

SBH Under 20 Men Track And Road Best Performances For 2023 Up To The 31-12-2023

Event	Athlete	Performance
60m	1 Malach Amadi	7.05i
	2 Onoaope Sogbesan	7.23i
	3 Ruben Hedman	7.32i
	3 Cai Crawford	7.32i
	5 Ruben Cardeso	7.34i
	6 Sebastian Bejarano	7.35i
	7 Brian Ogbebor	7.44i
	8 Isaac Moore	7.49i
	9 Aidan Gaffey	7.68i
	10 Aaron Otah	7.69i
100m	1 Emmanuel Duruiheoma	10.78
	2 Joseph Purbrick	10.79
	3 Malach Amadi	10.80/10.58w
	4 Onoaope Sogbesan	11.26
	5 Cai Crawford	11.38
	6 Brian Ogbebor	11.54/11.41w
	7 Jayden Klein	11.77
	8 Victor Odiaka	11.85
	9 Aaron Otah	12.02
	10 Raphael Aaron	12.64
200m	1 Cai Crawford	21.80
	2 Malach Amadi	21.84
	3 Jayden Klein	23.66
	4 Ruben Hedman	23.67i
	5 Brian Ogbebor	24.51
	6 Aaron Otah	25.02
	7 Raphael Aaron	25.88
400m	1 Isaac Moore	52.9
	2 Daniel Banyard	53.60
	3 Joshua Williams-Ollivierre	54.33
	4 Raphael Aaron	57.33
800m	1 Abdirahim Hamud	1.55.65
	2 Daniel Banyard	1.56.03
	3 Benjamin Gostick	1.56.25
	4 Joshua Fisher	1.57.17
	5 Leo Roncarati	1.57.85
	6 Alex Wood	1.59.07
	7 Max Winfield	1.59.09
	8 Aron Yona	2.00.67
	9 Joshua Williams-Ollivierre	2.02.23
	10 Spike Blake	2.02.24
	11 Dovi Levin	2.06.00
	12 Raphael Aaron	2.10.54
	13 Ben Brownleader	2.15.37

1500m	1	Henry Dover	3.53.89
	2	Abdirahim Hamud	3.54.94
	3	Joshua Fisher	3.59.52
	4	Benjamin Gostick	4.05.97
	5	Samuel Greenstein	4.06.42
	6	Max Winfield	4.11.80
	7	Alex Wood	4.15.25
	8	Daniel Banyard	4.15.34
	9	Leo Roncarati	4.20.36
	10	Joshua Williams-Ollivierre	4.25.83
	11	Spike Blake	4.27.54
	12	Ben Brownleader	4.58.32

3000m	1	Henry Dover	8.19.53
	2	Abdirahim Hamud	8.27.50
	3	Samuel Greenstein	8.44.36
	4	Joshua Fisher	8.50.48
	5	Benjamin Gostick	9.01.94
	6	Jonah Marks	9.21.30
	7	Alex Wood	9.34.57

5000m	1	Dovi Levin	17.40.6
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10K Road	1	Joshua Fisher	32.19
	2	Samuel Greenstein	34.32

Marathon	1	Joe Heather	3.44.28
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