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	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	**7:32.43**	**Bernard LAGAT**	USA	32	17 Feb 2007

20 February 2010 13:59

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	**Tom LANCASHIRE** GREAT BRITAIN & N.I.	24	7:56.01	8:04.07
2	**Andy VERNON** GREAT BRITAIN & N.I.	24	8:00.70	8:00.70
3	**Scott OVERALL** GREAT BRITAIN & N.I.	27	7:51.36	7:51.36
4	**Brimin KIPRUTO** KENYA	24	7:42.99	7:42.99
5	**Saif Saaeed SHAHEEN** QATAR	27	7:39.77	7:43.44
6	**Shedrack KORIR** KENYA	31	7:35.98	7:49.13
7	**Dejene GEBREMESKEL** ETHIOPIA	20		
8	**Sammy MUTAHI** KENYA	20	7:32.02	7:32.02
9	**David KRUMMENACKER** UNITED STATES	34		

Issued Friday, 19 February 2010 at 19:45

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