

SOUTHERN MEN'S LEAGUE DIVISION 1

Match Result 21st May 2005 at Basingstoke.

Position	Clubs	Points
1	BASINGSTOKE & MID HANTS	155
2	VALE OF AYLESBURY	109
3	HARROW	101
4	HAVERING MAYESBROOK AC	95
5	LONDON HEATHSIDE	74

Individual Results:

A STRINGS		Pos.	Time/ Dist	B STRINGS		Pos.	Time/ Dist
100	Matt Russell	1	10.9	Luke Stott	2	12.0	
200	Matt Russell	1	22.2	Luke Stott	2	23.7	
400	Phil Tierney	4	53.8	Russ Middleton	3	57.1	
800	Martin Heys	3	1:58.3	Russ Middleton	2	2:08.5	
1500	Salvator Mutijima	4	4:21.9	Rob Warner	2	4:23.8	
5000	Matt Bland	5	16:38.0	Chris Coates	5	17:20.9	
3000 s/c	Trevor Keys	2	9:45.4	Martin Chester	3	11:17.2	
110H	Clint Nicholls	5	20.6	Rob Warner	5	24.3	
400H	Phil Tierney	4	65.4	Rob Warner	3	67.7	
4x100	Middleton, Stott Tierney, Russell	4	45.7	4x400 Tierney, Russell, Middleton, Mutijima	2	3:33.2	
L.J.	Clint Nicholls	4	5.49	Luke Stott	4	5.20	
H.J.	Clint Nicholls	5	1.65	- -			
T.J.	Phil Tierney	5	10.81	Rob Warner	4	9.72	
P.V.	Stuart Tufton	2	3.00	Clint Nicholls	=2	1.10	
S.P.	Danny Gamester	3	10.40	Bonne Buwembo	5	6.88	
D.T.	Danny Gamester	4	27.07	Clint Nicholls	4	21.71	
J.T.	Bonne Buwembo	3	44.64	Ckint Nicholls	4	30.53	
H.T.	Danny Gamester	2	44.09	Kevin Deacon	1	43.01	