

Microplus UK Athletics Indoor Championships

Men's 3000 m - Final



RESULTS

RANK	BIB	SURNAME & NAME	NAT	AGE	CLUB	ORD	TIME	POINTS
WR	7:23.81	GIRMA Lamecha	2000	ETH	LIEVIN		15 FEB 2023	
CR	7:49.61	LEWIS David	1961	GBR	COSFORD		25 JAN 1986	
NR	7:31.97	ATKIN Sam	1993	GBR	BOSTON		27 JAN 2023	
SR	7:32.43	LAGAT Bernard	1974	USA	BIRMINGHAM		17 FEB 2007	

As of 18/02/2024 at 14:19

1	519	WEST James	GBR	28	TONBRIDGE AC	11	7:51.09	
2	520	WHEELER Charles	GBR	25	MILTON KEYNES DISTANCE PR	18	7:52.19	
3	483	SEDDON Zak	GBR	29	BRACKNELL AC	3	7:53.52	PB
4	534	YOUNG James	GBR	26	MORPETH HARRIERS & AC	7	7:54.24	PB
5	319	BEATTIE Scott	GBR	25	MORPETH HARRIERS & AC	2	7:54.64	
6	523	WIGFIELD Joe	GBR	24	WIRRAL AC	6	7:54.79	PB
7	431	MANTHORPE Alfie	GBR	24	CITY OF SHEFFIELD DEARNE	16	7:55.23	PB
8	521	WHEELER George	GBR	25	MILTON KEYNES DISTANCE PR	19	7:55.40	
9	463	PEARCE Mark	GBR	28	SHAFTESBURY BARNET HARR.	17	7:56.85	
10	354	CROSS Ellis	GBR	27	ALDERSHOT FARNHAM & DIST.	4	7:57.79	
11	383	GOODWIN Jack	GBR	30	BEDFORD & COUNTY AC	12	8:02.88	
12	400	HEYDEN Max	GBR	23	ALDERSHOT FARNHAM & DIST.	1	8:03.72	PB
13	477	REYNOLDS Ben	GBR	21	CARDIFF ATHLETICS	15	8:04.32	PB
14	514	WATSON George	GBR	25	CHELTENHAM HARRIERS	13	8:05.18	
15	438	MOORE Blake	GBR	25	WINDSOR SLOUGH ETON & HOU	9	8:06.28	
16	468	POTRYKUS Ben	GBR	27	WOODFORD GR. ESSEX LADIES	8	8:08.33	
17	416	KINLOCH Alasdair	GBR	25	TONBRIDGE AC	14	8:13.51	
18	429	MACMILLAN Benjamin	GBR	22	CENTRAL AC	10	8:14.79	
19	464	PENNEY Andrew	GBR	32	HERCULES WIMBLEDON	5	8:16.78	

Intermediate point leaders (Bib and Time):

1000 m : 383 2:41.12
2000 m : 319 5:24.30

Details: Start time:14:08

Legend

* = Warning
DNS = Did Not Start
ORD = Order
DNF = Did Not Finish
DQ = Disqualified
PB = Personal Best

Birmingham, Utilita Arena, 17th-18th february 2024

ATM0300601_73G 1.0

Report Created 18 FEB 2024 at 14:21

Data Processing by Microplus - www.microplustiming.com - Timing and measurements by SEIKO

1

