

**Sunderland
Harriers & AC**



**SUNDERLAND HARRIERS & AC
FOUNDED 1905**

**MEMBERS
HANDBOOK
2011-2013**

**16th Edition
Revised June 2011**

www.sunderlandharriers.org.uk
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Rules – Officials

Statistics – Information

SUNDERLAND HARRIERS & ATHLETIC CLUB

Established 1897 (re-formed 27th September 1905)

Motto: Onward For Honour

Affiliated to the: UK ATHLETICS, ENGLAND ATHLETICS
Headquarters and Training Quarters:
SILKSWORTH SPORTS COMPLEX, SUNDERLAND SR3 1PD
Tel: 0191 553 5785
(All Correspondence to Club Secretary's Address)

OFFICIALS:

President: G. COCKBURN Esq.
Life Vice-President: K. BOYLE,
Vice-Presidents: K. F. CARR, E.A. LILLIE, G. BATHGATE

COMMITTEE:

Chairman: K. CARR
Vice-Chairman: S.G. FORSTER
Honorary Club Secretary: M. HILL
Honorary Club Treasurer: Mrs E.A. LILLIE
Membership Secretary: Paul Redman

Elective Members:

Mrs. K. HILL, Mrs. A. WILSON, S. DUFFY, Miss J. BURNETT, Miss C. REID, A. ABBOTT, R. WILLIS, V. EMMETT

TEAM MANAGEMENT:

Young Athletes Manager: J. ARCHER
N.E. Harrier League Managers:
Men- P REDMAN, *Boys-* K. JEFFERSON
Veterans Captain: R. RUSH
Women's Team Manager: G. HARDEN

OTHER OFFICIALS:

Press Officer: K. CARR
Child Protection Officers: Mrs J. BURNETT & Miss C. REID

CONSTITUTION

1. **TITLE OF THE CLUB**
Sunderland Harriers and Athletic Club.
2. **CLUB COLOURS**
Royal Blue vest with White shorts.
3. **CLUB HEADQUARTERS**
Silksworth Sports Complex, Silksworth Lane.
4. **OBJECTS**
To provide facilities and equipment for the coaching of athletics and to provide access to athletics competition within the City of Sunderland without imposing geographic boundaries on recruitment. The club is committed to encouraging the highest ethical standards. All individuals involved in the Club should conduct themselves with integrity, transparency, accountability and in a fair and equitable manner.
5. **MANAGEMENT**
The management of the club shall be vested in an Executive Committee consisting of the following:
President
Life Vice-Presidents
Vice-Presidents Chairman
Vice-Chairman
Secretary Treasurer
Other positions will be allocated at the A.G.M. All to be elected annually at the Annual General Meeting
- 5a. Nominations for elective positions shall be restricted to bona-fide Club members, and shall be opened 14 days prior to the date of the A.G.M. Each nominee must be proposed and seconded by a Club member, and the Club Secretary shall arrange for the nomination forms to be displayed for this purpose. Further nominations may be accepted verbally at the A.G.M.
- 5b. Election shall be by show of hands, unless the Chairman in his discretion deems that a ballot will be necessary. Only bona-fide Club members will be allowed to vote.
- 5c. With the exception of the Youths Captain and Young Females Captain, the election of officers listed under Rule 5 shall be restricted to those Club members who are aged 17 years or over on the date of the A.G.M. The election of the Young Athletes Captains shall be restricted to those Club members who are aged 16 years or under on the date of the A.G.M. Voting shall be limited to their own sex.
- 5d. The committee shall have the power to appoint Club members to elective posts which fall vacant between A.G.M.'s. The committee shall further be empowered to co-opt members as it deems necessary. Co-opted members will be non-voting unless decreed otherwise by the committee.
- 5e. At all committee meetings, seven Committee members present shall constitute a quorum. In the absence of a quorum, the normal daily Club business shall be conducted by the Club Officers until the next Committee Meeting.
6. **MEMBERSHIP**
Members in each category shall pay fees as fixed at each Annual General Meeting.
All members joining the Club shall be deemed to accept the terms of this Constitution and any Bye-laws from time-to-time adopted by the Club, in particular the requirement to conduct themselves in accordance with the Clubs ethical framework and codes of conduct.
Any person seeking to join the Club shall submit an application to the Executive Committee. Membership is open to all and no application will be refused on other than reasonable grounds. There will be no discrimination on grounds of race, occupation, sex or religious, political or other persuasion.
- 6a. **LIFE MEMBER**
Life membership will be reserved for those club members, who in the opinion of the committee, have had long and meritorious service as a club volunteer or outstanding achievement as a competitor.
7. **RESIGNATION**
A member intending to withdraw from the Club shall give his or her notice in writing to the Honorary Club Secretary and his or her membership terminates on the day of the notice unless he or she is financially indebted to Club in which case the Committee may hold acceptance of the resignation until he or she has discharged their liability. A member not having tendered his or her resignation prior to the 1st September shall be liable to the ensuing year's subscription.
8. **SUBSCRIPTION**
Annual subscriptions are due from the 1st October at the present rate. After the AGM subscriptions are due at the new rate if changed.
The annual subscription of the club shall be decided at the A.G.M.
The committee has the right to expel any member whose subscription is not paid by the 30th December, provided notice is given in writing.
After payment deadline of 30th December, members in debt will be surcharged a rejoining fee of £5.
- 8a. **FINANCE**
The clubs financial year shall run from 1st September to 31st August each year.
The Treasurer shall be empowered to receive and pay out monies on behalf of the club.
The Treasurer shall be responsible for the preparation for the annual accounts of the Club.
The accounts shall be certified by an appropriate independent auditor appointed annually at the AGM.
9. **ANNUAL GENERAL MEETING**
The general meeting shall be held during the month of October in every year to receive the official's reports and elect officers and a Committee and deal with any other matter specified on the agenda. The Honorary Club Secretary must give every member 21 days' notice of the meeting and notice of business which is desired to be placed on the agenda must be given in writing to the Honorary Club Secretary with a seconder at least 14 days' prior to the meeting.
10. **SPECIAL GENERAL MEETING**
This meeting must be called by the Honorary Club Secretary within 14 days of the receipt by him of a requisition in writing signed by 10 members of the club aged 17 and over as per Rule 5c, stating the business to be brought before such a meeting.
11. **ALTERATION OF RULES**
No alteration to the rules except at the A.G.M. of a Special General Meeting called for the purpose
Notice of any proposed amendment must be given as stated in Rules 9 and 10.
12. **NOTICE OF MEETING**
The Honorary Club Secretary shall give at least 7 days notice to every member of the time and place of any General Meeting and business to be dealt with, and no other business shall be dealt with at any such meeting.
13. **EMERGENCY MEETING**
This will consist of the following:
Chairman
Vice-Chairman
Secretary Treasurer
This Committee will deal with any emergency concerning the Club or the Club Members. In the case of a tied vote the Chairman's vote will be the deciding vote.
14. **CLUB DISCIPLINE**
Disciplinary measures will be taken against members for the following:
Contravention of U.K.A. Laws and Club Rules.
Any action which brings the Club into disrepute.
15. **DISSOLUTION**
The Club is a non-profit making organisation. All profits and surpluses will be used to maintain, improve or develop the Club's facilities. No profit or surplus will be distributed other than to another non-profit making body on a winding-up or dissolution of the Club.
If, upon the winding-up or dissolution of the Club there remains, after the satisfaction of all its debts and liabilities, any property, such property where acquired from funding received from a funding organisation shall, in the first instance, be offered to that organisation. All other remaining property shall be transferred to the North Eastern Counties Athletics Association.
16. Committee Meetings will be held according to business.
17. The Committee have the power to deal with any contingencies not provided for by these Rules.

PAST SECRETARIES

1930	J. S. Richardson	1954	G. Freeman	1973	K.Carr
1935	J.G. Home	1959	T. Henderson	1985	L. Arnott
1946	D. L. Tiffin	1965	J. Barber	2009	M.Hill (in office)
1953	W. Ward	1971	A. Anderson		

PAST PRESIDENTS

J.S.G. Pemberton	Major C. J. Bew ley	1962	F. D. Nicholson
C. E. Thompson	1930 Dr J. M. Shaw	1967	G. Abernethy
Colonel E. Vaux, M.V.D.,	1938 T. Marshall	1973	G. Freeman
D.S.O., J.P.	1946 J. V. Hove	1989	G. Cockburn (in office)
C. J. Gow land	1955 W. Ward		

PRESTIGIOUS HONOURS FOR CLUB OFFICIALS

1907	J. T. Green	President N.C.A.A
1930	Dr J. M. Shaw, M.B.	President N.E. C. C.A.
1933	Dr J. M. Shaw, M.B.	President N.C.C.A.
1937	J. C. Mawson	President N.E.C.C.A.
1937	Dr J. M. Shaw, M.B.	President R.WC.
1959	W.Ward	President N.C.C.C.A.
1982	K.Carr	President N.E.H.L.
1984	K.Carr	Chairman, No. 1 District A.A.A.
1996	D. Field	Chairman, N.E. Veterans
2000	D. Field	Chairman, Veterans A.A. - N.E. of England
2000	K.Carr	England & G. Britain Team Manager
2002	L. Arnott	North of England A.A. Merit Award
2003	D. Field	President Veterans A.A. -N.E. of England
2004	K.Carr	North of England A.A. Presidents Award
2010	K.Carr	President NECAA

ANNUAL RACES ORGANISED BY THE CLUB

FARRINGDON CROSS COUNTRY RELAY - 4 X 1.8 MILE WINNING TEAMS:

