

SBH Senior Men Track And Road Best Performances For 2023 Up To The 31-12-2023

Event	Athlete	Performance
60m	1 Zharnel Hughes	6.45i
	2 Ojie Edoburun	6.63i
	3 Krishawn Aiken	6.76i
	4 Confidence Lawson	6.77i
	4 Dom Ashwell	6.77i
	6 Jimmy Thoronka	6.8i
	7 Jordan Watson-Brown	6.82i
	8 Zanson Plummer	6.85i
	9 John Otugade	6.87i
	10 Gerald Matthew	6.97i
	11 Phoenix Lyon	7.13i
	12 Ben McGuire	7.18i
	13 Sean Sutherland V50	7.86i
	14 Eugene Riza	7.93i
100m	1 Zharnel Hughes	9.83
	2 John Otugade	10.20/10.10w
	3 Ojie Edoburun	10.32/10.27w
	4 Michael Ohioze	10.39
	5 Jordan Watson-Brown	10.43/10.42w
	6 Krishawn Aiken	10.44/10.14w
	7 Zanson Plummer	10.50/10.29w
	8 Confidence Lawson	10.58
	9 Jamal Rhoden-Stevens	10.60/10.55w
	10 Jimmy Thoronka	10.61/10.53w
	11 Phoenix Lyon	10.65/10.54w
	12 Ben McGuire	10.96/10.88w
	13 Gerald Matthew	10.99/10.85w
	14 Edson Gomes	11.03/10.72w
	15 Edwin Yamoah V35	11.45
	16 Sean Sutherland V50	12.46/12.28w
	17 Michael Adebakin	22.92
200m	1 Zharnel Hughes	19.73
	2 Michael Ohioze	20.78/20.51w
	3 Jordan Watson-Brown	20.95
	4 Krishawn Aiken	21.05/20.90w
	5 Phoenix Lyon	21.16
	6 Zanson Plummer	21.27
	7 Jimmy Thoronka	21.85
	8 Edson Gomes	22.05
	9 Gerald Matthew	22.10
	10 Columba Blango T20/F20	22.34
	11 Morgan Webster	22.42i
	12 Ben McGuire	22.44
	13 Edwin Yamoah V35	23.46
	14 Sean Sutherland V50	25.67
	15 Johnson Ogunniyi V50	25.81i

400m	1	Michael Ohioze	46.10
	2	Jamal Rhoden-Stevens	46.99
	3	Joshua Faulds	47.99i
	4	Columba Blango T20/F20	48.19
	5	Sam Hazell	48.77
	6	Krishawn Aiken	48.85i
	7	Sean Sutherland V50	57.43
	8	Edwin Yamoah V35	60.34
800m	1	Kyle Langford	1.46.93i
	2	Jeremy Dempsey	1.47.94
	3	Sam Wiggins	1.49.64i
	4	Rory Muir	1.57.51
	5	Jamie Dee	1.57.96i
	6	Kojo Kyereme V45	2.03.66
	7	Dylan Evans	2.04.28
	8	Colin Godfrey V50	2.18.1
	9	Tim Butler V55	2.37.04
1500m	1	Jeremy Dempsey	3.41.85
	2	Tom Butler	3.53.72
	3	Jamie Dee	3.53.87
	4	Dylan Evans	3.54.43
	5	Phillip Crout	3.56.45
	6	Rory Muir	4.00.34i
	7	Kojo Kyereme V45	4.03.30
	8	Ehsan Rahimi	4.28.16
	9	Colin Godfrey V50	4.54.62
	10	Tim Butler V55	5.13.11
3000m	1	Jamie Dee	7.53.69i
	2	Mark Pearce	7.59.88
	3	Dylan Evans	8.13.37
	4	Mitchel Cox	8.15.54i
	5	Tom Butler	8.18.44
	6	Jeremy Dempsey	8.19.82i
	7	Rory Muir	8.34.65i
	8	Phillip Crout	8.41.65
	9	Tim Butler V55	11.10.9
5000m	1	Jamie Dee	13.47.99
	2	Liam Dee	13.51.01
	3	Tom Butler	14.17.04
	4	Kieran Clements	14.20.81
	5	Dylan Evans	14.24.34
	6	Jake Shelley	14.28.39
	7	Phillip Crout	14.53.3
	8	Kojo Kyereme V45	14.55.29
	9	Gary Pelosi V35	15.55.13

10000m	1	Jamie Dee	28.51.68
	2	Dylan Evans	29.33.43
	3	Tom Butler	30.25.79
	4	Kojo Kyereme V45	30.57.39
	5	Phillip Crout	31.23.46
	6	Gary Pelosi V35	32.45.3
3000m Steeplechase	1	Mark Pearce	8.35.21
	2	Glen Watts V35	10.16.21
	3	Steven Garrett	10.58.70
110m Hurdles	1	Edson Gomes	13.80/13.73w
	2	Steven Garrett	16.23
400m Hurdles	1	Steven Garrett	54.75
10K Road	1	Dylan Evans	29.29
	2	Tom Butler	29.33
	3	Kieran Clements	29.40
	4	Jeremy Dempsey	29.42
	5	Jamie Dee	30.33
	6	Kojo Kyereme V45	31.11
	7	Jude Bell	31.55
	8	Liam Dee	32.44
	9	Mark Pearce	33.08
	10	Rory Muir	33.19
	11	William Ryle-Hodges	34.12
	12	Glen Watts V35	34.27
	13	Robert Lightowler	38.12
	14	Ben Rochford	38.36
	15	Robert Rigby V60	38.40
	16	Paul Lewis V50	39.17
	17	Mark Goddard V55	41.47
	18	Paul MacCarthy V55	42.39
	19	David Greenstein V55	43.28
	20	Tony Jackson V55	45.25
	21	Barry Haws V50	45.40
	22	Stuart Singer V60	46.17
	23	Bradley Singer	46.56
	24	Chris Purdue	53.14
	25	Jonny Shaw V50	54.50
	26	Colin Bugg	56.56

Half Marathon

1	Kieran Clements	65.21
2	Tom Butler	68.30
3	Gary Pelosi V35	70.22
4	Jude Bell	71.59
5	Glen Watts V35	74.36
6	Josh Clifford	76.44
7	Daniel Watts V35	77.45
8	Daniel Nicols V40	78.26
9	John Whitworth V40	81.00
10	Mark Cottle V35	81.09
11	Robert Pope V45	83.00
12	Christopher Heron V40	83.33
13	Paul MacCarthy V55	1.41.11
14	Michael Keren V35	1.43.50
15	Matthew Nyong	1.49.04
16	Barry Chisholm V60	2.07.19
17	Cliff Golding V65	2.10.04
18	Mike Harper V55	2.13.50
19	John Carr V35	2.16.47

Marathon

1	Jude Bell	2.43.47
2	Daniel Nicols V40	2.50.55
3	Keyur Gudka	2.57.53
4	Mark Cottle V35	2.58.22
5	Leslie Odamitten-Addy V35	3.09.11
6	David Greenstein V55	3.16.15
7	Karl Bulman V50	3.29.36
8	Luke Flatley	3.30.20
9	Nathan Rosen	3.53.00
10	Michael Keren V35	4.23.06
11	Bradley Singer	4.41.59