

Sheet1

Gloucester AC Spring Open – Sunday 26th April

Event N	Round	Nurr	HeatNumber	Bib Number	Lane Number						
1	60m						11.00am	Age Group	Club		Wind -0.2m/s
				68		Phoebe	Humphries	U10G	Yate & District AC		9.75
				301		Taber	Moore	U10B	North Somerset AC		10.06
				184		Ruby	Howard	U10G	Gloucester AC		10.56
				6		Rose	Hammond	U10G	Gloucester AC		10.81
				90		Cody	O'Brien	U10B	Gloucester AC		11.42
2	100m	Heat 1					11.06am				Wind 0.0m/s
				266		William	Hawker	SM	Swansea Harriers		11.09
				183		Evan	Walker	U18M	Unattached		11.58
				136		Iolo	Griffiths	SM	Pembrokeshire Harriers		11.69
				59		David	Hawkins	M35	Gloucester AC		11.72
2	100m	Heat 2					11.12am				Wind -0.6m/s
				238		Isaac	Hewer	U18M	Gloucester AC		11.68
				190		Leo	Malm-Fairbrother	U18M	Cheltenham Harriers		11.82
				164		Ethan	Bryon	U16B	Swindon Harriers		11.88
				66		Daniel	Wood	U18M	Gloucester AC		12.04
				217		Nyle	McIntosh	SM	Birchfield Harriers		12.12
				310		Austin	Gray	U16B	Gloucester AC		12.56
2	100m	Heat 3					11.18am				Wind +0.1m/s
				178		Lucas	West	U18M	Cheltenham Harriers		11.69
				194		Alex	Hill	U18M	Unattached		12.02
				51		Harry	Vale	U20M	Gloucester AC		12.54
				42		Chris	Lloyd	SM	Swansea Harriers		12.57
2	100m	Heat 4					11.24am				Wind +1.1m/s
				309		Billy	Sharp	U18M	North Somerset AC		11.57
				157		Marcus	Manton	SM	Worcester AC		12.05
				48		Leonel	Lopes	SM	Gloucester AC		12.06
				75		Melody	Benn	U18W	Gloucester AC		12.31
				147		Joe	Batten	U16G	Gloucester AC		12.63
2	100m	Heat 5					11.30am				Wind +0.2m/s
				195		William	Chalmers	U18M	Cheltenham Harriers		12.32
				241		Ben	O'Kane	U16B	Gloucester AC		12.63
				228		Izzy	Cook	U18W	Cheltenham Harriers		12.93
				297		Imogen	Miles	U18W	Cheltenham Harriers		13.5
2	100m	Heat 6					11.36am				Wind -0.7m/s
				211		Emmanuel	Taiwo	U16B	Gloucester AC		13.09
				265		Ishwar	Healy	U18M	North Somerset AC		13.12
				9		Johannes	Mundy	U14B	Gloucester AC		13.47
				18		Eli	Grant	U14B	Yate & District AC		13.64
				231		Holly	McMahon	U18W	Cheltenham Harriers		13.72
				49		Maya	Jacob	U16G	Cheltenham Harriers		14.61
2	100m	Heat 7					11.42am				Wind +0.8m/s
				80		Max	Bastock	U16B	Gloucester AC		13.18
				222		Jackson	Stoneman	U16B	Stroud & District AC		13.31
				279		Aryan	Murray	U14B	Gloucester AC		13.39
				152		Milo	Peters	U14B	North Somerset AC		13.43
				17		Lucy	Wilson	U16G	Cheltenham Harriers		13.98
2	100m	Heat 8					11.48am				Wind +0.4m/s
				108		Rubi	Iheme-Madukairo	U14G	Gloucester AC		12.91
				47		Sam	Fortnam	U16B	Gloucester AC		13.18
				312		Andy	Noakes	M40	Gloucester AC		13.28
				3		Isabela	Fernandez	SW	Gloucester AC		13.35
				253		Peter	Roberts	M65	Worcester AC		14.29

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	220	Eva	Spice	U14G	Cheltenham Harriers	14.38
