

BRITISH ATHLETIC LEAGUE NATIONAL THREE  
6 JUNE 2009 – ABINGDON

Event	Name	Performance	Position/Points
100m	Sven Knippahls	10.90s	1 <sup>st</sup> A 16pts
	Adam Omisore	11.62s	6 <sup>th</sup> B 3pts
200m	James Warsop	23.53s	6 <sup>th</sup> A 6pts
	Adam Omisore	23.51s	6 <sup>th</sup> B 3pts
400m	Sven Knippahls	49.92s	4 <sup>th</sup> A 10pts
	Karl Welch	51.42s	4 <sup>th</sup> B 6pts
800m	Karl Welch	2m 00.92s	7 <sup>th</sup> A 5pts
1500m	Fergus O'Reilly U17	4m 05.04s	8 <sup>th</sup> A 4pts
	Rob McTaggart	4m 21.58s	8 <sup>th</sup> B 1pt
5000m	Rob McTaggart	16m 09.96s	8 <sup>th</sup> A 4pts
110m Hurdles	Nigel Hayman	16.44s	4 <sup>th</sup> A 10pts
	Lasse Tietje	16.62s	2 <sup>nd</sup> B 10pts
400m Hurdles	Nigel Hayman	1m 01.13s	6 <sup>th</sup> A 6pts
High Jump	Matt Sloane U20	1.95m	2 <sup>nd</sup> A 14pts
Pole Vault	Cancelled	-----	A 7.5pts
	Cancelled	-----	B 7.5pts
Long Jump	James Lelliott U17	6.70m	2 <sup>nd</sup> A 14pts
	James Warsop	6.51m	1 <sup>st</sup> B 12pts
Triple Jump	Matt Sloane	12.79m	5 <sup>th</sup> A 8pts
	James Warsop	12.50m	3 <sup>rd</sup> B 8pts
Shot Putt	Andy Turner	12.13m	3 <sup>rd</sup> A 12pts
	Matt Frampton	11.21m	2 <sup>nd</sup> B 10pts
Discus	Andy Turner	36.27m	3 <sup>rd</sup> A 12pts
	Matt Frampton	34.63m	2 <sup>nd</sup> B 10pts
Hammer	Matt Frampton	57.45m	2 <sup>nd</sup> A 14pts
	Andy Turner	41.23m	3 <sup>rd</sup> B 8pts
Javelin	James Lelliott U17	48.12m	3 <sup>rd</sup> A 12pts
	Lasse Tietje	38.73m	4 <sup>th</sup> B 6pts
4x100 Relay	O'Reilly, Warsop, Welch, Knippahls	3m 32.21s	6 <sup>th</sup> 6pts

## Team Scores

1	Crawley	308
2	Derby	295
3	Cambridge	290
4	Southampton	271
5	Southend	268
6	Medway	253
7	Bournemouth	245
8	Bedford	222