

**SHAFTESBURY BARNET HARRIERS SENIOR MEN'S TOP 10 ALL TIME UP TO SEPTEMBER 2024**  
**2024 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>	1 Zharnel Hughes	9.83		2023
	2 Ojie Edoburun	10.04	9.93w	2018
	3 Jason Livingston	10.09		1992
	4 Ryan Moseley	10.18		2010
	4 <b>John Otugade</b>	<b>10.18</b>	<b>10.10w</b>	<b>2024</b>
	6 Dom Ashwell	10.20		2019
	7 <b>Krishawn Aiken</b>	<b>10.23</b>	<b>10.10w</b>	<b>2024</b>
	7 Terry Williams	10.23	10.17w	1994
	9 Antonio Infantino	10.26	10.96w	2019
	10 Nick Smith	10.28	10.23w	2004
<b>200m</b>	1 Zharnel Hughes	19.73		2023
	2 <b>Michael Ohioze</b>	<b>20.42</b>		<b>2024</b>
	3 Antonio Infantino	20.48	20.38w	2021
	4 Terry Williams	20.50		1994
	5 Donovan Reid	20.62		1984
	6 Krishawn Aiken	20.74		2022
	7 Confidence Lawson	20.78	20.77w	2018
	8 Jamal Alert-Khan U17	20.79		2003
	9 Jamal Rhoden-Stevens	20.80		2021
	10 Ryan Moseley	20.83	20.57w	2009
<b>400m</b>	1 David McKenzie	45.47		1994
	2 Jamal Rhoden-Stevens	45.86		2021
	3 <b>Michael Ohioze</b>	<b>45.98</b>		<b>2024</b>
	4 Roy Dickens	46.19		1984
	5 Richard Morrissey	46.20		2014
	6 Kris Robertson	46.37		2009
	7 Calvin Henry	46.5		1991
	8 Zharnel Hughes	46.58		2016
	9 Seb Rodger	46.68 (46.48i)		2016
	10 Adam Charlton	46.71		2006
<b>800m</b>	1 Kyle Langford	1.44.49		2022
	2 Paul Herbert	1.45.64		1988
	3 Anthony Whiteman	1.45.81		2000
	4 Richard Charles	1.47.28		2016
	5 Nick Smith	1.47.71		1992
	6 Jeremy Dempsey	1.47.94		2023
	7 Justin Swift-Smith	1.48.24		1999
	8 Sam Wiggins	1.48.49		2022
	9 James Espir	1.48.8		1980
	10 Chris Bolt	1.48.85		2002

<b>1500m</b>	1	Anthony Whiteman	3.32.43	2002
	2	Henry McLuckie U23	3.37.57	2023
	3	James Espir	3.38.2 A	1980
	4	Liam Dee	3.40.30	2017
	5	Kyle Langford	3.41.08	2021
	6	Chris Bolt	3.41.18	2006
	7	Jeremy Dempsey	3.41.85	2023
	8	Gareth Price	3.41.92	2006
	9	Julian Goater	3.42.0	1982
	10	Justin Swift-Smith	3.42.59	2000
<b>3000m</b>	1	Dave Bedford	7.46.4	1972
	2	Charles Hicks U23	7.47.45	2023
	3	Julian Goater	7.48.66	1980
	4	James Espir	7.51.92	1980
	5	Anthony Whiteman	7.52.62 (7.51.43i)	2002
	6	Kieran Clements	7.54.72	2018
	7	Liam Dee	7.57.20	2017
	8	John Sherban	7.58.47	1991
	9	Bradley Goater	7.58.94	2018
	10	Mark Pearce	8.00.05 (7:52.36i)	2020
<b>5000m</b>	1	Julian Goater	13.15.59	1981
	2	Dave Bedford	13.17.21	1972
	3	<b>Charles Hicks U23</b>	<b>13.21.92</b>	<b>2024</b>
	4	Steve Harris	13.30.79	1983
	5	Henry McLuckie U23	13.36.26	2023
	6	John Sherban	13.39.43	1991
	7	Peter Baker	13.42.73	1979
	8	Jake Shelley	13.46.17	2015
	9	Jamie Dee	13.46.78	2021
	10	Liam Dee	13.46.95	2021
<b>10000m</b>	1	Dave Bedford	27.30.80	1972
	2	<b>Charles Hicks U23</b>	<b>27.33.58</b>	<b>2024</b>
	3	Julian Goater	27.34.58	1982
	4	John Sherban	28.35.61	1991
	5	Kieran Clements	28.37.12	2018
	6	Dominic Bannister	28.45.87	1997
	7	Jamie Dee	28.51.68	2023
	8	Henry McLuckie U23	28.57.18	2023
	9	Hugh Starkey	29.02.6	1975
	10	Ian Cornford	29.08.66	1996

