

**R-R HARRIERS BEST TIMES
FROM 1984**

MARATHON - MEN

NAME	TIME	SEASON
SIMON D'AMICO	2:22:55	1989-1990
HARRY LEEMING	2:28:25	1984-1985
ANDY MCBRIDE	2:30:36	1993-1994
NICK SERCOMBE	2:41:45	1989-1990
IAN PAGE	2:42:49	1990-1991
ROBIN CARTER	2:43:08	2015-2016
JON LEEK	2:46:39	2002-2003
CHRIS MORRISON	2:47:37	2003-2004
BILL SOUTHGATE	2:48:53	1990-1991
DON COLLINS	2:48:57	1985-1986
MIKE LAWSON	2:49:09	1984-1985
JON KINDER	2:50:52	2003-2004
WILLIE HENDERSON	2:51:16	1998-1999
MIKE WOOD	2:52:01	1995-1996
MARK FOWELL	2:52:27	2010-2011
PAUL REES	2:53:47	1985-1986
BEN HALL	2:55:01	2015-2016
PAUL WHITAKER	2:55:11	1988-1989
KEN NORTARD	2:55:24	1989-1990
GABRIEL SAIZ	2:56:25	2007-2008
ANDY TAYLOR	2:57:09	1990-1991
PHIL HORTON	2:57:38	1985-1986
PHILL MAY	2:57:47	1985-1986
PHIL PITTSO	2:58:29	1994-1995
KEVIN GORDON	2:58:35	1993-1994
CLIVE BARRACLOUGH	3:00:00	1989-1990
STEVE CURZONS	3:00:30	1987-1988
ALFIE TITTERTON	3:00:56	1985-1986
ANDY GELL	3:01:23	1985-1986
JIM CARROLL	3:01:42	1984-1985

HALF MARATHON - MEN

NAME	TIME	SEASON
SIMON D'AMICO	1:07:10	1990-1991
ANDY SHEPHERD	1:07:15	1986-1987
JIM WARD	1:09:37	1990-1991
JOE BOAL	1:09:51	1989-1990
ANDY MCBRIDE	1:10:38	1992-1993
HARRY LEEMING	1:11:19	1984-1985
PHILL MAY	1:11:26	1984-1985
CHRIS CORISH	1:12:11	1987-1988
DAVE NEVELL	1:12:49	1986-1987
IAN PAGE	1:13:15	1986-1987
KIRK STEVENSON	1:13:48	1988-1989
NICK SERCOMBE	1:13:50	1984-1985
MIKE LAWSON	1:14:00	1985-1986
GRAHAM WOODINGS	1:14:15	1989-1990
JON LEEK	1:14:22	1987-1988
CHRIS MORRISON	1:14:25	1989-1990
STEVE JOHNSON	1:14:42	1995-1996
GARY TYDINGS	1:15:02	1988-1989
PAUL BROWN	1:15:22	1985-1986
MARK BURKE	1:15:22	1995-1996
LEE MANSFIELD	1:15:29	1989-1990
STEVE LEACH	1:15:35	1989-1990
MARK BURKE	1:16:45	1994-1995
TOM GUNNINGHAM	1:16:54	1984-1985
JOHN READ	1:16:59	1990-1991
MIKE WOOD	1:17:10	1991-1992
STEVE LEEMING	1:17:14	1990-1991
BILL SOUTHGATE	1:17:24	1987-1988
PAUL REES	1:17:31	1985-1986
PHIL HORTON	1:17:48	1984-1985

