

3000W SM (9 Jan)

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12:59.01	i Tom Partington	SB SEN M		Steve Partington	Manx	12:59.01	12:19.5	
2	13:45.64	i Luc Legon	SB SEN M		Noel Carmody	Bexley/Cambridge H	13:45.64	12:40.4	
3	14:38.03	i Christian Hopper	SB U20 M		Noel Carmody	Cambridge H	14:38.03	13:51.26	

3000W SW (9 Jan)

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14:41.65	i Hannah Hopper	PB U20 W		Noel Carmody	Cambridge H	14:41.65	14:41.65	
2	14:54.79	i Jasmine Nicholls	SB SEN W		Andi Drake	Leicester WC/Leeds Beckett Uni	14:54.79	14:07.80	
3	15:02.12	i Abby Hughes	SB U20 W		Steve Shaw	Taunton	15:02.12	14:54.70	
4	16:37.74	i Erika Pontarollo	SB SEN W			Hyde Park Harriers/Leeds Beckett Uni/Italy	16:37.74	14:36.58	
-	DNF	i Maddy Shott	SEN W			Clapham Chasers			
-	DQ	i Mia Dunwell	U20 W		Steve Partington	Northern (Isle of Man)		15:14.0	