



Men's 3000 Metres Steeplechase

Final

RESULTS



It's all good.

27 June 2010

Start TIME TEMPERATURE HUMIDITY
 17:02 26 °C 42 %

European Championships Qualifying Standard: 8:23.00 (B) 8:33.50

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:53.63	Saif Saaeed SHAHEEN	QAT	21	3 Sep 2004
NR	8:07.96	Mark ROWLAND	GBR	25	30 Sep 1988
SR	8:22.22	Philip BARKUTWO	KEN	23	4 Aug 1990
ACR	8:08.11	Patrick SANG	KEN	31	7 Jul 1995

POS	COMPETITOR	AGE	LANE	MARK	
1	Luke GUNN DERBY	25	3	8:37.35	
2	Samater FARAH NEWHAM E B	24	13	8:52.42	SB
3	Tom WADE ALDERSHOT, FARNHAM & DISTRICT	21	5	8:53.75	PB
4	Mark BUCKINGHAM HOLMFIRTH	25	17	8:57.31	SB
5	Matthew GRAHAM KIRKINTILLOCH	19	10	9:00.31	
6	James WILKINSON LEEDS CITY	19	2	9:04.72	
7	Samuel BRADLEY TONBRIDGE A C	20	15	9:06.35	PB
8	Sean HALL GATESHEAD H	22	7	9:07.11	PB
9	Chris DISCOMBE CARDIFF A A C	30	6	9:08.35	PB
10	James BAILEY SALE H MANCHESTER	27	16	9:09.81	
11	Ashley HARRELL C NORWICH	21	4	9:09.92	SB
12	Glen WATTS SHAFTESBURY B	23	8	9:11.43	
13	Stephen LISGO MANSFIELD H	23	12	9:12.09	
14	Joe WADE ALDERSHOT, FARNHAM & DISTRICT	21	14	9:14.87	
15	Ben NAGY ENFIELD & HARINGEY H	20	11	9:15.04	
16	Alex PILCHER DERBY	25	1	9:27.23	SB
17	David WESTBURY DERBY	21	9	9:51.06	

3000 Metres Steeplechase Men - Final RESULTS



POS	COMPETITOR	AGE	LANE	MARK
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INTERMEDIATE TIMES

1000	184 Luke GUNN	2:53.35		
2000	184 Luke GUNN	5:44.78		

GREAT BRITAIN & N.I. TOP ALL-TIME

MARK	COMPETITOR	DATE
8:07.96	Mark ROWLAND	1988
8:12.11	Colin REITZ	1986
8:12.58	Tom HANLON	1991
8:15.16	Greame FELL	1983
8:18.32	Eddie WEDDERBURN	1988
8:18.91	Roger HACKNEY	1988
8:18.95	Dennis COATES	1976
8:20.83	Paul DAVIES-HALE	1984
8:22.48	John DAVIES	1974
8:22.82	John BICOURT	1976

GREAT BRITAIN & N.I. TOP 2010

MARK	COMPETITOR	DATE
8:35.05	Luke GUNN	30 May
8:41.40	Stuart STOKES	12 Jun
8:46.35	Stephen LISGO	15 Apr
8:48.14	Rob MULLETT	15 Apr
8:51.48	Matthew GRAHAM	1 May
8:52.15	Glen WATTS	29 May
8:52.42	Samater FARAH	27 Jun
8:53.72	James WILKINSON	29 May
8:53.75	Tom WADE	27 Jun
8:54.81	Stephen MURPHY	29 May