

## SBH Mens Best Performances 2020 - Road And Parkrun Under U17, U20 and Senior

### Senior Men

#### 5k

Jake Shelley	13.46
Thomas Butler U23	14.42
Kojo Kyereme V45	15.00
Mitchell Cox U23	15.05

#### 10k

Jake Shelley	29.40
Dylan Evans	30.25
Kojo Kyereme V40	31.42
Thomas Kearns	33.14
John Kourpas	34.30
Ash Brooks	36.32
Robert Rigby V55	37.31

#### Half Marathon

Kieran Clements	69.53
Ash Brooks	78.58
Tony Jackson V50	79.20
Sam Griffiths U23	80.17
Ashok Mathur	81.53

#### Parkrun

Kieran Clements	14.38
Matt Grant	17.35
Oliver Greenstein U23	17.42
Ash Brooks	17.53
Lenard Michel V50	23.11

### Under 20 Men

#### 5k

Henry McLuckie	14.13
Kristian Imroth	14.30
Nathan Goddard	16.34

#### Half Marathon

Daniel Greenstein	81.31
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#### Parkrun

Kristian Imroth	16.14
Daniel Greenstein	17.12

### Under 17 Men

#### Parkrun

Luca Stubbs	17.03
Finn Macarthy	17.24
Theo Machin-Paley	17.45
Bini Bloom	17.47
Dylan Michel	17.55