

Rothwell Harriers & AC

Best Male Times

<p>5k</p> <table border="0"> <tr><td>Paul Marchant</td><td>15:35</td><td>Esholt</td><td>2012</td></tr> <tr><td>Phil Kirwin</td><td>16:06</td><td>York</td><td>2006</td></tr> <tr><td>Dave Meeson</td><td>16:09</td><td>Esholt</td><td>2007</td></tr> <tr><td>James Wardman</td><td>16:15</td><td>York</td><td>2013</td></tr> <tr><td>Will Collumb</td><td>16:21</td><td>Methley</td><td>2017</td></tr> </table>	Paul Marchant	15:35	Esholt	2012	Phil Kirwin	16:06	York	2006	Dave Meeson	16:09	Esholt	2007	James Wardman	16:15	York	2013	Will Collumb	16:21	Methley	2017	<p>5 Miles</p> <table border="0"> <tr><td>Paul Marchant</td><td>25:53</td><td>Hartlepool</td><td>2013</td></tr> <tr><td>Martin Sanders</td><td>26:47</td><td>Brodsworth</td><td>2012</td></tr> <tr><td>Phil Kirwin</td><td>26:48</td><td>Roundhay</td><td>2005</td></tr> <tr><td>Dave Meeson</td><td>27:16</td><td>Roundhay</td><td>2004</td></tr> </table>	Paul Marchant	25:53	Hartlepool	2013	Martin Sanders	26:47	Brodsworth	2012	Phil Kirwin	26:48	Roundhay	2005	Dave Meeson	27:16	Roundhay	2004																																								
Paul Marchant	15:35	Esholt	2012																																																																										
Phil Kirwin	16:06	York	2006																																																																										
Dave Meeson	16:09	Esholt	2007																																																																										
James Wardman	16:15	York	2013																																																																										
Will Collumb	16:21	Methley	2017																																																																										
Paul Marchant	25:53	Hartlepool	2013																																																																										
Martin Sanders	26:47	Brodsworth	2012																																																																										
Phil Kirwin	26:48	Roundhay	2005																																																																										
Dave Meeson	27:16	Roundhay	2004																																																																										
<p>10k</p> <table border="0"> <tr><td>Martin Sanders</td><td>31:37</td><td>Salford</td><td>2012</td></tr> <tr><td>Paul Marchant</td><td>31:57</td><td>Abbey Dash</td><td>2008</td></tr> <tr><td>Phil Kirwin</td><td>32:49</td><td>Abbey Dash</td><td>1999</td></tr> <tr><td>Dave Meeson</td><td>33:01</td><td>Askern</td><td>2007</td></tr> <tr><td>Will Collumb</td><td>33:27</td><td>Abbey Dash</td><td>2017</td></tr> <tr><td>Darren Walker</td><td>33:34</td><td>Dewsbury</td><td>1998</td></tr> <tr><td>Mark Smith</td><td>33:48</td><td>Wistow</td><td>2015</td></tr> <tr><td>Jason Westmoreland</td><td>33:52</td><td>Askern</td><td>1989</td></tr> <tr><td>James Wardman</td><td>34:01</td><td>Wetherby</td><td>2013</td></tr> <tr><td>Mark Seed</td><td>34:42</td><td>Abbey Dash</td><td>2001</td></tr> </table>	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	Will Collumb	33:27	Abbey Dash	2017	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	<p>Half Marathon</p> <table border="0"> <tr><td>Paul Marchant</td><td>1:09:35</td><td>Peterborough</td><td>2012</td></tr> <tr><td>Phil Kirwin</td><td>1:11:45</td><td>Ackworth</td><td>2000</td></tr> <tr><td>Martin Sanders</td><td>1:11:47</td><td>Brass Monkey</td><td>2012</td></tr> <tr><td>James Wardman</td><td>1:14:28</td><td>Prague</td><td>2012</td></tr> <tr><td>Mark Smith</td><td>1:14:53</td><td>Vale of York</td><td>2015</td></tr> <tr><td>Darren Walker</td><td>1:14:57</td><td>Brass Monkey</td><td>1998</td></tr> <tr><td>Dave Meeson</td><td>1:14:59</td><td>Nottingham</td><td>2004</td></tr> <tr><td>Ryan Barker</td><td>1:15:28</td><td>Great North West</td><td>2000</td></tr> <tr><td>Ian Clayton</td><td>1:16:03</td><td>Selby</td><td>2005</td></tr> </table>	Paul Marchant	1:09:35	Peterborough	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
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																																																																										
Will Collumb	33:27	Abbey Dash	2017																																																																										
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																																																																										
Paul Marchant	1:09:35	Peterborough	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																																																																										
<p>10 Miles</p> <table border="0"> <tr><td>Paul Marchant</td><td>52:28</td><td>Snake Lane</td><td>2013</td></tr> <tr><td>Martin Sanders</td><td>52:57</td><td>Snake Lane</td><td>2013</td></tr> <tr><td>Phil Kirwin</td><td>55:31</td><td>Askern</td><td>2001</td></tr> <tr><td>James Wardman</td><td>55:45</td><td>Snake Lane</td><td>2012</td></tr> <tr><td>Ryan Barker</td><td>56:55</td><td>Snake Lane</td><td>2000</td></tr> </table>	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	<p>20 Miles</p> <table border="0"> <tr><td>Phil Kirwin</td><td>1:55:22</td><td>Hull</td><td>2000</td></tr> <tr><td>Darren Walker</td><td>2:00:58</td><td>Hull</td><td>2000</td></tr> <tr><td>Paul Marchant</td><td>2:03:32</td><td>Hull</td><td>2008</td></tr> <tr><td>Dave Meeson</td><td>2:05:06</td><td>Spenborough</td><td>2004</td></tr> <tr><td>Stephen Kellett</td><td>2:06:11</td><td>Hull</td><td>2000</td></tr> </table>	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																																				
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																																																																										
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																																																																										
<p>Marathon</p> <table border="0"> <tr><td>Paul Marchant</td><td>2:27:29</td><td>London</td><td>2013</td></tr> <tr><td>Martin Sanders</td><td>2:28:04</td><td>Manchester</td><td>2012</td></tr> <tr><td>Phil Kirwin</td><td>2:34:17</td><td>London</td><td>2000</td></tr> <tr><td>Ian Clayton</td><td>2:36:55</td><td>London</td><td>2002</td></tr> <tr><td>Darren Walker</td><td>2:39:52</td><td>London</td><td>2000</td></tr> </table>	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	<p>Marathon juggling his balls dressed as a clown</p> <table border="0"> <tr><td>Jason Westmoreland</td><td>3:24:04</td><td>London</td><td>2008</td></tr> </table>	Jason Westmoreland	3:24:04	London	2008																																																				
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																																																																										
Jason Westmoreland	3:24:04	London	2008																																																																										