

Southern Men's League: Ilford, 2nd May 2009

	A String			B String		
100m	4	Ben Kiely	11.43	4	Duncan Steward	12.3
200m	3	Ben Kiely	22.93	4	Kurt Wolfe	25.50
400m	5	Duncan Steward	55.87	4	Alex Hookway	55.31
800m	1	Steve Fennel	1-54.28	3	Alex Hookway	2-02.98
1500m	1	Ben Wiffen	3-57.60	2	James Taylor	4-18.09
5000m	2	Dan Bradley	16:12.0	1	Kurt Wolfe	16-39.16
110mH	4	Jack Parsons	17.79	2	Mike Cross	20.85
400m H	3	Jack Parsons	58.98	4	Kurt Wolfe	65.74
3000m S/C	1	Seb Harding	10-16.95	1	James Cotterill	11-00.34
4x100m relay	4	Todman, Steward, Omerod, Kiely				45.7
4x400m relay	4	Steward (57.4), Bradley (55.0), Fennelly (50.3), Wiffen (51.3)				3:33.99
Hammer	4	Dave Cross	33.00	5	Joe Todman	20.30
Long Jump	2	Martyn Omerod	6.42	2	Joe Todman	5.36
Pole Vault	2	Jesper Hallberg	3.70	1	Mike Cross	3.60
Shot Putt	5	Dominik Sadowski	11.49	4	Joe Todman	9.08
High Jump	5	Dominic Ford	1.70	4	Joe Todman	1.65
Javelin	1	Dominik Sadowski	58.82	2	Martyn Omerod	47.77
Triple Jump	5	Ben Kiely	12.14	3	Martyn Omerod	11.59
Discus	4	Joe Todman	30.73	4	Martyn Omerod	27.96

	Team Scores	points
1	Woodford Green	120.5
2	Enfield & Haringey	117
3	Ashford	110.5
4	Tonbridge	105
5	Woking	75