

Southern Men's League: Tonbridge, 1st August 2009

	A String			B String		
100m	4	Chris Ford	11.4	4	Martyn Omerod	11.9
200m	4	Chris Ford	23.3	2	Steve Fennell	23.1
400m	1	Steve Fennell	49.2	1	James Wildish	51.5
800m	3	Kurt Wolfe	01:57.1	3	Dan Bradley	02:03.3
1500m	2	Sam Bradley	04:08.8	2	Robbie Farnham-Rose	04:09.1
5000m	1	Huw Evans	15:22.1	1	Ben Reynolds	15:28.5
110mH	4	Jack Parsons	18.1	4	Aaron Waterman	20.7
400m H	3	Jack Parsons	58.9	4	Aaron Waterman	67.3
3000m S/C	1	Julian Rendall	10:00.9	1	Kurt Wolfe	10:14.0
4x100m relay	5	Ford, Omerod, Steward, Waterman				46.5
4x400m relay	2	Third, Wildish Parsons, Fennell				03:27.7
Hammer	1	Paul Dawson	40.43	2	Dave Cross	32.18
Long Jump	2	Martyn Omerod	6.45	5	Daniel Adeline	5.06
Pole Vault	3	Ben Stone	3.50	2	Alex Maynard	3.40
Shot Putt	1	Paul Dawson	12.25	1	Chris Wakeford	11.28
High Jump	2	Daniel Adeline	1.70	1	Dominic Ford	1.55
Javelin	1	Martyn Omerod	46.62	1	Alex Maynard	33.94
Triple Jump	5	Ben Stone	10.89	4	Alex Maynard	10.71
Discus	1	Paul Dawson	31.63	2	Martyn Omerod	27.40

Team Scores		points
1	Tonbridge	130
2	Brighton	114.5
3	Chelmsford	111
4	Swindon	93.5
5	Kent	89