2	100m	Heat 9		11.54am		Wind +0.5m/s
	109	Rayna	Iheme-Madukairo	U18W	Gloucester AC	13.27
	304	Holly	Stewart-Hodges	U14G	Cirencester AC	13.49
	7	Bethan	Holloway	U16G	Gloucester AC	13.53
	307	George	Gardner	U18M	Cheltenham Harriers	13.7
	148	Oscar	Rowan	U14B	North Somerset AC	14.28
	31	Sophie	Carter	U16G	Gloucester AC	14.37
2	100m	Heat 10		12.00pm		Wind +0.8m/s
	247	Lucia	Ilesanmi	U14G	Gloucester AC	13.7
	267	Aurelia	Smith	U16G	North Somerset AC	13.93
	257	Jade	Merry	W35	Worcester AC	13.94
	215	Owen	Wood	U14B	Gloucester AC	13.95
	293	Ruby	King	U16G	Gloucester AC	14.11
	199	Sara	Saunders	W45	Worcester AC	14.28
2	100m	Heat 11		12.06pm		Wind +0.1m/s
	202	Angelina	Pavlova	U14G	Gloucester AC	13.96
	315	Harvey	Taylor	U14B	Gloucester AC	14.1
	292	Lily	King	U14G	Gloucester AC	14.29
	25	Isabelle	McCann	U14G	Kidderminster & Stourport AC	14.41
	39	Zoe	Cullimore-Davies	U14G	Westbury Harriers	14.42
	174	Hermione	Howard	U12G	Cheltenham Harriers	14.61
2	100m	Heat 12		12.12pm		Wind -0.2m/s
	119	Robyn	Iheme-Madukairo	U12G	Gloucester AC	13.89
	298	Harry	Jefferies	U14B	Gloucester AC	14.2
	61	Tess	Thurston	U14G	North Somerset AC	14.22
	191	Alastair	Mackie	U14B	Cheltenham Harriers	14.24
	110	Aria	Stavarakakis	U14G	Cirencester AC	14.37
	95	Jo	Willoughby	W60	Gloucester AC	14.53
2	100m	Heat 13		12.18pm		Wind +1.9m/s
	175	Thomas	Medcalf	U14B	Worcester AC	14.19
	69	Evalyn	Humphries	U12G	Yate & District AC	14.4
	144	Ivy	Parker	U14G	Stroud & District AC	14.8
	182	Annabelle	Weldon	U14G	Cheltenham Harriers	14.63
2	100m	Heat 14		12.24pm		Wind +2.5m/s
	41	Eliza	Mason	U14G	Cheltenham Harriers	14.72
	82	Mel	Garland	W60	Worcester AC	15.1
	273	Katrina	Hart	W35	Birchfield Harriers	15.44
	15	Lacey	Clissold	U16G	Aberdare Valley AAC	15.44
	186	Angela	Bryant	W65	Worcester AC	15.6
2	100m	Heat 15		12.30pm		Wind +0.9m/s
	233	Anna	Richardson	U14G	Cheltenham Harriers	14.69
	308	Liana	Lasmane	U14G	Gloucester AC	15.41
	277	Douglas	Settle	U14B	Stroud & District AC	15.54
	117	Jonah	Vanderplank	U12B	North Somerset AC	15.71
	72	Quinn	Bailey	U12B	North Somerset AC	16.27
	214	Lilliah	Wood	U16G	Gloucester AC	19.62
2	100m	Heat 16		12.36pm		Wind +1.5m/s
	261	Elsie	Collins	U12G	North Somerset AC	14.74
	73	Victoria	Bak	U12G	Hereford & County AC	15.34
	305	Leon	Kimutai Chirchir	U12B	Gloucester AC	15.71
	120	Cicely	Thompson	U14G	Stroud & District AC	16.38
	135	Henry	Farr	U12B	North Somerset AC	16.73
2	100m	Heat 17		12.42pm		Wind +0.7m/s
	179	Chris	Callow	SM	Yate & District AC	17.69

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	65	Charlie	Denman	SW	Gloucester AC	19.16
	288	Noah	Rees	SM	Lewes AC	24.45
2	100m	Heat 18	12.48pm			Wind +1.7m/s
	268	Aneurin	Clark (T72)	U14B	Gloucester AC	22.59
	127	Natasha	Ward (T52)	U20W	Gloucester AC	35.04
	126	Eleanor	Hewitt (T71)	W40	Yate & District AC	42.14
3	800m	Heat 1	12.56pm			
