

<b>TRACK RESULT</b>		<b>Event:</b>	<b>Women 3000m</b>
<b>Heat No: 1</b>	<b>Semi Final No:</b>	<b>Final:</b>	

<b>Pos.</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>1st</b>	39	Verity Ockenden	Swansea AC	8:56.27
<b>2nd</b>	41	Amelia Quirk	Bracknell AC	8:58.57
<b>3rd</b>	37	Rosie Clarke	Epsom and Ewell AC	8:58.97
<b>4th</b>	40	Aimee Pratt	Sale Harriers Manchester	9:03.89
<b>5th</b>	38	Jennifer Nesbitt	Cardiff AC	9:09.14
<b>6th</b>				
<b>7th</b>				
<b>8th</b>				
<b>9th</b>				
<b>10th</b>				
<b>11th</b>				
<b>12th</b>				