1983	Sunderland	1997	Sunderland
1984	Sunderland	1998	Sunderland
1985	Jarrow	1999	Morpeth
1986	Sunderland	2000	Sunderland
1987	Sunderland	2001	Sunderland
1988	Wallsend	2002	Sunderland
1989	Sunderland	2003	Morpeth
1990	Sunderland	2004	Gosforth
1991	Sunderland	2005	Sunderland
1992	Sunderland	2006	Gosforth
1993	Sunderland	2007	Sunderland
1994	Sunderland	2008	New Marske
1995	Sunderland	2009	Sunderland
1996	Sunderland	2010	Gateshead

SUNDERLAND 5K:

Senior Men		Veterans Men		
1993	B. Rushworth, Sunderland	14.36	1993 P. Richardson, Sunderland	16.09
1994	B. Rushworth, Sunderland	14.40	1994 H. Matthews, Elswick	16.08
1995	B. Rushworth, Sunderland	14.36	1995 D. Mullen, Sunderland	15.22

1996	B. Rushworth, Sunderland	15.02	1996 D. Mullen, Sunderland	15.10
1997	B. Rushworth, Sunderland	14.34	1997 D. Mullen, Sunderland	15.23
1998	I. Hudspith, Morpeth	14.40	1998 D. Mullen, Sunderland	15.31
2000	B. Rushworth, Sunderland	14.34	2000 D. Mullen, Sunderland	15.11
2001	S. Epples, Loftus	14.37	2001 I. Cook, Hartlepool	15.32
2002	M. Openshaw , Birchfield	14.25	2002 R. Hand, Durham	14.53
2003	M. Openshaw, Birchfield	14.28	2003 B. Rushworth, Sunderland	15.06
2004	M. Scaife, Morpeth	14.23	2004 B. Rushworth, Sunderland	15.16
2005	I. Hudspith, Morpeth	14.24	2005 B. Rushworth , Sunderland	15.05
2006	M. Hood, Sunderland	14.54	2006 B. Rushworth, Sunderland	15.01
2007	S. Bell, Chester-le-Street	14.58	2007 B. Aushworth, Sunderland	15.18
2008	M. Hood, Sunderland	14.45	2008 S. Bell, Chester-le -Street	15.37
2009	M. Hood, Sunderland	14.45	2009 N. Wilkinson, Morpeth	15.41
2010	M. Nicholson, Morpeth	15.12	2010 B. Aushworth, Sunderland	15.36
2011	N. Swinburn, Morpeth	14.36	2011 I. Twaddle, N.S.P.	15.39

Women

1993	S. Allen, Houghton	18.34	2003 M. McDonald, Chester-le-Street	16.38
1994	A. Abbiss, Chester-le-Street	18.33	2004 M.McDonald, Chester-le-Street	16.17
1995	S. Allen, Houghton	18.14	2005 A. Dixon, Chester-le-Street	16.39
1996	S. Morley, Jarrow & Hebburn	17.35	2006 F. Murray, Edinburgh	16.19
1997	A. Duke, Mandale	17.24	2007 C. Robson, Teesdale	17.42
1998	D. Henaghan, Morpeth	17.23	2008 F. Murray, Chester-le-Street	16.13
2000	M. Dodd, Bingley	16.59	2009 E. Raven, Chester-le-Street	17.14
2001	D. Henaghan, Chester-le-Street	16.28	2010 H. Dix, Blaydon	17.00
2002	D. Henaghan, Chester-le-Street	16.17	2011 H. Dix, Blaydon	16.39

PENSHAW HILL RACES:

Senior Men

1991	B. Rushworth, Sunderland	15.24	1991 L. Watson, Washington	17.09
1992	B. Rushworth, Sunderland	15.37	1992 L. Watson, Washington	17.15
1993	I, Archbold, Morpeth	15.36	1993 W. Jameson, Tynedale	17.00
1994	B. Rushworth, Sunderland	15.27	1994 K. Archer, Crook	17.15
1995	B. Rushworth, Sunderland	15.33	1995 W. Jameson, Tynedale	17.02
1996	B. Rushworth, Sunderland	15.04	1996 J. Watson, Sunderland	17.26
1997	B. Rushworth, Sunderland	15.56	1997 D. Mullen, Sunderland	16.19
1998	B. Rushworth, Sunderland	16.02	1998 D. Mullen, Sunderland	16.36
1999	B. Rushworth, Sunderland	16.05	1999 B. Bernstein, Sunderland	18.03
2000	B. Rushworth, Sunderland	15.55	2000 D. Mullen, Sunderland	16.57
2001	B. Rushworth, Sunderland	16.19	2001 R. Rush, Sunderland	17.54
2002	T. Wall, Morpeth	16.03	2002 J. Laws, Sunderland	16.31
2003	B. Rushworth, Sunderland	15.41	2003 S. Everett , Durham	16.41
2004	B. Rushworth, Sunderland	16.24	2004 F. Smith, Saltwell	18.04
2005	B. Rushworth, Sunderland	15.59	2005 T. Field, Sunderland	17.08
2006	B. Rushworth, Sunderland	16.31	2006 T. Doughty, Sunderland	16.52
2007	B. Rushworth, Sunderland	17.00	2007 T. Doughty, Sunderland	17.25
2008	N. Swinburn, Morpeth	16.18	2008 B. Rushworth, Sunderland	16.25
2009	B. Rushworth, Sunderland	17.09	2009 T. Field, Sunderland	18.06
2010	B. Rushworth, Sunderland	16.46	2010 B. Bewick, Sunderland	17.25
2011	L. Taylor, Sunderland Strollers	16.52	2011 B. Rushworth	17.14

Women

1992	J. Hall, Cramlington	20.32	2002 M. Holt, Sunderland	21.11
1993	S. Allen, Houghton	19.43	2003 S. Allen, Houghton & Pet	19.00
1994	M. Ford, South Shields	19.23	2004 R. Robinson , Kendal	19.46

1995	S. Allen, Houghton	18.59	2005	M. Holt, Sunderland	20.30
1996	S. Allen, Houghton	18.43	2006	G. Barry, Sunderland	20.41
1991	S. Allen, Houghton & Pet	19.00	2007	H. Robinson, Chester-le-Street	21.02
1998	S. Allen, Houghton & Pet		2008	S. Wilkinson, Sunderland	16.25
1999	K. Hind, Gateshead	18.20	2009	M. Holt, Sunderland	19.47
2000	M. Ford, South Shields	21.05	2010	H. Reed, Sunderland	20.48
2001	A. Hunter, Jarrow & Hebburn	20.29	2011	C. Duck, Leeds City	20.01

CLUB RECORDS

Senior Men			
100 metres	11.0 sec.	Philip Stephenson	1994
200 metres	21.52 sec.	Philip Stephenson	1994
400 metres	48.8 sec.	Nicholas Watson	1993
800 metres	1 min. 48.63 sec.	Gavin Massingham	2003
1,500 metres	3 min. 42.36 sec.	Gavin Massingham	2009
Mile	4 min. 03.0 sec.	Gavin Massingham	2009
3,000 metres	8 min. 02.7 sec.	Brian Rushworth	1986
5,000 metres	13 min. 50.6 sec.	Brian Rushworth	1986
10,000 metres	29 min. 01.25 sec.	Brian Rushworth	1990
Half Marathon	63 min. 35 sec.	Brian Rushworth	1990
Marathon	2 hr. 15 min. 08 sec.	Glenn Forster	1984
5k Road	14.18	Patrick Martin	2011
10k Road	29.04	Brian Rushworth	1998
400m Hurdles	57.2 sec	Bill Nicholls	1969
3,000m Steeplechase	9 min. 00.9 sec.	Paul Taylor	1979
High Jump	1.90 metres	Tony Blakie	1997
Pole Vault	3.58 metres	Alan Cowie	1957
Long Jump	6.96 metres	Charles Ellis	1998
Triple Jump	13.96 metres	Charles Ellis	1996
Shot	13.32 metres	Gordon McCain	1960
Discus	42.28 metres	Andrew Rutland	1995
Hammer	51.94 metres	Scott Thompson (Jun)	1992
Javelin	59.76 metres	Dave Pescod	1996
4 x 100m Relay	44.8 sec.		1994
4 x 400m	3min. 29.8 sec.		1994
4 x 800m	7min. 56.5 sec.		2000
Junior Men			
100 metres	11.3 sec.	Philip Stephenson	1991
200 metres	22.9 sec.	Nicholas Watson	1994
400 metres	48.8 sec.	Nicholas Watson	1993
800 metres	1 min. 50.7 sec.	Malcolm Hassan	2001
1,500 metres	3 min. 49.7 sec.	Kelvin Newton	1981
Mile	4 min. 06.8 sec.	Kelvin Newton	1982
3,000 metres	8 min. 12.6 sec.	Kelvin Newton	1982
5,000 metres	14 min. 46 sec.	Graham Smith	1979
10,000 metres	32 min. 39 sec.	Dave Dixon	1971
2,000m Steeplechase	6 min. 01 sec.	Paul Taylor	1973
3,000m Steeplechase	9 min. 28.4 sec.	Paul Taylor	1971
110m Hurdles	20.2 sec.	Keiron Routledge	1994
400m Hurdles	58.3 sec.	Philip Solomon	1993
High Jump	1.85 metres	Tony Blakie	1990
Pole Vault	3.50 metres	Alan Cowey	1954
Long Jump	6.29 metres	Charles Ellis	1994

