

## Event: County Track 10K

Posn	Name	Club	Cat	Perf.
1	Ed Grazier (W/C)	Cheltenham & County Harriers	M35	29.30.7
2	Bill Leggate	Cirencester AC	M35	32.16.8
3	Mike Smith	Bourton Road Runners	M40	32.25.7
4	Adrian Williams	Cirencester AC	M35	32.58.2
5	Oliver Starkey	Severn AC	JM	35.27.1
6	Ewen Smith	Bourton Road Runners	M40	37.06.2
7	Jeremy Mower	Gloucester AC	M45	37.15.3
8	Chris Driskell	CLC Striders	SM	37.18.7
9	Charles Goodwin	CLC Striders	M45	38.17.3
10	Andy Chapple	Bourton Road Runners	M45	38.43.3
11	Hilary Agate	CLC Striders	SL	39.16.1
12	Tony Goodwill	Bourton Road Runners	M55	39.58.5
13	Rachel Underhill	Severn AC	JL	40.22.5
14	David Lowthian	Severn AC	M40	40.37.4
15	Adam Cary	CLC Striders	SM	42.02.4
16	Mungo Park	Tewkesbury AC	M60	44.44.6
17	Carol Cowley	Tewkesbury AC	F60	45.42.4
18	Malc Smith	CLC Striders	M45	46.43.4
19	Gill Carrick	Bourton Road Runners	F50	48.01.9
20	Jan Short	Bourton Road Runners	F50	48.28.5
21	Wesley Reid	Tewkesbury AC	SM	62.09.0

## Event: 1 Mile

Posn	Name	Club	Cat	Perf.
1	Kyran Hale	Severn AC	U17M	4.35.7
2	Andrew van Kints	Cheltenham & County Harriers	SM	4.39.3
3	Harry Mahoney	Cheltenham & County Harriers	U15B	4.39.9
4	Alex George	Gloucester AC	U17M	4.40.1
5	Dominic Sutton	Gloucester AC	U15B	4.51.7
6	Mark James	Severn AC	SM	4.52.6
7	Iain Devlin	Cheltenham & County Harriers	SM	4.53.8
8	Freek van Arkel	Forest of Dean AC	U20M	4.57.1
9	David Gresswell	Gloucester AC	M45	5.00.2
10	Mike Smith	Bourton Road Runners	M40	5.14.0
11	Emmett Thompson	Forest of Dean AC	U17M	5.17.9
12	Richard Cannock	CLC Striders	M35	5.23.9
13	Chris Hale	CLC Striders	M40	5.30.2
14	Andrew Evans	Forest of Dean AC	U15B	5.39.6

## Event: 1 Mile

Posn	Name	Club	Cat	Perf.
1	Ian Day	Hunts AC	M40	5.21.5
2	Steve Maguire	Severn AC	SM	5.23.4
3	Matt Powell	Gloucester AC	M35	5.29.0
4	Jacob Pickering	Cheltenham & County Harriers	U15B	5.36.4
5	Martin Jones	Forest of Dean AC	SM	5.45.6
6	Arthur Daley	Gloucester AC	M60	5.48.1
7	Rachel Vines	CLC Striders	SL	5.51.7
8	Jo Wilkie	CLC Striders	SL	6.00.6
9	David Spackman	Gloucester AC	M65	6.11.1
10	Steven Wiggall	Tewkesbury AC	M50	6.19.4
11	Christine Campbell	Gloucester AC	F40	6.46.7
12	Cailin Toootell	Stroud & District AC	U15G	7.18.4
13	Deborah Southgate	Angels RC	F55	7.20.2
14	Mike Anderton	Gloucester AC	M55	8.11.4

## Event: 4 X 100M Relay

Posn	Name	Club	Cat	Perf.
1	Cheltenham & County Harriers <i>L Gardiner, J Cooper,</i>	<i>I Qureshi, B Clarke</i>	U15B	49.1
2	Severn AC <i>Q Quayson, L Pritchard,</i>	<i>N Peck, J Gower</i>	SM	49.6
3	Forest of Dean AC <i>E Thompson, A Evans,</i>	<i>C Creed, H Gilchrist</i>	U17M	53.5
4	Bourton Road Runners <i>B Hulcup, A Charlie,</i>	<i>E Smith, R Macdonald</i>	M40	63.4

## Event: 4 X 100M Relay

Posn	Name	Club	Cat	Perf.
1	Gloucester AC <i>H Hunter, L Mudd,</i>	<i>C Hardy, K Constable</i>	U17W	52.0
2	Forest of Dean AC <i>M Creed, P Crawley,</i>	<i>F Morgan, S Melhuish</i>	U15G	58.5
3	F50 Relay team <i>G Carrick, L Hudson,</i>	<i>J Short, E Hulcup</i>	F50	116.5

## Event: 4 X 400M

Posn	Name	Club	Cat	Perf.
1	Severn AC <i>M James, S Maguire,</i>	<i>O Starkey, K Hale</i>	SM	4.04.3
2	CLC Striders <i>J Freeland, P Edwards,</i>	<i>D Slight, J Parker</i>	SM	4.07.7
3	Cheltenham & County Harriers <i>J Cooper, J Pickering,</i>	<i>I Qureshi, H Mahoney</i>	U15	4.14.1
4	Forest of Dean AC <i>E Thompson, A Evans,</i>	<i>C Creed, H Gilchrist</i>	U17	4.27.2
5	CLC Striders <i>C Hale, A Cary,</i>	<i>J Wilde, C Goodwin</i>	SM	4.56.6
6	M40 Relay team <i>E smith, R Macdonald,</i>	<i>B Hulcup, M Smith</i>	M40	4.59.4

## Event: 4 X 400M Relay

Posn	Name	Club	Cat	Perf.
1	Chelt / Stroud / FOD <i>B Skuse, S Melhuish,</i>	(mixed clubs) <i>M Courtney, J Robbins</i>	JL	4.27.7
2	CLC Striders <i>A Steer, S Holley,</i>	<i>R Vines, J Wilkie</i>	SL	5.12.2
3	Bourton / Glos / Angels	(mixed clubs)	F40	6.00.7