

Southern Men's League: West London, 11th July 2009

	A String			B String		
100m	3	Stuart Hollins	11.7	4	Chris Ford	12.0
200m	3	Steve Tester	23.7	3	Chris Ford	23.8
400m	4	Steve Tester	52.5	3	James Wildish	51.9
800m	1	Kurt Wolfe	01:59.4	3	Harry Paton	02:06.0
1500m	2	Huw Evans	04:09.7	1	Luca Russo	04:18.0
5000m	2	Ben Reynolds	15:27.9	1	Graeme Saker	16:32.0
110mH	4	Jack Parsons	18.4	4	Martyn Omerod	20.5
400m H	3	Jack Parsons	59.9	2	Alex Maynard	63.7
3000m S/C	2	Julian Rendall	09:56.4	1	Kurt Wolfe	10:21.3
4x100m relay	4	Omerod, Maynard, Ford, Tester				46.3
4x400m relay	4	Parsons (54.0), Wildish (52.9), Paton (57.6), Tester (52.7)				03:37.1
Hammer	4	Dave Cross	31.05	4	Jack Parsons	20.15
Long Jump	1	Martyn Omerod	6.68	3	Stuart Hollins	5.28
Pole Vault	2	Alex Maynard	3.20	2	Ben Stone	3.10
Shot Putt	5	Martyn Omerod	8.25	5	Chris Ford	6.88
High Jump	4	Martyn Omerod	1.65	1	Alex Maynard	1.65
Javelin	4	Martyn Omerod	43.27	5	Kurt Wolfe	28.07
Triple Jump	4	Martyn Omerod	11.63	3	Ben Stone	10.98
Discus	4	Martyn Omerod	25.83	3	Dave Cross	14.48

Non-scoring

1500m	Ryan Driscoll	04:32.0
-------	---------------	---------

Team Scores

points

1	Thames Valley H	124.5
2	Nene Valley H	119.5
3	Highgate	108
4	Tonbridge	106.5
5	North Devon	78.5