**Aviva European Champs Trials & UK Champs**
**EIS - Sheffield**
**Saturday 14 and Sunday 15 February 2009**

# Men 's 3000 Metres

# Final START LIST

**World Indoor Championships Qualifying Standard:** 7:55.00

| | MARK | COMPETITOR | NAT | AGE | Record Date |
|---|---|---|---|---|---|
| **WR** | **7:24.90** | **Daniel KOMEN** | KEN | 21 | 6 Feb 1998 |
| **NR** | **7:40.99** | **Mo FARAH** | GBR | 25 | 31 Jan 2009 |
| **SR** | **7:50.86** | **Mo FARAH** | GBR | 23 | 11 Feb 2007 |
| **ACR** | **7:32.43** | **Bernard LAGAT** | USA | 32 | 17 Feb 2007 |

14 February 2009 16:58

| START | COMPETITOR | AGE | PERSONAL BEST | 2009 BEST |
|---|---|---|---|---|
| 1 | **Paolo NATALI**<br>ITALY | 28 | 8:17.43 | 8:17.43 |
| 2 | **Jorge THOMAS**<br>CARDIFF A A C | 26 | 3:48.95 | 3:48.95 |
| 3 | **Paul MILES**<br>OADBY & WIGSTON | 24 | 8:20.99 | 8:20.99 |
| 4 | **Jonathan TAYLOR**<br>MORPETH H | 21 | 8:13.66 | 8:13.66 |
| 5 | **Neil GAMESTER**<br>SHAFTESBURY B | 25 | | |
| 6 | **Owain MATTHEWS**<br>BEDFORD C | 27 | 8:25.97 | 8:25.97 |
| 7 | **Ryan MCLEOD**<br>TIPTON H | 23 | 8:19.31 | |
| 8 | **Anthony FORD**<br>BLACKPOOL & FYLDE | 25 | 8:09.33 | |
| 9 | **Mark DRAPER**<br>WSE HOUNSLOW | 24 | 8:07.79 | |
| 10 | **Pat MCCARTAN**<br>IRELAND | 26 | | |
| 11 | **Chris PARR**<br>GATESHEAD H | 24 | 8:17.48 | |
| 12 | **Bruce RAESIDE**<br>NOTTS A C | 27 | | |
| 13 | **Matt BOWSER**<br>LINCOLN WELLINGTON | 25 | 8:36.27 | |
| 14 | **James SHANE**<br>BASILDON A C | 19 | 8:29.4 | |
| 15 | **Rob WHITTLE**<br>BASINGSTOKE M H | 27 | 8:24.11 | 8:24.11 |
| 16 | **Nick MCCORMICK**<br>MORPETH H | 27 | 7:51.6 | 7:52.74 |

*Issued Saturday, 14 February 2009 at 16:11*