

**South-West Indoor U17/U20/Senior 3000m Championships**  
**Sunday 14th December, Cardiff NIAC**

**T07. Women's 3000m**

**Under-17 Women:**

G:	Nyla Roode	Exeter Harriers	10.37.61
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**Under-20 Women:**

G:	Eleanor Foster	North Devon AC	9.43.14
S:	Ella Spencer	Swindon Harriers	9.52.11

**Senior Women**

G:	Emma Powell	Western Tempo	9.33.36
S:	Alice Murray-Gourlay	Taunton AC	9.38.74
B:	Iris Courtney	Wells City Harriers	9.45.84

**T10. Men's 3000m**

**Under-17 Men:**

G:	Cameron Robertson	SGS Athletics Academy	10.39.22
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**Under-20 Men:**

G:	Frederick Rawbonee	Yeovil Olympiads AC	9.46.68
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**Senior Men:**

G:	Dan Owen	Western Tempo	8.28.89
S:	Richard De-Camps	Gloucester AC	8.41.82
B:	Archie Walton	Taunton AC	8.50.07

Would the athlete (or a club representative) please contact me (John Deaton [john@johndeaton.co.uk](mailto:john@johndeaton.co.uk)) for their medals.

The full results can be found at  
<https://wales.opentrack.run/en-gb/x/2025/GBR/cmetxmas/event/>