	311	Rhys	Llewellyn	SM	Pembrokeshire Harriers	1.57.44
	200	Thomas	White	U18M	Team Bath AC	2.00.35
	149	William	Mackie	U18M	Aberdare Valley AAC	2.00.62
	259	Luke	Bailey	U20M	Dudley & Stourbridge Harriers	2.04.58
	54	Callum	Yates	U16B	Gloucester AC	2.05.44
	218	Evan	Davies	U18M	Aberdare Valley AAC	2.08.17
3	800m	Heat 2	1.03pm			
	102	Monty	Carruthers	U16B	Gloucester AC	2.08.37
	63	Jos	Hathway	U16G	Stroud & District AC	2.16.85
	118	Miles	Thompson	U16B	Stroud & District AC	2.16.86
	205	Isabella	Heathcock	U16G	Dudley & Stourbridge Harriers	2.17.19
	27	Anya	Brady	U20W	Newport Harriers	2.18.28
	212	Hallie	Parkes	U16G	Dudley & Stourbridge Harriers	2.20.14
3	800m	Heat 3	1.10pm			
	161	Toby	Wood	U16B	Swindon Harriers	2.10.15
	5	John	Featherstone	M55	Gloucester AC	2.15.29
	23	Ewan	Boulton	U14B	Yate & District AC	2.15.67
	286	Megan	Quirk	U18W	Aberdare Valley AAC	2.19.85
	240	Huw	Mabey	U16B	Worcester AC	2.23.77
	285	Megan	Swanson	U18W	Aberdare Valley AAC	2.28.65
3	800m	Heat 4	1.17pm			
	89	Henry	Tipper	U14B	Gloucester AC	2.21.92
	263	Isabella	Peter	U16G	Newport Harriers	2.22.85
	180	Eve	Ward	U16G	Bristol & West AC	2.25.09
	237	Beau	Rawcliffe	U16G	Liverpool Harriers	2.25.39
	84	Jake	Mitton	U16B	Gloucester AC	2.26.36
	232	Pippa	Wall	U14G	Swindon Harriers	2.27.79
	67	Ruth	Bransby	U16G	Stroud & District AC	2.31.4
3	800m	Heat 5	1.24pm			
	56	Charles	Shaw	U16B	Gloucester AC	2.30.07
	112	Freya	Williams	U14G	Neath Harriers	2.36.12
	79	Charlotte	Mansfield	U12G	North Somerset AC	2.37.23
	71	Rosie	Newns	U14G	Stroud & District AC	2.37.75
	153	Lucy	Collins	U16G	Worcester AC	2.38.26
	131	Lucy	Varley	U16G	Stroud & District AC	2.51.96
	87	Benjamin	Carey	U12B	Stroud & District AC	2.53.81
	32	Lucy	Swift-Smith	U14G	Yate & District AC	3.07.00
3	800m	Heat 6	1.31pm			
	281	Benjamin	Martin	U16B	Worcester AC	2.25.67
	289	Wilfred	Ryder	U14B	Cirencester AC	2.34.69
	124	Darcey	Oviatt	U16G	Yate & District AC	2.37.51
	277	Douglas	Settle	U14B	Stroud & District AC	2.41.95
	93	Tilly	Allen	U12G	Gloucester AC	2.42.62
	197	Edna	Jacobs	U14G	North Somerset AC	2.53.3
	76	Imogen	Beard	U12G	Swindon Harriers	2.59.98
3	800m	Heat 7	1.38pm			
	304	Holly	Stewart-Hodges	U14G	Cirencester AC	2.37.14
	204	Albert	Rendell	U12B	Stroud & District AC	2.41.20

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	35	Amelia	Robinson	U12G	Stroud & District AC	2.41.66
	22	Lucy	Reeves	U14G	Yate & District AC	2.53.1
	133	Jamie	Wimbush	U12B	Stroud & District AC	2.59.91
3	800m	Heat 8	1.45pm			
	50	Dylan	Hazley-Dam	U12B	Gloucester AC	2.40.48
	37	Alice	Averies	U14G	Swindon Harriers	2.40.81
	57	William	Shaw	U12B	Gloucester AC	2.45.74
	74	Sophie	Perkin	U14G	North Somerset AC	2.46.54
	302	Freya	Cranfield	U16G	Stroud & District AC	2.54.29
	36	Aaron	Robinson	U12B	Stroud & District AC	2.56.28
	52	Eloise	Adcock	U16G	Gloucester AC	2.58.90
