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# Women 's 3000 Metres

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# START LIST

McCain
It's all good.

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| | MARK | COMPETITOR | NAT | AGE | Record Date |
|---|---|---|---|---|---|
| **WR** | **8:23.72** | **Meseret DEFAR** | ETH | 23 | 3 Feb 2007 |
| **NR** | **8:31.50** | **Joanne PAVEY** | GBR | 33 | 3 Feb 2007 |
| **SR** | **8:54.81** | **Liz MCCOLGAN** | GBR | 24 | 15 Jan 1989 |

30 January 2010 15:33

| START | BIB | COMPETITOR | AGE | PERSONAL BEST | 2010 BEST |
|---|---|---|---|---|---|
| 1 | GBR | **Helen CLITHEROE**<br>GREAT BRITAIN & N.I. | 36 | 8:51.02 | |
| 2 | USA | **Lindsey ALLEN**<br>UNITED STATES | 23 | 9:14.32 | |
| 3 | COM | **Sarah INGLIS**<br>GREAT BRITAIN & N.I. | 18 | 9:51.36 | |
| 4 | SWE | **Ulrika JOHANSSON**<br>SWEDEN | 34 | 9:14.85 | 9:14.85 |
| 5 | GER | **Sabrina MOCKENHAUPT**<br>GERMANY | 29 | 8:45.77 | |

*Issued Friday, 29 January 2010 at 19:55*

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