



It's all good.

# Men's 3000 Metres

## Final

## START LIST

World Indoor Championships Qualifying Standard: 7:54.00

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:24.90	Daniel KOMEN	KEN	21	6 Feb 1998
NR	7:34.47	Mo FARAH	GBR	25	21 Feb 2009
SR	7:50.86	Mo FARAH	GBR	23	11 Feb 2007
ACR	7:32.43	Bernard LAGAT	USA	32	17 Feb 2007

13 February START	2010 COMPETITOR	18:00	AGE	PERSONAL BEST	2010 BEST
1	<b>Neil GAMESTER</b> SHAFTESBURY B		26	<b>8:04.99</b>	
2	<b>Tom LANCASHIRE</b> BOLTON UNITED H		24	<b>7:56.01</b>	
3	<b>Ryan MCLEOD</b> TIPTON H		24	<b>8:00.14</b>	
4	<b>Jonathan MELLOR</b> LIVERPOOL H		23		
5	<b>David PROCTOR</b> ROCHDALE H		24	<b>8:05.10</b>	8:05.10
6	<b>Bruce RAESIDE</b> NOTTS A C		28	<b>8:16.71</b>	
7	<b>Michael SKINNER</b> BLACKHEATH & BROMLEY		30	<b>8:06.25</b>	8:07.85
8	<b>Jonathan TAYLOR</b> MORPETH H		22	<b>7:58.60</b>	8:10.77
9	<b>Andy VERNON</b> ALDERSHOT, FARNHAM & DISTRICT		24		
10	<b>James WILKINSON</b> LEEDS CITY		19		
11	<b>Anthony FORD</b> BLACKPOOL & FYLDE		26	<b>8:09.33</b>	
12	<b>Richard CORCORAN</b> IRELAND		25	<b>8:10.30</b>	8:32.03
13	<b>Rory CRESSER</b> IRELAND		22		
14	<b>Alastair HAY</b> CENTRAL		24		
15	<b>Matt BOWSER</b> LINCOLN WELLINGTON		26	<b>8:18.29</b>	
16	<b>Paolo NATALI</b> ITALY		29	<b>8:16.30</b>	8:16.30
17	<b>Paul MILES</b> OADBY & WIGSTON		25	<b>8:13.07</b>	8:13.07
18	<b>Richard WEIR</b> DERBY		25	<b>8:21.52</b>	8:21.52
19	<b>Emmett DUNLEAVY</b> IRELAND		28	<b>8:18.98</b>	8:18.98
20	<b>Aidan BAILEY</b> CLONLIFFE H		26		

Start split into two rows, athletes 1-12 in front row, 13-23 in second row

Issued Saturday, 13 February 2010 at 17:17



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21	<b>David WESTBURY</b> DERBY	20	<b>8:17.84</b>	8:17.84
22	<b>Martin CONROY</b> IRELAND	29	<b>8:15.44</b>	8:35.45
23	<b>Chris MACKAY</b> NEWHAM E B	25	<b>8:27.93</b>	

Start split into two rows, athletes 1-12 in front row, 13-23 in secon row

2

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