Triple Jump	13.87 metres	Charles Ellis	1994
Shot,	14.50 metres	Gordon McCain	1959
Discus	45.74 metres	Andrew Rutland	1995
Javelin	58.86 metres	Dave Pescod	1992
Hammer	57.34 metres	Scott Thompson	1992
4 x 100m Relay	45.4 sec.		1992
4 x 400m Relay	3 min. 32.3 sec.		2000
4 x 800m Relay	7 min. 56.5 sec.		2000

Men Under 17

100 metres (JT Rec)	11.5 sec.	Charles Ellis	1991
	11.5 sec.	Steven Tate	1993
200 metres	23.2 sec.	Philip Young	1987
400 metres	50.7 sec.	Glen Howe	1995
800 metres	1 min. 52.21 sec.	Malcolm Hassan	1999
1,500 metres	3 min. 49.9 sec.	Kelvin Newton	1979
Mile	4 min. 17 sec.	Kelvin Newton	1979
3,000 metres	B min. 30.9 sec.	Kelvin Newton	1979
400m Hurdles	56.0 sec.	Glen Howe	1995
1,500m Steeplechase	4 min. 32.4 sec.	Keiron Routledge	1993
High Jump	1.85 metres	Tony Blakie	1990
Pole Vault	3.40 metres	Simon Todd	1993
Long Jump	6.18 metres	Peter McQueen	1972
Triple Jump	12.96 metres	Charles Ellis	1991
Shot	13.53 metres	William Bell	1958
Discus	43.74 metres	Andrew Rutland	1993
Hammer	59.12 metres	Scott Thompson	1991
Javelin	53.64 metres	Fred Short	1960
4 x 100 metres Relay	47.2 sec.		1991
4 x 400 metres Relay	3 min. 35.0 sec.		1999
4 x 800 metres Relay	8 min. 22.5 sec.		1993

Boys Under 15

100 metres	11.7 sec.	Anthony Barnes	2009
200 metres	24.9 sec.	Anthony Barnes	2009
400 metres	54.5 sec.	Phillip Young	1984
800 metres	2min. 01.02 sec.	Michael Wilson	2010
1,500 metres	4 min. 09.1 sec.	Stewart Mathieson	1984
Mile	4 min. 32.2 sec.	Kelvin Newton	1977
80 metres Hurdles	12.35 sec.	Nathan Mersh	2007
3,000 metres	9 min. 19.89 sec.	Malcolm Hassan	1997
High Jump (Jt. Rec)	1.69 metres	Tony Blakie	1988
		Chris Wilton-King	1990
Long Jump	6.18 metres	Bob Greig	1964
Triple Jump	11.98 metres	Charles Ellis	1989
Shot	12.98 metres	Andrew Rutland	1990
Discus	38.74 metres	Andrew Rulland	1990
Hammer	49.86 metres	David Robinson	1993
Javelin	40.44 metres	Andrew Rutland	1990
Pole Vault (Jt. Rec)	2.60 metres	Dominic Wilcox	1989
	2.60 metres	Simon Todd	1991
4 x 100 metres Relay	50.5 sec.		1989
4 x 400 metres Relay	3 min. 57.2 sec.		1990

Boys Under 13

100 metres	12.9 sec.	Gavin Richardson	1993
200 metres	26.5 sec.	Phillip Young	1983
100 metres	60.5 sec.	Phillip Young	1983
800 metres	2 min. 17.7 sec.	Dominic Wilcox	1987
1,500 metres	4 min. 37.6 sec.	David Clark	1988
Mile	5 min. 00.3 sec.	Graham Bird	1980
Long Jump	4.40 metres	Joseph Gaffney	2011
4 x 100 metres Relay	55.3 sec.		1987
4 x 400 metres Relay	4 min. 16.5 sec.		1987
Shot	10.16 metres	Scott Thompson	1988
Hammer	32.10 metres	Ross Thompson	1993

Senior Women

100 metres	12.6 sec.	Abigail Naugher	1997
200 metres	25.0 sec.	Abigail Naugher	1999
400 metres	54.93 sec.	Abigail Naugher	1999
800 metres	2 min. 5.3 sec.	Beverley Blakeman	1998
1500 metres	4 min. 28.56 sec.	Beverley Blakeman	1999
3000 metres	10 min. 39.5 sec.	Michelle Holt	2004
3000 metres Indoor	10 min 03 sec	Alyson Dixon	2001
5000 metres	17 min. 24 sec.	Alyson Dixon	2000
10000 metres	36 min. 05 sec.	Alyson Dixon	2002
5k Road	17.48	Michelle Holt	2004
10k Road	36.27	Michelle Holt	2008
Shot	11.54 metres	Julie Lavender	1993
Discus	34.92 metres	Kimberley Thompson	1992
Javelin	28.32 metres	Angela Palmer	1990
Hammer	51.62 metres	Julie Lavender	1994
Long Jump	6.05 metres	Adele Forester Adele	1994
Triple Jump	11.45 metres	Forester	1993
High Jump	1.60 metres	Lisa Cowell	2005
4 x 100 metres Relay	54.1 sec.		1990
4 x 400 metres Relay	4 min. 17.0 sec.		1992

Junior Women

100 metres	12.6 sec.	Abigail Naugher	1997
200 metres	25.0 sec.	Abigail Naugher	1999
400 metres	54.93 sec.	Abigail Naugher	1999
1500 metres	5 min. 18.0 sec.	Alyson Dixon	1997
3000 metres	11 min. 48 sec.	Alyson Dixon	1999
Long Jump	6.05 metres	Adele Forester	1994
Triple Jump	11.45 metres	Adele Forester	1993
High Jump	1.60 metres	Lisa Cowell	2005
Shot	14.47 metres	Julie Lavender	1996
Javelin	20.54 metres	Vicki Booth	1995
Hammer	51.62 metres	Julie Lavender	1994

Women Under 17 Years

100 metres (Jt. Rec.)	12.6 sec.	Kerry Wheatley	1990
		Adele Forester	1991
200 metres	25.3 sec.	Kerry Wheatley	1990
300 metres	40.8 sec.	Beverley Blakeman	1990
400 metres	58.7 sec.	Beverley Blakeman	1990
800 metres	2 min. 22.0 sec.	Claire Hargreave	1996
1,500 metres (Jt. Rec.)	4 min. 52 sec.	Claire Hargreave	1996

3,000 metres	11 min. 12 sec.	Emma Usher	1990
80m Hurdles	12.1 sec.	Claire Harrison	2003
300m Hurdles	46.6 sec.	Lorraine Elliott	1988
High Jump	1.60 metres	Gillian Wedgwood	1990
Long Jump	6.05 metres	Lisa Cowell	2005
Shot	11.54 metres	Adele Forester	1994
Discus	31.10 metres	Julie Lavender	1993
Javelin	32.50 metres	Julie Lavender	1992
Hammer	44.26 metres	Julie Lavender	1992
4 x 100 metres Relay	51.9 sec.	Julie Lavender	1994
4 x 400 metres Relay	4 min. 22.2 sec.		1990

Girls Under 15 Years

100 metres	12.3 sec.	Kerry Wheatley	1990
200 metres	25.3 sec.	Kerry Wheatley	1990
800 metres	2 min. 16.99 sec.	Vicky Haswell	1993
1500 metres	4 min. 45.1 sec.	Vicky Haswell	1993
75m Hurdles	12.1 sec.	Gillian Wedgwood	1990
High Jump	1.60 metres	Amanda Edwards	1989
Long Jump	5.47 metres	Adele Forester	1990
Shot	10.98 metres	Julie Lavender	1990
Discus	31.58 metres	Lindsey Dixon	1994
Javelin	27.48 metres	Vicky Booth	1994
4 x 100 metres Relay	51.3sec.		1990
4 x 800 metres Relay	9 min. 57.3 sec.		1993

Girls Under 13 Years

100 metres	13.37 sec.	Holly Lancaster	2010
200 metres	27.7 sec.	Holly Lancaster	2010
800 metres	2 min. 27.61 sec.	Alix Waites	2008
1500 metres	5 min. 07.2 sec.	Helen Lister	1996
70m Hurdles	12.1 sec.	Gillian Wedgwood	1988
High Jump	1.42 metres	Victoria Duffield	1994
Long Jump	4.61 metres	Adele Forester	1988
Shot	7.97 metres	Lisa Stanley	1990
4 x 100 metres Relay	53.0 sec.		1989

Veteran's - Men

60 metres			
M.55	7.82 sec.	P. Pye	1994
70	9.84 sec.	T. Henderson	1994
75	10.1 sec.	J. Lucas	1993
100 metres			
M.50	11.7 sec.	P. Pye	1992
55	12.5 sec.	P. Pye	1993
60	13.8 sec.	P. Pye	1998
65	14.4 sec.	C. Nicklas	1995
70	16.4 sec.	T. Henderson	1994
200 metres			
M.50	24.5 sec.	P. Pye	1992
55	26.2 sec.	P. Pye	1993
60	29.2 sec.	P. Pye	1998
65	31.0 sec.	C. Nicklas	1995
70	34.2 sec.	J. Lucas	1992

