

	800M		1500M		Mile		3K		5K		5Miles	
M U13	Henry Johnson	2.42.2	Henry Johnson	4.59.5			Henry Johnson	11.54	Henry Johnson	18.25		
M U17									Lewis Moses	16.23	Ross Garland Hartlepool	47:06 2014
M U20	James Askew	2.00.3	James Askew	4.07.9			James Askew	9.18	James Askew	16.13		
M 20-34	John Surtees	2:20	Kevin Vose	4:10	John Surtees Darlington	4:43 2017	Kevin Vose	8.37	Kevin Vose	14.48	Ian Monkman Lamplight 5	25:27
M35-39	Lee Wren	2:20	Lee Wren	4:45	Richard Campbell Middlesbro	5:39 2015	Tommy Scott	11:16	Mick Brunskill Team Valley	17.07 1996	Mick Brunskill Lamplight 5	27:04 1994
M40-44			Dez Fielden	4:59	Dez Fielden Middlesbro	5:01 2015	Dez Fielden Middlesbrough	9.45.4 2015	Dez Fielden Redcar	16.38 2013	Dez Fielden Hartlepool Marina	28:33 2013
M45-49	Dez Fielden	2:27			Dez Fielden Middlesbro	5:06 2017			Floyd Jones Sunderland	17.01 2011	Dez Fielden Hartlepool Marina	28:37 2017
M50-54	Mick Beadle	2:42	Mick Beadle	5:35	Floyd Jones Middlesbro	5:21 2015	Richard Harvey Shildon	11:15 1996	Peter Milburn Sunderland	18.12 2009	Floyd Jones Hartlepool	29:21 2013
M55-59	Richard Harvey Jarrow	2:29 1998	Richard Harvey Jarrow	5:04 1999	Andy Talbot Middlesbro	5:46 2018	Richard Harvey Birmingham	11:04 1999	Peter Milburn Redcar	18:45 2014	Floyd Jones Hartlepool	30:12 2019
	800M		1500M		Mile		3K		5K		5Miles	

M60	Richard Harvey Jarrow	2:35 2002	Richard Harvey Glasgow	5:17 2002	Trevor Needham Middlesbro	6:20 2018	Richard Harvey Jarrow	11:56 2005	Richard Harvey Jarrow	20:51 2002	John Burnside Hartlepool	34:17 2016
M65	Richard Harvey Jarrow	2:43 2008	Richard Harvey Jarrow	5:34 2008	Alan Wilks Middlesbro	6:33 2016	Richard Harvey Jarrow	12:04 2007	Richard Harvey Jarrow	21:23 2008	Alan Wilks Hartlepool	37:21 2017
M70	Richard Harvey Derby	2:56 2012	Alan Wilks Jarrow	5:53 2018	Alan Wilks Jarrow	6:22 2018	Alan Wilks Jarrow	12:17 2018	Alan Wilks Sunderland	21:37 2018	Alan Wilks Hartlepool	35:54 2018
M75	Richard Harvey Jarrow	3:32 2018			Ray Todd Middlesbrou	9:19 2016			Ray Todd Middlesbrough	26:52	Ray Todd Hartlepool	43:48 2012
M80	Ray Todd Jarrow	4:36 2018			Ray Todd Jarrow	9:51 2018	Ray Todd Jarrow	19:02	Ray Todd Hartlepool	32:49	Ray Todd Hartlepool	54:11 2018
F U20												
F 20-34	Natalie Dufferwiel	3:35	Michelle Scott	5:23	Tracey Surtees	5:47 2018	Tracey Surtees Darlington	11:37 2018	Tracey Surtees Marske	19:44 2019	Tracey Surtess Hartlepool	32:52 2018
F35	Michelle Zamir	3:00			Michelle Zamir Middlesbro	6:39 2015			Sue Milburn Gateshead	19:49 1998	Sue Milburn	31:45 1998
F40	Angela Barrett	3:33	Angela Barrett	6:57	Michelle Zamir Middlesbro	6:27 2016	Sue Milburn	11.48	Sue Milburn Marske	20:49 2001	Sue Milburn	33:31 2001
F45					Yvonne Williams Middlesbro	8:38 2015			Sue Miburn	21:29	Sue Milburn Hartlepool	34:45

	10K	10 Miles	Half Marathon	20 Miles	Marathon					
M U13										
M U17	Ross Garland Aycliffe	57:23 2014								
M U20	James Askew	33.08	James Askew Thirsk	53:44 2011	James Askew Great North Run	72:59 2010				
M 20-34	Mick Brunskill	31:44	Kevin Vose Brampton- Carlisle	50:08	Kevin Vose Redcar	68.16	Mark Bainbridge Darlington	2:42:06 2018	Mick Brunskill	2:43
M35-39	Mick Brunskill Darlington	34:05 1995	Peter Milburn Brampton- Carlisle	55:17 1995	Mick Brunskill Knavesmire	74:51 1995	Peter Milburn South Shields	2:00.40 1994	Mick Brunskill London	3:03.10 1998
M40-44	Dez Fielden Leeds	33.58 2014	Peter Milburn Blyth	56:48 2002	Richard Harvey Appleton Wiske	76:54 1986			Dez Fielden Kielder	3.06.18 2015
M45-49	Floyd Jones Stockton	36:06 2012	Floyd Jones Thirsk	59.08 2011	Ray Todd Darlington	80:16 1985	Dave Blewitt Darlington	2:45:19 2018	Richard Harvey Weardale	2:55:43 1989
M50-54	Floyd Jones Leeds	36.27 2014	Floyd Jones Thirsk	63:27 2013	Ray Todd Appleton Wiske	82:34 1987			Ray Todd Redcar	3:13.10 1991
M55-59	Richard Harvey Jarrow	39:07 1997	Richard Harvey Marske	63:56 1997	Richard Harvey Redcar	85:49 1997	Ray Todd South Shields	2:45 1995	Richard Harvey London	3:10.17 1997
	10K	10 Miles	Half Marathon	20 Miles	Marathon					

M60	John Burnside Darlington	44:29 2016	Dave Mackenzie Thirsk	78:17 2008	Richard Harvey Redcar	94:36 2006	Richard Harvey Manchester	3:42.10 2001
M65	Richard Harvey Jarrow	45:17 2006			Richard Harvey Redcar	98:36 2008		
M70	Alan Wilks Sunderland	45:50	Dave MacKenzie Snake Lane	90:22 2015	Dave McKenzie York	2:04:36 2014		
M75	Ray Todd Kirkby Malzeard	55:52 2012						
	Ray Todd Town Moor	1:12:58 2018						
F U20								
F 20-34	Tracey Surtees Dewsbury	39:33 2019	Julia Atkinson Barnard Castle	70:00 2001	Tracey Surtess York	94.44 2015	Tracey Surtees London	3:26.56 2016
F35	Sue Milburn Bishop Auckland	40:52 1999	Sue Milburn Pocklington	65:54 1995	Sue Milburn Redcar	89:44 1996	Susan Cranswick Loch Ness	3:26:21 2016
F40	Julie Beckford Gateshead	37:40 1985	Julie Beckford Blyth	66:10 1986	Julie Beckford Great North Run	80:26 1985	Julie Beckford Blackpool	3:06.28 1988
F45	Julie Beckford	36:28	Julie Beckford	61:30	Julie Beckford	84:15	Julie Beckford	2:14
							Julie Beckford	3:11

