

NoEAA U20 3000m Championships

Men

1	Chris Lamb	Chester le Street AC	8:27.92
2	Mark Buckingham	Holmfirth Harriers	8:29.36
3	Rob Flannery	Sale HM	8:35.35
4	Matthew Pierson	Holmfirth Harriers	8:39.19
5	Jonny Mellor (U17)	Liverpool Harriers	8:49.59
6	Thomas Boardman	u/a	8:51.81
7	Alex O’Gorman	City of Sheffield AC	8:55.06
8	David MacQuarrie	Leeds City AC	8:55.72
9	Ian Kimpton	Lincoln Wellington AC	9:01.98

Women

1	Rachael Thompson	Liverpool Harriers	10:00.55
2	Becky Ellis	Vale Royal AC	10:11.70
3	Chloe Rodham	Lancaster & Morecambe AC	10:17.00
4	Julia Orr	Quakers RC	10:27.77
5	Elizabeth Spencer	Holmfirth Harriers	10:34.02
6	Johanna Jackson	Mids & Cleve AC	10:45.22
7	Lucinda Pitcher	Lincoln Wellington AC	11:08.26