly)	41.12m
2016	Dan Thirlwell(North Shields Poly)	44.01m
2015	Reece Straker (North Shields Poly)	40.72m
2014	Reece Straker (North Shields Poly)	42.29m
2013	Reece Straker (North Shields Poly)	42.69m
2012	David Maggs(Gateshead Harriers)	37.29m
2011	Graeme Level (Gateshead Harriers)	58.98m
2010	Andrew Smith (Gateshead Harriers)	49.45m
2009	Sean Hudson (Gateshead Harriers)	33.77m
2008	- no event	
2007	Andrew Smith (Gateshead Harriers)	50.05m
2006	- no event	
2005	David Maggs (Gateshead Harriers)	38.70m
2004	Christopher Walsh (Shaftsbury Barnet)	57.11m
2003 s	Christopher Walsh (Shaftsbury Barnet)	57.43m
2002	Christopher Walsh (Shaftsbury Barnet)	54.05m
2001	Christopher Walsh (Shaftsbury Barnet)	58.74m
2000	Paul Barnard (Birchfield Harriers)	59.19m
1999	Paul Barnard (Birchfield Harriers)	57.97m
1998	Christopher Walsh (NESH)	58.38m
1997	Paul Barnard (Birchfield Harriers)	59.44m
1996 J	Paul Barnard (Birchfield Harriers)	59.66m
1995 M	Paul Barnard (Midd & Cleveland)	60.50m
1994	Paul Barnard (Midd & Cleveland)	54.30m
1993 J	Paul Barnard (Midd & Cleveland)	50.58m
1992 M	Scott Thompson (Sunderland Harriers)	48.24m
1991		
1990		
1989 J	G Morgan (Midd & Cleveland)	44.76m
1988 M	Steve Towers (Gateshead Harriers)	42.78m
1987	Steve Towers (Gateshead Harriers)	44.66m
1986	J Gibson (Houghton)	44.08m
1985M		
1984	Arthur McKenzie (Edinburgh Southern)	46.98m
1983		
1982 M		
1981		
1980		
1979M		
1978		
1977		
1976		
1975		
1974 w	Ian Chipchase (North Shields Poly)	66.48m
1973		
1972		
1971		
1970	B Fraser (North Shields Poly)	59.99m
1969		
1968		
1967		
1966		
1965		
1960		
1959		
1958		
1957	W Wood (Elswick Harriers)	113ft 4ins
1956	W Wood (Elswick Harriers)	117ft 8ins
1955		

Senior Women Hammer		4.0kg
CBP:	Katy Wilson (Birtley A.C.)	2012 53.27m
2017	Leah Weatheritt(Gateshead Harriers)	40.42m
2016	Leah Weatheritt(Gateshead Harriers)	40.32m
2015	Leah Weatheritt(Gateshead Harriers)	37.13m
2014	Katy Wilson (Birtley A.C.)	49.20m
2013	Katy Wilson (Birtley A.C.)	49.40m
2012	Katy Wilson (Birtley A.C.)	53.27m
2011	Katy Wilson (Birtley A.C.)	49.63m
2010	Lisa-Marie Shippen (Gateshead Harriers)	45.85m
2009	Katy Wilson (Birtley A.C.)	43.78m
2008	Katy Wilson (Birtley A.C.)	46.97m
2007	Lisa-Marie Shippen (Gateshead Harriers)	46.38m
2006	Helen Arnold (Trafford A.C.)	43.93m
2005	Helen Arnold (unattached.)	45.21m
2004	Lisa-Marie Shippen (Gateshead Harriers)	42.86m
2003 s	Lisa-Marie Shippen (Gateshead Harriers)	40.99m
2002	Shirley Webb (North Shields Poly)	44.88m
2001	Shirley Webb (North Shields Poly)	44.88m
2000	Janette Brown (Middlesbrough AC)	40.36m
1999	Janette Brown (Middlesbrough AC)	40.09m
1998	Linda Andreasson (Gateshead Harriers)	44.02m
1997	R Beverley (Sale Harriers)	49.94m
1996 J	R Beverley (Mandale)	48.14m
1995 M	Julie Lavender (Sunderland Harriers)	48.10m
1994	Julie Lavender (Sunderland Harriers)	51.62m
1993 J	Julie Lavender (Sunderland Harriers)	42.88m

