

CLUB RECORDS

JANUARY 2016

DISTANCE	NAME	TIME	LOCATION	NAME	TIME	LOCATION	NAME	TIME	LOCATION
	MEN			MEN VET 40			MEN VET 45		
1 MILE TRACK	<u>S.SENIOR</u>	<u>4.39</u>	CUDWORTH 9/86	K.DAVIS	4.49	WOODBURN 10/95	E.BRADSHAW	4.51	CUDWORTH 8/92
5K	<u>S.DIMELOW</u>	<u>16.29</u>	ALEXANDER PARK 5/08	T.WRIGHT	17.14	DONCASTER 7/09	S.DIMELOW	16.42	CHESTERFIELD 9/15
5 MILE	<u>M.SENIOR</u>	<u>25.45</u>	GLOSSOP 6/87	K.DAVIS	27.00	PENISTONE 5/94	S.DIMELOW	28.29	BRADFORD 8/15
6 MILE	<u>M.SENIOR</u>	<u>31.58</u>	SWALLOWNEST 9/88	K.DAVIS	32.54	SADDLEWORTH 8/95	M.BOOTH	37.41	MILTON 6/08
10K	<u>M.SENIOR</u>	<u>32.46</u>	NOTTINGHAM 3/88	K.DAVIS	33.10	ASKERN 5/95	S.DIMELOW	34.38	CARLISLE 8/15
1/3 MARATHON	<u>S.ROEBUCK</u>	<u>51.33</u>	HORNSEA 3/08	E.BRADSHAW	53.04	LINCOLN 2/91	K.BOWSKILL	56.03	BARNSLEY 4/99
9 MILE	S.DIMELOW	49.55	NORTON 3/07	<u>K.DAVIS</u>	<u>49.37</u>	NORTON 3/94	E.BRADSHAW	53.42	NORTON 3/92
10 MILE	<u>M.SENIOR</u>	<u>54.55</u>	BURNSALL 8/86	K.DAVIS	56.35	MALTY 10/93	E.BRADSHAW } D.O'GORMAN }	58.55 58.55	WISBEACH 10/91 YORK 10/98
1/2 MARATHON	M.SENIOR	1.12.56	DENBY DALE 5/88	<u>K.DAVIS</u>	<u>1.12.29</u>	GT.NORTH RUN 9/94	S.DIMELOW	1.17.46	YORK 9/15
CONISTON 14	<u>K.DAVIS</u>	<u>1.21.40</u>	CONISTON 4/92				S.WOODHEAD	1.31.04	CONISTON 3/04
15 MILE	<u>A.MUSGRAVE</u>	<u>1.27.55</u>	HOLMFIRTH 11/85	M.CARTWRIGHT	1.37.39	HOLMFIRTH 11/90	K.BOWSKILL	1.40.31	HOLMFIRTH 10/01
20 MILE	S.ROEBUCK	2.04.30	EAST HULL 3/10	<u>K.DAVIS</u>	<u>1.57.22</u>	EAST HULL 3/94	M.COOPER	2.18.43	TRIMPELL 3/15
MARATHON	K.DAVIS	2.43.11	LONDON 4/93	<u>K.DAVIS</u>	<u>2.34.35</u>	LONDON 4/95	M.CARTWRIGHT	3.00.48	LONDON 4/93
	WOMEN			WOMEN VET 35			WOMEN VET 40		
1 MILE TRACK	<u>D.WILLIAMSON</u>	<u>5.24</u>	CUDWORTH 9/85	S.BOLER	5.40	CUDWORTH 9/86	S.BOLER	5.44	CUDWORTH 6/90
1 MILE ROAD									
5K							A.LIGHTOWLER	27.52	CHESTERFIELD 11/15
5 MILE	D.WILLIAMSON	32.56	ROCKINGHAM 4/86	E.WOLFF	32.16	OXSPRING 3/12	S.BOLER	30.34	MALTY 4/93
6 MILE	R.FOX	49.34	DENBY DALE 12/14	E.WOLFF	42.14	DENBY DALE 12/12	S.BOLER	38.47	MILTON 5/93
10K	D.WILLIAMSON	39.27	BARNSLEY 9/85	S.BOLER	38.42	PENISTONE 9/88	S.BOLER	38.53	PENISTONE 9/90
1/3 MARATHON	<u>K.GOLDTHORPE</u>	<u>68.41</u>	BARNSLEY 4/00	S.CHARLESWORTH	75.45	BARNSLEY 9/01	S.CHARLESWORTH	69.02	GOOLE 6/05
9 MILE	K.GOLDTHORPE	64.46	NORTON 3/04	A.JORGENSEN	59.40	NORTON 3/93	<u>S.BOLER</u>	<u>57.53</u>	NORTON 3/93
10 MILE	<u>D.WILLIAMSON</u>	<u>65.04</u>	MIDWOOD 10 8/85	S.BOLER	66.18	MALTY 10/89	S.BOLER	65.35	MALTY 10/90
1/2 MARATHON	<u>D.WILLIAMSON</u>	<u>1.25.25</u>	SHEFFIELD 6/85	S.BOLER	1.28.16	DENBY DALE 5/88	S.BOLER	1.26.50	DONCASTER 4/93
CONISTON 14	<u>T.GRIFFIN</u>	<u>2.03.00</u>	CONISTON 4/86				S.HALSTEAD	2.02.23	CONISTON 3/12
15 MILE				E.STEAD	2.09.07	3 LAKES 6/14			
20 MILE	S.PHELAN	2.54.20	HULL 3/10	M.MILLWARD	3.00.32	EAST HULL 3/99	S.SYKES	2.50.39	RHAYDER 3/13
MARATHON	D.WILLIAMSON	3.14.23	WESTLAND 5/85	<u>A.JORGENSEN</u>	<u>3.11.55</u>	LONDON 4/94	S.SYKES	3.39.09	LONDON 4/13

