



It's all good.

## Men's 1500 Metres

## Heats

## START LIST

European Championships Qualifying Standard:		3:36.20	(B) 3:39.20
WR	3:26.00	Hicham EL GUERROUJ	MAR 23 14 Jul 1998
NR	3:29.67	Steve CRAM	GBR 24 16 Jul 1985
SR	3:35.41	Steve CRAM	GBR 28 24 Jun 1989
ACR	3:30.20	Hicham EL GUERROUJ	MAR 25 5 Aug 2000

First 3 of each heat (Q) plus 3 fastest times (q) qualified

## Heat 1

3

26 June 2010 15:10

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	<b>Tom LANCASHIRE</b> BOLTON UNITED H	24	<b>3:34.29</b>	3:37.51
2	<b>Andy WILES</b> NEW MARSKE	22	<b>3:46.60</b>	3:46.60
3	<b>David PROCTOR</b> ROCHDALE H	24	<b>3:41.50</b>	3:41.50
4	<b>Ben GREEN</b> WARRINGTON	23	<b>3:47.39</b>	3:47.39
5	<b>Nick SAMUELS</b> SALE H MANCHESTER	29	<b>3:44.20</b>	3:44.20
6	<b>Alastair HAY</b> CENTRAL	24	<b>3:38.90</b>	3:38.90
7	<b>Ronnie SPARKE</b> WOODFORD G ESSEX L	19	<b>3:46.60</b>	3:46.60
8	<b>James MILLS</b> WREXHAM	22	<b>3:47.50</b>	3:52.42
9	<b>Johnny HAY</b> ALDERSHOT, FARNHAM & DISTRICT	18	<b>3:48.46</b>	3:48.46
10	<b>Lewis MOSES</b> DARLINGTON	23	<b>3:42.60</b>	3:42.60
11	<b>Paul MILES</b> OWLS LEICESTER	26	<b>3:41.63</b>	3:49.00
12	<b>James THIE</b> CARDIFF A A C	31		3:45.61
13	<b>Stephen DAVIES</b> BELGRAVE H	26	<b>3:38.50</b>	3:44.71
14	<b>Chris MACKAY</b> NEWHAM E B	25	<b>3:42.43</b>	3:48.39

1

3

Issued Saturday, 26 June 2010 at 14:14

# 1500 Metres Men - Heats START LIST



**Heat 2**

**3**

26 June 2010 15:20

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	<b>Jonathan MELLOR</b> LIVERPOOL H	23	<b>3:41.95</b>	3:42.80
2	<b>Andrew BADDELEY</b> HARROW A C	28	<b>3:34.36</b>	3:35.50
3	<b>Shaun MORALEE</b> DURHAM H	25	<b>3:40.70</b>	3:40.70
4	<b>Chris WARBURTON</b> NOTTS A C	26	<b>3:39.50</b>	3:42.20
5	<b>Jonathan TAYLOR</b> MORPETH H	22	<b>3:41.97</b>	3:42.90
6	<b>Frank BADDICK</b> NEWHAM E B	24	<b>3:42.69</b>	3:46.48
7	<b>Laurence COX</b> ALDERSHOT, FARNHAM & DISTRICT	22	<b>3:47.15</b>	3:47.15
8	<b>John MCDONNELL</b> LUTON UNITED	18	<b>3:46.61</b>	3:46.61
9	<b>Colin MCCOURT</b> BOURNEMOUTH	25	<b>3:37.55</b>	3:38.70
10	<b>Ross MURRAY</b> GATESHEAD H	19	<b>3:43.51</b>	3:43.51
11	<b>Steve MITCHELL</b> BRISTOL & WEST	22	<b>3:44.29</b>	3:46.67
12	<b>Tom GAYLE</b> C STOKE	27	<b>3:47.90</b>	3:47.90
13	<b>Kevin KANE</b> WOODFORD G ESSEX L	28	<b>3:46.40</b>	3:46.40

**2**

**3**

Issued Saturday, 26 June 2010 at 14:14



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# 1500 Metres Men - Heats START LIST



## Heat 3

### 3

26 June 2010 15:30

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	<b>Gavin MASSINGHAM</b> SUNDERLAND HARRIERS	27	<b>3:42.36</b>	3:45.75
2	<b>Andrew HEYES</b> HALLAMSHIRE H	20	<b>3:46.90</b>	3:46.90
3	<b>Mark DRAPER</b> BEDFORD C	25	<b>3:43.11</b>	
4	<b>Ricky STEVENSON</b> NEW MARSKE	21	<b>3:40.20</b>	3:40.31
5	<b>Lee EMANUEL</b> C SHEFFIELD	25	<b>3:37.25</b>	3:38.79
6	<b>Jermaine MAYS</b> KENT A C	27	<b>3:39.84</b>	3:39.84
7	<b>Ryan SAUNDERS</b> BOURNEMOUTH	18	<b>3:48.78</b>	3:48.78
8	<b>Nick MCCORMICK</b> MORPETH H	28	<b>3:35.74</b>	3:39.76
9	<b>Garry BRISTOW</b> TRAFFORD	23	<b>3:43.96</b>	3:43.96
10	<b>Ian WILLIAMSON</b> CAMBRIDGE & COLERIDGE A C	31	<b>3:45.64</b>	3:46.26
11	<b>Alex TOVEY</b> WSE HOUNSLOW	20	<b>3:47.36</b>	3:47.36
12	<b>Martin MASHFORD</b> ALDERSHOT, FARNHAM & DISTRICT	23	<b>3:45.60</b>	3:45.60
13	<b>Chris PARR</b> GATESHEAD H	25	<b>3:42.13</b>	
14	<b>Rob WHITTLE</b> BASINGSTOKE M H	29	<b>3:42.94</b>	3:46.09

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