3	800m	Heat 9	1.52pm			
	299	Alice	George	SW	Gloucester AC	2.49.76
	219	Matilda	Maggs	U14G	Gloucester AC	2.56.39
	313	Toby	Jones	U12B	Worcester AC	2.59.71
	175	Thomas	Medcalf	U14B	Worcester AC	3.01.79
	85	Hadrian	Nizi	U12B	Hereford & County AC	3.03.41
	235	Susie	Wall	U12G	Swindon Harriers	3.03.79
	6	Rose	Hammond	U12G	Gloucester AC	3.10.18
	243	Archer	Hastings	U12B	Gloucester AC	3.10.29
4	150m	Heat 1	2.05pm			Wind +1.6m/s
	133	Jamie	Wimbush	U12B	Stroud & District AC	24.01
	85	Hadrian	Nizi	U12B	Hereford & County AC	24.6
	72	Quinn	Bailey	U12B	North Somerset AC	25.36
4	150m	Heat 2	2.11pm			Wind +0.5m/s
	119	Robyn	Iheme-Madukairo	U12G	Gloucester AC	21.83
	69	Evalyn	Humphries	U12G	Yate & District AC	22.69
	79	Charlotte	Mansfield	U12G	North Somerset AC	22.92
	261	Elsie	Collins	U12G	North Somerset AC	23.11
	73	Victoria	Bak	U12G	Hereford & County AC	23.63
	306	Amelia	Smialek	U12G	Bristol & West AC	25.14
5	200m	Heat 1	2.17pm			Wind +0.9m/s
	238	Isaac	Hewer	U18M	Gloucester AC	23.15
	105	Oliver	Marchant	U18M	Cheltenham Harriers	23.2
5	200m	Heat 2	2.23pm			Wind +0.4m/s
	164	Ethan	Bryon	U16B	Swindon Harriers	23.93
	66	Daniel	Wood	U18M	Gloucester AC	24.02
	194	Alex	Hill	U18M	Unattached	24.12
	59	David	Hawkins	M35	Gloucester AC	24.23
	70	Ben	Reeves	M45	Gloucester AC	24.82
5	200m	Heat 3	2.29pm			Wind +2.0m/s
	294	Jonathan	Brew	SM	Windsor, Slough, Eton & Hounslow	23.23
	48	Leonel	Lopes	SM	Gloucester AC	24.49
	157	Marcus	Manton	SM	Worcester AC	25.05
	75	Melody	Benn	U18W	Gloucester AC	25.28
	122	Finley	Keane	SM	Cardiff Archers	26.38
5	200m	Heat 4	2.35pm			Wind +1.7m/s
	309	Billy	Sharp	U18M	North Somerset AC	23.72
	177	Karl	Lewis	M35	Gloucester AC	25.53
	265	Ishwar	Healy	U18M	North Somerset AC	26.13
5	200m	Heat 5	2.41pm			Wind +1.1m/s
	147	Joe	Batten	U16B	Gloucester AC	25.58
	3	Isabela	Fernandez	SW	Gloucester AC	26.96
	240	Huw	Mabey	U16B	Worcester AC	27.36
	297	Imogen	Miles	U18W	Cheltenham Harriers	27.83
	236	Freya	McFadden	SW	Stroud & District AC	28.02

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5	200m	Heat 6		2.47pm			Wind +0.4m/s
	211		Emmanuel	Taiwo	U16B	Gloucester AC	26.7
	9		Johannes	Mundy	U14B	Gloucester AC	27.26
	100		Olivia	Pachula	U16G	Gloucester AC	27.64
	279		Aryan	Murray	U14B	Gloucester AC	27.85
	252		Emily	Nicholson	U18W	North Somerset AC	27.88
	220		Eva	Spice	U14G	Cheltenham Harriers	30.13
5	200m	Heat 7		2.53pm			Wind +1.1m/s
	86		Harriet	Akerman	U18W	Gloucester AC	27.39
	80		Max	Bastock	U16B	Gloucester AC	27.4
	222		Jackson	Stoneman	U16B	Stroud & District AC	27.57
	89		Henry	Tipper	U14B	Gloucester AC	27.99
	247		Lucia	Ilesanmi	U14G	Gloucester AC	28.29
	103		Honor	Leeming	U16G	Forest of Dean AC	29.84
5	200m	Heat 8		2.59pm			Wind +0.6m/s
	304		Holly	Stewart-Hodges	U14G	Cirencester AC	28.12
	152		Milo	Peters	U14B	North Somerset AC	28.65