1. 1st Claim Members only listed. 2. Records on certified courses only.

3. Courses to be measured by listed official.

4. **CLUB RECORDS**

NEW RECORDS

1/2 MARATHON	D.NOCKELS	1.20.32	MALLORCA 22/3/15	VET 45
20 MILE	M.COOPER	2.18.43	TRIMPELL 22/3/15	VET 45
10K	D.NOCKELS	35.38	SALFORD 3/4/15	VET 45
5 MILE	D.NOCKELS	28.48	BRADFIELD 29/4/15	VET 45
5 MILE	D.NOCKELS	28.30	OXSPRING 13/5/15	VET 45
5 MILE	JULIE MOXON	37.52	WOMBWELL 5/5/15	L VET 45
5 MILE	JULIE MOXON	37.36	OXSPRING 13/5/15	L VET 45
5 MILE	TRISH MELLOR	36.40	BRADFIELD 5/5/15	L VET 55
5 MILE	TRISH MELLOR	37.33	OXSPRING 13/5/15	L VET 55
5 MILE	S.DIMELOW	28.29	BRADFORD 9/8/15	VET 45
10K	S.DIMELOW	34.38	CARLISLE 30/8/15	VET 45
5K	S.DIMELOW	16.42	CHESTERFIELD 5/9/15	VET 45
HALF MARATHON	S.DIMELOW	1.17.46	YORK 20/09/15	VET 45
HALF MARATHON	D.BROOM	1.38.50	YORK 20/09/15	L VET 50
HALF MARATHON	B.HAIGH	2.02.23	AMSTERDAM 18/10/15	L VET 65
10K	A.KNOX	41.08	CUSWORTH 4/10/2015	VET 60

NEW RECORDS SET

9 MILE	B.HAIGH	80.59	NORTON 3/15	L VET 65
½ MARATHON	B.HAIGH	2.04.07	MANVERS 4/15	L VET 65
1/2 MARATHON	R.BROWN	1.59.20	WARRINGTON 22/09/15	VET 70
10 MILE	D.BROOM	72.05	SOUTHAMPTON 1/11/15	L VET 50
5 MILE	N.COLE	46.22	OXSPRING 13/5/15	VET 80
6 MILE	R.BROWN	58.00	DENBY DALE 20/12/15//	VET 65
5K	A.LIGHTOWLER	27.52	CHESTERFIELD 5/11/15	L VET 40
10K	R.BROWN	55.40	BARNSELY 29/11/15	VET 75

