

	NYMAC relays mile(ish) records		3K		5K	
M U13			Henry Johnson	11.54	Henry Johnson	18.25
M U17					Lewis Moses	16.23
M U20			James Askew	9.18	James Askew	16.13
M 20-34	Richie Wade Middlesbrough	5:08 2015	Kevin Vose	8.37	Kevin Vose	14.48
M35-39	Richard Campbell Middlesbrough	5:39 2015			Peter Milburn	17.12
M40-44	Dez Fielden Middlesbrough	5:01 2015	Dez Fielden Middlesbrough	9.45.4 2015	Dez Fielden Redcar	16.38 2013
M45-49	Dave Blewitt Middlesbrough	6:11 2015			Floyd Jones Sunderland	17.01 2011
M50-54	Floyd Jones Middlesbrough	5:21 2015	Richard Harvey Shildon	11:15 1996	Peter Milburn Sunderland	18.12 2009
M55-59	John Burnside Middlesbrough	6:20 2015	Richard Harvey Birmingham	11:04 1999	Peter Milburn Redcar	18:45 2014
M60	Rob Nicholson Middlesbrough	7:16 2015	Richard Harvey Jarrow	11:56 2005	Richard Harvey Jarrow	20:51 2002
M65			Richard Harvey Jarrow	12:04 2007	Richard Harvey Jarrow	21:23 2008
M70			Richard Harvey Jarrow	13:18 2012	Richard Harvey Jarrow	24:21 2011
M75					Ray Todd Middlesbrough	26:52
F U20						
F 20-34	Michelle Scott Middlesbrough	6:10 2015			Tracey Surtees Darlington	20:22 2015
F35	Michelle Zamir Middlesbrough	6:39 2015			Sue Milburn Gateshead	19:49 1998

F40			Sue Milburn	11.48	Sue Milburn Marske	20:49 2001
F45	Yvonne Williams Middlesbrough	8:38 2015			Sue Milburn Redcar	21:29 2007
F50	Cyd Upton Middlesbrough	6:42 2015			Sue Milburn Middlesbrough	21:19 2009
F55	Diane Nicholson Middlesbrough	8:41 2015			Sue Milburn Middlesbrough	23:17 2014
F60					Judith Porter South Park	25:30 2015
F65						
F70						

5Miles		10K		10 Miles		Half Marathon	
Ross Garland Hartlepool	47:06 2014	Ross Garland Aycliffe	57:23 2014			James Askew	72:59
		James Askew	33:08	James Askew Thirsk	53:44 2011	Great North Run	2010
Ian Monkman Lamplight 5	25:27	Mick Brunskill	31:44	Kevin Vose Brampton- Carlisle	50:08	Kevin Vose Redcar	68.16
Peter Milburn Lamplight 5	27:50 1998	Mick Brunskill Darlington	34:05 1995	Peter Milburn Brampton- Carlisle	55:17 1995	Peter Milburn Peterlee	75:27 1994
Dez Fielden Hartlepool Marina	28:33 2013	Dez Fielden Leeds	33:58 2014	Peter Milburn Blyth	56:48 2002	Richard Harvey Appleton Wiske	76:54 1986
Floyd Jones Hartlepool Marina	29:33 2008	Floyd Jones Stockton	36:06 2012	Floyd Jones Thirsk	59:08 2011	Ray Todd Darlington	80:16 1985
Floyd Jones Hartlepool	29:21 2013	Floyd Jones Leeds	36:27 2014	Floyd Jones Thirsk	63:27 2013	Ray Todd Applet on Wiske	82:34 1987
Richard Harvey Lamplight	31:30 1997	Richard Harvey Jarrow	39:07 1997	Richard Harvey Marske	63:56 1997	Richard Harvey Redcar	85:49 1997
John Burnside Hartlepool	34:17 2016	Ray Todd Bishop Auckland	44:37 1999	Dave Mackenzie Thirsk	78:17 2008	Richard Harvey Redcar	94:36 2006
Dave MacKenzie Hartlepool	42:00 2013	Richard Harvey Jarrow	45:17 2006			Richard Harvey Redcar	98:36 2008
Ray Todd Hartlepool	40:37 2009	Ray Todd New Marske	49:54 2007	Dave MacKenzie Snake Lane	90:22 2015	Dave McKenzie York	2:04:36 2014
Ray Todd Hartlepool	43:48 2012	Ray Todd Kirkby Malzeard	55:52 2012				
Sue Milburn / Tracey Surtees Hartlepool	34:00 1993 /2014	Julia Atkinson Darlington	39:48 2000	Julia Atkinson Barnard Castle	70:00 2001	Tracey Surtess York	94.44 2015
Sue Milburn	31:45 1998	Sue Milburn Bishop Auckland	40:52 1999	Sue Milburn Pocklington	65:54 1995	Sue Milburn Redcar	89:44 1996

Sue Milburn	33:31 2001	Julie Beckford Gateshead	37:40 1985	Julie Beckford Blyth	66:10 1986	Julie Beckford Great North Run	80:26 1985
Sue Milburn	34:45 2006	Julie Beckford Darlington	36:28 1988	Julie Beckford Nidd Valley	61:30 1988	Julie Beckford Appleton Wiske	84:15 1988
Sue Milburn	35:49 2011	Sue Milburn Croft	44:21 2008	Trish Kay Brampton - Carlisle	80:43 2011	Sue Milburn Redcar	96:37 2009
		Sue Milburn Leeds	47.43 2013	Judith Porter Boroughbrid ge	93:41 2013	Judith Porter Redcar	02:02:38 2013
Judith Porter Hartlepool	41:41 2014	Judith Porter Marske	52:30 2014	Judith Porter Thirsk	88:10 2014	Judith Porter York	1:58:48 2015

20 Miles**Marathon**

		Mick Brunskill	2:43
Peter Milburn South Shields	2:00.40 1994	Peter Milburn London	3:09.35 1996
		Dez Fielden Kielder	3:06.18 2015
		Peter Millburn London	3:03:24 2005
		Ray Todd Redcar	3:13.10 1 991
Ray Todd South Shields	2:45 1995	Richard Harvey London	3:10.17 1997
		Richard Harvey Manchester	3:42.10 2001

Tracey Surtees 3:26.56
London 2016

Sue Milburn 3:33.34
London 1995

Julie Beckford 3:06.28
Blackpool 1988

Julie Beckford 2:14.00 Julie Beckford 3:11.00
South 1988 Whitley Bay 1988
Shields

Susan Clark 4:49:47
London 2015