

**2018 Midland Counties 3000m Track championships**

**Saturday 1st September Coventry**

<b>3000 SM (1 Sep)</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>	<b>SB</b>	<b>AG</b>	<b>M</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>
1	08:42.1	Daniel Owen	SB	SEN	M	Cheltenham/Sale Harriers Manchester	08:42.1	08:22.9
2	08:42.2	Omar Ahmed		U23	M	Birchfield H	08:28.0	08:28.0
3	08:45.0	Tom Mahon		SEN	M	Wreake & Soar Valley/Nottingham Uni Cross Country	08:40.0	08:40.0
4	08:49.0	Richard de-Camps		SEN	M	Cheltenham	08:39.0	08:39.0
5	08:49.5	Jonathan Carter		SEN	M	Tipton	08:46.6	08:46.6
6	08:58.6	Andrew Ridley	SB	SEN	M	Birchfield H/Birmingham Uni	08:58.6	08:28.7
7	09:05.2	Alistair Rutherford		SEN	M	Birchfield H/Birmingham City Uni/Mossley Hill	08:33.8	08:33.8
8	09:05.4	Christopher Hicks		SEN	M	Birmingham Uni	09:00.6	09:00.6
9	09:28.3	Amrik Gill	SB	U23	M	Leicester/LSE	09:28.3	09:02.5
10	09:31.0	Richard Bayliss	SB	V35	M	Bournville Harriers	09:31.0	09:05.6
<b>3000 U20M (1 Sep)</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>	<b>SB</b>	<b>AG</b>	<b>M</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>
1	08:56.5	Joseph Tuffin	SB	U20	M	Rushcliffe/Birmingham Uni	08:56.5	08:46.3
2	08:56.8	Louie Boot		U20	M	Tipton/West Midlands Schs	08:50.5	08:50.5
3	09:05.2	Adam Searle	PB	U20	M	Rugby & Northampton	09:05.2	09:05.2
4	09:11.4	Milan Champion		U20	M	Notts	08:57.3	08:50.3
5	09:11.9	Will Stockley	SB	U20	M	Team Bath/Wiltshire Schs	09:11.9	08:53.7
6	09:42.8	Joel Dungworth		U20	M	Leicester	09:14.0	09:14.0
7	09:48.2	Sebastien Vicary	PB	U20	M	City of Hull/Lincoln Uni	09:48.2	09:48.2
<b>3000 SW/U20W (1 Sep)</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>	<b>SB</b>	<b>AG</b>	<b>M</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>
1	09:56.4	Lori Handbury		SEN	W	Rotherham/Nottingham Uni	09:50.3	09:50.3
2	10:55.1	Hayley Winters	SB	V35	W	Gloucester	10:55.1	10:52.1
3	12:02.4	Briony Bishop		U20	W	Gloucester	11:47.6	11:09.8