

SOUTHERN MEN'S LEAGUE
Division 3 – Match 1
16th May 2009 – Abingdon

Event	Name	Performance	Position
100m	Adam Omisore	11.4s	2 nd A 3pts
	Lasse Tietje	11.4s	1 st B 4pts
200m	Lasse Tietje	24.2s	2 nd A 3pts
	David Flicos	32.3s	4 th B 1pt
400m	Karl Welch	51.8s	1 st A 4pts
	Tony Jones-Pert	70.2s	3 rd B 2pts
800m	Ian Graham	2m 58.3s	4 th A 1pt
1500m	Rob McTaggart	4m 34.6s	2 nd A 3pts
	Laurent Kelly	4m 39.3s	2 nd B 3pts
5000m	Laurent Kelly	17m 30.2s	2 nd A 3pts
	Robin Copestick	18m 51.0s	2 nd B 3pts
400m Hurdles	David Flicos	1m 43.3s	4 th A 1pt
3000m SC	Peter Briant	15m 50.4s	4 th A 1pt
	David Flicos	20m 03.5s	4 th B 1pt
High Jump	David Flicos	1.10m	4 th A 1pt
	Peter Briant	1.10m	4 th B 1pt
Pole Vault	cancelled	-----	----- 2.5 pts
Long Jump	Lasse Tietje	6.30m	1 st A 4pts
	Adam Omisore	5.69m	1 st B 4pts
Triple Jump	David Flicos	8.68m	3 rd A 2pts
Shot Putt	Simon Armstrong	12.07m	2 nd A 3pts
	Peter Briant	11.88m	2 nd B 3pts
Discus	Simon Armstrong	36.01m	1 st A 4pts
	Peter Briant	34.29m	1 st B 4pts
Hammer	Matt Frampton	53.75m	1 st A 4pts
	Simon Armstrong	38.77m	1 st B 4pts
Javelin	Lasse Tietje	42.55m	2 nd A 3pts
	Tony Jones-Pert	30.93m	3 rd B 2pts

4x100 Relay	Bournemouth	47.0s	2 nd	3pts
4x400 Relay	Bournemouth	4m 10.3s	3 rd	2pts

Team Results

1 Team Southampton	122.5
2 Team Kennet	85.5
3 Bournemouth AC	79.5
4 Abingdon	54.5