## Senior Men Indoor 60m

CBP:	Richard Kilty (Gateshead Harriers) 2013	6.62
2017	Christian Carson (Newham&Essex)	7.02
2016	Jack Hepple (Gateshead Harriers)	7.06
2015	Christian Carson (Gateshead Harriers)	6.83
2014	Jack Crosby (Middlesbrough Mandale)	6.99
2013	Richard Kilty (Gateshead Harriers)	6.62
2012	Christian Carson (Gateshead Harriers)	7.11
2011	George Kenyon (Gateshead Harriers)	7.15
2010	Richard Kilty (Gateshead Harriers)	6.81
2009	Richard Kilty (Gateshead Harriers)	6.84
2008	Chris Kirk (Newham Essex Beagles)	7.07
2007	Adam Rodgers (Sale Harriers)	7.12
2006		
2005		
2004		
2003	J Peter Vickers (Middlesbrough AC)	7.10
2002	J Craig Telford (Morpeth Harriers & AC)	6.80
2001	J	
2000		
1999		
1998	Jonathan Edwards (Gateshead Harriers)	6.80
1997		
1996		
1995		
1994		
1993		

## Senior Women Indoor 60m

CBP:	Lisa Ferguson (City Of Edinburgh) 2014	7.75
2017	Georgia Whitfield (Gateshead Harriers)	7.98
2016	Rachel Highfield (Gateshead Harriers)	8.84
2015	Isobel Hainsworth (Durham City Harriers)	8.13
2014	Lisa Ferguson (City Of Edinburgh)	7.75
2013	Jenny Graham (North Shields Poly)	8.13
2012	Ashleigh Wood (Gateshead Harriers)	8.01
2011	Stephanie Hopkinson (Birtley AC)	8.88
2010	Faye Winspear (Middlesbrough AC)	8.06
2009	Faye Winspear (Middlesbrough AC)	8.01
2008	- no event	
2007	Vicky Barr (Rugby & Northampton)	7.76
2006		
2005		
2004	Vicky Carmichael (Gateshead Harriers)	7.90
2003	J Titi Ameobi (Gateshead Harriers)	7.90
2002	J Sara Todd (Border Harriers)	7.90
2001	J Sara Todd (Jarrow & Hebburn A.C.)	7.90
2000	Vicky Barr (Gateshead Harriers)	7.90
1999		
1998		
1997		
1996		
1995		
1994		
1993		

## Senior Men Indoor 60m Hurdles

CBP:	Peter Middleton (North Shields Poly) 2004	8.30
2017	Daniel N'Jai (Blyth Running Club)	9.09
2016	Daniel N'Jai (Blyth Running Club)	8.93
2015	Josh Phillipson (Blaydon Harriers)	9.10
2014	Richard Kaufman (Gateshead Harriers)	9.33
2013	- no event	
2012	Andrew Sturrock (Gateshead Harriers)	8.42
2011	Andrew Sturrock (Gateshead Harriers)	8.42
2010	Andrew Sturrock (Gateshead Harriers)	8.36
2009	- no event	
2008	Andrew Sturrock (Gateshead Harriers)	8.39
2007	- no event	
2006		
2005		
2004	Peter Middleton (North Shields Poly)	8.3
2003	J Suote Nyananyo (Middlesbrough AC)	8.8
2002	J Mike Frazer (Sale Harriers)	11.7
2001	J Richard Hunter (Morpeth Harriers)	8.6
2000		
1999		
1998	Richard Hunter (Morpeth Harriers)	8.5
1997		
1996		
1995		
1994		
1993		