	293		Ruby	King	U16G	Gloucester AC	29.63
	148		Oscar	Rowan	U14B	North Somerset AC	29.71
	267		Aurelia	Smith	U16G	North Somerset AC	29.81
	199		Sara	Saunders	W45	Worcester AC	30.04
5	200m	Heat 9		3.05pm			Wind +1.6m/s
	202		Angelina	Pavlova	U14G	Gloucester AC	29.18
	257		Jade	Merry	W35	Worcester AC	29.67
	230		Molly	Cowl	U18W	North Somerset AC	29.82
	191		Alastair	MacKie	U14B	Cheltenham Harriers	30.09
	71		Rosie	Newns	U14G	Stroud & District AC	31.88
5	200m	Heat 10		3.11pm			Wind +0.8m/s
	61		Tess	Thurston	U14G	North Somerset AC	29.61
	39		Zoe	Cullimore-Davies	U14G	Westbury Harriers	29.83
	31		Sophie	Carter	U16G	Gloucester AC	29.94
	287		Zuzanna	Smialek	U14G	Bristol & West AC	30.06
	110		Aria	Stavarakakis	U14G	Cirencester AC	30.16
	175		Thomas	Medcalf	U14B	Worcester AC	32.39
5	200m	Heat 11		3.17pm			Wind +0.5m/s
	292		Lily	King	U14G	Gloucester AC	30.17
	15		Lacey	Clissold	U16G	Aberdare Valley AAC	31.36
	45		Amelia	Moses	U16G	Aberdare Valley AAC	31.74
	187		Grace	Halliwell	U14G	Bristol & West AC	31.85
	186		Angela	Bryant	W65	Worcester AC	32.46
	300		Amanda	Too	U14G	Gloucester AC	35.1
5	200m	Heat 12		3.23pm			Wind +0.3m/s
	276		Ruby	Liddington	U14G	Gloucester AC	29.88
	308		Liana	Lasmane	U14G	Gloucester AC	32.75
	277		Douglas	Settle	U14B	Stroud & District AC	33.34
	275		Ruby	Sleeman	U14G	Chepstow Harriers	34.97
5	200m	Heat 13		3.29pm			Wind +1.2m/s
	179		Chris	Callow (T72)	SM	Yate & District AC	35.68
	268		Aneurin	Clark (T72)	U14B	Gloucester AC	46.43
	288		Noah	Rees (T72)	SM	Lewes AC	49.06
	126		Eleanor	Hewitt (T71)	W40	Yate & District AC	88.34
6	1500m	Heat 1		3.40pm			
	224		Garyn	Tough	U18M	Aberdare Valley AAC	4.16.05
	223		Cian	Tough	U18M	Aberdare Valley AAC	4.27.19
	282		Gavin	McCaugherty	M45	Western Tempo	4.28.22
	283		James	Cooke	U18M	Worcester AC	4.28.95

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	196	Marko	Nurminen	M55	Bristol & West AC	4.34.6
	91	Noah	Dix	U16B	Cheltenham Harriers	4.37.97
	168	Olivia	Avery	U18W	Gloucester AC	4.39.96
	239	George	Hallford	U16B	North Somerset AC	4.42.06
	118	Miles	Thompson	U16B	Stroud & District AC	4.44.08
6	1500m	Heat 2		3.52pm		
	154	Toby	Brooks	U14B	Gloucester AC	4.44.78
	262	Henry	Surman	U18M	Worcester AC	4.52.89
	221	Lucy	Hatfield	SW	Bromsgrove & Redditch AC	4.53.66
	141	Chris	Brown	M45	Severn AC	4.54.21
	130	Sam	Frost	U14B	North Somerset AC	4.55.04
	29	Ivy	Wightman	U16G	Cheltenham Harriers	4.55.29
	258	Ellie	Charlesworth	U16G	Swindon Harriers	4.56.89
	290	Henry	Woodfine	U16B	Cirencester AC	4.57.85
	167	Adrian	Lewis	M50	Aberdare Valley AAC	4.59.04
	142	Chloe	Harrington	SW	Newport Harriers	5.00.51
	203	Helena	Cooke	U14G	Worcester AC	5.00.85
	229	Matthew	Robinson	M60	Bristol & West AC	5.05.08
	264	Izzie	Moore	U16G	Swindon Harriers	5.19.92
6	1500m	Heat 3		4.04pm		
	116	William	Jonas	U14B	North Somerset AC	4.52.50
