**Rosenheim League Division East**   
Battersea Park Millenium Arena, London  
1 Jul 15

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m** |  |  |  |  |
|  |  |  |  |  |
|  | **Men - Score** |  |  |  |
| *PLACE* | *Name* | *Points* | *Team* | *Result* |
| 1 | John Franklin | 6 | S | 08:54,41 |
| 2 | Belal Ahmed | 5 | F | 09:10,66 |
| 3 | Nathan Bekele (U20) | 4 | H | 09:33,13 |
| 4 | Ernie Hann | 3 | C | 09:59,60 |
| **5** | **Knut Hegvold (V50)** | **2** | **B** | **10:34,97** |
| 6 |  | 1 |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | **Men - Non-score** |  |  |  |
| *Bib no* | *Name* |  | *Team* | *Result* |
| 113 | Ryan Evans |  | SLH | 08:53,52 |
| 130 | Alex Hobley |  | HHH | 09:25,23 |
| 123 | Daniel Gaffnet |  | unattached | 09:27,08 |
| 129 | Lawrence Avery |  | Kent AC | 09:35,49 |
| 131 | Neil Fraser |  | Hercules W | 09:39,78 |
| 122 | Liam Hatcher |  | SLH | 09:43,72 |
| 38 | Robert Tuer |  | Hercules W | 09:45,19 |
| 115 | Richard McDowell |  | Hercules W | 09:45,53 |
| 70 | Benjamin Tolputt |  | Serpentine | 09:46,46 |
| 125 | Mark Moore |  | Serpentine | 09:47,58 |
| 128 | Billy Casserley |  | SLH | 10:02,03 |
| 71 | Tal Ramsay |  | HHH | 10:02,32 |
| 118 | Jon Key |  | HHH | 10:35,72 |
| 44 | Ryan Krook |  | Belgrave | 10:39,15 |
| 65 | Eberhard Prill (V50) |  | Dulwich Runners | 10:39,17 |
| 110 | Martin Shore |  | Thames H&H | 10:49,38 |
| 120 | Dan Pescod (V40) |  | Hercules W | 10:55,55 |
| 112 | Andrew Taylor |  | Serpentine | 11:05,73 |
| 40 | Matthew Kierman |  | Croydon | 11:14,03 |
| 119 | Mark Cahill (V40) |  | Hercules W | 11:16,11 |
| 99 | Darren Over (V40) |  | Serpentine | 11:49,84 |
| 106 | Rajdave Singh |  | HHH | 12:21,73 |
| 124 | Dennis Williams (V65) |  | Hercules W | 13:39,81 |