## Senior Women Indoor 60m Hurdles

CBP:	Sam Coleby (Durham City Harriers) 2014	8.96
2017	- no event	
2016	- no event	
2015	- no event	
2014	Sam Coleby (Durham City Harriers)	8.96
2013	Sam Coleby (Durham City Harriers)	9.07
2012	Ashleigh Wood (Gateshead Harriers)	9.15
2011	- no event	
2010	- no event	
2009	- no event	
2008	Sara Todd (Border Harriers)	9.01
2007	Sara Todd (Border Harriers)	9.01
2006		
2005		
2004	Joss Harwood (North East Vets)	9.4
2003	J	
2002	J Sara Todd (Border Harriers)	9.1
2001	J Sara Todd (Jarrow & Hebburn A.C.)	9.1
2000		
1999		
1998		
1997		
1996		
1995		
1994		
1993		

## Senior Men Indoor High Jump

CBP:	Ian Holliday (Gateshead Harriers)	1996	2.10m
2017	- no event		
2016	- no event		
2015	- no event		
2014	- no event		
2013	Lloyd Powel (Middlesbrough Mandale)		1.85m
2012	John Stacey (Gateshead Harriers)		1.91m
2011	- no event		
2010	- no event		
2009	- no event		
2008	Lloyd Powell (unattached)		2.00m
2007	John Stacey (Gateshead Harriers)		1.91m
2006			
2005			
2004	Adam Ali		2.06m
2003 J	Jerome Geoffrey (Morpeth Harriers)		2.00m
2002 J			
2001 J			
2000	Ian Holliday (Sale Harriers)		2.10m
1999	Ian Holliday (Sale Harriers)		2.10m
1998			
1997			
1996	Ian Holliday (Gateshead Harriers)		2.10m
1995			
1994			
1993			

## Senior Women Indoor High Jump

CBP:	Nicola Baker (Gateshead Harriers)	1994	1.76m
2017	- no event		
2016	- no event		
2015	- no event		
2014	- no event		
2013	Hannah Briggs (Jarrow&Hebburn)		1.45m
2012	- no event		
2011	Stephanie Hopkinson (Birtley AC)		1.51m
2010	- no event		
2009	- no event		
2008	Alicia Berry (Jarrow & Hebburn)		1.50m
2007	- no event		
2006			
2005			
2004			
2003 J	Vicky Haswell (Jarrow & Hebburn)		1.50m
2002 J			
2001 J			
2000	Alicia Berry (Jarrow & Hebburn)		1.55m
1999			
1998			
1997			
1996			
1995			
1994	Nicola Baker (Gateshead Harriers)		1.76m
1993			

## Senior Men Indoor Long Jump

CBP:	Chris Kirk (Newham Essex Beagles)	2008	7.55m
2017	- no event		
2016	- no event		
2015	Ben Porter (Gateshead Harriers)		6.78m
2014	Richard kaufman (Gateshead Harriers)		6.00m
2013	Paul Allen (Gateshead Harriers)		7.16m
2012	Paul Allen (Gateshead Harriers)		7.16m
2011	Chris Kirk (Newham Essex Beagles)		7.35m
2010	Paul Allen (Gateshead Harriers)		6.87m
2009	Michael Briggs (South Shields Harriers)		6.30m
2008	Chris Kirk (Newham Essex Beagles)		7.55m
2007	John Stacey (Gateshead Harriers)		6.72m
2006			
2005	Chris Weitz (Border Harriers)		7.07m
2004	David Robertson (Jarrow & Hebburn)		6.30m
2003 J	Chris Weitz (Gateshead Harriers)		6.80m
2002 J	Andrew Patton (Midd & Cleveland)		6.65m
2001 J	Chris Hunter (Jarrow & Hebburn)		6.24m
2000	Steven Brown (Gateshead Harriers)		6.42m
1999			
1998			
1997			
1996			
1995			
1994	D Gardener (Unattached)		6.80m
1993			

