**Rosenheim League East Division**   
Wimbledon Park, London  
11 Jun 14

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **3000 SM** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8:29.5 | [Paskar Owor](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=16582) | **SB** | SEN | M |  |  |  | Belgrave/Uganda | 8:29.5 | 8:23.93 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286087) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 8:30.5 | [Martyn Cryer](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=343) |  | SEN | M | 32 | 16.10.81 |  | Woodford Green Essex Ladies/Loughborough Students | 8:30.36 | 8:13.99 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286088) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 8:49.9 | Ben Green |  | SEN | M |  |  |  | HW |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286089) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 8:52.6 | [Richard Kowenicki](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=412650) | **PB** | SEN | M | 34 | 14.08.79 |  | Thames Hare & Hounds | 8:52.6 | 8:52.6 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286090) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 8:52.7 | [Jonathan Stead](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=46098) | **SB** | SEN | M | 32 | 04.02.82 |  | Herne Hill | 8:52.7 | 8:48.2 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286091) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 8:57.3 | [Olly Laws](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=919) | **SB** | SEN | M | 34 | 18.03.80 |  | Newham & Essex Beagles | 8:57.3 | 8:11.72 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286092) |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 9:20.3 | [Robert Tuer](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=145206) | **SB** | SEN | M |  |  |  | Hercules Wimbledon | 9:13.95 | 9:13.95 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286093) |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 9:29.4 | [Mohammed Ismail](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=110433) | **SB** | SEN | M | 33 | 19.02.81 |  | Herne Hill/Serpentine | 9:29.4 | 9:02.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286094) |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 9:32.6 | [Liam Hatcher](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=536333) | **PB** | SEN | M |  |  |  | South London | 9:32.6 | 9:32.6 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286095) |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 9:38.3 | [Sean Crummy](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=205475) | **SB** | SEN | M |  |  |  | Hercules Wimbledon | 9:38.3 | 9:31.2 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286096) |  |  |  |  |  |  |  |  |  |  |  |
| **11** | **9:44.0** | [**Knut Hegvold**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=4119) |  | **V50** | **M** |  |  |  | **Belgrave/Hercules Wimbledon/Norway** | **9:37.2** | **9:11.85** | **[http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286097)** |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 9:44.9 | [David Grima](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=210389) | **PB** | V35 | M |  |  |  | Hercules Wimbledon | 9:44.9 | 9:44.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286098) |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 9:47.5 | [Philip Glynn](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=54729) | **PB** | V35 | M | 35 | 07.06.79 |  | Hercules Wimbledon | 9:47.5 | 9:47.5 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286099) |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 9:53.0 | [Daniel De Palol](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=549633) |  | V40 | M | 40 | 31.01.74 |  | Serpentine | 9:48.69 | 9:35.0 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=14286100) |  |  |  |  |  |  |  |  |  |  |  |