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Women 's 10,000 Metres

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Final

START LIST

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McCain
It's all good.

European Championships Qualifying Standard: 31:45.00 (B) 32:20.00

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	**29:31.78**	**Junxia WANG**	CHN	20	8 Sep 1993
NR	**30:01.09**	**Paula RADCLIFFE**	GBR	28	6 Aug 2002
SR	**29:59.20**	**Meseret DEFAR**	ETH	25	11 Jul 2009
ACR	**29:59.20**	**Meseret DEFAR**	ETH	25	11 Jul 2009

26 June 2010 17:48

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	**Michelle ROSS COPE** C STOKE	38	33:15.44	
2	**Claire HALLISSEY** BRISTOL & WEST	27	33:10.73	
3	**Alyson DIXON** CHESTER-LE-STREET	31	34:36.57	
4	**Gemma STEEL** CHARNWOOD A C	24		
5	**Joanne PAVEY** EXETER H	36	31:12.30	
6	**Charlotte PURDUE** ALDERSHOT, FARNHAM & DISTRICT	19	33:33.24	
7	**Caryl JONES** CAMARTHEN	23	34:46.07	35:48.08
8	**Lara TAMSETT** AUSTRALIA	21	32:20.39	
9	**Sonia SAMUELS** SALE H MANCHESTER	31	33:08.89	33:08.89
10	**Jo WILKINSON** BEDFORD C	37	33:18.91	
11	**Rachel GIBBS** BEDFORD C	24		

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