75	35.7 sec.	J. Lucas	1994
400 metres			
M.40	55.66 sec.	D. Murrie	1998
50	58.7 sec.	B. Fenton	1993
65	76.7 sec.	C. Nicklas	1996
70	2 min. 36.5 sec.	R. Carlyon	1983
400 metre hurdles			
M.40	62.2 sec.	D. Murrie	1999
800 metres			
M.40	2 min. 04.6 sec.	B. Rushworth	2005
45	2 min. 06.3 sec.	G. Harden	2007
so	2 min. 21.1 sec.	R. Wilson	1993
55	2 min. 33.0 sec.	R. Wilson	1999
60	2 min. 41.1 sec.	R. Wilson	2004
65	3 min. 16.5 sec.	R. Dudley	1993
1500 metres			
M.40	4 min. 05.89 sec.	B. Rushworth	2005
45	4 min. 18.65 sec.	G. Harden	2008
so	4 min. 40.8 sec.	R. Wilson	1995
55	4 min. 54.8 sec.	R. Wilson	1997
60	5 min. 11.2 sec.	R. Wilson	2002
65	6 min. 18.1 sec.	R. Dudley	1993
70	8 min. 11.5 sec.	D. Field	2001
3000 metres			
M.40	8 min. 39.8 sec.	D. Mullen	1996
45	9 min. 27.9 sec.	G. Harden	2007
50	10 min. 00.6 sec.	J. Maddison	1999
55	10 min. 10.8 sec.	R. Wilson	1997
60	11 min. 26.0 sec.	R. Wilson	2003
65	13 min. 10.9 sec.	R. Dudley	1994
5000 metres			
M.40	14 min. 50.4 sec.	D. Mullen	1996
45	16 min. 27.2 sec.	J. Maddison	1994
50	17 min. 07.2 sec.	V. Tindle	2000
55	17 min. 17.2 sec.	R. Wilson	1997
60	19 min. 12.0 sec.	R. Wilson	2002
65	22 min. 27.6 sec.	R. Dudley	1993
10,000 metres			
M.40	31 min. 23 sec.	G. Forster	1996
45	34 min. 56.7 sec.	J. Maddison	1996
50	35 min. 52.3 sec.	R. Wilson	1994
55	36 min. 0.8 sec.	R. Wilson	1997
60	38 min. 11.4 sec.	R. Wilson	2002
65	46 min. 46.9 sec.	R. Dudley	1993
Long Jump			
M.40	5.85 metres	D. Murrie	1999
50	4.87 metres	D. Field	1984
55	4.66 metres	D. Field	1985
60	4.43 metres	D. Field	1993
65	4.02 metres	R. Laidler	1993
70	2.78 metres	D. Field	2001

Triple Jump			
M.50	11.47 metres	D. Field	1982
55	10.27 metres	D. Field	1986
60	9.96 metres	D. Field	1991
65	9.67 metres	D. Field	1998
70	7.44 metres	D. Field	2001
High Jump			
M.40	1.62 metres	D. Murrie	1999
45	1.50 metres	G. Harden	2007
50	1.40 metres	D. Field	1983
55	1.30 metres	D. Field	1986
60	1.25 metres	D. Field	1993
65	1.20 metres	R. Laidler	1993
70	1.02 metres	D. Field	2002
Hammer			
M.40	39.82 metres	P. Dodsworth	1994
45	38.38 metres	P. Dodsworth	1999
55	21.96 metres	P. Pye	1995
65	30.20 metres	D. Field	1997
70	30.70 metres	D. Field	2000
75	28.08 metres	D. Field	2006
M.80	23.08 metres	D. Field	2010
Javelin			
M.40	34.17 metres	K. Brown	1992
45	32.30 metres	P. Dodsworth	1999
55	37.30 metres	D. Field	1986
60	42.76 metres	D. Field	1994
65	40.42 metres	D. Field	1996
70	34.27 metres	D. Field	2001
75	27.20 metres	D. Field	2005
M.80	24.75 metres	D. Field	2010
Discus			
M.40	29.30 metres	P. Dodsworth	1995
45	31.72 metres	P. Dodsworth	2000
50	37.02 metres	P. Pye	1991
55	35.74 metres	P. Pye	1993
60	39.56 metres	D. Field	1994
65	40.44 metres	D. Field	1997
70	39.21 metres	D. Field	2001
75	33.32 metres	D. Field	2005
M.80	29.31 metres	D. Field	2010
Shot			
M.45	9.26 metres	P. Dodsworth	1999
50	10.95 metres	P. Pye	1992
55	10.03 metres	P. Pye	1995
60	10.28 metres	P. Pye	1998
65	9.81 metres	R. Laidler	1993
70	9.40 metres	R. Laidler	1999
75	8.48 metres	D. Field	2006
M.80	8.13 metres	R. Laidler	2008

APPLICATION FOR CLUB RECORDS

Applications should be made in writing giving full details to the Secretary for consideration by the Committee. A signed statement from a meeting official to be attached if possible.

**SUNDERLAND HARRIERS ALL - TIME RANKINGS NATIONAL 12-STAGE ROAD RELAY
- SUTION COLDFIELD**

1.	Graham Smith	25.44	1985	1.	Brian Rushworth	13.58	1998
2.	Brian Rushworth	25.46	1991	2.	Gavin Massingham	14.26	2010
3.	Malcolm Price	25.49	1998	3.	Dave Hill	14.27	1985
4.	Patrick Martin	26.10	2011	4.	Paul Cuskin	14.32	1994
5.	Paul Taylor	26.15	1985	5.	Kelvin Newton	14.33	1991
6.	ian Haggan	26.19	1987	6.	Richie Tought	14.41	1987
7.	Kelvin Newton	26.22	1982	7.	Lenny Watson	14.49	1985
8.	Chris Naisbitt	26.22	1988	8.	Patrick Martin	14.49	2004
9.	Glenn Forster	26.27	1990	9.	Kevin Baal	14.50	1988
10.	Dave Hill	26.38	1987	10.	Colin Abbott	14.52	1987
11.	Paul Campbell	26.39	1987	11.	Gerry Crowe	14.53	1982
12.	Paul Harker	26.40	1988	12.	Martin Armstrong	14.54	1992
13.	Calum Bark	26.47	1985	13.	Jeff Laws	14.54	1997
14.	Derek Mullen	26.48	1995	14.	Tim Field	14.57	1988
15.	Mark Hood	26.53	2003	15.	Alan Carr	14.58	1980
16.	Paul Cuskin	26.58	1993	16.	Graham Smith	15.01	1987
17.	Graham Lancaster	26.59	1996	17.	Dave Grover	15.01	1987
18.	Dave Jenkin	27.03	1991	18.	Brian Bewick	15.02	1993
19.	Dave Dixon	27.09	1982	19.	Graham Lancaster	15.03	1995
20.	Lee Browe II	27.14	2002	20.	Derek Mullen	15.03	1995

**SUNDERLAND HARRIERS RANKINGS NATIONAL SIX STAGE ROAD RELAY
FASTEST TIMES SINCE 2001 - SUTION COLDFIELD**

1.	Patrick Martin	17.17	2009	9.	Tom Doughty	19.03	2004
2.	Mark Hood	17.40	2008	10.	Steve Potts	19.04	2004
3.	Jack Martin	17.45	2009	11.	Paul Given	19.11	2008
4.	Brian Rushworth	17.55	2001	12.	Norman Younger	19.31	2006
5.	Gavin Massingham	18.01	2007	13.	Mark Donkin	19.32	2001
6.	Lee Browell	18.22	2002	14.	Andrew Lilliendale	19.35	2002
7.	Richard Kemp	18.42	2002	15.	Damien Weston	19.40	2009
8.	Tim Field	18.57	2002		Matthew Foggin	19.40	2010

CLUB MIDDLE/LONG DISTANCE ALL - TIME RANKING LISTS

800 metres				1,500 metres			
Gavin Massingham	1.48.63	2003		Gavin Massingham	3.42.36	2009	
Dave Elderkin	1.49.8	1969		Graham Smith	3.46.5	1985	
Malcolm Hassan	1.50.7	2000		Brooks Mileson	3.47.0	1969	
Kelvin Newton	1.51.3	1982		Kelvin Newton	3.49.7	1981	
*Brooks Mileson	1.52.7	1969		Brian Rushworth	3.49.8	1985	
Colin Abbott	1.53.9	1987		Paul Harker	3.50.4	1986	
Stephen Bird	1.55.1	1982		Alan Carr	3.53.2	1978	
*Larry Pratt	1.55.4	1964		Patrick Martin	3.53.48	2009	
Graham Smith	155.4	198		Malcolm Hassan	3.54.2	2000	
Bill Nicholls	1.55.5	1969		*Kevin Carr	3.54.9	1966	
*amended 880 yards time				*amended 1 mile time			
5,000 metres				10,000 metres			
Brian Rushworth	13.50.6	1986		Brian Rushworth	29.01.45	1990	
Graham Smith	13.53.5	1981		Graham Smith	29.20.6	1985	
Glenn Forster	14.11.0	1980		Malcolm Price	29.31.64	1997	
Patrick Martin	14.14.12	2010		Glenn Forster	29.41.6	1981	
Mark Hood	14.17.19	2009		Brooks Mileson	29.44.0	1969	
Brian Sweeting	14.19.0	1977		Paul Campbell	29.46.9	1990	
Malcolm Price	14.21.1	1998		*Kevin Carr	30.02.0	1964	

