

**BRITISH ATHLETICS LEAGUE DIV 3
BOURNEMOUTH 4 JULY 2009**

Event	Name	Performance	Position/Points
100m	Richard Reeks	11.2s	7 th A 5pts
	Adam Omisore	11.4s	7 th B 2pts
200m	James Warsop U23	23.1s	8 th A 4pts
	Adam Omisore	23.2s	6 th B 3pts
400m	Richard Reeks	52.4s	7 th A 5pts
	Karl Welch U23	51.4s	4 th B 6pts
800m	Karl Welch U23	1m 58.9s	8 th A 4pts
	Conor Mugan U20	2m 02.6s	8 th B 1pt
1500m	Fergus O'Reilly U17	4m 07.1s	8 th A 4pts
	Joe Blackmore U20	4m 14.5s	8 th B 1pt
5000m	Robert McTaggart	16m 19.4s	7 th A 5pts
	Ian White V35	16m 36.1s	5 th B 4pts
110m Hurdles	Richard Reeks	15.0s	2 nd A 14pts
	Lasse Tietje U23	16.0s	1 st B 12pts
400m Hurdles	Lasse Tietje U23	60.9s	7 th A 5pts
	Jon Sharkey	74.0s	7 th B 2pts
3000m SC	Jon Sharkey	10m 26.4s	5 th A 8pts
	Robert Hardyman	11m 10.1s	5 th B 4pts
High Jump	Matthew Sloane U20	2.00m	2 nd A 14pts
	Alex Cox U17	1.80m	2 nd B 10pts
Pole Vault	Richard Reeks	4.40m	2 nd A 14pts
	Rafal Wandyz	2.60m	4 th B 6pts
Long Jump	Bradley Pickup U23	6.86m	1 st A 16pts
	Richard Reeks	6.81m	1 st B 12pts
Triple Jump	Bradley Pickup U23	13.28m	6 th A 6pts
	James Warsop U23	12.59m	5 th B 4pts
Shot Putt	Neil Gray V40	12.78m	3 rd A 12pts
	Simon Armstrong V45	12.42m	2 nd B 10pts

Event	Name	Performance	Position/Points
Discus	Matthew Frampton	37.37m	5 th A 8pts
	Richard Reeks	35.91m	2 nd B 10pts
Hammer	Matthew Frampton	56.95m	2 nd A 14pts
	Simon Armstrong V45	39.87m	3 rd B 8pts
Javelin	Lasse Tietje U23	46.91m	3 rd A 12pts
	Gert Lippens	43.71m	3 rd B 8pts
4x100 Relay	J. Warsop, R. Reeks, A. Omisore, O. Baptiste	44.8s	5 th 8pts
4x400 Relay	K. Welch, F. O'Reilly, J. Blackmore, C. Mughan	3m 35.9s	8 th 4pts

Team Scores

1 Derby AC	331
2 Crawley AC	304
3 Southend-on-Sea AC	297
4 Cambridge Harriers	284
5 Bournemouth AC	265
6 Medway & Maidstone AC	248
7 Bedford & County AC	247
8 Team Southampton	222