



Men's 3000 Metres

Aviva Grand Prix
NIA - Birmingham
Saturday 21 February 2009



START LIST



	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	7:32.43	Bernard LAGAT	USA	32	17 Feb 2007

21 February 2009 16:14 START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	Neil GAMESTER GREAT BRITAIN & N.I.	26	8:04.99	8:04.99
2	Ryan MCLEOD GREAT BRITAIN & N.I.	23	8:08.01	8:08.01
3	Jonathan TAYLOR GREAT BRITAIN & N.I.	21	8:07.77	8:07.77
4	Mark DRAPER GREAT BRITAIN & N.I.	24	7:56.46	7:56.46
5	Nick MCCORMICK GREAT BRITAIN & N.I.	27	7:51.6	7:52.74
6	Gideon GITHIMBA KENYA	28	7:49.65	7:49.65
7	Mo FARAH GREAT BRITAIN & N.I.	25	7:40.99	7:40.99
8	Edwin KIPKORIR KENYA	19	7:44.35	7:44.35
9	Shedrack KORIR KENYA	30	7:35.98	7:35.98

Issued Friday, 20 February 2009 at 17:02