CLUB RECORDS

JANUARY 2016

DISTANCE	NAME	TIME	LOCATION	NAME	TIME	LOCATION	NAME	TIME	LOCATION
	MEN	VET 50		MEN	VET 55		MEN	VET 60	
1 MILE	M.CARTWRIGHT	5.39	CUDWORTH 9/96	R.BROWN	6.04	CUDWORTH 9/96	M.WESTON	6.32	CUDWORTH 6/92
5K	D.O'GORMAN	17.23	RETFORD 5/03	M.CARTWRIGHT	19.24	MEXBOROUGH 7/01	M.CARTWRIGHT	20.57	DONCASTER 7/06
5 MILE	D.O'GORMAN	28.22	WOMBWELL 5/01	S.FRITH	31.30	OXSPRING 4/09	M.CARTWRIGHT	33.17	OXSPRING 9/06
6 MILE	B.INNES	38.22	DENBY DALE 12/00	S.FRITH	39-16	MILTON 6/10	M.CARTWRIGHT	41.58	ROTHER VAL 10/06
10K	D.O'GORMAN	34.35	PERCY PUD 12/01	S.FRITH	40.18	ROTHWELL 5/10	A.KNOX	41.08	CUSWORTH 10/15
1/3 MARATHON	B.INNES	56.53	BARNESLEY 4/02	S.FRITH	57.52	HORNSEA 4/10	R.BROWN	66.51	BARNESLEY 9/01
9 MILE	D.BATTY	57.27	NORTON 3/96	S.STOREY	57.13	NORTON 3/13	R.BROWN	62.56	NORTON 3/01
10 MILE	M.BOOTH	65.36	CHESTERFIELD 8/12	S.STOREY	64-16	GOSFORTH 6/12	S.FRITH	67.47	SNAKE LANE 2/13
1/2 MARATHON	B.INNES	1.22.11	WORKSOP 11/02	D.O'GORMAN	1.24.09	SHEFFIELD 4/10	S.FRITH	1.32.01	AXEHOLME 9/13
CONISTON 14	S.WOODHEAD	1.37.27	CONISTON 3/08				S.MILLWOOD	1.51.37	CONISTON 3/09
15 MILE	D.BATTY	1.44.27	HOLMFIRTH 10/95	S.FRITH	1.43.14	HOLMFIRTH 10/09	R.BROWN	1.57.59	HOLMFIRTH 10/01
20 MILE	R.BROWN	2.30.13	EAST HULL 3/93	S.FRITH	2.22.15	EAST HULL 3/10	R.BROWN	2.38.08	EAST HULL 3/01
MARATHON	B.INNES	3.05.17	SHEFFIELD 4/02	R.BROWN	3.25.15	LONDON 4/96	R.BROWN	3.33.51	LONDON 4/01
	WOMEN	VET 45		WOMEN	VET 50		WOMEN	VET 55	
1 MILE	J. WELBOURN	6.04	WOODBURN 10/95	J.WELBOURN	5.58	CUDWORTH 9/96	J.BUCKLEY	5.46	LEEDS 8/11
5K				J.BUCKLEY	17.57	YORK 8/08	J.BUCKLEY	17.57	DONCASTER 07/11
5 MILE	J.MOXON	37.36	OXSPRING 5/15	J.BUCKLEY	29.57	BRADFIELD 4/11	T.MELLOR	36.40	BRADFIELD 4/14
6 MILE	J.WELBOURN	41.40	MILTON 5/95	J.BUCKLEY	37.01	MILTON 6/08	S.HIGHAM	48.37	DENBY DALE 12/04
10K	S.BOLER	39.05	BARNESLEY 11/94	J.BUCKLEY	37.19	ROTHWELL 4/08	J.BUCKLEY	40.11	BARNESLEY 11/11
1/3 MARATHON	S.HIGHAM	69.23	BARNESLEY 4/99	S.HIGHAM	70.28	BARNESLEY 4/02	S.HIGHAM	72.05	GOOLE 6/05
9 MILE	S.CHARLESWORTH	69.41	NORTON 3/09	S.HIGHAM	72.38	NORTON 3/04	S.HIGHAM	71.07	NORTON 3/06
10 MILE	S.CHARLESWORTH	79.23	FERRIBY 1/09	D.BROOM	72.05	SOUTHAMPTON 11/15	S.HIGHAM	84.08	FERRIBY 1/07
1/2 MARATHON	S.CHARLESWORTH	1.49.04	SHEFFIELD 5/11	D.BROOM	1.38.50	YORK 9/15	S.HIGHAM	1.45.34	SHEFFIELD 5/05
CONISTON 14	C.SKEENE	2.06.22	CONISTON 3/12				S.HIGHAM	2.00.07	CONISTON 3/07
15 MILE									
20 MILE	S.HIGHAM	2.49.27	EAST HULL 3/99	S.HIGHAM	2.52.31	HULL 3/04			
MARATHON	S.HIGHAM	3.59.13	LONDON 4/99	S.HIGHAM	3.57.11	LONDON 4/04			

UK best ever time

UK 2nd best ever time

1. 1st Claim Members only listed.

