

SBH Mens Best Performances 2020 - Indoors 2nd Claim & HCA Senior Men**60m**

Charlie Dobson U23	6.64
Ogochukwu Anochirionye	7.12
Gary Smith V35	7.77

400m

Charlie Dobson U23	45.84
Robert Shipley	48.64
Jason Nicholson	48.67

600m

Robert Shipley	1:18.99
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60m Hurdles

Jason Nicholson	8.14
Gary Smith V35	8.73

High Jump

Jason Nicholson	1.70
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Long Jump

Paul Ogun	7.20
Ogochukwu Anochirionye	6.82

Shot 7.26kg

Scott Lincoln	19.85
Gary Smith V35	9.00

SBH Mens Best Performances 2020 - Outdoors 2nd Claim & HCA Senior Men**100m**

Charlie Dobson U23	10.12w
Ogochukwu Anochirionye	10.96

200m

Ogochukwu Anochirionye	22.43
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400m

Jason Nicholson	48.67
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3000m

Alexander Lepretre	8:18.9
Liam Garrett	8:38.8

110m Hurdles

Gary Smith V35	15.72
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Long Jump

Ogochukwu Anochirionye	7.20
Paul Ogun	6.98w/6.83

Shot 7.26kg

Scott Lincoln	20.65
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