



## Men's 3000 Metres

## Final

## RESULTS



It's all good.

13 February 2010

 TIME  
 Start 18:01

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

POS	COMPETITOR	AGE	LANE	MARK	
1	<b>Andy VERNON</b> ALDRSHOT, FARNHAM & DISTRICT	24	9	8:00.70	PB
2	<b>Tom LANCASHIRE</b> BOLTON UNITED H	24	2	8:04.07	SB
3	<b>Jonathan MELLOR</b> LIVERPOOL H	23	4	8:06.40	PB
4	<b>Michael SKINNER</b> BLACKHEATH & BROMLEY	30	7	8:06.78	SB
5	<b>Alastair HAY</b> CENTRAL	24	14	8:07.84	PB
6	<b>Jonathan TAYLOR</b> MORPETH H	22	8	8:09.02	SB
7	<b>Bruce RAESIDE</b> NOTTS A C	28	6	8:10.66	PB
8	<b>Ryan MCLEOD</b> TIPTON H	24	3	8:10.81	SB
9	<b>James WILKINSON</b> LEEDS CITY	19	10	8:11.37	PB
10	<b>Rory CHESSER</b> IRELAND	22	13	8:13.33	PB
11	<b>Chris MACKAY</b> NEWHAM E B	25	23	8:14.18	PB
12	<b>Paul MILES</b> OADBY & WIGSTON	25	17	8:17.21	
13	<b>Neil GAMESTER</b> SHAFTESBURY B	26	1	8:17.29	SB
14	<b>Matt BOWSER</b> LINCOLN WELLINGTON	26	15	8:17.97	PB
15	<b>Emmett DUNLEAVY</b> IRELAND	28	19	8:18.36	PB
16	<b>Richard WEIR</b> DERBY	25	18	8:19.00	PB
17	<b>Anthony FORD</b> BLACKPOOL & FYLDE	26	11	8:19.56	SB
18	<b>Richard CORCORAN</b> IRELAND	25	12	8:20.05	SB

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Issued Saturday, 13 February 2010 at 18:24



# 3000 Metres Men - Final RESULTS



POS	COMPETITOR	AGE	LANE	MARK	
19	<b>Aidan BAILEY</b> CLONLIFFE H	26	20	<b>8:21.63</b>	<b>PB</b>
20	<b>Martin CONROY</b> IRELAND	29	22	<b>8:25.44</b>	<b>SB</b>
21	<b>Paolo NATALI</b> ITALY	29	16	<b>8:36.94</b>	
22	<b>David PROCTOR</b> ROCHDALE H	24	5	<b>8:46.77</b>	
23	<b>David WESTBURY</b> DERBY	20	21	<b>8:52.65</b>	

## INTERMEDIATE TIMES

<b>1000</b>	118 <b>Tom LANCASHIRE</b>	2:45.84
<b>2000</b>	210 <b>Andy VERNON</b>	5:27.88

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

MARK	COMPETITOR	DATE
7:34.47	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 2010

MARK	COMPETITOR	DATE
7:51.36	Scot OVERALL	22 Jan
8:00.70	Andy VERNON	13 Feb
8:00.73	Joe MACDONALD	6 Feb
8:02.18	Thomas FARRELL	23 Jan
8:04.07	Tom LANCASHIRE	13 Feb
8:05.31	David PROCTOR	30 Jan
8:05.91	Luke CRAGG	29 Jan
8:06.40	Jonathan MELLOR	13 Feb
8:06.78	Michael SKINNER	13 Feb
8:07.84	Alastair HAY	13 Feb

