

Southern Men's League: Worthing, 27th June 2009

	A String			B String		
100m	4	Ben Kiely	11.5	4	Martyn Omerod	12.0
200m	4	Ben Kiely	23.8	3	Steve Tester	24.1
400m	3	Steve Tester	52.4	3	James Wildish	53.2
800m	2	Kurt Wolfe	02:00.7	1	Josh Bentham	02:05.0
1500m	2	Robbie Farnham-Rose	04:16.4	2	Harry Paton	04:24.4
5000m	1	Ben Reynolds	15:56.5	2	Chris Kiely	16:48.4
110mH	4	Jack Parsons	17.4	2	Martyn Omerod	19.3
400m H	3	Jack Parsons	60.8	1	Stuart Hollins	66.0
3000m S/C	2	Kurt Wolfe	10:24.6	3	Harry Paton	11:11.2
4x100m relay	1	Omerod, B Kiely, Ford, Hollins				45.7
4x400m relay	3	Bentham (56.6), Wildish (54.2), Hollins (54.8), Tester (52.9)				03:38.5
Hammer	3	Dave Cross	28.36	4	Jack Parsons	17.38
Long Jump	3	Martyn Omerod	6.30	2	Alex Maynard	5.63
Pole Vault	3	Alex Maynard	3.30	3	Martyn Omerod	2.80
Shot Putt	3	Dominik Sadowski	10.83	4	Martyn Omerod	9.55
High Jump	4	Martyn Omerod	1.70	3	Alex Maynard	1.70
Javelin	2	Dominik Sadowski	59.89	1	Martyn Omerod	47.19
Triple Jump	5	Ben Kiely	11.78	4	Alex Maynard	10.88
Discus	4	Dominik Sadowski	29.76	5	Martyn Omerod	23.28

	Team Scores	points
1	Portsmouth	141
2	Tonbridge	113
3	Worthing	102
4	Milton Keynes	93
5	Serpentine	75