

**Avon AA 10 Mile Road Championships 2016**  
(incorporated in Oldbury-on-Severn 10 Mile race 11/09/2016)

Male Individual

1 <sup>st</sup>	Chris McMillan	Weston AC	56.03
2 <sup>nd</sup>	Andrew Cooke	Bristol & West AC	56.39
3 <sup>rd</sup>	Ciaran McQuade	Bristol & West AC	56.43
4 <sup>th</sup>	Kieron Summers	Weston AC	56.53
5 <sup>th</sup>	David Tomlin	Cheltenham Harriers	57.56

Female Individual

1 <sup>st</sup>	Sally Gray	Cannock & Stafford	1.07.37
2 <sup>nd</sup>	Kelly Dicks	Great Western Runners	1.07.39
3 <sup>rd</sup>	Sophie Walton	Great Western Runners	1.08.07
4 <sup>th</sup>	Kate Drew	Taunton AC	1.08.43
5 <sup>th</sup>	Claire Meraz	Great Western	1.12.42

Male Team

Chris McMillan, Kieron Summers, Darren Stacey and Stephen Kibblewhite - Weston AC

Female team

Kelly Dicks, Sophie Walton and Clare Meraz - Great Western