



# Men's 3000 Metres

## Final

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



## RESULTS

14 February 2009

TIME  
Start 16:58

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

POS	COMPETITOR	AGE	LANE	MARK	
1	<b>Nick MCCORMICK</b> MORPETH H	27	16	<b>7:54.73</b>	
2	<b>Mark DRAPER</b> WSE HOUNSLOW	24	9	<b>7:56.46</b>	<b>PB</b>
3	<b>Neil GAMESTER</b> SHAFTESBURY B	25	5	<b>8:04.99</b>	<b>PB</b>
4	<b>Jonathan TAYLOR</b> MORPETH H	21	4	<b>8:07.77</b>	<b>PB</b>
5	<b>Ryan MCLEOD</b> TIPTON H	23	7	<b>8:08.01</b>	<b>PB</b>
6	<b>Anthony FORD</b> BLACKPOOL & FYLDE	25	8	<b>8:13.27</b>	<b>SB</b>
7	<b>Jorge THOMAS</b> CARDIFF A A C	26	2	<b>8:16.28</b>	
8	<b>Bruce RAESIDE</b> NOTTS A C	27	12	<b>8:16.71</b>	<b>PB</b>
9	<b>Matt BOWSER</b> LINCOLN WELLINGTON	25	13	<b>8:18.29</b>	<b>PB</b>
10	<b>Paul MILES</b> OADBY & WIGSTON	24	3	<b>8:18.38</b>	<b>PB</b>
11	<b>Pat MCCARTAN</b> IRELAND	26	10	<b>8:19.00</b>	<b>PB</b>
12	<b>Rob WHITTLE</b> BASINGSTOKE M H	27	15	<b>8:19.12</b>	<b>PB</b>
13	<b>Paolo NATALI</b> ITALY	28	1	<b>8:20.77</b>	
14	<b>Owain MATTHEWS</b> BEDFORD C	27	6	<b>8:21.59</b>	<b>PB</b>
15	<b>Chris PARR</b> GATESHEAD H	24	11	<b>8:23.88</b>	<b>SB</b>
16	<b>James SHANE</b> BASILDON A C	19	14	<b>8:40.66</b>	<b>SB</b>



# 3000 Metres Men - Final RESULTS



POS	COMPETITOR	AGE	LANE	MARK
<b>INTERMEDIATE TIMES</b>				
1000	138 Nick MCCORMICK			2:04.23
2000	138 Nick MCCORMICK			5:14.11

## GREAT BRITAIN & N.I. TOP ALL-TIME

MARK	COMPETITOR	DATE
7:40.99	Mo FARAH	2009
7:41.09	John MAYOCK	2002
7:43.90	Rob DENMARK	1991
7:45.10	Andrew BADDELEY	2008
7:46.1	Jack BUCKNER	1985
7:46.22	Mark ROWLAND	1990
7:46.7	Nick ROSE	1979
7:46.85	Ricky WILDE	1970
7:48.1	Greame FELL	1982
7:49.61	David LEWIS	1986

## GREAT BRITAIN & N.I. TOP 2009

MARK	COMPETITOR	DATE
7:40.09	Mo FARAH	31 Jan
7:52.74	Nick MCCORMICK	7 Feb