**R-R HARRIERS BEST TIMES
FROM 1984**

TEN MILE - MEN

NAME	TIME	SEASON
SIMON D'AMICO	50:01	1989-1990
ANDY SHEPHERD	52:15	1986-1987
JOE BOAL	52:37	1992-1993
JIM WARD	53:00	1995-1996
GREG ELSMORE	53:03	1987-1988
IAN PAGE	54:00	1986-1987
PHILL MAY	54:12	1984-1985
HARRY LEEMING	54:13	1984-1985
ANDY MCBRIDE	54:35	1993-1994
JOHN MAY	54:53	1985-1986
KIRK STEVENSON	55:00	1987-1988
JON LEEK	55:05	1988-1989
GRAHAM WOODINGS	55:59	1987-1988
TOM GUNNINGHAM	56:00	1985-1986
STEVE JOHNSON	56:18	1993-1994
NICK SERCOMBE	56:21	1985-1986
LEE MANSFIELD	56:35	1990-1991
STEVE LEACH	56:43	1985-1986
MIKE LAWSON	56:49	1985-1986
MIKE WOOD	56:56	1990-1991
GARY TYDINGS	57:16	1988-1989
MARK BURKE	57:19	1994-1995
JOHN READ	57:40	1988-1989
ROBIN CARTER	57:45	2013-2014
BILL SOUTHGATE	57:51	1987-1988
ANDY WHEAT	58:02	1990-1991
STEVE PAINE	58:08	2004-2005
WILLIE HENDERSON	58:13	1997-1998
PHIL HORTON	58:42	1984-1985
STEVE LEEMING	58:42	1992-1993

10K - MEN

NAME	TIME	SEASON
ANDY SHEPHERD	30:13	1987-1988
MIKE JUBB	30:23	1995-1996
JIM WARD	31:37	1992-1993
ANDY MCBRIDE	31:59	1994-1995
JOE BOAL	32:02	1989-1990
SIMON D'AMICO	32:17	1989-1990
DAVE NEVELL	32:25	1985-1986
GREG ELSMORE	32:35	1986-1987
PHILL MAY	33:11	1985-1986
IAN PAGE	33:18	1986-1987
JOHN MAY	33:32	1985-1986
HARRY LEEMING	33:52	1985-1986
LEE MANSFIELD	33:54	1989-1990
NICK SERCOMBE	33:55	1986-1987
STEVE JOHNSON	34:03	1994-1995
MARK BURKE	34:07	1994-1995
KIRK STEVENSON	34:11	1988-1989
JON LEEK	34:12	1985-1986
CHRIS MORRISON	34:16	1989-1990
MIKE LAWSON	34:28	1985-1986
GRAHAM WOODINGS	34:29	1989-1990
MIKE WOOD	34:37	1991-1992
STEVE LEACH	34:39	1986-1987
PAUL BROWN	34:47	1985-1986
GABRIEL SAIZ	35:11	2007-2008
DAVE ROETHENBAUGH	35:17	1995-1996
BILL SOUTHGATE	35:26	1985-1986
IAN SHAW	35:27	1985-1986
STEVE LEEMING	35:30	1990-1991
STEVE PAINE	35:33	2004-2005

**R-R HARRIERS BEST TIMES
FROM 1984**

5000 METRES - MEN

NAME	TIME	SEASON
JIM WARD	14:46.2	1994-1995
ANDY SHEPHERD	14:48	1986-1987
MIKE JUBB	14:55.3	1996-1997
SIMON D'AMICO	15:11.7	1989-1990
RICHARD ARCHER	15:38	2005-2006
ANDY MCBRIDE	15:39	1992-1993
JOE BOAL	15:42.6	1989-1990
PHILL MAY	15:50	1984-1985
JOHN MAY	16:00	1985-1986
JON LEEK	16:11	1988-1989
IAN PAGE	16:11	1988-1989
LEE MANSFIELD	16:24	1989-1990
STEVE LEACH	16:25	1986-1987
NICK SERCOMBE	16:27	1985-1986
SIMON RICHARDSON	16:31	1988-1989
PAUL WHITAKER	16:31	1990-1991
GARY TYDINGS	16:33	1988-1989
MIKE WOOD	16:35	1991-1992
BILL SOUTHGATE	16:37	1987-1988
KIRK STEVENSON	16:37	1987-1988
MIKE LAWSON	16:39	1985-1986
KEVIN GORDON	16:41	1992-1993
ALAN NEWBY	16:59	1993-1994
IAN SHAW	17:02	1986-1987
MARK BURKE	17:04	1993-1994
GRAHAM WOODINGS	17:06	1989-1990
ALASTAIR HOBBDAY	17:06	2002-2003
TONY BURNS	17:13	2003-2004
RUSSELL PARKIN	17:13	2012-2013
RAY THOMPSON	17:21	1987-1988

