Rothwell Harriers Male Track Records From 1st January 2016

	OVERALL	SENIOR	V35	V40	V45	V50	V55	V60+
100 MTS	**12.55** **Paul Howard** 10-04-16 Wakefield	**12.55** **Paul Howard** 10-04-16 Wakefield	**12.55** **Paul Howard** 10-04-16 Wakefield					
200 MTS	**25.66** **Paul Howard** 17-04-16 Cleckheaton	**25.66** **Paul Howard** 17-04-16 Cleckheaton	**25.66** **Paul Howard** 17-04-16 Cleckheaton	**31.84** **Hadrian Knight** 20-08-16 York	**32.40** **John McCarthy** 10-05-17 Wakefield	**32.40** **John McCarthy** 10-05-17 Wakefield	**32.40** **John McCarthy** 10-05-17 Wakefield	
400 MTS	**56.8** **Paul Howard** 24-04-16 York	**56.8** **Paul Howard** 24-04-16 York	**56.8** **Paul Howard** 24-04-16 York					
800 MTS	**2.00.75** **James Wardman** 23-08-16 Stretford	**2.00.75** **James Wardman** 23-08-16 Stretford	**2.00.75** **James Wardman** 23-08-16 Stretford	**2.12.70** **Paul Howard** 02-07-17 York	**2.20.28** **Paul Brown** 31-07-16 Wakefield			
1500 MTS	**4.06.83** **James Wardman** 17-05-16 Stretford	**4.06.83** **James Wardman** 17-05-16 Stretford	**4.06.83** **James Wardman** 17-05-16 Stretford	**4.37.69** **Paul Howard** 19-07-17 Cleckheaton	**4.45.73** **Paul Brown** 04-06-16 Leeds	**4.51.50** **Paul Brown** 23-04-17 Wakefield		
1 MILE	**4.35.60** **James Wardman** 21-09-16 Doncaster	**4.35.60** **James Wardman** 21-09-16 Doncaster	**4.35.60** **James Wardman** 21-09-16 Doncaster	**5.17.90** **Paul Brown** 17-09-16 Leeds	**5.17.90** **Paul Brown** 17-09-16 Leeds	**5.28.70** **John McCarthy** 17-09-16 Leeds	**5.28.70** **John McCarthy** 17-09-16 Leeds	
3000 MTS	**9.27.59** **Will Collumb** 14-05-17 Cudworth	**9.27.59** **Will Collumb** 14-05-17 Cudworth	**9.49.80** **James Wardman** 16-06-16 Middlesbrough	**10.18.65** **Paul Brown** 03-06-17 York	**10.18.65** **Paul Brown** 03-06-17 York	**10.18.65** **Paul Brown** 03-06-17 York	**11.18.44** **John McCarthy** 10-04-16 Wakefield	
5000 MTS	**18.18.56** **Paul Howard** 14-05-17 Cudworth	**18.18.56** **Paul Howard** 14-05-17 Cudworth	**18.18.56** **Paul Howard** 14-05-17 Cudworth	**18.26.33** **Paul Brown** 14-05-17 Cudworth	**18.26.33** **Paul Brown** 14-05-17 Cudworth	**18.26.33** **Paul Brown** 14-05-17 Cudworth		
10000 MTS	**37.53.70** **Paul Brown** 08-02-17 Cudworth	**37.53.70** **Paul Brown** 08-02-17 Cudworth	**37.53.70** **Paul Brown** 08-02-17 Cudworth	**37.53.70** **Paul Brown** 08-02-17 Cudworth	**37.53.70** **Paul Brown** 08-02-17 Cudworth	**37.53.70** **Paul Brown** 08-02-17 Cudworth		