

Southern Men's League: Kingston, 6th June 2009

| | A String | | | B String | | |
|--------------|----------|----------------|-------------------|----------|----------------|---------|
| 100m | 4 | Stuart Hollins | 11.5 | 4 | Steve Tester | 11.9 |
| 200m | 4 | Steve Tester | 23.6 | 4 | Kurt Wolfe | 24.8 |
| 400m | 4 | Steve Tester | 52.4 | | No athlete | |
| 800m | 4 | Dan Bradley | 02:07.9 | 1 | Kurt Wolfe | 02:00.4 |
| 1500m | 1 | Andy Combs | 04:07.0 | 4 | Kurt Wolfe | 04:24.9 |
| 5000m | 1 | Ben Reynolds | 15:32.1 CR | 3 | James Taylor | 16:20.1 |
| 110mH | 5 | Jack Parsons | 19.7 | | No athlete | |
| 400m H | 3 | Jack Parsons | 59.9 | | No athlete | |
| 3000m S/C | | No athlete | | | No athlete | |
| 4x100m relay | | No team | | | | |
| 4x400m relay | | No team | | | | |
| Hammer | 3 | Paul Dawson | 40.13 | 5 | Marl Omerod | 15.51 |
| Long Jump | | No athlete | | | | |
| Pole Vault | | No athlete | | | | |
| Shot Putt | 2 | Paul Dawson | 12.37 | | No athlete | |
| High Jump | | No athlete | | | | |
| Javelin | 3 | Paul Dawson | 37.41 | 3 | Kurt Wolfe | 32.92 |
| Triple Jump | | No athlete | | | | |
| Discus | 4 | Paul Dawson | 34.79 | 5 | Stuart Hollins | 20.43 |

| Team Scores | | points |
|-------------|--------------------|-----------|
| 1 | Hercules Wimbledon | 129 |
| 2 | Ilford | 122 |
| 3 | Newbury | 113.5 |
| 4 | Ipswich | 107.5 |
| 5 | Tonbridge | 52 |