Rothwell Harriers & A.C. Male Track & Field 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	**2.07.75** **Paul Howard** 12/06/2018 Stretford	**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	**4.34.59** **Paul Howard** 14/08/2018 Stretford	**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	**5.17.5** **Paul Brown** 15/09/2018 Leeds	**5.17.5** **Paul Brown** 15/09/2018 Leeds	**5.28.70** **John McCarthy** 17/09/2016 Leeds	
3000 MTS	**9.16.72** **Will Collumb** 14/04/2018 Wakefield	**9.16.72** **Will Collumb** 14/04/2018 Wakefield	**9.49.80** **James Wardman** 16/06/2016 Middlesbrough	**10.17.3** **Paul Howard** 16/06/2018 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	**15.59.48** **Will Collumb** 13/05/2018 Cudworth	**15.59.48** **Will Collumb** 13/05/2018 Cudworth	**18.18.56** **Paul Howard** 14/05/2017 Cudworth	**18.26.33** **Paul Brown** 14/05/2017 Cudworth	**18.26.33** **Paul Brown** 14/05/2017 Cudworth	**18.26.33** **Paul Brown** 14/05/2017 Cudworth		
10000 MTS	**37.53.70** **Paul Brown** 08/02/2017 Cudworth	**37.53.70** **Paul Brown** 08/02/2017 Cudworth	**37.53.70** **Paul Brown** 08/02/2017 Cudworth	**37.53.70** **Paul Brown** 08/02/2017 Cudworth	**37.53.70** **Paul Brown** 08/02/2017 Cudworth	**37.53.70** **Paul Brown** 08/02/2017 Cudworth		
Shot Putt								
Hammer								
Discus								
Long Jump								
High Jump								
Javelin								