**Rosenheim League Division East**
Tooting Bec Athletics Track, London
22 Jul 15

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| --- | --- | --- | --- | --- | --- | --- |
|   | 3000 metres. Race 1 (men's scoring & non scoring) |   |   |   |   |   |
|   | 1st | B | Paskar Owor | SM | Belgrave Harriers | 08:42.2 |
|   | 2nd | F | Belal Ahmed | SM | Hercules Wimbledon | 09:08.3 |
|   | 3rd | 51 | Robert Tuer | SM | Hercules Wimbledon | 09:21.4 |
|   | 4th | 71 | Joseph Clark | SM | Hercules Wimbledon | 09:32.2 |
|   | 5th | H | Gary Ironmonger | M50 | Herne Hill Harriers | 09:35.9 |
|   | 6th | 65 | Nick Smallwood | SM | Belgrave Harriers | 09:36.7 |
|   | 7th | S | Benjamin Tolputt | SM | Serpentine | 09:38.4 |
|   | 8th | 49 | Jacob Phillips | M20 | London Heathside | 09:50.2 |
|   | 9th | 70 | David Evans | SM | Serpentine | 09:58.3 |
|   | 10th | C | Glenn Barden | SM | Croydon Harriers | 09:59.8 |
|   | 11th | 16 | Ernie Hann | SM | Croydon Harriers | 10:00.8 |
|   | 12th | 55 | Matthew Munro | M35 | Herne Hill Harriers | 10:04.7 |
|   | **13th** | **66** | **Knut Hegvold** | **M50** | **Belgrave Harriers** | **10:16.0** |
|   | 14th | 69 | Neil Guthrie | SM | Hercules Wimbledon | 10:20.1 |
|   | 15th | 41 | Patrick Conaghan | SM | Herne Hill Harriers | 10:28.6 |
|   | 16th | 52 | John Key | SM | Herne Hill Harriers | 10:34.4 |
|   | 17th | 72 | Peter Lee | M40 | Hercules Wimbledon | 10:39.2 |
|   | 18th | F# | Claire Grima | W35 | Hercules Wimbledon | 10:43.1 |
|   | 19th | 58 | Colin Oxlade | M55 | Croydon Harriers | 10:55.9 |
|   | 20th | 13 | Matthew Kiernan | SM | Croydon Harriers | 11:00.6 |
|   | 21st | 30 | Mark Cahill | M40 | Hercules Wimbledon | 11:10.9 |
|   | 22nd | 60 | Neil Aikman | M40 | Croydon Harriers | 11:22.5 |
|   | 23rd | 21 | Darren Over | M40 | Serpentine | 11:24.3 |
|   | 24th | 34 | Tom Cheetham | M45 | Hercules Wimbledon | 11:25.6 |
|   | 25th | O# | Maggie Statham | W60 | Holland Sports | 11:51.4 |
|   | 26th | 68 | Dennis Williams | M65 | Hercules Wimbledon | 14:12.6 |