

SBH Senior Men's Track And Field, Road Best Performances Up To September 2024

Event	Athlete	Performance
60m	1 John Otugade	6.67i
	2 Jordan Watson-Brown	6.75i
	3 Jimmy Thoronka	6.87i
	4 Krishawn Aiken	6.94i
	5 Eugene Riza	7.92i
100m	1 Zharnel Hughes	10.00
	2 John Otugade	10.18
	3 Krishawn Aiken	10.23
	4 Michael Ohioze	10.34
	5 Zanson Plummer	10.51
	6 Phoenix Lyon	10.56/10.54w
	7 Jimmy Thoronka	10.57
	8 Jamal Rhoden-Stevens	10.59/10.57w
	9 Confidence Lawson	10.91
	10 Ben McGuire	11.14
200m	1 Zharnel Hughes	19.96
	2 Michael Ohioze	20.42
	3 Phoenix Lyon	21.06/21.05w
	4 Krishawn Aiken	21.49/20.84w
	5 Joshua Namiech-Oyebola	22.20/21.83w
	6 Columba Blango T20/F20	22.82/22.75w
	7 Eugene Riza	25.08
	8 Andrew Li	26.14
400m	1 Michael Ohioze	45.98
	2 Jamal Rhoden-Stevens	47.44
	3 Ben Rochford	48.36
	4 Columba Blango T20/F20	48.57
	5 Joshua Namiech-Oyebola	49.42
	6 Evan Campbell	51.40
	7 Jeremy Dempsey	53.62
	8 Andrew Li	56.48
800m	1 Sam Wiggins	1.54.24
	2 Jeremy Dempsey	1.55.83
1500m	1 Dylan Evans	3.51.02
	2 Phillip Crout	3.52.24
	3 Jeremy Dempsey	3.56.32
	4 Tom Butler	3.57.15
	5 Evan Campbell	4.46.82
3000m	1 Charles Hicks	7.57.05
	2 Dylan Evans	8.07.83
	3 Tom Butler	8.09.42
	4 Kieran Clements	8.18.77
	5 Tom Butler	8.23.72

5000m	1	Charles Hicks	13.21.92
	2	Tom Butler	14.15.12
	3	Dylan Evans	14.18.60
	4	Kieran Clements	14.33.88
	5	Phillip Crout	14.48.85
	6	Mayank Mishra	16.37.8
	7	Ben Winfield	16.48.98
10000m	1	Charles Hicks	27.33.58
	2	Dylan Evans	29.41.71
	3	Tom Butler	30.09.80
3000m Steeplechase	1	Mark Pearce	8.20.83
110m Hurdles	1	Evan Campbell	15.36
400m Hurdles	1	Niall Carney	53.95
	2	Ben Rochford	59.92
High Jump	1	Akin Coward	2.16
	2	Evan Campbell	1.90
	3	Reuben Vaughan	1.60
Pole Vault	1	Ethan Walsh	4.50
	2	Evan Campbell	3.70
Long Jump	1	Ben McGuire	7.26
	2	Evan Campbell	6.83/6.56w/6.14i
	3	Jai-Shammah Lewin	6.56w/6.14i
Triple Jump	1	Daniel Lewis	14.27/15.36i
	2	Ben Lloyd	12.81
	3	Ben McGuire	12.27
Shot 7.26kg	1	Gregory Thompson	15.53
	2	Evan Campbell	14.20/14.33i
	3	Reuben Vaughan	12.64
Discus 2kg	1	Nick Percy	67.73
	2	Gregory Thompson	57.49
	3	George Evans	53.77
	4	Reuben Vaughan	50.24
	5	Evan Campbell	43.17
Hammer 7.26kg	1	Chris Bennett	59.99
	2	James Hamblin	54.41
	3	Gregory Thompson	52.45
	4	Reuben Vaughan	24.23
Javelin 800g	1	Daniel Bainbridge	73.55
	2	Evan Campbell	53.35
	3	Gregory Thompson	39.94
Decathlon	1	Evan Campbell	6788

10K Road	1	Dylan Evans	29.04
	2	Tom Butler	29.33
	3	Kieran Clements	29.40
	4	Jeremy Dempsey	29.42
	5	Liam Dee	29.51
	6	Jake Shelley	30.06
	7	Jude Bell	31.55
	8	Ehsan Rahimi	33.43
	9	Robert Lightowler	38.24
	10	Luke Flatley	41.42
	11	Colin Bugg	52.51

Half Marathon	1	Liam Dee	63.43
	2	Dylan Evans	64.53
	3	Kieran Clements	67.16
	4	Jude Bell	68.52
	5	Ehsan Rahimi	75.32
	6	Mark Pearce	83.54
	7	Richard Johnson	85.35
	8	Bertie Shelley	88.29
	9	Harry Sagel	95.06
	10	Matt Stoker	105.21
	11	Sonny Bailey-Aird	114.15
	12	Colin Bugg	120.07
	13	Luke Flatley	155.18

Marathon	1	Kieran Clements	2.23.44
	2	James Edmunds	3.00.43
	3	Gabriel Gayle	4.03.32
	4	Callum Thompson	4.14.16
	5	Matt Stoker	4.16.35