

**SOUTHERN MEN'S LEAGUE
DIVISION 3
BOURNEMOUTH 2nd MAY 2009
Bournemouth Athletes' Results**

Track

Event	Name	Performance	Position/Points
400m Hurdles	David Flicos	1m 48.6s	4 th A 1pt
100m	Adam Omisore	11.3s	2 nd A 3pts
	James Pritchard	12.2s	4 th B 1pt
800m	Karl Welch	2m 02.0s	1 st A 4pts
400m	Tony Jones-Pert	65.0s	4 th A 1pt
110m Hurdles	Richard Reeks	14.5s	1 st A 4pts
200m	Adam Omisore	23.0s	3 rd A 2pts
	Colin Ulett	25.0s	3 rd B 2pts
1500m	Robert McTaggart	4m 24.2s	3 rd A 2pts
	Connor Mugan	4m 29.4s	1 st B 4pts
4x100 Relay	BAC	46.8s	3 rd 2pts
4x400 Relay	BAC	4m 28.9s	4 th 1pt

Field

Long Jump	Richard Reeks	6.75m	1 st A 4pts
	David Flicos	4.01m	4 th B 1pt
High Jump	Matthew Sloane	1.95m	1 st A 4pts
	David Flicos	1.20m	2 nd B 2.5pts
Pole Vault	David Flicos	1.20m	4 th A 1pt
Triple Jump	David Flicos	8.27m	4 th A 1pt
Hammer	Matthew Frampton	55.88m	1 st A 4pts
	Andrew Turner	42.54m	1 st B 4pts
Javelin	Matthew Sloane	40.65m	3 rd A 2pts
	Tony Jones-Pert	33.29m	2 nd B 3pts
Shot Putt	Andrew Turner	13.06m	1 st A 4pts
	Peter Briant	10.90m	2 nd B 3pts
Discus	Richard Reeks	39.10m	2 nd A 3pts
	Andrew Turner	35.65m	1 st B 4pts

Team	Points
BMH	102
Plymouth	99
Bournemouth	68.5
Team Dorset	68.5