

**SOUTHERN MEN'S LEAGUE DIV. 3W
BOURNEMOUTH 1 AUGUST 2009**

Track

Event	Name	Performance	Position/Points
100m	Olu Baptist	11.5s	4 th A 1pt
	Bradley Biddle U17	11.5s	2 nd B 3pts
200m	Bradley Biddle U17	23.5s	2 nd A 3pts
	Dave Pain V40	28.9s	3 rd B 2pts
400m	David Flicos V45	83.1s	4 th A 1pt
1500m	David Flicos V45	7m 00.6s	4 th A 1pt
400m Hurdles	David Flicos V45	1m 47.1s	4 th A 1pt
4x100 Relay	Bournemouth	49.9s	4 th 1pt

Field

Long Jump	Zac Kerin V35	5.98m	1 st A 4pts
	Ian Ward V40	5.20m	3 rd B 2pts
High Jump	David Flicos V45	1.20m	4 th A 1pt
Triple Jump	Zac Kerin V35	12.38m	1 st A 4pts
	David Flicos V45	7.92m	4 th B 1pt
Pole Vault	David Flicos V45	1.20m	4 th A 1pt
Shot Putt	Simon Armstrong V45	11.61m	1 st A 4pts
	Peter Briant U20	10.50m	2 nd B 3pts
Discus	Simon Armstrong V45	34.19m	1 st A 4pts
	Peter Briant U20	33.89m	1 st B 4pts
Hammer	Simon Armstrong V45	37.59m	1 st A 4pts
	Peter Briant U20	23.12m	1 st B 4pts
Javelin	Alex Cox U17	42.00m	2 nd A 3pts

Team Scores

1 Poole Runners	130
2 Andover	98
3 Salisbury	54
4 Bournemouth	52