

19 July 2008: British Athletics League Cup - Copthall

110 Hurdles	Chris Wakeford	14.73	2 nd	Club record
100m	James farmer	11.41	7 th	
200m	Chris Wakeford	22.92	5 th	
400m	Ben Wiffen	50.55	5 th	
1500m	Kurt Wolfe	4.10.85	4 th	
S/C	Dan Bradley	9.51.51	2 nd	
Pole Vault	Mike Cross	3.60	3 rd	
Long Jump	Martyn Ormerod	6.74	2 nd	
Javelin	Dominic Sadowski	60.45	2 nd	
Hammer	Paul Dawson	39.87	3 rd	
Medley Relay		2.30.29	3 rd	

Match Result	Pts
SB Harriers	87
Enfield	69
Tonbridge	66
Stevenage	58
Herne Hill	53
Herts Phoenix	22
Highgate	11