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UKA UNITED KINGDOM ATHLETICS

Women 's 3000 Metres

LETICS ATHLETICS

RESULTS

McCain
It's all good.

ATHLETICS ATHLETICS

30 January 2010

TIME
Start 15:32

	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

POS	*BIB*	*COMPETITOR*	*AGE*	*LANE*	*MARK*	*POINTS*	
1	GBR	**Helen CLITHEROE** GREAT BRITAIN & N.I.	36	1	9:05.87	5	SB
2	GER	**Sabrina MOCKENHAUPT** GERMANY	29	5	9:06.39	4	SB
3	SWE	**Ulrika JOHANSSON** SWEDEN	34	4	9:08.68	3	PB
4	USA	**Lindsey ALLEN** UNITED STATES	23	2	9:29.03	2	SB
5	COM	**Sarah INGLIS** GREAT BRITAIN & N.I.	18	3	9:48.49	1	PB

INTERMEDIATE TIMES

1000m	25	**Helen CLITHEROE**	3:06.61
2000m	25	**Helen CLITHEROE**	6:09.42

WORLD TOP ALL-TIME

MARK	COMPETITOR	COUNTRY	DATE
8:23.72	Meseret DEFAR	ETH	3 Feb 07
8:23.74	Meselech MELKAMU	ETH	3 Feb 07
8:27.86	Liliya SHOBUKHOVA	RUS	17 Feb 06
8:28.49	Anna ALMINOVA	RUS	7 Feb 09
8:29.00	Olesya SYRYEVA	RUS	17 Feb 06
8:29.15	Berhane ADERE	ETH	3 Feb 02
8:30.53	Vivian CHERUIYOT	KEN	21 Feb 09
8:31.50	Joanne PAVEY	GBR	3 Feb 07
8:31.94	Gelete BURKA	ETH	16 Feb 08
8:32.88	Gabriela SZABO	ROU	18 Feb 01

WORLD TOP 2010

MARK	COMPETITOR	COUNTRY	DATE
8:49.30	Anna ALMINOVA	RUS	1 Jan
8:56.23	Gemma TURTLE	GBR	1 Jan
9:05.87	Helen CLITHEROE	GBR	30 Jan
9:06.39	Sabrina MOCKENHAUPT	GER	30 Jan
9:08.68	Ulrika JOHANSSON	SWE	30 Jan

TEAM STANDINGS after 11 events

1	**UNITED STATES**	**39**
2	**GREAT BRITAIN & N.I.**	**39**
3	**GERMANY**	**34**
4	**COMMONWEALTH SELECT**	**32**
5	**SWEDEN**	**19**

Issued Saturday, 30 January 2010 at 15:50

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