



Men's 3000 Metres Under 20

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



RESULTS



ATHLETICS ATHLETICS

25 July 2009

Start TIME TEMPERATURE HUMIDITY
13:17 21 °C 56 %

MARK	COMPETITOR	NAT	AGE	Record Date
NR 7:48.28	Jon RICHARDS	GBR	19	9 Jul 1983

POS	COMPETITOR	AGE	LANE	MARK	
1	Nick GOOLAB BELGRAVE H	19	24	8:15.27	PB
2	Thomas FARRELL BORDER H	18	3	8:16.68	PB
3	Johnny HAY ALDRESHOT, FARNHAM & DISTRICT	17	27	8:17.17	PB
4	John MCDONNELL LUTON UNITED	17	14	8:21.30	PB
5	Matthew GILLESPIE SHETTLESTON H		29	8:24.04	
6	Russell BEST New Marske	18	20	8:25.86	PB
7	Mehretab SOLOMON LONDON HEATHSIDE	19	22	8:26.49	PB
8	Tom CURR STROUD	16	9	8:26.97	PB
9	Alex CORNWELL WOODFORD G ESSEX L	17	13	8:27.84	PB
10	Ben HUNTER SOUTHEND	19	11	8:29.98	
11	Andrew COMBS TONBRIDGE A C	17	23	8:30.05	PB
12	Adam CLARKE HASTINGS A C	18	19	8:32.96	PB
13	Andrew BUTCHART CENTRAL	17	18	8:33.71	PB
14	Dan CLIFFE WARRINGTON	18	5	8:34.07	
15	Abdirisak AHMED ROTHERHAM	18	12	8:37.71	
16	Mickey REED ALDRESHOT, FARNHAM & DISTRICT	18	7	8:40.87	
17	Jack HALLAS WAKEFIELD H	18	16	8:42.17	PB
18	Karl BILLINGTON BLACKBURN	17	26	8:43.18	
19	Jeremy GILMOUR TRAFFORD	18	21	8:44.12	
20	Tom ANDERSON WINCHESTER & DISTRICT	19	28	8:44.61	



3000 Metres Under 20 Men RESULTS



POS	COMPETITOR	AGE	LANE	MARK	
21	Geoff BELCHER LEEDS CITY	18	2	8:45.61	PB
22	Michael SALTER LEEDS CITY	19	1	8:50.47	PB
23	Ben NAGY ENFIELD & HARINGEY H	19	25	8:56.93	
24	Philip BERNTSEN WINCHESTER & DISTRICT	19	15	9:00.00	
25	Sean REILLY CENTRAL	18	17	9:01.54	
26	Matthew JACKSON WARRINGTON	18	8	9:06.93	
27	Jamie CROMPTON HORWICH	16	10	9:14.96	
	Lawrence WALKER WARRINGTON	19	4	DNS	
	Ryan PARKER BEDFORD C	18	6	DNS	

INTERMEDIATE TIMES

1000	112 Dan CLIFFE	2:45.07
2000	112 Dan CLIFFE	5:34.89

GREAT BRITAIN & N.I. TOP ALL-TIME

MARK	COMPETITOR	DATE
7:48.28	Jon RICHARDS	1983
7:51.84	Steve BINNS	1979
7:56.28	John DOHERTY	1980
7:59.55	Paul DAVIES-HALE	1981
8:00.1	Micky MORTON	1978
8:00.7	Graham WILLIAMSON	1978
8:00.73	David BLACK	1971
8:00.8	Stephen ANDERS	1978
8:00.88	Paul TAYLOR	1985
8:01.2	Ian STEWART	1968

GREAT BRITAIN & N.I. TOP 2009

MARK	COMPETITOR	DATE
8:06.45	Simon HORSFIELD	3 Jun
8:14.66	James WILKINSON	18 Jul
8:15.27	Nick GOOLAB	25 Jul
8:16.68	Thomas FARRELL	25 Jul
8:17.17	Johnny HAY	25 Jul
8:20.04	Daniel CLORLEY	4 May
8:21.30	John MCDONNELL	25 Jul
8:21.46	Ronnie SPARKE	17 May
8:21.49	Callum HAWKINS	3 Jun

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Issued Saturday, 25 July 2009 at 13:39