3000 METRES - MEN

NAME	TIME	SEASON
MIKE JUBB	8:33.3	1992-1993
ANDY SHEPHERD	8:34	1986-1987
JIM WARD	8:43	1985-1986
JOE BOAL	8:58	1989-1990
PHILL MAY	9:05	1984-1985
JON LEEK	9:12.9	1988-1989
DAVE NEVELL	9:13	1984-1985
IAN PAGE	9:14	1988-1989
STEVE LEACH	9:15	1987-1988
ANDY MCBRIDE	9:18	1992-1993
DWANE BUTTERLEY	9:23	1984-1985
NICK SERCOMBE	9:30	1985-1986
GARY TYDINGS	9:30	1988-1989
SIMON RICHARDSON	9:32	1988-1989
LEE MANSFIELD	9:35	1988-1989
MIKE LAWSON	9:36	1985-1986
BILL SOUTHGATE	9:36	1987-1988
PAUL WHITAKER	9:36	1990-1991
CHRIS CORISH	9:37.4	1988-1989
ALAN NEWBY	9:44	1993-1994
IAN SHAW	9:48	1986-1987
TED MURDEN	9:50	1992-1993
ALASTAIR HOBBDAY	9:51	2002-2003
MICK ROBINSON	9:53	1990-1991
MARK BURKE	9:53	1993-1994
RUSSELL PARKIN	9:56	2013-2014
RAY THOMPSON	9:57	1986-1987
DAVE CARSON	9:58	1992-1993
ROBIN CARTER	9:59	2014-2015
KEVIN GORDON	10:03	1991-1992
DAVE ROETHENBAUGH	10:03	1994-1995
TONY BURNS	10:03	2003-2004

**R-R HARRIERS BEST TIMES
FROM 1984**

1500 METRES - MEN

NAME	TIME	SEASON
ANDY SHEPHERD	3:48.8	1986-1987
MIKE JUBB	3:56.5	1995-1996
JIM WARD	3:57	1992-1993
JOE BOAL	4:13	1989-1990
STEVE LEACH	4:16	1987-1988
CHRIS CORISH	4:17.2	1988-1989
JON LEEK	4:19	1987-1988
IAN PAGE	4:20	1987-1988
ANDY MCBRIDE	4:20.8	1992-1993
BILL SOUTHGATE	4:22	1987-1988
NICK SERCOMBE	4:23	1985-1986
SIMON RICHARDSON	4:25.8	1990-1991
IAN SHAW	4:27	1986-1987
MIKE LAWSON	4:28	1985-1986
PAUL WHITAKER	4:28	1990-1991
PHILL MAY	4:29	1984-1985
RAY THOMPSON	4:29	1988-1989
MIKE WOOD	4:31	1990-1991
RUSSELL PARKIN	4:33	2011-2012
ALAN NEWBY	4:34	1993-1994
LEE MANSFIELD	4:35	1988-1989
PAUL REES	4:36	1984-1985
MARK BURKE	4:36	1994-1995
LUKE FREEMAN	4:36	2009-2010
MALCOLM MARCHANT	4:37	1985-1986
DAVE CARSON	4:38	1992-1993
STEVE PEARCE	4:39	1986-1987
MICK ROBINSON	4:39	1990-1991
DAVE ROETHENBAUGH	4:40	1994-1995
ROBIN CARTER	4:40	2013-2014

NOTES
THE TABLES SHOW THE BEST TIME RECORDED FOR EACH RUNNER SINCE THE CHAMPIONSHIP BEGAN IN SEASON 1984-1985.
IF A RUNNER EQUALLED HIS BEST TIME, THE SEASON SHOWN IS THE FIRST ONE.