

Event: Hammer, Heat 9 (SL, F35)

Senior ladies

Pos	Name	Club	Cat	Perf.
1	Bolanie Ogun	Windsor S E H	SL	5170
2	Beth Sewell	Cardiff AAC	SL	43.99
3	Katie Tavenner	Univ of Glos	SL	35.42
4	Linsey Hutchins	Chelt & County Harriers	F35	22.14

Event: Hammer, Heat 8 (JL)

Junior Ladies

Pos	Name	Club	Cat	Perf.
1	Kate Yhnell	Gloucester AC	JL	47.0
2	Nikita Morgan	Gloucester AC	JL	46.08
3	Kate Seabrook (gst)	Yate & District	JL	33.93

Event: 5000m, Heat 1 (SM, JM, M40, M50, M55, M60)

Men all ages

Pos	Name	Club	Cat	Perf.
1	Edward Grazier	Cheltenham & Co. Harriers	SM	14.13.9
2	Steve Millward	Gloucester AC	SM	15.26.1
3	Sebastian Duffy	Stroud & District AC	SM	15.43.9
4	Matthew Withey	Stroud & District AC	JM	16.02.0
5	Will Joyce	Telford AC	SM	16.04.9
6	Andrew Hussey	Cheltenham & Co. Harriers	M40	16.22.8
7	Elliot Prince	Cheltenham & Co. Harriers	SM	16.57.1
8	Andrew Kaighin	Cheltenham & Co. Harriers	JM	17.22.4
9	Andrew Hawkins	Severn AC	SM	17.27.7
10	Alex Maton	Severn AC	JM	17.53.9
11	Tony Goodwill	Bourton Road Runners	M50	19.15.9
12	Arthur Daley	Gloucester AC	M55	19.58.0
13	Norman Lane	Bourton Road Runners	M60	21.17.5
14	Mike Anderton	Severn AC	M50	25.30.1

Event: Hammer, Heat 7 (M65, M60)

Masters vet 60

Pos	Name	Club	Cat	Perf.
1	David Peart	Stroud & District AC	M65	27.94
2	Norman Lane	Bourton Road Runners	M60	14.02

Event: Hammer, Heat 6 (M50)

Masters men

Pos	Name	Club	Cat	Perf.
1	Adrian Courtenay	Chelt & County Harriers	M50	25.65
2	Steve Carr	Stroud & District AC	M50	24.98

Event: Hammer, Heat 5 (SM)

Senior men

Pos	Name	Club	Cat	Perf.
1	Justin Sysum	Gloucester AC	SM	56.80
2	Wayne Powell	Gloucester AC	SM	53.29
3	Darren Andrews	Forest of Dean AC	SM	27.12
4	Martin Gurr	Chelt & County Harriers	SM	26.79

Event: Hammer, Heat 4 (JM)

Junior Men

Pos	Name	Club	Cat	Perf.
1	Alex Warner	Cheltenham & Co. Harriers	JM	60.74
2	Mike Tommey	Gloucester AC	JM	50.87
3	Andrew Windley	Loughborough Students	JM	42.84
4	James Dobler (guest)	Swansea Harriers	JM	37.11

Event: Hammer, Heat 3 (U17)

U17 Men

Pos	Name	Club	Cat	Perf.
1	Tim Williams	Gloucester AC	U17	56.31
2	Jimmy Coleman	Gloucester AC	U17	45.01
3	Ashley Andrews	Forest of Dean AC	U17	39.09

Event: Hammer, Heat 2 (U17W)

U17 Women

Pos	Name	Club	Cat	Perf.
1	Charlotte Lawson	Cheltenham & Co. Harriers	U17W	21.75

Event: Hammer, Heat 1 (U15)

U15 Boy

Pos	Name	Club	Cat	Perf.
1	Scott Price	Gloucester AC	U15	20.56

Event: 1500M S/C, Heat 1 (U17)

U17M

Pos	Name	Club	Cat	Perf.
1	Charlie Maclean (gst)	Taunton AC	U17	4.29.8
2	Alex Wiltshire (gst)	Wells City Harriers	U17	4.35.3
3	Ben Coldray	Stroud & District AC	U17	4.36.7
4	Jordan Frapwell	Stroud & District AC	U17	5.02.3

Event: 3000m, Heat 1 (JM, U15, SL, U17, F50)

Mixed race

Pos	Name	Club	Cat	Perf.
1	Daniel Harrison	Cheltenham & Co. Harriers	JM	9.55.3
2	William New	Cheltenham & Co. Harriers	JM	10.8.8
3	Kyran Hale	Forest of Dean AC	U15	10.09.7
4	James Gardner	Stroud & District AC	U15	10.25.6
5	Louise Durman	Stroud & District AC	SL	10.32.6
6	Lewis Gray	Bourton Road Runners	U17	11.11.8
7	Becky Summers	Gloucester AC	U15	11.27.7
8	Beth Puddifoot	Bourton Road Runners	U15	11.47.0
9	Georgi Lowe	Gloucester AC	U15	11.57.6
10	Alice Thomas	Cirencester AC	U17	12.02.1
11	Beth Wynn	Bourton Road Runners	U15	12.05.7
12	Lee Knowles	Bourton Road Runners	U17	12.18.2
13	Lynn Hudson	Bourton Road Runners	F50	14.33.2