

# Men's 3,000 metres

## Records

<b>Open</b>	7.32.19	Craig Mottram	VIC	Athens, GRE	17.09.2006
<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

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Ranking	Performance	Athlete		State	DOB	Position	Venue	Date	
1	<b>7.32.19</b>	<b>Craig</b>	<b>Mottram</b>	V	180680	1	Athens, GRE	17.09.2006	
	<b>7.32.84</b>		<i>Mottram</i>			1	Liege, BEL	20.07.2006	
	<b>7.34.50i</b>		<i>Mottram</i>			1	Boston	26.01.2008	
	<b>7.35.00</b>		<i>Mottram</i>			2	Sheffield	15.07.2007	
	<b>7.37.30</b>		<i>Mottram</i>			11	Monaco	19.07.2002	
	<b>7.37.73</b>		<i>Mottram</i>			1	Stockholm	22.07.2008	
	<b>7.38.03</b>		<i>Mottram</i>			3	Zürich	19.08.2005	
	<b>7.38.15</b>		<i>Mottram</i>			1	Cork	02.07.2005	
2	<b>7.38.20+</b>		<i>Mottram</i>			1	London	03.08.2007	
	<b>7.38.77</b>	<b>Collis</b>	<b>Birmingham</b>	V	271284	7	Rieti, ITA	29.08.2010	
	<b>7.39.24i</b>		<i>Mottram</i>			1	Boston	27.01.2007	
	<b>7.41.35</b>		<i>Mottram</i>			1	Sydney	16.02.2001	
3	<b>7.41.60</b>	<b>Shaun</b>	<b>Creighton</b>	V	140567	9	Oslo,Norway	21.07.1995	
	<b>7.41.78</b>	<b>Lee</b>	<b>Troop</b>	V	220373	3	Sydney	20.02.1999	
4	<b>7.42.00</b>		<i>Mottram</i>			1	Sydney	17.02.2007	
	<b>7.42.01</b>		<i>Creighton</i>			11	Monaco	09.09.1995	
	<b>7.42.02</b>		<i>Creighton</i>			7	Nice	12.07.1995	
	<b>7.42.39</b>		<i>Birmingham</i>			4	London, GBR	13.08.2010	
5	<b>7.42.94</b>	<b>Ben</b>	<b>St.Lawrence</b>	N	71181	7	Milano, ITA	09.09.2010	
	<b>7.42.96</b>		<i>Mottram</i>			5	Madrid	17.07.2004	
	<b>7.43.99</b>		<i>Creighton</i>			4	Lausanne	06.07.1994	
6	<b>7.44.65</b>	<b>Simon</b>	<b>Doyle</b>	Q	91166	1	Jena,Germany	03.06.1994	
	<b>22 sub 7.45.00 performances</b>								
7	<b>7.45.53</b>	<b>Darren</b>	<b>Lynch</b>	V	300866	5	Sydney	20.02.1999	
8	<b>7.45.57</b>	<b>Peter</b>	<b>O'Donoghue</b>	V	11061	1	Adelaide	14.02.1993	
9	<b>7.45.94</b>	<b>Andrew</b>	<b>Lloyd</b>	N	140259	1	Canberra	01.12.1990	
10	<b>7.46.22</b>	<b>Michael</b>	<b>Power</b>	V	90576	1	Brisbane	08.09.2000	
<b>(10)</b>									
11	<b>7.47.20</b>	<b>Ron</b>	<b>Clarke</b>	V	210237	1	Vasteras,Sweden	27.06.1967	
12	<b>7.47.52i</b>	<small>Oversized Track</small>	<b>Dave</b>	<b>McNeill</b>	V	60186	1	Seattle, USA	13.02.2010
13	<b>7.47.66</b>	<b>Pat</b>	<b>Carroll</b>	Q	170861	1	Sydney	14.01.1990	
14	<b>7.48.74</b>	<b>David</b>	<b>Fitzsimons</b>	S	230450	2	Goteborg,Sweden	06.07.1978	
15	<b>7.48.80</b>	<b>Gerard</b>	<b>Barrett</b>	Q	311256	1	Brisbane	29.11.1978	
16	<b>7.50.20</b>	<b>Tony</b>	<b>Benson</b>	V	200542	1	Melbourne	02.01.1971	
17	<b>7.50.40</b>	<b>Kerry</b>	<b>O'Brien</b>	S	170446	2	Melbourne	02.01.1971	
18	<b>7.50.59</b>	<b>Darren</b>	<b>Wilson</b>	V	90868	1	Melbourne	19.11.1996	
19	<b>7.51.07i</b>	<b>Shawn</b>	<b>Forrest</b>	V	100783	2	Seattle, USA	30.01.2009	
20	<b>7.51.37</b>	<b>Colin</b>	<b>Dalton</b>	N	100466	4	Sydney	14.01.1990	
<b>(20)</b>									
21	<b>7.51.70</b>	<b>Julian</b>	<b>Paynter</b>	V	150770	3	Adelaide	14.02.1993	
22	<b>7.52.09</b>	<b>Paul</b>	<b>Patrick</b>	V	150971	4	Adelaide	14.02.1993	
23	<b>7.52.17</b>	<b>Mike</b>	<b>Hillardt</b>	Q	220161	3	Budapest,Hungary	20.08.1984	
24	<b>7.52.38i</b>	<b>Mark</b>	<b>Fountain</b>	V	100382	5	Fayetteville, USA	11.02.2005	
25	<b>7.53.38</b>	<b>Pat</b>	<b>Scammell</b>	V	150461	3	Canberra	01.12.1990	
26	<b>7.53.40</b>	<b>Steve</b>	<b>Foley</b>	V	211157	1	Brisbane	01.03.1981	
27	<b>7.53.80</b>	<b>John</b>	<b>Coyle</b>	V	120741	2	Geelong	26.01.1966	
28	<b>7.54.09</b>	<b>Mark</b>	<b>Tucker</b>	V	150879	2	Norrtalje, SWE	11.07.2005	
29	<b>7.54.31</b>	<b>Youcef</b>	<b>Abdi</b>	N	71277	1	Cuxhaven,Germany	19.07.2003	
30	<b>7.54.40</b>	<b>Steve</b>	<b>Austin</b>	V	140251	2	Brisbane	01.03.1981	
<b>(30)</b>									
31	<b>7.54.50</b>	<b>Malcolm</b>	<b>Norwood</b>	V	280764	6	Sydney	14.01.1990	
32	<b>7.54.97</b>	<b>Mizan</b>	<b>Mehari</b>	A	281280	6	Sydney	20.02.1999	