Paul Harker	14.23.5	1986		ian Haggan	30.40.7	1989	
*Brooks Mileson	14.26.0	1966		Dave Jenkin	30.47.7	1989	
* Kevin Carr	14.27.8	1968		Paul Harker	30.56.0	1988	
*amended 3 mile time				*amended 6 mile time			
3,000 metres				3,000 metre steeplechase			
Brian Rushworth	8.02.6	1986		Paul Taylor	9.00.9	1979	
Graham Smith	8.11.4	1981		Glenn Forster	9.19.9	1976	
*Brooks Mileson	8.12.0	1969		Mike Roberts	9.29.2	1985	
Paul Cuskin	8.12.1	1992		Larry Pratt	9.30.6	1968	
Kelvin Newton	8. 12.6	1982		Brian Sweeting	9.37.0	1976	
-Kevin Carr	8. 13.0	1966		Dave Dixon	9.39.0	1976	
Glenn Forster	8.14.0	1983		Len Watson	9.40.6	1984	
Paul Harker	8.15.2	1986		Bill Nicholls	9.41.6	1971	
Brian Sweeting	8.16.0	1978		Michael Hill	9.41.9	1992	
Patrick Martin	8.19.35	2009		Keith Boyle	9.42.0	1958	
*amended 2 mile time							

NATIONAL CHAMPIONS

1978	A.A.A. Youths 3,000m	K. Newton	8 min. 35.0 sec.
1979	A.A.A. Youths Indoor 1, 500m	K. Newton	4 min. 06.9 sec.
1979	A.A.A. Youths 1,500m	K. Newton	3 min. 57.0 sec.
1979	A.A.A. Youths 3,000m	K. Newton	8 min. 38.3 sec.
1980	Scottish 10,000m	G.Forster	30 min. 16.7 sec.
1984	Scottish Boys 1,500m	S.Mathieson	4 min. 09.8 sec.
1990	Scottish Boys 800m	D.Clark	2 min. 05.4 sec.
1992	Scottish Junior Hammer	S.Thompson	
1992	Scottish Boys Shot	N.Maddison	
1993	Scottish Youths Octathlon	A.Rutland	
1994	A.A.A. U/20 Ladies long Jump	Miss A.Forester	6.03 metres
1994	Scottish boys U/17 1,500m	C.Major	4 min. 15.9 sec.
1994	Scottish Senior Ladies Hammer	Miss J.Lavender	47.00 metres
1995	Scottish Senior Ladies Hammer	Miss J.Lavender	49.46 metres
1995	A.A.A. U/20 Ladies long Jump	Miss A.Forester	5.87 metres
1997	Scottish boys U/17 3,000m	D.Bradley	9 min. 20.35 sec.
1999	Scottish U/20 5,000m	M. Hood	15 min. 44.56 sec.
1999	A.A.A.Boys U/17 1,500m	M. Hassan	3min. 56.83 sec.
2000	Scottish U/20 800m	M. Hassan	1 min. 53.65 sec.
2001	British Univ. 10,000m	Miss A.Dixon	36 min. 29.04 sec.
2002	British Univ. 10,000m	Miss A.Dixon	36 min. 05 sec.
2008	Scottish U/13 800m	M. Wilson	2.19.87 sec

INTERNATIONAL HONOURS

1945	A. Fielder	Discus	Great Britain International
1979	G. Smith	3000 metres	Junior International
1992	S. Thompson	Hammer	Junior International
1993	Miss A. Forester	Long Jump	School International
1994	Miss A. Forester	Long Jump	Great Britain U/20 & U/19
1994	Miss J. Lavender	Hammer	Great Britain U/20
1994	Miss J. Lavender	Hammer	England Junior 1997
1997	Miss A. Naugher	400 metres	Great Britain U/20
1998	Miss A. Naugher	400 metres	Great Britain U/20
1999	Miss A. Naugher	400 metres	Great Britain U/20 (twice)
1999	Miss B. Blakeman	800 metres	England International
1999	M. Hassan	1500 metres	Eng. Schools International
2003	G. Massingham	800 metres	British Universities
2005	G. Massingham	800 metres	British Universities

BRITISH VETERANS NATIONAL CHAMPIONS

1982	M50 Triple Jump	D. Field	10.88 metres
	M50 Javelin	D. Field	33.66 metres
1984	M50 Triple Jump	D. Field	11.10 metres
1986	M55 Triple Jump	D. Field	10.77 metres
	M55 Javelin	D. Field	35.14 metres
	M55 Pentathlon	D. Field	
1987	Indoor M55 Triple Jump	D. Field	9.75 metres
	M55 Indoor High Jump	D. Field	1.30 metres
1990	Indoor M50 60m	P. Pye	7.8 sec.
1991	M50 100m	P. Pye	12.9 sec.
1991	M60 Javelin	D. Field	38.76 metres
1992	M60 Javelin	D. Field	36.42 metres
1993	Indoor M75 60m	J. Lucas	10.1 sec.
1993	M65 Discus	R. Laidler	28.72 metres
1993	M65 Shot	A. Laidler	9.65 metres
1993	M65 Javelin	R. Laidler	31.20 metres
1993	M60 Triple Jump	D. Field	9.59 metres
1993	M60 Long Jump	D. Field	4.43 metres
1994	Indoor M55 60m	P. Pye	7.82 sec.
1994	Indoor M70 Shot	T.Henderson	8.94 metres
1994	M65 Javelin	R. Laidler	29.96 metres
1997	M65 Discus	D. Field	35.46 metres
1997	M65 Javelin	D. Field	36.30 metres
1999	M65 Javelin	D. Field	35.30 metres
1999	M65 Triple Jump	D. Field	8.40 metres
1999	M70 Shot	R. Laidler	9.09 metres
1999	M70 Discus	R. Laidler	35.13 metres
1999	M70 Hammer	A. Laidler	21.64 metres
1999	M70 Javelin	A. Laidler	29.69 metres
1999	M75 Shot	T. Henderson	7.14 metres
1999	M75 Discus	T. Henderson	22.06 metres
1999	M75 Hammer	T. Henderson	18.04 metres
1999	M75 Javelin	T. Henderson	18.78 metres
2000	M70 Javelin	A. Laidler	27.56 metres
2001	M70 Shot	D. Field	8.68 metres
2001	M70 Discus	D. Field	34.83 metres
2001	M70 Hammer	D. Field	29.52 metres
2001	M70 Javelin	D. Field	33.90 metres
2003	M70 Discus	A. Laidler	29.51 metres
2003	M70 Shot	R. Laidler	7.22 metres
2003	M70 Javelin	A. Laidler	27.00 metres
2008	Veterans M80 Shot	R. Laidler	8.13 metres
2010	Veterans M80 Javelin	D. Field	27.05 metres
2010	Veterans MBO Discus	D. Field	27.05 metres

BRITISH NATIONAL RECORDS

1982	Veterans MSO Triple Jump	D. Field	11.47 metres
1987	Veterans MSS Javelin	D. Field	36.73 metres
1987	Veterans MSS Indoor Triple Jump	D. Field	9.75 metres
1991	Veterans M60 Javelin	D. Field	38.82 metres
1992	Veterans M60 Javelin	D. Field	39.28 metres
1995	Veterans M65 Javelin	D. Field	36.64 metres
1996	Veterans M65 Javelin	D. Field	40.42 metres
1998	Veterans M70 Discus	R. Laidler	36.07 metres
1999	M70 Javelin	A. Laidler	29.69 metres

2000	Veterans M70 Discus	D. Field	38.56 metres
2000	Veterans M70 Javelin	D. Field	31.22 metres
2001	Veterans M70 Discus	D. Field	39.21 metres
2001	Veterans M70 Javelin	D. Field	34.27 metres
2005	Veterans M75 Javelin	D. Field	27.20 metres
2011	Veterans MBO Triple Jump	D. Field	5.57 metres

NORTH OF ENGLAND CHAMPIONS

1954	Junior Pole Vault	A. Cowey	11ft. 6 in.
1954	Junior Long Jump	C. J. Constable	20ft. 5 in.
1960	Junior 220 Yards	B. Stewart	23.3 sec.
1966	Junior 2 Miles	B. Mileson	9 min. 0.8 sec.
1972	Junior 2,000m Steeplechase	P. Taylor	6 min. 2.2 sec.
1978	Youths 1,500m	K. Newton	4 min. 1.2 sec.
1979	Youths 1,500m	K. Newton	4 min. 1.7 sec.
1979	Senior 3,000m Steeplechase	P. Taylor	9 min. 0.9 sec.
1988	Minor Girls Long Jump	Miss A. Forester	4.61 metres
1990	Girls Long Jump	Miss A. Forester	5.22 metres
1990	Inters 300m	Miss B. Blakeman	41.74 sec.
1990	Inters 300m	Miss B. Blakeman	41.6 sec.
1991	Inters Long Jump	Miss A. Forester	5.96 metres
1994	Women U/20 Long Jump	Miss A. Forester	5.61 metres
1994	Junior Discus	A. Rutland	42.38 metres
1995	Senior Women Long Jump	Miss A. Forester	5.78 metres
1995	Senior Women Hammer	Miss J. Lavender	49.86 metres
1995	Junior Discus	A. Rutland	45.74 metres
1997	Women U/20 400m	Miss A. Naugher	57.73 sec.
1997	Boys U/15 1,500m	M. Hassan	4 min. 13.94 sec.
1998	Boys U/17 800m	M. Hassan	1 min. 57.55 sec.
1998	Women 800m	Miss B. Blakeman	2 min. 6.B sec.
1999	Boys U/17 1,500m	M. Hassan	3 min. 57.23 sec.
2001	Women 800m	B. Blakeman	2 min. 8.9 sec.
2005	Men 800m	G. Massingham	1 min. 55.82 sec.
2010	Boys U/15 800m	M. Wilson	2 min. 06 .31 sec.

