

TRACK RESULT		Event:	Men 3000m
		Final	

Pos.	Number	Name	Club	Time
1st	32	Jack Rowe	Aldershot, Farnham and District AC	7:54.35
2nd	28	Andrew Butchart	Central AC	7:56.01
3rd	34	Philip Sesemann	Leeds City AC	7:57.22
4th	29	Emile Cairess	Leeds City AC	7:59.45
5th	30	Jonathan Davies	Reading AC	8:01.49
6th	31	Ross Millington	Stockport Harriers and AC	8:06.69
7th	36	Ieuan Thomas	Cardiff AC	8:09.47
8th	35	Sol Sweeney	Perth Strathtay Harriers	8:22.02
9th	33	Zak Seddon	Bracknell AC	DNF
10th				
11th				
12th				