

# 3000m Junior Men

## Records

<b>U/20</b>	7.57.45	Ryan Gregson	NSW	Christchurch, NZL	13.03.2009
<b>U/18</b>	8.01.26	Ryan Gregson	NSW	Sydney	10.11.2007
<b>U/16</b>	8.29.26	Michael Power	VIC	Melbourne	25.02.1992
<b>U/14</b>	n.a				

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Ranking	Performance	Athlete		State	DOB	Position	Venue	Date
1	7.57.45	Ryan	Gregson	N	26-Apr-90	1	Christchurch, NZL	13-Mar-2009
2	8.00.76	Richard	Everest	S	25-Feb-90	2	Adelaide	21-Jan-2009
	8.01.26		Gregson			3	Sydney	10-Nov-2007
	8.02.56		Gregson			1	Melbourne	10-Nov-2007
3	8.02.77	Craig	Mottram	V	18-Jun-80	10	Sydney	20-Feb-1999
4	8.02.94	Mike	Power	V	9-May-76	1	Melbourne	14-Dec-1995
5	8.04.22	Brett	Robinson	A	8-May-91	1	Melbourne	09-Dec-2010
6	8.05.40	Mark	Thompson	V	5-Mar-79	1	Herentals, BEL	12-Jul-1998
7	8.05.47	Cameron	Page	N	12-Jun-91	6	Sydney	08-Nov-2008
	8.05.59		Mottram			3	Melbourne	17-Dec-1998
8	8.05.83	Shawn	Forrest	V	10-Jul-83	2	Melbourne	30-Nov-2002
9	8.06.11	James	Nipperess	N	21-May-90	2	Melbourne	10-Dec-2009
10	8.06.56	Clinton	Mackevicius	N	9-Feb-78	1	Melbourne	18-Dec-1997
(10)								
	8.07.50		Forrest			1	Melbourne	14-Dec-2002
11	8.08.20	Tim	Pugh	Q	1965	1	Melbourne	1984
	8.08.64		Thompson			1	Melbourne	05-Dec-1998
	8.08.8h		Power			1	Canberra	18-Jan-1994
12	8.09.24	Clinton	Perrett	V	11-May-83	2	Melbourne	14-Dec-2002
13	8.09.58	Marty	Dent	N	8-Feb-79	2	Melbourne	05-Dec-1998
14	8.09.58	Craig	Huffer	V	27-Oct-89	9	Sydney	08-Nov-2008
15	8.10.35	Jason	Augusta			1	Melbourne	1985
16	8.10.50	Malcolm	Norwood	V	28-Jul-64	1	Melbourne	1983
	8.10.52		Power			1	Melbourne	1993
	8.11.11		Nipperess			10	Sydney	08-Nov-2008
17	8.11.36	Tony	Ford	Q	13-Aug-67	1	Melbourne	1986
18	8.11.82	Darren	Wilson	V	9-Aug-68	1	Melbourne	1987
19	8.11.84	Lachlan	Chisholm	N	4-May-80	16	Sydney	20-Feb-1999
20	8.11.97	Paul	Fenn		17-Sep-80	2	Melbourne	18-Dec-1997
28 sub 8.12.00 performances								
(20)								
21	8.13.25	Alistair	Stevenson	Q	28-May-79	1	Brisbane	15-Nov-1997
22	8.13.6h	Jock	Given	Q		1	Brisbane	29-Nov-1978
23	8.14.47	Trent	Harlow	A	21-Jul-73	1	Melbourne	1992
24	8.14.53	Jeremy	Roff	N	22-Nov-83	3	Melbourne	14-Dec-2002
25	8.15.10	Dean	Rose	T	1970	2	Melbourne	12-Dec-1987
26	8.15.40	Michael	Shelley	Q	10-Oct-83	4	Melbourne	14-Dec-2002
27	8.15.6h	Matt	Bayley	V	26-Feb-89	3	Melbourne	16-Feb-2007
28	8.16.06	Ben	Guest	N	16-Mar-88	14	Sydney	17-Feb-2007
29	8.16.13	Kevin	Batt	N	28-Feb-91	1	Sydney	24-Oct-2009
30	8.16.71	Ryan	Mathews	V	24-May-89	3	Melbourne	25-Nov-2008
(30)								
31	8.17.00	Ben	Ashkettle	V	9-Sep-88	1	Melbourne	13-Dec-2007
32	8.17.1h	Chris	Hamer	V	2-Aug-88	6	Melbourne	16-Feb-2007
33	8.17.48	Matt	Coloe	V	2-Apr-88	2	Melbourne	13-Dec-2007
34	8.17.72	Mark	Fountain	V	10-Mar-82	1	Melbourne	06-Dec-2001
35	8.17.78	Grant	Cremer	N	9-Jun-78	2	Melbourne	25-Nov-1996
36	8.17.9h	Steven	Wiseman	Q		1	Brisbane	27-Nov-1988
37	8.17.97	Mitch	Frey	V	28-Jul-89	1	Melbourne	14-Dec-2006
38	8.18.36	Brad	Dyson	T	11-Jun-82	2	Melbourne	06-Dec-2001
39	8.18.40	Sam	Crowther	V	6-Dec-88	3	Melbourne	13-Dec-2007
40	8.18.6h	Kane	Grimster	V	23-May-92	4	Melbourne	12-Feb-2009
(40)								
41	8.18.78	Joshua	Johnson	N	6-Mar-92	1	Sydney	08-Nov-2008
42	8.18.93	Paul	Cleary	V	28-Apr-76	2	Melbourne	14-Dec-1995
43	8.19.0h	Brett	Cartwright	S	29-Jan-73	1	Adelaide	14-Feb-1990
44	8.19.32	Tim	Clarke	V	2-Apr-82	11	Melbourne	17-Dec-1998
45	8.19.50	Sam	McEntee	W	3-Feb-92	1	Perth	26-Nov-2010
46	8.19.62	David	Ricketts	N	15-Mar-91	3	Sydney	14-Nov-2009
47	8.19.80	Collis	Birmingham	V	27-Dec-84	9	Melbourne	09-Dec-2003