

**SOUTHERN COUNTIES SENIOR & U20 CHAMPIONSHIPS
WATFORD 20-21 JUNE 2009**

Men

Event	Name	Performance	Position
100m	Adam Omisore	11.54s	7 th h1
	Jeff Bond	11.50s	6 th h6
200m	Adam Omisore	23.24s	6 th h3
3000m	Fergus O'Reilly U17	8m 54.65s	5 th
5000m	Rob McTaggart	15m 49.58s	24 th
High Jump	Matt Sloane U20	1.90m	7 th =
Long Jump	Bradley Pickup U23	6.48m	9 th
	Jody Chappell U23	6.32m	10 th
Hammer	Sam Chappell U23	43.07m	6 th

Women

3000m	Daisy Harper-Brown U17	10m 49.75s	9 th
Javelin	Louise Watton	45.12m	2 nd