NORTH OF ENGLAND TEAM REPRESENTATIVE

1986	3,000 metres	B. Rushworth	8 min. 09.6 sec.
1995	Junior Discus	A. Rutland	44.37 metres
1998	Women 400m	A. Naugher	57.2 sec.
2003	U23 800m	G.Massingham	1 min. 51.02 sec.
2004	Senior Men 800m	G. Massingham	1 min. 53.83 sec.

ENGLISH SCHOOLS CHAMPIONS

1977	Inter Boys 3,000m	G. Smith	8 min. 36.4 sec.
1979	Inter Boys 3,000m	K. Newton	8 min. 38.4 sec.
1984	Junior Boys 1,500m	S. Mathieson	4 min. 9.1 sec.
1991	Inter Girls Long Jump	A. Forester	5.77 metres
1991	Home Countries Schools International Long Jump 1st	A. Forester	5.98 metres
1992	Inter Girls Long Jump	A. Forester	5.81 metres
1995	Senior Boys Discus	A. Rutland	45.22 metres
1999	Home Countries Schools International Inter Boys 1,500m	M. Hassan	3 min. 57.67 sec.

NORTH EASTERN CHAMPIONS - FROM 2000

2000	Junior 1500m	M. Hassan	3 min. 56.56 sec.
	Girls U/15 1500m	J. Scott	4 min. 58 sec.
2001	Senior Womens 800m	B. Blakeman	2 min. 12.9 sec.
	Senior Womens 1500m	B. Blakeman	4 min. 36.13 sec.
	U/15 Girls 1500m	J. Scott	4 min. 47.77 sec.
	U/13 Girls 200m	L.Cowell	28.57 sec.
	Junior 1500m	M. Hassan	3 min. 53.99 sec.
	Junior 800m	M. Hassan	1 min. 50.7 sec.
2002	Boys U15 3000m	J. Martin	9 min. 57.2 sec.
2005	U/15 Girls 800m	E. Spoor	2 min. 24.91 sec
	U/17 Women 200m	L.Cowell	25.81 sec.
	Senior Men 1500m	G. Massingham	4 min. 02.40 sec.
2008	Girls U13 800m	A. Waites	2 min. 30.4 sec.
	Boys U/13 800m	M.Wilson	2 min. 20.5 sec.
2009	Boys U/ 13 1500m	L.Irvine	4 min. 54.48 sec.
	Boys U/15 800m	M. Wilson	2 min. 10.17 sec.
	Boys U/17 800m Junior	J. Archer	1 min. 57.77 sec.
	Junior Ladies 5000m	S. Crosby	
2010	Boys U/ 15 800m	M. Wilson	2 min 04.17 sec.
	Boys U15 1500m	M. Wilson	4 min 28.74 sec.
	Girls U/13 1500m	S. Burnett	5 min 22.08 sec.
	Girls U/ 13 100m	H. Lancaster	13.37 sec.
	Girls U/13 200m	H. Lancaster	27.71 sec.
	Men U/20 5000m	N. Reed	16.23.55

NORTH EASTERN TEAM CHAMPIONS

1987	McVities National 25 x 1 mile	2nd team, also 1st 'B' team
1989	Northern T & F League	Men Div. 5 N.E.
1990	Tyneside Athletics League	Men
1991	Tyneside Athletics League	Men
1992	Northern T & F League	Men Div. 4 N.E. Grand Slam
1994	N.E. Vets T & F League	Men Div. 1
1995	N.E. Vets T & F League	Men Div. 1
1996	N.E. Vets T & F League	Men Div. 1
1996	N.E. Vets T & F Challenge Cup	Men
1997	N.E. Vets T & F League	Men Div. 1
1997	N.E. Vets Challenge Cup	Men
1999	N.E. Champs 4 x 800m	Men
2000	N.E. Champs 4 x 800m	Men
2001	N.E. Champs 4 x 800m	Men

CROSS COUNTRY INDIVIDUAL HONOURS

International Honours

1966	B. Mileson	Junior Int.
1980	G. Forster	ECCU Rep.
1981	G. Forster	ECCU Rep.
1984	G. Smith	ECCU Rep.
1985	B. Rushworth	ECCU Rep.
1987	G. Forster	ECCU Rep.
1990	B. Rushworth	Gt. Britain
1990	D. Clark	English Schools Int.
1996	D. Mullen	British Vets Int.
1997	M. Hassan	English School Int.
1998	M. Price	England Rep.

Intercounties Champions

1990	B. Rushworth	Senior
	National Champions	
1966	B. Mileson	Youths
1985	S. Mathieson	Scottish Boys
2004	B. Rushworth	M40 British Vets.
2005	B. Rushworth	M40 British Vets.
2008	B. Rushworth	M45 British Vets.
2009	B. Rushworth	M45 British Vets.
2010	B. Rushworth	M45 British Vets.
	North of England Champions	
1938	A. Ridley	Youth

1998	M. Hassan	English Schools Int.	1966	B. Mileson	Youth
1998	L. Browell	English School Int.	1985	S. Mathieson	Boy
2003	B. Rushworth	English Vets Int.	1989	B. Rushworth	Senior
2007	M. Hood	England Int.	1994	S. Barker	Boys U15
2008	M. Hood	England Int.	2000	J. Scott	Girls U13

Senior

1911	F. Reay		2001	V. Tindle	1980	K. Newton
1912	F. Reay		2003	B. Rushworth	1981	S. Bird
1922	T. Grady		2003	L. Christopher M55	Boys U15	
1923	T. Grady		2004	B. Aushworth M40	1977	K. Newton
1927	D. Hopkins		2005	B. Rushworth M40	1978	K. Newton
1984	G. Smith		2005	R. Wilson M60	1984	S.Mathieson
1986	B. Rushworth		2006	B. Rushworth M40	1990	D. Clark
1987	B. Rushworth		2007	B. Rushworth M40	1993	S. Barker
1988	B. Rushworth		2008	B. Rushworth M45	1997	M. Hassan
1991	B. Rushworth		2009	B. Rushworth M45	1998	C. Stoker
1992	B. Rushworth		2010	B. Rushworth M45	2000	W. Gordon
1994	B. Rushworth		Junior		Boys U13	
1997	B. Rushworth		1968	B. Mileson	1981	G. Bird
1998	B. Rushworth		1973	G. Forster	1981	P. Ledger
1999	B. Rushworth		1975	G. Forster	1982	I. Watson
2000	B. Rushworth rec.10 wins		1981	K. Newton	1988	D. Clark
2006	M. Hood		2004	P. Martin	1990	M. Knowles
2007	M. Hood		MenU17		1994	M. Hood
2008	M. Hood		1937	A. Ridley	1995	M. Hassan
2009	P. Martin		1938	A. Ridley	2000	J. Martin
Veterans			1966	B. Mileson	Girls U15	
1996	D. Mullen		1971	P. Taylor	2000	J. Scott
1999	I. Haggan		1972	G. Forster	Girls U13	
			1979	K. Newton	1999	J. Scott

NATIONAL TEAM PERFORMANCE

1988	Nat. C.C. 1st Northern Team	2001	Mens U17 1st Northern Team
1988	Nat. C.C. 1st Team 9 to Count	2002	Mens U20 1st Northern Team
1996	British Vets M40 C.C. Relay, 1st	2003	Mens U20 1st Northern Team
1997	Boys U15 Nat. C.C. Relay, 1st	2006	British Vets M40, 1st C.C. Relay
1998	Mens U17 Nat. C.C. Relay, 1st	2007	British Vets M40, 1st
1999	Mens U17 Nat. C.C. 1st	2011	British Vets M40, 1st
2000	Mens U17 1st Northern Team		

NORTH OF ENGLAND TEAM CHAMPIONS

1985 Seniors	1999 Men U17	2002 Jun. Men
1994 Men U17	2001 Boys U13	2005 Boys U/13

NORTH EASTERN TEAM CHAMPIONS

1925	N.E.C.C.A. Youths	1992	N.E.H.L Seniors	2000	N.E.H.L Seniors
1952	N.E.C.C.A. Boys	1992	N.E.H.L Youths	2000	Sherman Cup
1971	N.E.C.C.A. Junior	1992	N.E.H.L Boys	2000	N.E.C.C.A. Boys U13
1975	N.E.H.L Boys	1992	N.E.H.L Colts	2000	N.E.C.C.A. Boys U15
1977	N.E.C.C.A. Boys	1992	Sherman Cup	2000	N.E.C.C.A. Overall
1977	N.E.C.C.A. Seniors	1992	N.E.C.C.A. Minor Girls	2001	N.E.C.C.A. Overall
1980	N.E.H.L Seniors	1993	N.E.H.L Seniors Gr.slm	2001	N.E.H.L Seniors
1981	N.E.H.L Seniors	1993	N.E.H.L Youths	2001	N.E.H.L. Women U20
1982	N.E.C.C.A. Colts	1993	N.E.C.C.A. Seniors	2001	N.E.C.C.A. Junior
1983	N.E.C.C.A. Seniors	1994	Sherman Cup	2001	N.E.C.C.A. Girls U15

