

<b>Year</b>	<b>Time</b>	<b>First Name</b>	<b>Surname</b>	<b>Club</b>
2002	22.06	Shaun	Marsden	Hallamshire
2003	21.44	Nigel	Brooks	Rotherham Harriers
2004	22.32	Nigel	Brooks	Rotherham Harriers
2005	21.42	Shaun	Marsden	Hallamshire Harriers
2006	21.18	Shaun	Marsden	Hallamshire Harriers
2007	20.12	John	Heneghan	Sheffield Running Club
2008	21.20	Nick	Swift	Sheffield Running Club
2009	21.16	Nick	Swift	Sheffield Running Club
2010	21.45	Darren	Newbould	Hallamshire Harriers
2011	20.58	Robert	Little	Dark Peak
2012	22.03	Andy	Swift	Penistone FR & AC
2013	22.25	Andy	Swift	Penistone FR & AC
2014	21.00	Andy	Swift	Penistone FR & AC
2015	22.11	Joseph	Sweetnam-Powell	Sheffield Running Club
2016	23.00	Joseph	Sweetnam-Powell	Sheffield Running Club
2017	21.40	Joseph	Sweetnam-Powell	Sheffield Running Club
2018	21.56	Joseph	Sweetnam-Powell	Rotherham Harriers
2019	21.50	Gareth	Cooke	Penistone FR & AC
2022	21.38	Gareth	Cooke	Barnsley AC
2023	21.57	Gareth	Cooke	Barnsley AC
2024	20.55	Joseph	Harding	Hillsborough & Rivelin RC