## Senior Women Indoor Long Jump

CBP:	Ruth Irving (Edinburgh Wollen Mill)	1997	5.95m
2017	Hannah Pringle (Gateshead Harriers)		5.42m
2016	Hannah Pringle (Gateshead Harriers)		5.71m
2015	Hannah Pringle (Gateshead Harriers)		5.48m
2014	Hannah Pringle (Gateshead Harriers)		5.46m
2013	Andrea Jesudason (Durham Uni)		4.81m
2012	Ashleigh Wood(Gateshead Harriers)		5.40m
2011	- no event		
2010	- no event		
2009	- no event		
2008	- no event		
2007	Melissa Carr (Shildon R & AC)		5.34m
2006			
2005			
2004			
2003 J	Ruth Irving (Edinburgh Wollen Mill)		5.90m
2002 J			
2001 J			
2000	Elaine Smith (Middlesbrough A.C.)		5.41m
1999			
1998			
1997	Ruth Irving (Edinburgh Wollen Mill)		5.95m
1996			
1995			
1994			
1993			

## Senior Men Indoor Triple Jump

CBP:	Ade Babatunde (Middlesbrough AC)	2011	15.59m
2017	James Andrew (Jarrow&Hebburn)		13.68m
2016	no event		
2015	Robert Longstaff(Middlesbrough Mandale)		12.26m
2014	James Andrew (Jarrow&Hebburn)		14.35m
2013	Ben Porter (Gateshead Harriers)		13.99m
2012	Robert Longstaff(Middlesbrough Mandale)		11.69m
2011	Ade Babatunde (Middlesbrough AC)		15.59m
2010	Ade Babatunde (Middlesbrough AC)		15.27m
2009	Ade Babatunde (Middlesbrough AC)		14.35m
2008	Ade Babatunde (Middlesbrough AC)		14.23m
2007	Ade Babatunde (Middlesbrough AC)		14.14m
2006			
2005			
2004	Jon Evans (Houghton & Peterlee)		11.96m
2003 J	Jon Evans (South Shields Harriers)		12.35m
2002 J			
2001 J	Paul Bartlett (Jarrow & Hebburn)		11.49m
2000	Steven Brown (Gateshead Harriers)		13.36m
1999			
1998			
1997			
1996			
1995			
1994			

## Senior Women Indoor Triple Jump

CBP:	Emma Pringle (Gateshead Harriers)	2014	12.72m
2017	Hannah Pringle (Gateshead Harriers)		11.29m
2016	Hannah Pringle (Gateshead Harriers)		11.67m
2015	Hannah Pringle (Gateshead Harriers)		11.68m
2014	Emma Pringle (Gateshead Harriers)		12.72m
2013	Emma Pringle (Gateshead Harriers)		12.46m
2012	Lori Douglass (Gateshead Harriers)		10.59m
2011	no event		
2010	no event		
2009	no event		
2008	no event		
2007	Julia Straker (unattached)		12.39m
2006			
2005			
2004			
2003 J	Ruth Irving (Edinburgh Wollen Mill)		12.64m
2002 J			
2001 J	Joanne Stanley (Midd & Cleveland)		11.63m
2000	Joanne Stanley (Midd & Cleveland)		11.90m
1999			
1998			
1997			
1996			
1995			
1994			

