

Southern Men's League: Erith, 15th May 2010

	A String			B String		
100m	2	Steve Tester	11.2	4	Chris Ford	11.6
200m	3	Chris Ford	23.7	2	Tadgh Healy	23.3
400m	1	Steve Tester	50.3	1	James Wildish	51.1
800m	4	Dan Bradley	01:59.6	2	Tom Cox	02:05.7
1500m	3	Josh Bentham	04:12.3	1	Dan Bradley	04:15.7
	n/s	Tom Cox	04:28.8			
5000m	3	Julian Rendall	15:29.1	2	No Athlete	
110mH	3	Chris Ford	17.7	1	Aaron Waterman	21.0
400m H	2	Jack Parsons	58.2	1	Aaron Waterman	63.4
3000m S/C	2	Julian Rendall	10:07.0	4	Simon Fraser	10:39.4
4x100m relay	3	Ford, Healy, Wildish, Tester				46.3
4x400m relay	1	Wildish(50.9), R Waterman(52.8), Bradley(54.3), Tester(52.4)				3:30.4
Hammer	5	Pete Ebbage	20.95	4	Chris Ford	13.83
Long Jump	3	Chris Ford	6.21	3	Steve Tester	5.74
Pole Vault	1	Tadgh Healy	3.90	1	Pete Ebbage	2.80
Shot Putt	3	Dominik Sadowski	10.87	4	Pete Ebbage	7.72
High Jump	3	Tadgh Healy	1.70		Chris Ford	no height
Javelin	1	Dominik Sadowski	59.30	3	Pete Ebbage	30.63
Triple Jump	4	Chris Ford	11.56	3	Aaron Waterman	9.46
Discus	4	Pete Ebbage	17.92	3	Aaron Waterman	15.13

	Team Scores	points
1	Milton Keynes	125
2	Tonbridge	118
3	Bexley	109
4	Ilford	92
5	Thames Valley Harriers	59