

**SHAFTESBURY BARNET HARRIERS SENIOR MEN'S TOP 10 ALL TIME UP TO 31-12-2022**  
**2022 PERFORMANCES SHOWN IN RED**

<b>Event</b>	<b>Athlete</b>	<b>Performance</b>	<b>Windy Time If Faster</b>	<b>Year</b>
<b>100m</b>	Zharnel Hughes	9.91		2018
	Ojie Edoburun	10.04	9.93w	2018
	Jason Livingston	10.09		1992
	Ryan Moseley	10.18		2010
	Dom Ashwell	10.20		2019
	Terry Williams	10.23	10.17w	1994
	Antonio Infantino	10.26	10.96w	2019
	Nick Smith	10.28	10.23w	2004
	Jamal Rhoden-Stevens	10.29	10.17w	2021
	John Otugade	10.30		2017
<b>200m</b>	Zharnel Hughes	19.93	Straight 200m	2021
	Antonio Infantino	20.48	20.38w	2021
	Terry Williams	20.50		1994
	Donovan Reid	20.62		1984
	<b>Michael Ohioze</b>	<b>20.71</b>		<b>2022</b>
	<b>Krishawn Aiken</b>	<b>20.74</b>		<b>2022</b>
	Confidence Lawson	20.78	20.77w	2018
	Jamal Alert-Khan U17	20.79		2003
	Jamal Rhoden-Stevens	20.80		2021
	Ryan Moseley	20.83	20.57w	2009
<b>400m</b>	David McKenzie	45.47		1994
	Jamal Rhoden-Stevens	45.86		2021
	Roy Dickens	46.19		1984
	Richard Morrissey	46.20		2014
	Michael Ohioze	46.30		2021
	Kris Robertson	46.37		2009
	Calvin Henry	46.5		1991
	Zharnel Hughes	46.58		2016
	Seb Rodger	46.68 (46.48i)		2016
	Adam Charlton	46.71		2006
<b>800m</b>	<b>Kyle Langford</b>	<b>1.44.49</b>		<b>2022</b>
	Paul Herbert	1.45.64		1988
	Anthony Whiteman	1.45.81		2000
	Richard Charles	1.47.28		2016
	Nick Smith	1.47.71		1992
	Justin Swift-Smith	1.48.24		1999
	<b>Sam Wiggins</b>	<b>1.44.49</b>		<b>2022</b>
	James Espir	1.48.8		1980
	Chris Bolt	1.48.85		2002
	Roy Dickens	1.49.0		1985

<b>1500m</b>	Anthony Whiteman	3.32.43	2002
	James Espir	3.38.2 A	1980
	Liam Dee	3.40.30	2017
	<b>Henry McLuckie U20</b>	<b>3.40.41</b>	<b>2022</b>
	Kyle Langford	3.41.08	2021
	Chris Bolt	3.41.18	2006
	Gareth Price	3.41.92	2006
	Julian Goater	3.42.0	1982
	Jeremy Dempsey	3.42.49	2021
	Justin Swift-Smith	3.42.59	2000
<b>3000m</b>	Dave Bedford	7.46.4	1972
	Julian Goater	7.48.66	1980
	James Espir	7.51.92	1980
	Anthony Whiteman	7.52.62 (7.51.43i)	2002
	Kieran Clements	7.54.72	2018
	Liam Dee	7.57.20	2017
	John Sherban	7.58.47	1991
	Bradley Goater	7.58.94	2018
	Mark Pearce	8.00.05 (7:52.36i)	2020
	Steve Harris	8.00.38	1982
<b>5000m</b>	Julian Goater	13.15.59	1981
	Dave Bedford	13.17.21	1972
	<b>Charles Hicks</b>	<b>13.24.58</b>	<b>2022</b>
	Steve Harris	13.30.79	1983
	John Sherban	13.39.43	1991
	Peter Baker	13.42.73	1979
	<b>Henry McLuckie U20</b>	<b>13.43.10</b>	<b>2022</b>
	Jake Shelley	13.46.17	2015
	Jamie Dee	13.46.78	2021
	Liam Dee	13.46.95	2021
<b>10000m</b>	Dave Bedford	27.30.80	1972
	Julian Goater	27.34.58	1982
	<b>Charles Hicks</b>	<b>27.40.16</b>	<b>2022</b>
	John Sherban	28.35.61	1991
	Kieran Clements	28.37.12	2018
	Dominic Bannister	28.45.87	1997
	Hugh Starkey	29.02.6	1975
	Ian Cornford	29.08.66	1996
	Brian Morgan	29.14.4	1983
	Jake Shelley	29.26.52	2015
<b>3000m Steeplechase</b>	<b>Mark Pearce</b>	<b>8.24.83</b>	<b>2021</b>
	Dave Bedford	8.28.6	1971
	Charlie Low	8.37.63	2000
	Glen Watts	8.43.08	2011
	Stephen Murphy U20	8.47.8	2002
	John Sherban	8.48.92	1992
	Phil Llewellyn	8.50.47	1983
	Hugh Richards	8.50.8	1972
	Richard Samuel	8.50.8	1976
	Dominic Bannister	8.52.01	1990

