

Southern Men's League: Harrow, 26<sup>th</sup> June 2010

	A String			B String		
100m	3	Steve Tester	11.3	4	Ed Hall	11.5
200m	5	Ed Hall	23.7	5	Martyn Omerod	24.5
400m	1	Steve Tester	50.1	3	Finlay Third	52.1
800m	1	Robbie Farnham-Rose	01:55.1	2	Dan Bradley	01:59.2
1500m	3	Tom Cox	04:12.2	3	Harry Paton	04:23.9
	n/s	Alex Hookway	04:38.7			
5000m	1	James Taylor	15:39.2	1	Ben Reynolds	15:41.7
110mH	4	Jack Parsons	16.6	3	Simon Taylor	20.1
400m H	3	Jack Parsons	57.9	2	Finlay Third	57.6
3000m S/C	2	Julian Rendall	10:10.4	1	Simon Fraser	10:31.4
4x100m relay	5	Hall, Tester, Omerod, Third				52.2
4x400m relay	3	Farnham-Rose (53.6), Bradley 55.1), Third (52.5), Tester (52.6)				3:33.8
Hammer	2	Jonny Hinton	36.69	3	Dave Cross	30.50
Long Jump	3	Martyn Omerod	6.32	3	Ben Stone	5.36
Pole Vault	3	Ben Stone	3.20	2	Martyn Omerod	2.80
Shot Putt	3	Dominik Sadowski	11.52	4	Jonny Hinton	8.60
High Jump	5	Martyn Omerod	1.65	3	Ben Stone	1.55
Javelin	1	Dominik Sadowski	63.61	1	Martyn Omerod	45.81
Triple Jump	4	Ben Stone	11.37	4	Martyn Omerod	11.19
Discus	5	Jonny Hinton	32.02	4	Dominik Sadowski	28.32

	Team Scores	points
1	Nene Valley	132
2	Brighton	124
<b>3</b>	<b>Tonbridge</b>	<b>110</b>
4	Harrow	99
4	Ipswich	73