2. Records on certified courses only.

3. Courses to be measured by listed official.

4. **CLUB RECORDS**

CLUB RECORDS JANUARY 2016

DISTANCE	NAME	TIME	LOCATION	NAME	TIME	LOCATION	NAME	TIME	LOCATION
	MEN	VET 65		MEN	VET 70		MEN	VET 75	
1 MILE	M.WESTON	7.25	CUDWORTH 6/97						
5K	D.NEEDHAM	22.48	DONCASTER 7/12						
5 MILE	D.NEEDHAM	36.27	OXSPRING 3/12	R.BROWN	40.07	OXSPRING 3/11			
6 MILE	D.BATTY	47.35	MILTON 6/10	R.BROWN	55.23	DENBY DALE 12/12	R.BROWN	58.00	DENBY DALE 12/15
10K	D.NEEDHAM	45.19	WAKEFIELD 4/12	R.BROWN	50.36	BARNLEY 11/10	R.BROWN	55.40	BARNLEY 11/15
1/3 MARATHON	D.NEEDHAM	65.03	HORNSEA 4/13						
9 MILE	R.BROWN}	67.14	NORTON 3/06	R.BROWN	77.26	NORTON 3/14			
	D.NEEDHAM}	67.14	NORTON 3/13						
10 MILE	D.NEEDHAM	73.55	THIRSK 3/12	R.BROWN	82.32	ASKERN 8/11			
1/2 MARATHON	D.NEEDHAM	1.39.48	RETFORD 3/13	R.BROWN	1.49.17	SHEFFIELD 5/11	R.BROWN	1.59.20	WARRINGTON 9/15
CONISTON 14	D.NEEDHAM	1.47.38	CONISTON 3/12						
15 MILE	D.NEEDHAM	2.02.45	BANBURY 3/14	R.BROWN	2.13.00	HOLMFIRTH 10/10			
20 MILE	D.NEEDHAM	2.37.40	HULL 3/12	R.BROWN	2.56.49	HULL 3/11			
MARATHON	R.BROWN	3.42.58	LONDON 4/08	R.BROWN	4.24.54	LONDON 4/11			
	WOMEN	VET 60		WOMEN	VET 65		WOMEN	VET 70	
5K									
5 MILE	B.HAIGH	40.14	HAYFIELD 4/07	B.HAIGH	41.23	OXSPRING 3/12			
6 MILE	B.HAIGH	49.44	DENBY DALE 12/07	B.HAIGH	53.08	DENBY DALE 12/11			
10K	S.HIGHAM	50-23	Percy Pud 12/10	B.HAIGH	51..45	BARNLEY 11/11			
1/3 MARATHON									
9 MILE	B.HAIGH	74.48	NORTON 3/07	B.HAIGH	80.59	NORTON 3/15			
10 MILE	B.HAIGH	84.40	ASKERN 8/08						
1/2 MARATHON	B.HAIGH	1.52.39	BENIDORM 11/07	B.HAIGH	2.02.23	AMSTERDAM 10/15			
CONISTON 14	B.HAIGH	2.03.01	CONISTON 3/09						
15 MILE	<u>B.HAIGH</u>	<u>2.10.51</u>	HOLMFIRTH 10/08	G.WOLFF	2.34.17	HOLMFIRTH 10/09			
20 MILE									
MARATHON				G.WOLFF	4.32.50	LOCH NESS 10/08			

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4. **CLUB RECORDS**

CLUB RECORDS JANUARY 2016

DISTANCE	NAME	TIME	LOCATION
	MEN	VET 80	
1 MILE			
5K			
5 MILE	N.COLE	46.22	OXSPRING 5/15
6 MILE			
10K			
1/3 MARATHON			
9 MILE			
10 MILE			
1/2 MARATHON			
CONISTON 14			
15 MILE			
20 MILE			
MARATHON			
	WOMEN	VET 75	
5K			
5 MILE			
6 MILE			
10K			
1/3 MARATHON			
9 MILE			
10 MILE			
1/2 MARATHON			
CONISTON 14			
15 MILE			
20 MILE			
MARATHON			