

**SOUTHERN MEN'S LEAGUE DIV 3W  
WOKING 11 JULY 2009**

**Track**

Event	Name	Performance	Position/Points
100m	Adam Omisore	11.6s	2 <sup>nd</sup> A 3pts
200m	Adam Omisore	23.6s	1 <sup>st</sup> A 4pts
	David Pain V40	29.6s	2 <sup>nd</sup> B 3pts
400m	Karl Welch U23	51.8s	1 <sup>st</sup> A 4pts
	Tony Jones-Pert V55	63.4s	3 <sup>rd</sup> B 2pts
800m	Karl Welch U23	2m 00.3s	1 <sup>st</sup> A 4pts
	Conor Mugan U20	2m 06.3s	1 <sup>st</sup> B 4pts
1500m	Robert McTaggart	4m 22.6s	3 <sup>rd</sup> A 2pts
	Conor Mugan U20	4m 24.7s	1 <sup>st</sup> B 4pts
5000m	Ian Graham V60	20m 05.5s	3 <sup>rd</sup> A 2pts
400mH	Robert Hardyman	66.4s	3 <sup>rd</sup> A 2pts
	David Flicos V45	1m 46.6s	2 <sup>nd</sup> B 3pts
3000m SC	Robert Hardyman	10m 58.5s	1 <sup>st</sup> A 4pts
4x400 Relay	Bournemouth	3m 44.6s	1 <sup>st</sup> 4pts

**Field**

High Jump	David Pain V40	1.00m	3 <sup>rd</sup> A 2pts
	David Flicos V45	1.00m	2 <sup>nd</sup> =B 2.5pts
Pole Vault	David Flicos V45	1.20m	2 <sup>nd</sup> A 3pts
Long Jump	Zachary Kerin V35	5.88m	1 <sup>st</sup> A 4pts
	David Flicos V45	3.99m	2 <sup>nd</sup> B 3pts
Triple Jump	Zachary Kerin V35	12.44m	1 <sup>st</sup> A 4pts
	David Flicos V45	8.52m	2 <sup>nd</sup> B 3pts
Shot Putt	Peter Briant U20	11.08m	1 <sup>st</sup> A 4pts
	Tony Jones-Pert V55	7.35m	2 <sup>nd</sup> B 3pts
Discus	Peter Briant U20	35.65m	1 <sup>st</sup> A 4pts
	Tony Jones-Pert V55	19.74m	2 <sup>nd</sup> B 3pts
Hammer	Peter Briant U20	22.34m	3 <sup>rd</sup> A 2pts
	Tony Jones-Pert V55	14.96m	2 <sup>nd</sup> B 3pts

**Field (continued)**

Event	Name	Performance	Position/Points
Javelin	Peter Briant U20	31.58m	4 <sup>th</sup> A 1pt
	Tony Jones-Pert V55	30.93m	1 <sup>st</sup> B 4pts

**Team Scores**

<b>1 Radley</b>	<b>129</b>
<b>2 Bournemouth</b>	<b>90.5</b>
<b>3 Haslemere</b>	<b>33</b>
<b>4 Havant</b>	<b>30.5</b>