	64	Hannah	Mullin	U14G	Yate & District AC	4.54.81
	215	Owen	Wood	U14B	Gloucester AC	5.01.02
	216	Bradley	Rowley	U14B	Dudley & Stourbridge Harriers	5.07.89
	245	Olivia	Porton	U16G	Swindon Harriers	5.14.75
	171	Edward	Knight	U14B	Cirencester AC	5.23.66
	185	Jess	Bailey	U14G	Cheltenham Harriers	5.23.96
	25	Isabelle	McCann	U14G	Kidderminster & Stourport AC	5.31.13
	270	Francesca	Poore	U18W	North Somerset AC	5.59.85
6	1500m	Heat 4		4.16pm		
	155	Ffion	Bidwell	U14G	Worcester AC	5.28.27
	276	Ruby	Liddington	U14G	Gloucester AC	5.38.10
	181	Isla	Sharpe	U14G	North Somerset AC	5.41.78
	226	Phoebe	Golledge	U16G	Gloucester AC	5.50.05
	81	Verity	Cooper	U14G	Cheltenham Harriers	5.51.57
	26	Imogen	McCann	U14G	Kidderminster & Stourport AC	5.56.62
	187	Grace	Halliwell	U14G	Bristol & West AC	5.57.44
	275	Ruby	Sleeman	U14G	Chepstow Harriers	6.03.17
	60	Chloe	Yates	U14G	Gloucester AC	6.06.72
	162	Jill	Harrison	W65	Bristol & West AC	6.19.21
	128	Ruth	Poyntz-Wright	U18W	Stroud & District AC	6.29.24
	104	Arthur	Daley	M75	Gloucester AC	6.37.08
6	300m	Heat 1		4.28pm		
	54	Callum	Yates	U16B	Gloucester AC	38.18
	166	Charlie	Lindley	U16B	Worcester AC	38.57
6	300m	Heat 2		4.35pm		
	102	Monty	Carruthers	U16B	Gloucester AC	38.29
	193	Dan	Burton	U16B	Worcester AC	39.35
	209	Jack	Shingler	U16B	Cheltenham Harriers	41.13
	255	Isla	Oldham	U16G	Worcester AC	43.48
	163	Felicity	Moore	U16G	Worcester AC	43.65
6	300m	Heat 3		4.42pm		
	245	Olivia	Porton	U16G	Swindon Harriers	45.76
	140	Ashley-May	Findlay	U16G	Bristol & West AC	45.82
	103	Honor	Leeming	U16G	Forest of Dean AC	47.37
	15	Lacey	Clissold	U16G	Aberdare Valley AAC	52.65

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7	400m	Heat 1	4.49pm			Windsor, Slough, Eton & Hounslow Swindon Harriers Cheltenham Harriers Shrewsbury AC	51.27 51.51 53.46 55.51
			294	Jonathan Brew	SM		
			101	Alessandro Virgilio	U18M		
			178	Lucas West	U18M		
		316	Bethany Trow	U20W			
7	400m	Heat 2	4.56pm			Gloucester AC Stroud & District AC Cheltenham Harriers Gloucester AC Stroud & District AC Bristol & West AC	57.4 58.33 58.77 59.98 60.08 62.35
			5	John Featherstone	M55		
			88	Millie Cossins	U18W		
			248	Tom Bradshaw	M45		
			312	Andy Noakes	M40		
			236	Freya McFadden	SW		
	234	Amira Chowdhury-Barratt	U18W				
7	400m	Heat 3	5.03pm			Newport Harriers Trafford AC North Somerset AC Stroud & District AC North Somerset AC Forest of Dean AC	62.15 63.53 64.32 64.41 69.35 85.3
			278	Poppy Oliver	U18W		
			254	Ophelia Jones	U20W		
			252	Emily Nicholson	U18W		
			198	Lottie Tomkins	U18W		
			230	Molly Cowl	U18W		
	139	Alan Robertson	M70				
7	400m	Heat 4	5.10pm			Yate & District AC Gloucester AC Lewes AC Yate & District AC	75.47 77.71 1.42.28 3.16.65
			179	Chris Callow (T72)	SM		
			65	Charlie Denman (T72)	SW		
			288	Noah Rees (T72)	SM		