1984	N.E.H.L Seniors	1994	N.E.H.L Seniors	2002	N.E.H.L. Women U20	2nd		U15- 2n	
1984	N.E.C.C.A. Seniors	1994	N.E.H.L Youths U17	2002	N.E.H.L Seniors	1991	Northern Counties Championship. Seniors - 3rd	2002	National C.C. Men U20- 3rd
1985	N.E.C.C.A. Seniors	1994	N.E.H.L Boys U17	2002	N.E.H.L Boys U15				
1986	N.E.H.L Seniors	1994	N.E.C.C.A. Seniors	2002	N.E.C.C.A. Men U20	1993	Northern Counties Championship. Minor Girls - 3rd	2002	National C.C. Relay Men U20 – 3rd
1986	N.E.C.C.A. Seniors	1994	N.E.C.C.A. Youths U17	2002	N.E.H.L Female Overall				
1987	N.E.H.L Seniors	1995	Sherman Cup	2003	N.E.H.L Seniors	1995	British Veterans Relays. M40 & M45 – 3rd	2003	North of England Championship. Men U20 - 3rd
1987	N.E.H.L Boys	1995	N.E.H.L Seniors	2003	N.E.H.L Girls U13				
1987	N.E.C.C.A. Seniors	1995	N.E.C.C.A. Seniors	2003	N.E.H.L Female Overall	1997	Northern Counties Championship. Boys U15- 3rd	2003	National C.C. Men U20 – 2nd
1988	N.E.C.C.A. Seniors	1995	N.E.C.C.A. Boys U13	2004	N.E.C.C.A. Boys U13				
1988	N.E.H.L Youths	1996	N.E.H.L Seniors	2004	N.E.H.L Seniors	1998	North of England Championship. Boys U13 - 3rd	2004	M40 British Veterans – 2nd
1988	N.E.H.L Boys	1996	N.E.C.C.A. Seniors	2005	N.E.H.L Seniors				
1989	Sherman Cup	1996	N.E.H.L Boys U13	2005	N.E.H.L Boys U13	1998	North of England Championship. Boys U17- 2nd	2005	National C.C. Boys U13- 3rd
1989	N.E.H.L Seniors Gr.slm	1997	N.E.C.C.A. Boys U13	2005	N.E.C.C.A. Seniors				
1990	Sherman Cup	1997	N.E.C.C.A. Boys U17	2006	N.E.C.C.A. Seniors	1999	National C.C. Relay. Boys U15- 2nd	2006	M40 British Veterans – 2nd
1990	N.E.H.L Boys	1997	N.E.H.L Seniors	2006	N.E.H.L Seniors Gr.slm				
1990	N.E.H.L Youths	1998	N.E.C.C.A. Boys U15	2007	N.E.H.L Seniors	2000	North of England Championship. Men U17 - 2nd	2007	National C.C. Relay Boys U15- 3rd
1990	N.E.C.C.A. Senior	1998	N.E.C.C.A. Boys U17	2008	N.E.H.L Seniors				
1991	Sherman Cup	1998	N.E.H.L Boys U15	2008	N.E.C.C.A. Boys U17	2000	National C.C. Men U17- 2nd	2008	M40 British Veterans – 2nd
1991	N.E.H.L Seniors	1998	Sherman Cup	2009	N.E.H.L Boys U13				
1991	N.E.H.L Youths	1999	Sherman Cup	2009	N.E.H.L Boys U17			2008	M40 British Vets C.C. Relay – 2 nd
1991	N.E.H.L Boys	1999	N.E.H.L Seniors	2009	N.E.H.L. Women U20				
1991	N.E.H.L Colts	1999	N.E.C.C.A. Boys U13	2010	N.E.H.L Seniors				
1991	N.E.C.C.A. Seniors	1999	N.E.C.C.A. Boys U17	2011	N.E.H.L Boys U15				
1991	N.E.C.C.A. Boys	2000	N.E.H.L Boys U13						

NORTH EAST VETERANS TEAM CHAMPIONS

1993	M40-49 Age Group	2003	M50 Age group
1994	M40-49 Age Group	2005	M40-49 Age Group
1999	M40-49 Age Group	2006	M40-49 Age Group
2001	M50 Age group	2007	M40-49 Age Group
2003	M40-49 Age Group	2008	M40-49 Age Group

OTHER OUTSTANDING PERFORMANCES

Individual

1966	B. Mileson	2nd Inter-CountiesYouths	1997	M. Hood	3rd Northern Boys U15
1968	B. Mileson	2nd Northern Juniors	1997	M. Hood	3rd N.of E. Boys U15
1971	P. Taylor	2nd Northern Youths	1998	M. Hassan	2nd North of England
1973	G. Forster	2nd Northern Juniors	2000	J. Scott	3rd Inter-C. Girls U13
1977	K. Newton	3rd Northern Boys	2001	J. Scott	2nd N.of Eng Girls U15
1978	K. Newton	3rd Northern Boys	2002	J. Scott	2nd N.of Eng Girls U15
1981	G. Smith	2nd Northern Juniors	2003	B. Rushworth	3rd British Vets 040
1981	G. Smith	2 nd National Juniors	2005	N. Reed	2nd N.of E. Boys U15
1985	S. Mathieson	2nd Inter-Counties Boys	2007	S. Younger	Fastest Lap & Course
1987	B. Rushworth	2nd N.C.C.C. Seniors			Rec.U15 Boys National
1989	D. Clark	2nd Inter-C. Boys U13			C.C
1990	D. Clark	3rd English Schools C.C.	2011	B. Rushworth	3 rd British O45 Vets
1995	M. Hood	2nd Inter-C. Boys U13			

OTHER OUTSTANDING PERFORMANCES (Cont.)

Team

1984	Northern Counties Championship. Seniors - 2nd	2001	North of England Championship. Boys U17- 3rd
1987	Northern Counties Championship. Seniors- 2nd	2001	National C.C. Men U17- 3rd
1988	Northern Counties Championship. Seniors -	2002	North of England Championship. Girls

ROAD RUNNING INTERNATIONAL HONOURS

1980	G. Forster, Gt. Britain, Marathon	1986	C. Bark, Gt. Britain, Marathon
1982	C. Bark, Gt. Britain, Marathon	1988	G. Forster, Gt. Britain, Marathon
1982	G. Forster, Gt. Britain, Marathon	1989	I. Haggan, Gt. Britain, Marathon
1982	C. Hallimond, England, Marathon	1990	P. Campbell, England, Marathon
1983	G. Forster, Gt. Britain, Marathon	1990	B. Rushworth , Great Britain
1983	D. Hill, England, Marathon	1991	B. Rushworth , Great Britain
1983	C. Bark, England, Marathon	1992	B. Rushworth, Great Britain
1984	D. Hill, Gt. Britain, Marathon	1993	J. Stephens, Gt. Britain, Marathon
1984	G. Forster, Gt. Britain, Marathon	1993	B. Rushworth, England
1985	R. Tough, England, Marathon	1996	B. Rushworth, Gt. Britain
1985	G. Forster, Gt. Britain, Marathon	1997	B. Rushworth, Gt. Britain Relay
1985	G. Forster, World Cup Marathon	1998	M. Price, England Half Mar & 10m

NATIONAL CHAMPIONS

1997	B. Rushworth, British10k	1999	M. Price, A.A.A. Half Marathon
2002	D. Robertson, V40 Marathon	2002	L. Christopher, V55 Marathon

NATIONAL TEAM CHAMPIONS

1982	A.A.A. Marathon	1997	Boys U15 Relay
1986	A.A.A. Marathon	1997	British 10k
1984	10 Mile	1998	Boys Relay AGG Cup
1986	Marathon	2000	A.A.E. Boys U17 Relay
1993	Boys National Relay	2000	YAL Boys U17 Relay
1993	British Veterans 5k	2006	British Veterans 5k
1997	British & A.A.A. Marathon		

NORTH OF ENGLAND TEAM CHAMPIONS

1987	12 Stage Relay	1992	10k Road	1998	Mens U17 Relay
1988	12 Stage Relay	1993	10k Road	1999	Mens U17 Relay

NORTH EASTERN ROAD RELAY

1968	N.E.C.C.A. Relay	1987	N.E.C.C.A. Relay	1995	N.E.C.C.A. Relay
1982	N.E.C.C.A. Relay	1988	N.E.C.C.A. Relay	1997	N.E.C.C.A. Relay
1985	N.E.C.C.A. Relay	1989	N.E.C.C.A. Relay	2006	N.E.C.C.A. Relay
1986	N.E.C.C.A. Relay	1994	N.E.C.C.A. Relay	2007	N.E.C.C.A. Relay

NORTH EAST VETERANS M40 ROAD RELAY

1993	M40	2004	M40	2008	M40
1996	M40	2005	M40	2009	M40
1998		2006	M40	2010	M40
2003	M40	2007	M40	2011	M40

OTHER OUTSTANDING PERFORMANCES - INDIVIDUAL

1910	F.Reay	1 st	Morpeth to Newcastle
1911	F.Reay	1 st	Morpeth to Newcastle
1924	T.Grady	1 st	Morpeth to Newcastle
1982	G.Forster	1 st	Scottish Marathon
1984	D.Hill	3 rd	A.A.A. 10 Mile 48m 53s
2007	G.Harden	2 nd	British Vets O/45 1500m
2007	G.Harden	2 nd	British Vets O/45 800m indoors
1992	J.Collins	2 nd	Vet O/50 London Marathon
1992	M.Price	1 st	Inter-Counties 20 mile Championship
1993	J.Collins	2 nd	Vet O/50 London Marathon
1993	J.Collins	3 rd	M50 British Veterans 5k
1994	M.Knowles	2 nd	Junior Great North Run
1994	B.Bewick	3 rd	Inter-Counties 20 mile Championship
1994	J.Collins	3 rd	Vet O/50 London Marathon
1997	M.Price	2 nd	Morpeth to Newcastle
1998	B.Rushworth	1 st	Morpeth to Newcastle
1998	J.Collins	2 nd	Veterans O/55 London Marathon
1998	M.Price	2 nd	British Half Marathon
2000	C.Stoker	1 st	Junior Great North Run
2001	J.Scott	1 st	Girl U14 London Mini Marathon
2001	R.Kemp	2 nd	Boy U18 London Mini Marathon
2008	L.Irvine	2 nd	Boys U12 Junior Great North Run

