



Women's 3000 Metres Under 20

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



START LIST



NR	8:28.83	Zola BUDD	NAT GBR	AGE 19	Record Date 7 Sep 1985
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25 July 2009 13:03

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	Emelia GORECKA ALDRSHOT, FARNHAM & DISTRICT	15	9:22.80	9:24.79
2	Katie KNOWLES BRISTOL & WEST	19	9:30.11	
3	Abbey MCGHEE VICTORIA PARK A A C	19	9:30.26	9:30.26
4	Laura PARKER YEOVIL OLYMPIADS	0	9:51.70	9:51.70
5	Ruth HAYNES ALDRSHOT, FARNHAM & DISTRICT	15	9:45.48	9:45.48
6	Grace NICHOLLS TONBRIDGE A C	17	9:43.32	9:43.32
7	Leigh LATTIMORE HARROW A C	18	9:55.96	
8	Hannah WALKER DARLINGTON	17	9:44.76	9:44.76
9	Rebecca CRAIGIE VALE ROYAL A C	17	9:56.07	
10	Suzi BOAST BEDFORD C	19	9:27.72	9:27.72
11	Jessica RUSSON NEW MARSKE	18	9:41.68	9:41.68
12	Sarah INGLIS LOTHIAN	17	9:55.18	
13	Danni NIMMOCK C NORWICH	19	9:59.17	9:59.17
14	Blue HAYWOOD LINCOLN WELLINGTON	17	9:42.05	
15	Lily PARTRIDGE ALDRSHOT, FARNHAM & DISTRICT	18	9:44.26	9:44.26
16	Sophie COLEMAN PHOENIX	18	9:27.91	9:27.91
17	Georgie-Lou SALES WOODFORD G ESSEX L	18	9:54.70	9:54.70
18	Natalie GRANT ROTHERHAM	19	9:51.42	9:51.42

Issued Friday, 24 July 2009 at 12:48