	126	Eleanor Hewitt (T71)	W40				
8	3000m	Heat 1	5.17pm			Hereford Couriers AC Western Tempo Western Tempo Stroud & District AC Stroud & District AC Gloucester AC Newport Harriers Western Tempo Gloucester AC CLC Striders Gloucester AC Cheltenham Harriers Bristol & West AC Cheltenham Harriers	8.47.72 8.55.17 8.59.34 9.19.71 9.20.16 9.29.26 9.30.68 9.37.56 9.39.96 9.40.1 9.45.85 9.47.65 9.50.08 9.59.64
			206	Henry White	U20M		
			176	Luke Carroll	SM		
			314	Ben Stockill	SM		
			246	Thomas Moreton	SM		
			188	Max Benfield	U20M		
			156	Adam Bradburn	SM		
			274	Isaac Barry	U18M		
			284	Jake Parker	U20M		
			46	Ben Clarke	U18M		
			159	Peter Duffy	M35		
			271	Ruth Brook	U20W		
			209	Jack Shingler	U16B		
			260	Callum Skidmore	U16B		
	43	Noah Seabright	U16B				
8	3000m	Heat 2	5.34pm			Aberdare Valley AAC Caerphilly Runners Swindon Harriers Gloucester AC Bridgend AC Newport Harriers Gloucester AC Stroud & District AC Dudley & Stourbridge Harriers Gloucester AC Gloucester AC CLC Striders	9.55.49 10.01.75 10.01.87 10.03.45 10.06.56 10.13.66 10.25.54 10.34.85 10.40.95 10.49.77 11.01.90 11.55.32
			106	Gryff Thomas	U20M		
			256	Maksymilian Figurski	U20M		
			316	Ben Conway	U16B		
			58	William Shuttleworth	U16B		
			213	Angelo Doria	SM		
			280	Ben Oliver	M40		
			227	Barney Golledge	U18M		
			123	Christopher Gilbert	M50		
			125	Amelia Jones	U20W		
			269	Lily-Sienna Leon-Hodgson	U16G		
				296	Estelle Lowe		
	115	Joel Freeland	M40				
8	3000m	Heat 3	5.52pm			Aberdare Valley AAC North Somerset AC Hereford & County AC Forest of Dean AC Gloucester AC	10.53.11 10.58.86 11.11.97 11.23.76 11.27.58
			151	Xavier MacKie	U16B		
			303	Agnes Alexander	U16G		
			132	Saffi Reid	U16G		
			98	Michelle Lee	W50		
	65	Charlie Denman (T72)	SW				

Sheet1

173	Jen	Davies	SW	Gloucester AC	11.32.77
38	Rachel	Vines	W40	CLC Striders	11.54.05
225	Lily	Cornish	U16G	Newport Harriers	12.01.42
137	Steve	Maguire	M45	Cardiff AAC	12.36.48
208	Sophie	Fletcher	U16G	Worcester AC	13.25.21
162	Jill	Harrison	W65	Bristol & West AC	13.36.25
288	Noah	Rees (T72)	SM	Lewes AC	16.46.04
Long Jump Group 1		11.30am			
9	Johannes	Mundy	U14B	Gloucester AC	4.98m
152	Milo	Peters	U14B	North Somerset AC	4.49m
148	Oscar	Rowan	U14B	North Somerset AC	4.01m
78	Charlie	Bowden-Green	U14B	North Somerset AC	3.22m
242	Finley	Liddell	U12B	Cheltenham Harriers	3.71m
85	Hadrian	Nizi	U12B	Hereford & County AC	3.51m
72	Quinn	Bailey	U12B	North Somerset AC	3.09m
50	Dylan	Hazley-Dam	U12B	Gloucester AC	2.25m
74	Sophie	Perkin	U14G	North Somerset AC	4.18m
Long Jump Group 2		1.15pm			
7	Bethan	Holloway	U16G	Gloucester AC	4.93m
61	Tess	Thurston	U14G	North Somerset AC	4.21m
110	Aria	Stavarakakis	U14G	Cirencester AC	4.17m
182	Annabelle	Weldon	U14G	Cheltenham Harriers	4.08m
34	Charlotte	Spencer	U14G	Bristol & West AC	4.05m