## Senior Men Indoor Pole Vault

CBP:	Mark Christie (Sale Harriers)	2005	4.70m
2017	no event		
2016	no event		
2015	no event		
2014	Josh Blysnuiik (U/A)		3.50m
2013	no event		
2012	no event		
2011	Philip Hicks (Gateshead Harriers)		4.00m
2010	no event		
2009	Glen Blenkinsop Middlesbrough A.C.)		3.40m
2008	James Stacey (Gateshead Harriers)		3.60m
2007	Mark Christie (Sale Harriers)		4.70m
2006			
2005	Mark Christie (Sale Harriers)		4.70m
2004	Chris Boundy (Gateshead Harriers)		4.60m
2003 J	Chris Boundy (Gateshead Harriers)		4.00m
2002 J	Chris Boundy (Gateshead Harriers)		4.00m
2001 J	Chris Boundy (Gateshead Harriers)		4.20m
2000	Chris Boundy (Gateshead Harriers)		4.30m
1999			
1998			
1997			
1996			
1995			
1994			
1993			

## Senior Women Indoor Pole Vault

CBP:	Melissa Stamp (Gateshead Harriers)	2002	3.00m
2017	no event		
2016	no event		
2015	no event		
2014	no event		
2013	no event		
2012	Kelly Jo Tinkler (Gateshead Harriers)		2.90m
2011	no event		
2010	no event		
2009	no event		
2008	no event		
2007	no event		
2006			
2005			
2004			
2003 J			
2002 J	Melissa Stamp (Gateshead Harriers)		3.00m
2001 J			
2000			
1999			
1998			
1997			
1996			
1995			
1994			
1993			

## Senior Men Indoor Shot Putt

CBP:	Leslie Richards (City of York AC)	2011	16.99m
2017	Craig Sturrock (Thames Valley Harriers)		15.52m
2016	Alan Toward (U/A)		14.52m
2015	Alan Toward (Gateshead Harriers)		14.45m
2014	Craig Sturrock (Gateshead Harriers)		16.22m
2013	Craig Sturrock (Gateshead Harriers)		15.71m
2012	Craig Sturrock (Gateshead Harriers)		16.30m
2011	Leslie Richards (City of York A.C.)		16.99m
2010	Craig Sturrock (Gateshead Harriers)		15.97m
2009	Craig Sturrock (Gateshead Harriers)		16.29m
2008	Leslie Richards (City of York A.C.)		15.74m
2007	Craig Sturrock (Gateshead Harriers)		15.33m
2006			
2005			
2004	Andrew Smith (Middlesbrough A.C.)		11.94m
2003	J Paul Reed (Morpeth Harriers)		15.03m
2002	J Paul Reed (Border Harriers)		15.56m
2001	J Paul Reed (Border Harriers)		14.64m
2000	Paul Corrigan (Morpeth Harriers)		14.33m
1999			
1998			
1997			
1996	Paul Read (Morpeth Harriers & AC)		16.65m
1995			
1994			
1993			

## Senior Women Indoor Shot Putt

CBP:	Sophie Littlemore(Gateshead Harriers)	2017	12.58m
2017	Sophie Littlemore (Gateshead Harriers)		12.58m
2016	Sophie Littlemore (Gateshead Harriers)		11.45m
2015	Sophie Littlemore (U/A)		11.39m
2014	Katherine Bulmer (Jarrow&Hebburn)		11.11m
2013	no event		
2012	Ashleigh Wood (Gateshead Harriers)		10.16m
2011	Katy Wilson (Birtley AC)		11.35m
2010	Stephanie Hopkinson (Birtley AC)		10.91m
2009	Stephanie Hopkinson (Birtley AC)		11.60m
2008	Lisa-Marie Shippen (Gateshead Harriers)		11.10m
2007	Claire Ried (Morpeth Harriers)		10.15m
2006	Lianne Tucker (Blaydon Harriers & AC)		12.00m
2005			
2004			
2003	J Christine Courtney (Blaydon Harriers)		6.43m
2002	J Christine Courtney (Blaydon Harriers)		6.75m
2001	J Jacqui Hodgson (Durham City Harriers)		6.55m
2000	Elizabeth Dwan(Gateshead Harriers)u20		9.95m
1999			
1998			
1997			
1996			
1995			
1994			
1993	Julie Lavender (Sunderland Harriers)		11.50m