



Women 's 3000 Metres Steeplechase

Aviva London Grand Prix
Crystal Palace - London
Friday 24 and Saturday 25 July 2009



START LIST



	MARK	COMPETITOR	NAT	AGE	Record Date
WR	8:58.81	Gulnara SAMITOVA	RUS	30	17 Aug 2008
NR	9:29.14	Helen CLITHEROE	GBR	34	15 Aug 2008
SR	9:33.76	Roisin MCGETTIGAN	IRL	27	25 Jul 2008
ACR	9:22.82	Tatyana PETROVA	RUS	23	19 Aug 2006

25 July 2009 15:12

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	Ida NILSSON SWEDEN	28	9:39.24	10:02.65
2	Mardrea HYMAN JAMAICA	36	9:27.21	9:54.91
3	Lisa GALAVIZ UNITED STATES	29	9:28.75	9:40.02
4	Netsanet ACHAMO ETHIOPIA	21	9:28.03	9:40.83
5	Katarzyna KOWALSKA POLAND	24	9:39.40	9:44.07
6	Sabine HEITLING BRAZIL	22	9:51.13	9:51.25
7	Lennie WAITE GREAT BRITAIN & N.I.	23	9:50.48	9:50.48
8	Helen CLITHEROE GREAT BRITAIN & N.I.	35	9:29.14	9:44.67

Issued Friday, 24 July 2009 at 12:48