120	Cicely	Thompson	U14G	Stroud & District AC	3.81m
41	Eliza	Mason	U14G	Cheltenham Harriers	3.44m
69	Evalyn	Humphries	U12G	Yate & District AC	3.85m
174	Hermione	Howard	U12G	Cheltenham Harriers	3.52m
73	Victoria	Bak	U12G	Hereford & County AC	3.27m
68	Phoebe	Humphries	U10G	Yate & District AC	2.78m
184	Ruby	Howard	U10G	Gloucester AC	2.63m
47	Sam	Fortnam	U16B	Gloucester AC	5.12m
80	Max	Bastock	U16B	Gloucester AC	3.46m
8	Jacob	Holloway	U14B	Gloucester AC	3.74m
Long Jump Group 3		3.45pm			
59	David	Hawkins	M35	Gloucester AC	5.56m
136	Iolo	Griffiths	SM	Pembrokeshire Harriers	6.35m
111	Kaelen	McLeary	SM	Bristol & West AC	5.40m
42	Chris	Lloyd	SM	Swansea Harriers	5.32m
157	Marcus	Manton	SM	Worcester AC	5.18m
95	Jo	Willoughby	W60	Gloucester AC	4.23m
82	Mel	Garland	W60	Worcester AC	4.04m
1	Megan	Amey	U18W	Cheltenham Harriers	4.87m
17	Lucy	Wilson	U16G	Cheltenham Harriers	4.31m
132	Saffi	Reid	U16G	Hereford & County AC	4.00m
94	Rebecca	Davies	U16G	Hereford & County AC	3.95m
52	Eloise	Adcock	U16G	Gloucester AC	3.65m
45	Amelia	Moses	U16G	Aberdare Valley AAC	3.20m

Sheet1

Shot Put		2.30pm			
272	Gareth	Winter	SM	Woodford Green & Essex Ladies	16.88m
24	William	Richards-Baldwin	U18M	Cheltenham Harriers	16.28m
43	Noah	Seabright	U16B	Cheltenham Harriers	10.91m
8	Jacob	Holloway	U14B	Gloucester AC	8.51m
12	Grace	Hawker	U18W	Cardiff Archers	13.02m
1	Megan	Amey	U18W	Cheltenham Harriers	9.51m
7	Bethan	Holloway	U16G	Gloucester AC	11.53m
99	Freya	Davies	U16G	Hereford & County AC	8.28m
33	Isabelle	Spencer	U16G	Bristol & West AC	7.91m
52	Eloise	Adcock	U16G	Gloucester AC	7.05m
172	Sakura	Charlwood	U14G	Stroud & District AC	8.31m
34	Charlotte	Spencer	U14G	Bristol & West AC	7.97m
26	Imogen	McCann	U14G	Kidderminster & Stourport AC	6.33m
44	Gwennie	Moses	U14G	Aberdare Valley AAC	6.08m
Howler		1.30pm			
117	Jonah	Vanderplank	U12B	North Somerset AC	32.86m
318	Freddie	Bennett	U12B	Yate & District AC	31.27m
313	Toby	Jones	U12B	Worcester AC	24.18m
50	Dylan	Hazley-Dam	U12B	Gloucester AC	18.13m
301	Taber	Moore	U10B	North Somerset AC	23.38m
90	Cody	O'Brien	U10B	Gloucester AC	13.97m
261	Elsie	Collins	U12G	North Somerset AC	23.91m
Javelin		12.00pm			
19	Jacob	Mead	U14B	Yate & District AC	35.49m
10	Joseph	Sheppee	U14B	Cheltenham Harriers	31.96m
18	Eli	Grant	U14B	Yate & District AC	30.58m
20	Max	Papuca	U14B	Yate & District AC	28.89m
8	Jacob	Holloway	U14B	Gloucester AC	26.07m
14	Jessica	Lewis	SW	Andover AC	38.63m
33	Isabelle	Spencer	U16G	Bristol & West AC	21.19m
34	Charlotte	Spencer	U14G	Bristol & West AC	25.79m
21	Natalee	Souch	U14G	Yate & District AC	22.17m
39	Zoe	Cullimore-Davies	U14G	Westbury Harriers	21.52m
22	Lucy	Reeves	U14G	Yate & District AC	17.79m
41	Eliza	Mason	U14G	Cheltenham Harriers	16.10m
26	Imogen	McCann	U14G	Kidderminster & Stourport AC	16.04m
25	Isabelle	McCann	U14G	Kidderminster & Stourport AC	13.22m