

Southern Men's League: Worthing, 5th June 2010

	A String			B String		
100m	3	Chris Ford	11.6	3	Ryan Redman	11.8
200m	2	Chris Ford	23.8	1	Tadgh Healy	23.7
400m	4	Ryan Waterman	53.4	1	Finlay Third	52.2
800m	2	Dan Bradley	01:58.6	2	Alex Hookway	02:08.1
1500m	3	Josh Bentham	04:11.8	1	Ryan Driscoll	04:17.9
5000m	1	James Taylor	15:45.3	1	Julian Rendall	15:58.1
	n/s	Harry Paton	16:33.0			
110mH	4	Chris Ford	21.3	3	Aaron Waterman	20.4
400m H	2	Finlay Third	58.5	2	Aaron Waterman	64.7
3000m S/C	1	Julian Rendall	10:22.7	1	Simon Fraser	10:58.0
4x100m relay	2	Ford, Healy, R Waterman, Redman				46.1
4x400m relay	4	R Waterman(53.6), A Waterman(56.7), Bradley(55.2),Hookway(55.5)				3:41.0
Hammer	1	Ryan Redman	44.27	2	Dave Cross	30.84
Long Jump	3	Chris Ford	6.04	4	Aaron Waterman	4.92
Pole Vault	1	Tadgh Healy	3.80	2	Pete Ebbage	2.80
Shot Putt	3	Chris Ford	9.08	3	Pete Ebbage	7.99
High Jump	2	Chris Ford	1.80	2	Tadgh Healy	1.70
Javelin	4	Pete Ebbage	31.19	3	Ryan Redman	29.12
Triple Jump	3	Chris Ford	12.01	4	James Taylor	9.27
Discus	3	Pete Ebbage	25.42	3	Alex Hookway	22.78

	Team Scores	points
1	Worthing	141
2	Tonbridge	130
3	Norwich	118
4	North Devon	107