



It's all good.

Men's 3000 Metres

Final

START LIST

World Indoor Championships Qualifying Standard: 7:54.00

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:24.90	Daniel KOMEN	KEN	21	6 Feb 1998
NR	7:34.47	Mo FARAH	GBR	25	21 Feb 2009
SR	7:50.86	Mo FARAH	GBR	23	11 Feb 2007
ACR	7:32.43	Bernard LAGAT	USA	32	17 Feb 2007

13 February START	2010 COMPETITOR	18:00	AGE	PERSONAL BEST	2010 BEST
1	Neil GAMESTER SHAFTESBURY B		26	8:04.99	
2	Tom LANCASHIRE BOLTON UNITED H		24	7:56.01	
3	Ryan MCLEOD TIPTON H		24	8:00.14	
4	Jonathan MELLOR LIVERPOOL H		23		
5	David PROCTOR ROCHDALE H		24	8:05.10	8:05.10
6	Bruce RAESIDE NOTTS A C		28	8:16.71	
7	Michael SKINNER BLACKHEATH & BROMLEY		30	8:06.25	8:07.85
8	Jonathan TAYLOR MORPETH H		22	7:58.60	8:10.77
9	Andy VERNON ALDERSHOT, FARNHAM & DISTRICT		24		
10	James WILKINSON LEEDS CITY		19		
11	Anthony FORD BLACKPOOL & FYLDE		26	8:09.33	
12	Richard CORCORAN IRELAND		25	8:10.30	8:32.03
13	Rory CRESSER IRELAND		22		
14	Alastair HAY CENTRAL		24		
15	Matt BOWSER LINCOLN WELLINGTON		26	8:18.29	
16	Paolo NATALI ITALY		29	8:16.30	8:16.30
17	Paul MILES OADBY & WIGSTON		25	8:13.07	8:13.07
18	Richard WEIR DERBY		25	8:21.52	8:21.52
19	Emmett DUNLEAVY IRELAND		28	8:18.98	8:18.98
20	Aidan BAILEY CLONLIFFE H		26		

Start split into two rows, athletes 1-12 in front row, 13-23 in second row

Issued Saturday, 13 February 2010 at 17:17



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21	David WESTBURY DERBY	20	8:17.84	8:17.84
22	Martin CONROY IRELAND	29	8:15.44	8:35.45
23	Chris MACKAY NEWHAM E B	25	8:27.93	

Start split into two rows, athletes 1-12 in front row, 13-23 in secon row

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