**Rosenheim League East Division**

Millenium Arena  
Battersea  
2 Jul 14

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| **3000 SM ns** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8:45.6 | [Gordon Pearce](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=110584) | **SB** | SEN | M | 30 | 14.03.84 | [Robin Dickson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=7488) | Kingston & Poly/Thames Hare & Hounds | 8:45.6 | 8:40.57 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492222) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 9:02.3 | [Andrew Lawrence](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=18434) | **PB** | SEN | M | 28 | 25.11.85 |  | Morpeth/Highgate/Thames Hare & Hounds | 9:02.3 | 9:02.3 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492223) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 9:13.1 | [Matt Taylor](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=35340) | **PB** | SEN | M | 32 | 29.07.81 |  | Belgrave | 9:13.1 | 9:13.1 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492224) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 9:13.7 | [Jamie Hogg](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=435359) | **PB** | V40 | M | 40 | 21.03.74 | [Jamie Hogg](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=435359) | Serpentine | 9:06.71 | 9:06.71 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492225) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 9:14.3 | [Martin Shore](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=3227) | **SB** | V35 | M | 38 | 02.04.76 |  | Thames Hare & Hounds | 9:14.3 | 8:54.42 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492226) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 9:20.9 | [Alexander Davy](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=12368) |  | SEN | M | 25 | 09.05.89 | [Philip Townsend](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=7375) | Leeds City/Serpentine | 9:08.4 | 9:05.2 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492227) |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 9:23.4 | [Simon Barrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=14366) |  | V35 | M | 39 | 14.12.74 |  | Serpentine | 9:16.1 | 9:16.1 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492228) |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 9:25.2 | [Jordan Maurice](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=31857) | **SB** | U23 | M | 20 | 17.10.93 | [Mick Woods](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=114918) | Herne Hill/St. Mary's Uni | 9:25.2 | 8:46.8 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492229) |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 9:33.0 | [Nathan Bekele](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=530200) | **PB** | U17 | M | 16 | 07.09.97 | [James McDonald](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=85929) | Herne Hill | 9:33.0 | 9:33.0 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492230) |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 9:49.7 | [Sean Crummy](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=205475) |  | 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=15492231) |  |  |  |  |  |  |  |  |  |  |  |
| **11** | **9:50.8** | [**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=15492232) |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 9:52.3 | [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=15492233) |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 9:52.9 | [Jarek Olszowka](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=376323) | **PB** | SEN | M |  |  |  | Serpentine | 9:52.9 | 9:52.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492234) |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 9:56.9 | [Neil L Guthrie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=184629) |  | V40 | M |  |  |  | Wimbledon Windmilers | 9:52.1 | 9:52.1 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492235) |  |  |  |  |  |  |  |  |  |  |  |
| 15 | 9:57.2 | [Deron Fagan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=14059) | **SB** | V35 | M | 39 | 26.08.74 |  | Herne Hill | 9:57.2 | 9:39.47 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492236) |  |  |  |  |  |  |  |  |  |  |  |
| 16 | 9:57.7 | [David Evans](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=523479) | **PB** | SEN | M | 24 | 01.12.89 |  | Serpentine | 9:47.38 | 9:47.38 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492237) |  |  |  |  |  |  |  |  |  |  |  |
| 17 | 10:02.2 | [Anthony Doolittle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=54732) | **PB** | SEN | M | 28 | 28.08.85 |  | Thames Hare & Hounds | 10:02.2 | 10:02.2 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492238) |  |  |  |  |  |  |  |  |  |  |  |
| 18 | 10:41.4 | [Dan Pescod](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=54731) |  | V40 | M |  |  |  | Hercules Wimbledon/Thames Hare & Hounds | 10:29.9 | 10:19.42 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492239) |  |  |  |  |  |  |  |  |  |  |  |
| 19 | 10:58.8 | Terri Oyebanjo |  | U23 | M |  |  |  | Herne H |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492240) |  |  |  |  |  |  |  |  |  |  |  |
| 20 | 11:00.3 | [Matthew Kiernan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=76707) |  | SEN | M |  |  |  | Croydon | 10:56.42 | 10:30.77 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492241) |  |  |  |  |  |  |  |  |  |  |  |
| 21 | 11:03.1 | [Philip Carstairs](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=8308) | **PB** | V50 | M | 53 | 07.07.60 |  | Belgrave | 11:03.1 | 11:03.1 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492242) |  |  |  |  |  |  |  |  |  |  |  |
| 22 | 11:36.9 | [Neil Robert Aikman](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=179655) |  | V40 | M | 43 | 08.11.70 |  | Croydon | 11:20.1 | 10:38.0 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492243) |  |  |  |  |  |  |  |  |  |  |  |
| 23 | 12:04.2 | [Mark Cahill](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=663451) |  | V40 | M | 42 | 19.06.72 |  | Hercules Wimbledon | 10:58.2 | 10:58.2 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15492244) |  |  |  |  |  |  |  |  |  |  |  |
| 24 | 12:34.6 | [Barry King](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=37693) | **PB** | V60 | M |  |  |  | Hercules Wimbledon | 12:34.6 | 12:34.6 |  |  |  |  |  |  |  |  |  |  |  |  |