Rothwell Harriers Male Track Records From 1st January 2016

	OVERALL	SENIOR	V35	V40	V45	V50	V55	V60+
100 MTS	**12.55** **Paul Howard** 10/04/2016 Wakefield	**12.55** **Paul Howard** 10/04/2016 Wakefield	**12.55** **Paul Howard** 10/04/2016 Wakefield					
200 MTS	**25.66** **Paul Howard** 17/04/2016 Cleckheaton	**25.66** **Paul Howard** 17/04/2016 Cleckheaton	**25.66** **Paul Howard** 17/04/2016 Cleckheaton	**26.2** **Paul Howard** 24/09/2017 Cleckheaton	**32.4** **John McCarthy** 10/05/2017 Wakefield	**32.4** **John McCarthy** 10/05/2017 Wakefield	**32.4** **John McCarthy** 10/05/2017 Wakefield	
400 MTS	**56.8** **Paul Howard** 24/04/2016 York	**56.8** **Paul Howard** 24/04/2016 York	**56.8** **Paul Howard** 24/04/2016 York					
800 MTS	**2.00.75** **James Wardman** 23/08/2016 Stretford	**2.00.75** **James Wardman** 23/08/2016 Stretford	**2.00.75** **James Wardman** 23/08/2016 Stretford	**2.12.70** **Paul Howard** 02/07/2017 York	**2.20.28** **Paul Brown** 31/07/2016 Wakefield			
1500 MTS	**4.06.83** **James Wardman** 17/05/2016 Stretford	**4.06.83** **James Wardman** 17/05/2016 Stretford	**4.06.83** **James Wardman** 17/05/2016 Stretford	**4.37.69** **Paul Howard** 19/07/2017 Cleckheaton	**4.45.73** **Paul Brown** 04/06/2016 Leeds	**4.51.50** **Paul Brown** 23/04/2017 Wakefield		
1 MILE	**4.35.60** **James Wardman** 21/09/2016 Doncaster	**4.35.60** **James Wardman** 21/09/2016 Doncaster	**4.35.60** **James Wardman** 21/09/2016 Doncaster	**5.06.5** **Paul Howard** 23/09/2017 Leeds	**5.17.90** **Paul Brown** 17/09/2016 Leeds	**5.18.3** **Paul Brown** 23/09/2017 Leeds	**5.28.70** **John McCarthy** 17/09/2016 Leeds	
3000 MTS	**9.17.88** **Will Collumb** 26/06/2017 Leeds	**9.17.88** **Will Collumb** 26/06/2017 Leeds	**9.49.80** **James Wardman** 16/06/2016 Middlesbrough	**10.18.65** **Paul Brown** 03/06/2017 York	**10.18.65** **Paul Brown** 03/06/2017 York	**10.18.65** **Paul Brown** 03/06/2017 York	**11.18.44** **John McCarthy** 10/04/2016 Wakefield	
5000 MTS	**18.18.56** **Paul Howard** 14/05/2017 Cusworth	**18.18.56** **Paul Howard** 14/05/2017 Cusworth	**18.18.56** **Paul Howard** 14/05/2017 Cusworth	**18.26.33** **Paul Brown** 14/05/2017 Cusworth	**18.26.33** **Paul Brown** 14/05/2017 Cusworth	**18.26.33** **Paul Brown** 14/05/2017 Cusworth		
10000 MTS	**37.53.70** **Paul Brown** 08/02/2017 Cusworth	**37.53.70** **Paul Brown** 08/02/2017 Cusworth	**37.53.70** **Paul Brown** 08/02/2017 Cusworth	**37.53.70** **Paul Brown** 08/02/2017 Cusworth	**37.53.70** **Paul Brown** 08/02/2017 Cusworth	**37.53.70** **Paul Brown** 08/02/2017 Cusworth		