

Rothwell & District Harriers | Best Male Times

5k

Paul Marchant	15:35	Esholt	2012
Phil Kirwin	16:06	York	2006
Dave Meeson	16:09	Esholt	2007
James Wardman	16:15	York	2013
Mark Smith	16:42	Methley	2014

5 Miles

Paul Marchant	25:53	Hartlepool	2013
Martin Sanders	26:47	Brodsworth	2012
Phil Kirwin	26:48	Roundhay	2005
Dave Meeson	27:16	Roundhay	2004
Jason Westmoreland	27:35	N/A	1989

10k

Martin Sanders	31:37	Salford	2012
Paul Marchant	31:57	Abbey Dash	2008
Phil Kirwin	32:49	Abbey Dash	1999
Dave Meeson	33:01	Askern	2007
Darren Walker	33:34	Dewsbury	1998
Mark Smith	33:48	Wistow	2015
Jason Westmoreland	33:52	Askern	1989
James Wardman	34:01	Wetherby	2013
Mark Seed	34:42	Abbey Dash	2001
Stephen Kellett	34:54	Dewsbury	1998

Half Marathon

Paul Marchant	1:09:35	Peterbrough	2012
Phil Kirwin	1:11:45	Ackworth	2000
Martin Sanders	1:11:47	Brass Monkey	2012
James Wardman	1:14:28	Prague	2012
Mark Smith	1:14:53	Vale of York	2015
Darren Walker	1:14:57	Brass Monkey	1998
Dave Meeson	1:14:59	Nottingham	2004
Ryan Barker	1:15:28	Great North West	2000
Ian Clayton	1:16:03	Selby	2005
Mark Bennett	1:16:15	N/A	N/A

10 Miles

Paul Marchant	52:28	Snake Lane	2013
Martin Sanders	52:57	Snake Lane	2013
Phil Kirwin	55:31	Askern	2001
James Wardman	55:45	Snake Lane	2012
Ryan Barker	56:55	Snake Lane	2000

20 Miles

Phil Kirwin	1:55:22	Hull	2000
Darren Walker	2:00:58	Hull	2000
Paul Marchant	2:03:32	Hull	2008
Dave Meeson	2:05:06	Spenborough	2004
Stephen Kellett	2:06:11	Hull	2000

Marathon

Paul Marchant	2:27:29	London	2013
Martin Sanders	2:28:04	Manchester	2012
Phil Kirwin	2:34:17	London	2000
Ian Clayton	2:36:55	London	2002
Darren Walker	2:39:52	London	2000

Marathon juggling his balls dressed as a clown

Jason Westmoreland	3:24:04	London	2008
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