

**MIDLAND COUNTIES ATHLETIC ASSOCIATION**  
**SENIOR & U20 3000M CHAMPIONSHIPS**

1715	Race	M/F	Event #	Lane	Bib	First Name	Surname	Type	Club	Age/Class	Position	Result
	3000m Midland Champs	F	8.1	3	209	Abigail	Saker	Midland	Halesowen ACC	U20	1	11:09.76
	3000m Midland Champs	F	8.1	1	207	Jennifer	Nesbitt	Midland	Worcester AC	U23	1	9:29.17
	3000m Midland Champs	F	8.1	2	208	Mia	O'Connell	Midland	Cheltenham & County Harriers	U23	2	10:27.14
	3000m Midland Champs	F	8.1	4	210	Ella	Shirley	Midland	Notts AC	U23	3	11:12.88
1735	Race	M/F	Event #	Lane	Bib	First Name	Surname	Type	Club	Age/Class	Position	Result
	3000m Midland Champs	M	9.1		257	Dan	Owen	Midland	Cheltenham	Sen	1	8:31.34
	3000m Midland Champs	M	9.1	1a	212	Jonathan	Goringe	Midland	Birchfield Harriers	Sen	2	8:32.71
	3000m Midland Champs	M	9.1	1b	222	Robert	Smith	Midland	Notts AC	Sen	3	8:33.61
	3000m Midland Champs	M			229	Richard	de-Camps	Midland	Cheltenham	Sen	4	8:43.73
	3000m Midland Champs	M			259	Gareth	Griffiths	Midland	Tipton Harriers	Sen	5	8:47.22
	3000m Midland Champs	M			258	Harvey	Maguire	Midland	Tipton Harriers	Sen	6	8:58.20
					228	Matthew	Williams	Midland	Notts AC	Sen	7	9:02.79
	3000m Midland Champs	M	9.1	7a	220	Anthony	Roper	Midland	Bristol & West AC	Sen	8	9:57.78
	3000m Midland Champs	M	9.1	4a	216	Ian	Mansell	Midland	Nuneaton Harriers	Sen	9	10:02.13
	3000m Midland Champs	M	9.1	5a	217	Graham	Moffatt	Midland	Rushcliffe AC	Sen	10	10:07.80
	3000m Midland Champs	M			224	Joseph	Tuffin	Midland	Rushcliffe AC	U20	1	8:48.00
	3000m Midland Champs	M	9.1	2b	219	Joseph	Pollard	Midland	Charnwood A C	U20	2	8:54.43
	3000m Midland Champs	M	9.1	5b	226	Jamie	Ward	Midland	Wolverhampton & Bilston	U20	3	8:58.00
	3000m Midland Champs	M	9.1	4b	225	Adam	Walmsley	Midland	Coventry Godiva Harriers	U20	4	10:09.25