<b>Marathon</b>	Mike O'Reilly	02:10:39		1993
	Kingston Mills	02:13:55		1986
	Graham Laing	02:13:59		1980
	Dominic Bannister	02:14:39		2000
	Pamenos Ballantyne	02:15:30		2003
	Julian Goater	02:17:33		1985
	Tom Bedford	02:19:30		2010
	Franck Pichon	02:19:46		1997
	Nick Francis	02:20:00		2001
	Danny Felsenstein	02:21:18		1982
<b>110m Hurdles</b>	Allan Scott	13.53	13.41w	2008
	Julian Adeniran	13.74	13.72w	2011
	Lloyd Cowan	13.75		1994
	<b>Edson Gomes</b>	<b>13.83</b>	<b>13.82w</b>	<b>2022</b>
	Paul Brice U20	14.08		1983
	Mark Stern	14.13	14.11w	1996
	Willem Coertzen	14.15	14.11w	2012
	Ruben Hedman U20	14.21		2021
	Ben Warmington U20	14.25	14.24w	1998
	Angus McKenzie	14.28	14.23w	1980
<b>400m Hurdles</b>	Seb Rodger	49.19		2013
	Lloyd Gumbs	49.62		2009
	Martin Gillingham	49.82		1987
	Gary Cadogen	50.04		1997
	<b>Joshua Faulds</b>	<b>50.05</b>		<b>2022</b>
	Richard McDonald	50.7		2001
	Lloyd Cowan	50.79		1995
	Paul Atherton	50.82		1983
	Greg Dunson	50.88		1992
	Remi Edu	51.1		1999
<b>High Jump</b>	Allan Smith	2.29i (2.27 outdoors)		2015
	David Smith	2.26		2018
	Rob Mitchell	2.25		2001
	Colin Bent	2.20		1996
	Darryl Stone	2.20		2005
	Fayyaz Ahmed	2.19		1994
	<b>Lewis McGuire</b>	<b>2.17</b>		<b>2021</b>
	Tyron Peacock	2.17		1999
	Dalton Grant U20	2.15		1985
	Ian Holiday	2.15		1996
<b>Pole Vault</b>	Neil Winter	5.60		1995
	Gregor McLean	5.45		2014
	Ethan Walsh	5.36i (5.30 outdoors)		2020
	Joe Ive	5.30i (5.20 outdoors)		2012
	Christian Linskey U20	5.21i (5.20 outdoors)		1999
	Neil Young	5.20		1997
	Billy Davey U20	5.20		1983
	Douglas Curwen-Reed	5.10i (4.75 outdoors)		2010
	<b>Glen Quayle U20</b>	<b>5.03</b>		<b>2022</b>
	Paul Wray	5.00		1991

<b>Long Jump</b>	Dan Bramble	8.21		2015
	Fred Salle	7.97		1986
	Len Tyson	7.77		1982
	John Carr	7.77		2012
	Jude Beimers	7.74		2010
	Jason Canning U20	7.73		1988
	Reinier Busutil	7.72		2011
	Onochie Onuorah	7.67	7.81w	1996
	Tony Henry	7.66	7.67w	1977
	Gus Udo	7.64		1980
<b>Triple Jump</b>	Larry Achike	17.30	17.31w	2000
	Francis Agyepong	17.18	17.29wA	1995
	Nathan Fox	16.81		2017
	Nonso Okolo	16.45		2017
	Ade Mason	16.38		2019
	Daniel Lewis	16.31i (16.26)		2014
	Frank Attoh	15.98	16.00w	1980
	John Carr	15.88		2012
	Ezra Clarke	15.75		1997
	Gus Udo	15.62		1981
<b>Discus</b>	Gregory Thompson	65.56		2019
	<b>Nicholas Percy</b>	<b>65.00</b>		<b>2022</b>
	<b>Zane Duquemin</b>	<b>63.76</b>		<b>2022</b>
	Chris Scott	63.00		2011
	George Evans	59.84		2019
	Angus McInroy	58.77		2010
	Garrett Johnson	57.26		2007
	Neville Thompson	55.68		1993
	Adam Major	51.61		2001
	Neil Boyton	51.04		1985
<b>Shot</b>	Garrett Johnson	20.94		2008
	Zane Duquemin	19.42		2013
	Mihail Stamatoyannis	19.26		2014
	George Evans	17.79i		2021
	Sam Westlake-Cann	17.71		2007
	Neil Gray	17.62		1989
	David Callaway	16.71		1998
	Nicholas Percy	16.56i (15.85)		2017
	Lee Wiltshire	16.55		1991
	David Condon	16.41		1994
<b>Javelin</b>	Nick Nieland	85.09		2000
	David Parker	78.33		2001
	<b>Daniel Bainbridge</b>	<b>74.73</b>		<b>2022</b>
	Steven Turnock	72.41		2017
	Paul Morgan	70.12		1987
	Tony Smith	69.94		1991
	Willem Coertzen	69.40		2014
	Aidan Reynolds U20	68.77		2013
	Sam Taylor-Outridge	68.68		2014
	Tim Eldridge	65.93		1999

**Hammer**

Chris Bennett	76.45	2016
Mike Jones	72.48	1996
Dempsey McGuigan	72.32	2021
Nicholas Percy	67.85	2016
Fellan McGuigan	64.47	2016
Graeme Allan	64.29	2006
Oliver Graham U23	62.93	2021
Graham Holder	62.01	2005
Simon Spratley	60.96	1992
Chris Walsh	60.53	1999









stays at 3rd was 73.73m in 2021