OTHER OUTSTANDING PERFORMANCES - TEAM

1983	A.A.A. Marathon – 3 rd	1995	Northern Boys U13 Relay – 2 nd
1984	A.A.A. Marathon – 2 nd	1996	Northern 6 Stage Relay – 3 rd
1985	Northern 12 Stage Relay – 3 rd	1996	British Veterans Relay – 2 nd
1986	Northern 6 Stage Relay – 3 rd	1997	British Veterans Relay – 2 nd
1987	Northern 6 Stage Relay – 2 nd	1998	North of England 6 Stage Relay - 2 nd
1988	Northern 6 Stage Relay – 2 nd	1998	A.A.A. Marathon – 2 nd
1989	Northern 6 Stage Relay – 3 rd	1998	British Veterans Relay – 2 nd
1989	Northern 12 Stage Relay – 3 rd	1999	A.A.A. Marathon – 2 nd
1990	Northern Boys Relay – 2 nd	1999	National U17 Mens Relay – 2 nd
1990	A.A.A. Half Marathon – 3 rd	1999	National U15 Boys Relay – 3 rd
1991	Northern Boys Relay – 2 nd	1999	National Y.A Relay Agg – 3 rd
1992	Northern 12 Stage Relay – 2 nd	2000	British Veterans Relay O/50 – 3 rd
1992	Northern Boys Relay – 3 rd	2000	North of England U13 boys Relay – 3 rd
1992	National Boys Relay – 2 nd	2000	A.A.A.E. Marathon – 3 rd
1993	Northern Boys U17 Relay – 3 rd	2003	North of England 12 Stage Relay – 3 rd
1993	British Vets O/50 5k – 2 nd	2008	British Veterans 10 mile – 1 st
1994	Northern Youths Relay – 3 rd		

The Classic London to Brighton 53 Miles Race has been completed by:

R. McConnell
L. Pratt
K. Jenner
R. Dixon
B. Robson
A. Storey
J. Barber

The Bob Graham 72 Mile Round completed by:

L. Pratt
C. Bark
P. Irvin

HALF & FULL MARATHON ALL TIME RANKINGS

Half Marathon

Brian Rushworth	63.35	1990	Dave Hill	65.04	1987
Malcolm Price	63.38	1997	Graham Smith	65.28	1984
Paul Campbell	64.14	1991	Dave Jenkin	65.30	1989
Glenn Forster	64.43	1984	Callum Bark	65.45	1985
Ian Haggan	64.50	1990	Paul Cuskin	65.37	1993

Marathon

Glenn Forster	2.15.08	1984	Ray Donkin	2.22.00	1981
Ian Haggan	2.16.32	1990	Dave Grover	2.22.23	1992
Callum Bark	2.16.33	1984	Dave Jenkin	2.23.02	1989
Dave Hill	2.16.36	1984	Brian Sweeting	2.23.23	1979
Malcolm Price	2.17.44	1998	John Stephens	2.23.37	1994
Chris Hallimond	2.19.34	1983	Geoff Rippon	2.24.10	1984
Richie Tough	2.19.59	1985	Ron Donkin	2.24.30	1972
Larry Pratt	2.20.24	1983	Brian Bewick	2.25.08	1994
Brian Rushworth	2.20.37	1997	Mick Thompson	2.25.22	1999
Dave Dixon	2.21.24	1982	Dave Robertson	2.26.08	2000

Womens Half Marathon

Louise Noble	1.20.37	2006
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VETERANS HALF & FULL MARATHON, 10 MILES, 10K & 5K ROAD CLUB RECORDS

Half Marathon

M.40	1.08.12	I.Haggan	1999
45	1.12.40	J.Collins	1987
50	1.13.32	J.Collins	1999
55	1.21.43	L.Christopher	2002
60	1.26.23	L.Christopher	2008
70	1.57.00	J.Welch	1990
W.35	1.47.50	J.Pinkerton	2004
W.40	1.36.07	L.Watson	2003

Marathon

M.40	2.24.53	I.Haggan	1999
45	2.31.51	J.Collins	1987
50	2.36.33	J.Collins	1992
55	2.41.47	J.Collins	1997
60	2.58.59	L.Christopher	2008
70	4.47.13	J.Welch	1992
75	5.59.00	J.Welch	1996
W.35	3.36.20	J.Osborne	2001

10 Miles

M.50	56m 33s	J.Collins	1992
55	58m 17s	J.Collins	1997
W.	61m 03s	M.Holt	2004
W.35	80m 49s	J.Pinkerton	2003
W.40	69m 37s	L.Watson	2003

10K Road

M.40	30m 19s	D.Mullen	1996
M.50	33m 55s	J.Collins	1992
55	35m 58s	J.Collins	1997
W.45	39m 59s	I.Hope	2010
W.50	40m 26s	I.Hope	2010

5K Road

M.40	15m 05s	B.Rushworth	2003
50	16m 50s	J.Collins	1993
55	18m 34s	L.Christopher	2002
W.40	20m 18s	I.Hope	2005
45	20m 18s	I.Hope	2005

ULTRA DISTANCE RUNNING

1984	L.Pratt	2 nd	Lincoln 100k British Champs in 6hr 56 mins
1987	J.Collins		84 miles in 12 hours
1988	R.McConnell		121 miles in 24 hours
1993	B.Bosher		131 miles in 24 hours
1993	B.Bosher		83.6 miles in 12 hours
1994	B.Bosher		100k in 8 hours 30 mins
1994	B.Bosher		50k in 3 hours 18 mins
1996	B.Bosher	3 rd	British Champs 24 hours 119 mins
1996	B.Bosher	1 st	Scottish Veterans 50k 3 hours 22 mins

TOP 10K ROAD RACE TIMES

Brian Rushworth	29.04	1988	Kelvin Newton	30.05	1989
Graham Smith	29.18	1987	Malcolm Price	30.08	1989
Patrick Martin	29.41	2011	Jack Martin	30.09	2011
Paul Campbell	30.01	1989	Derek Mullen	30.11	1996
Chris Naisbitt	30.05	1991	Mark Hood	30.20	2009

TOP 5K ROAD RACE TIMES

Patrick Martin	14.18	2011	Gavin Massingham	15.08	2008
Brian Rushworth	14.34	1997	Paul Harker	15.09	1988
Mark Hood	14.39	2007	Derek Mullen	15.11	2000
Paul Campbell	14.58	1988	Graham Lancaster	15.16	2001
Dave Hill	15.05	1986	Glenn Forster	15.18	1993

U.K.A. COACHES**LEVEL 3**

K.Jefferson (Mid Dist); A.Abbott (Sprints)

LEVEL 2

Mrs.E.Waites; J.Archer (Mid Dist)

LEVEL 1

G.Harden; M.Hill; L.Christopher;
Mrs C.Reid; G.Lee; Ms A.Edwards

U.K.A GRADED OFFICIALS

G.Young (Field Judge 4)
K.Carr (Road + X.C.'5')

PRESTIGIOUS EVENTS HOSTED BY THE CLUB

ADIDAS/MARS HALF MARATHON	1985
ADIDAS MIDWEEK CHALLENGE ROAD RACE SERIES	1987/1988
NORTH EASTERN CROSS COUNTRY CHAMPIONSHIPS	1987
NORTHERN 12 STAGE ROAD RELAY CHAMPIONSHIPS	1988
NORTHERN 6 STAGE ROAD RELAY CHAMPIONSHIPS	1989
SECURICOR SPRINT FOR BRITAIN SEMI FINAL	1989
NORTHERN 6 STAGE ROAD RELAY CHAMPIONSHIPS	1991
NORTHERN 12 STAGE ROAD RELAY CHAMPIONSHIPS	1992
B.A.F. NATIONAL 6 STAGE ROAD RELAY CHAMPIONSHIPS	1994
NORTH OF ENGLAND 12 STAGE ROAD RELAY CHAMPIONSHIPS	2000
NORTH OF ENGLAND MENS 6 STAGE & WOMENS 4 STAGE ROAD RELAY CHAMPIONSHIPS	2001
NORTH OF ENGLAND YOUNG ATHLETES ROAD RELAY CHAMPIONSHIPS	2003
NORTH EAST VETERANS CROSS COUNTRY CHAMPIONSHIPS	2006
NORTH OF ENGLAND MENS 12 STAGE & WOMENS 6 STAGE ROAD RELAY CHAMPIONSHIPS	2007

PLUS INVOLVMENT WITH THESE EVENTS

ENGLISH SCHOOLS A.A. CROSS COUNTRY MILK CUP	1988
BRITISH VETERANS CROSS COUNTRY CHAMPIONSHIPS	1989
BRITISH STUDENTS CROSS COUNTRY CHAMPIONSHIPS	1991
BRITISH VETERANS INTERNATIONAL CROSS COUNTRY	1994
BRITISH VETERANS CROSS COUNTRY CHAMPIONSHIPS	1997
BRITISH VETERANS CROSS COUNTRY CHAMPIONSHIPS RELAY	2005
NORTH EAST CROSS COUNTRY CHAMPIONSHIPS	2006
ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS	2007
NORTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS	2011