

**100m**

1	Joshua	Tisch	YM	Ramblers	13.90
2	Petra	Gough	YW	Ramblers	14.24
3	Cerys	Adkins	G11	Bellevue	15.68
4	Phillip	Curtis	M60	Ramblers	16.40
5	Russell	Lake	M45	Ramblers	16.91

**200m**

1	Reece	Thompson	JM	Ramblers	27.72
2	Joshua	Tisch	YM	Ramblers	27.83
3	Geoff	Proctor	M45	Ramblers	30.12
4	Cerys	Adkins	G11	Bellevue	34.18
5	Phillip	Curtis	M60	Ramblers	38.70

**1500m**

1	Joshua	Tisch	YM	Ramblers	05:12.41
2	Russell	Lake	M45	Ramblers	05:22.14
3	Geoff	Proctor	M45	Ramblers	05:41.67
4	Phillip	Curtis	M60	Ramblers	06:10.00

**5000m**

1	Sally	Gibbs	W50	Ramblers	19:15.88
2	Russell	Lake	M45	Ramblers	20:03.93
3	Gavin	Smith	M60	Ramblers	22:10.81
4	Phillip	Curtis	M60	Ramblers	22:31.22

**Shot Put**

1	Reece	Thompson	JM	Ramblers	10.73	6kg
2	Petra	Gough	YW	Ramblers	7.71	3kg
3	Cerys	Adkins	G11	Bellevue	7.15	2kg