<b>3000m Steeplechase</b>	1	<b>Mark Pearce</b>	<b>8.20.83</b>	<b>2024</b>	
	2	Dave Bedford	8.28.6	1971	
	3	Charlie Low	8.37.63	2000	
	4	Glen Watts	8.43.08	2011	
	5	Stephen Murphy U20	8.47.8	2002	
	6	John Sherban	8.48.92	1992	
	7	Phil Llewellyn	8.50.47	1983	
	8	Hugh Richards	8.50.8	1972	
	8	Richard Samuel	8.50.8	1976	
	10	Dominic Bannister	8.52.01	1990	
<b>Marathon</b>	1	Mike O'Reilly	02:10:39	1993	
	2	Kingston Mills	02:13:55	1986	
	3	Graham Laing	02:13:59	1980	
	4	Dominic Bannister	02:14:39	2000	
	5	Pamenos Ballantyne	02:15:30	2003	
	6	Julian Goater	02:17:33	1985	
	7	Tom Bedford	02:19:30	2010	
	8	Franck Pichon	02:19:46	1997	
	9	Nick Francis	02:20:00	2001	
	10	Danny Felsenstein	02:21:18	1982	
<b>110m Hurdles</b>	1	Allan Scott	13.53	13.41w	2008
	2	Julian Adeniran	13.74	13.72w	2011
	3	Lloyd Cowan	13.75		1994
	4	Edson Gomes	13.8	13.73w	2023
	5	Paul Brice U20	14.08		1983
	6	Mark Stern	14.13	14.11w	1996
	7	Willem Coertzen	14.15	14.11w	2012
	8	Ruben Hedman U20	14.21		2021
	9	Ben Warmington U20	14.25	14.24w	1998
	10	Angus McKenzie	14.28	14.23w	1980
<b>400m Hurdles</b>	1	Seb Rodger	49.19		2013
	2	Lloyd Gumbs	49.62		2009
	3	Martin Gillingham	49.82		1987
	4	Gary Cadogen	50.04		1997
	5	Joshua Faulds	50.05		2022
	6	Richard McDonald	50.7		2001
	7	Lloyd Cowan	50.79		1995
	8	Paul Atherton	50.82		1983
	9	Greg Dunson	50.88		1992
	10	Remi Edu	51.1		1999

<b>High Jump</b>	1	Allan Smith	2.29i (2.27 outdoors)	2015	
	2	David Smith	2.26	2018	
	3	Rob Mitchell	2.25	2001	
	4	Colin Bent	2.20	1996	
	4	Darryl Stone	2.20	2005	
	6	Akin Coward	2.19	2023	
	6	Fayyaz Ahmed	2.19	1994	
	8	Lewis McGuire	2.17	2021	
	8	Tyron Peacock	2.17	1999	
	10	Dalton Grant U20	2.15	1985	
10	Ian Holiday	2.15	1996		
<b>Pole Vault</b>	1	Neil Winter	5.60	1995	
	2	Gregor McLean	5.45	2014	
	3	Ethan Walsh	5.36i (5.30 outdoors)	2020	
	4	Joe Ive	5.30i (5.20 outdoors)	2012	
	5	Christian Linskey U20	5.21i (5.20 outdoors)	1999	
	6	Neil Young	5.20	1997	
	6	Billy Davey U20	5.20	1983	
	8	Douglas Curwen-Reed	5.10i (4.75 outdoors)	2010	
	9	Glen Quayle U20	5.03	2022	
	10	Paul Wray	5.00	1991	
<b>Long Jump</b>	1	Dan Bramble	8.21	2015	
	2	Fred Salle	7.97	1986	
	3	Len Tyson	7.77	1982	
	3	John Carr	7.77	2012	
	5	Jude Beimers	7.74	2010	
	6	Jason Canning U20	7.73	1988	
	7	Reinier Busutil	7.72	2011	
	8	Onochie Onuorah	7.67	7.81w	1996
	9	Tony Henry	7.66	7.67w	1977
	10	Gus Udo	7.64	1980	
<b>Triple Jump</b>	1	Larry Achike	17.30	17.31w	2000
	2	Francis Agyepong	17.18	17.29wA	1995
	3	Nathan Fox	16.81		2017
	4	Nonso Okolo	16.45		2017
	5	Ade Mason	16.38		2019
	6	Daniel Lewis	16.31i (16.26)		2014
	7	Frank Attoh	15.98	16.00w	1980
	8	John Carr	15.88		2012
	9	Ezra Clarke	15.75		1997
	10	Gus Udo	15.62		1981

<b>Discus</b>	1	<b>Nicholas Percy</b>	<b>67.73</b>	<b>2024</b>
	2	Gregory Thompson	65.56	2019
	3	Zane Duquemin	63.76	2022
	4	Chris Scott	63.00	2011
	5	George Evans	59.84	2019
	6	Angus McInroy	58.77	2010
	7	Garrett Johnson	57.26	2007
	8	Neville Thompson	55.68	1993
	9	Adam Major	51.61	2001
	10	Neil Boyton	51.04	1985
<b>Shot</b>	1	Garrett Johnson	20.94	2008
	2	Zane Duquemin	19.42	2013
	3	Mihail Stamatoyannis	19.26	2014
	4	George Evans	17.79i	2021
	5	Sam Westlake-Cann	17.71	2007
	6	Neil Gray	17.62	1989
	7	David Callaway	16.71	1998
	8	Nicholas Percy	16.56i (15.85)	2017
	9	Lee Wiltshire	16.55	1991
	10	David Condon	16.41	1994
<b>Javelin</b>	1	Nick Nieland	85.09	2000
	2	David Parker	78.33	2001
	3	Daniel Bainbridge	74.73	2022
	4	Steven Turnock	72.41	2017
	5	Paul Morgan	70.12	1987
	6	Tony Smith	69.94	1991
	7	Willem Coertzen	69.40	2014
	8	Aidan Reynolds U20	68.77	2013
	9	Sam Taylor-Outridge	68.68	2014
	10	Tim Eldridge	65.93	1999
<b>Hammer</b>	1	Chris Bennett	76.45	2016
	2	Mike Jones	72.48	1996
	3	Dempsey McGuigan	72.32	2021
	4	Nicholas Percy	67.85	2016
	5	Fellan McGuigan	64.47	2016
	6	Graeme Allan	64.29	2006
	7	Oliver Graham U23	62.93	2021
	8	Graham Holder	62.01	2005
	9	Simon Spratley	60.96	1992
	10	Chris Walsh	60.53	1999