

Southern Men's League: Highgate, 10th July 2010

	A String			B String		
100m	4	Ben Kiely	11.6	2	Steve Tester	11.4
200m	3	Steve Tester	22.7	1	Ben Kiely	23.2
400m	5	Ryan Waterman	57.9	2	Alex Hookway	55.4
800m	4	Tom Cox	02:03.7	4	Alex Hookway	02:04.7
1500m	2	Josh Bentham	04:10.0	2	Dan Bradley	04:10.7
5000m	1	James Taylor	15:30.2	1	Julian Rendall	16:12.5
110mH	5	Martyn Omerod	19.9	2	Alex Maynard	18.5
400m H	4	Alex Maynard	63.3	2	Josh Bentham	61.8
3000m S/C	2	Julian Rendall	10:19.8	1	Tom Cox	10:32.0
4x100m relay	3					46.6
4x400m relay	3					3:35.2
Hammer	4	Pete Ebbage	21.30	4	Martyn Omerod	16.20
Long Jump	3	Martyn Omerod	6.03	4	Ben Kiely	5.35
Pole Vault	3	Ben Stone	3.20	2	Alex Maynard	3.20
Shot Putt	4	Alex Hookway	9.21	4	Pete Ebbage	7.98
High Jump	5	Alex Maynard	1.70	3	Ben Stone	1.55
Javelin	1	Dominik Sadowski	61.02	1	Martyn Omerod	43.60
Triple Jump	4	Steve Tester	11.26		Ben Stone	NJ
Discus	3	Pete Ebbage	26.13	3	Martyn Omerod	24.06

	Team Scores	points
1	Highgate Harriers	135.5
2	Thurrock	110.5
3	Tonbridge	109.5
4	City of :Portsmouth	101
4	Newbury	79.5