

**Hammer**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Perf.</b>
1	Bola Ogun	Windsor Slough Eton Hounslow	SL	53.44
2	Kate Yhnell	Gloucester AC	SL	47.09
3	Beth Sewell	Cardiff AC	SL	44.81
4	Marion Loveridge	Gloucester AC	LV45	33.56
5	Charlotte Lawson	Cheltenham & Co. Harriers	JL	23.33
6	Sarah James	Forest of Dean AC- Guest	SL	13.76
1	George Salter	Stroud & District	U17M	38.09
1	Tim Williams	Gloucester AC	JM	61.83
2	Ashley Andrews	Forest of Dean AC	JM	46.38
1	Steven Carr	Stroud & District	MV55	23.44
1	Justin Sysum	Gloucester AC	SM	60.87
2	Alex Warner	Windsor Slough Eton Hounslow	SM	60.30
3	Michael Tommey	Univ of Gloucestershire	SM	46.97
4	Andrew Windley	Stroud & District	SM	45.30
5	Darren Andrews (M3)	Forest of Dean AC	SM	35.10
6	Martin Gurr (M35)	Cheltenham & Co. Harriers	SM	26.36
1	Jacob Lange	Gloucester AC	U15B	29.18
1	Danielle Bird	Cheltenham & Co. Harriers	U17L	30.65
1	Ellen Thrall	Gloucester AC	U13G	26.95
2	Melissa Bird	Cheltenham & Co. Harriers	U13G	21.90
1	Charlotte Stallard	Gloucester AC	U15G	38.27
2	Annabel Sherry	Cheltenham & Co. Harriers	U15G	32.40

**5000m**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Perf.</b>
1	Joe Dalgleish	Yate & District / Westbury	SM	15.13.7
2	Matthew Withey	Stroud & District	SM	15.17.8
3	John Parker	CLC Striders	SM	15.22.8
4	William New	Cheltenham & Co. Harriers	JM	15.57.3
5	Richard Dare	CLC Striders	SM	16.13.3
6	Roger Mullins	Cheltenham & Co. Harriers	SM	16.20.1
7	Lewis Gray	Bourton Road Runners	JM	17.25.4
8	Chris Driskell	CLC Striders	SM	17.31.7
9	Conor Shoemark	Bourton Road Runners	U17	17.32.1
10	David Gresswell	Gloucester AC	M40	17.45.3
11	Jeremy Mower	Gloucester AC	M40	17.50.2
12	Ian Summers	Gloucester AC	M40	18.02.8
13	Ewen Smith	Bourton Road Runners	SM	18.28.5
14	Jamie Paterson	CLC Striders	SM	18.50.4
15	Arthur Daley	Gloucester AC	M60	18.53.6
16	Mike Pudifoot	Bourton Road Runners	SM	20.26.8
	Beth Pudifoot	Bourton Road Runners	U17L	19.14.2

<b>3000m</b>				
<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Perf.</b>
1	Kyran Hale	Severn AC	U17M	9.37.0
2	Joshua Spering	Univ of Gloucestershire	JM	9.59.7
3	Carsten Adams	Cheltenham & Co. Harriers	U17M	10.16.8
1	Jane Thomas	Cheltenham & Co. Harriers	SL	11.06.1
2	Natasha Poole	CLC Striders	SL	11.08.6
3	Rachel Vines	CLC Striders	SL	11.12.4
4	Becky Summers	Gloucester AC	U17L	11.21.8
5	Gemma Collier	Gloucester AC	SL	11.33.0
6	Sian Holley	CLC Striders	SL	11.43.8
7	Elizabeth Wynn	Bourton Road Runners	JL	11.54.2
8	Jo Wilkie	CLC Striders	SL	12.14.8
9	Joyce Barrus	Stroud & District	FV55	12.31.2
10	Vanessa Anderton	Severn AC	FV55	16.42.0