

SEAA Cross-country Relays - Wormwood Scrubs, London - Leg Times
20 October 2018

Under 20 Men
3x3000m

| No | Name | Team | Leg Time | Leg |
|-----------|----------------------|-----------------------------|-----------------|------------|
| 1 | Thomas Patrick | Shaftesbury Barnet Harriers | 10:00 | 2 |
| 2 | Abdiqadir Mohamed | Thames Valley Harriers | 10:09 | 1 |
| 3 | Eddie Steveni | Reading AC | 10:12 | 3 |
| 4 | George Groom | Shaftesbury Barnet Harriers | 10:25 | 3 |
| 5 | Chey Blatchford-Kemp | Reading AC | 10:28 | 1 |
| 6 | Ben Winfield | Shaftesbury Barnet Harriers | 10:29 | 1 |
| 7 | Aaron Enser | Bracknell AC | 10:29 | 2 |
| 8 | Shaun Hudson | Windsor S E & Hounslow AC | 10:35 | 1 |
| 9 | Tom Nike | Reading AC | 10:54 | 2 |
| 10 | Matthew Clutterbuck | Windsor S E & Hounslow AC | 11:01 | 2 |
| 11 | Harry Digby | Bracknell AC | 11:20 | 1 |
| 12 | Henry Fulton | Shaftesbury Barnet Harriers | 12:00 | 1 |
| 13 | Illias Hardeq | Bracknell AC | 12:13 | 3 |
| 14 | Harrison Morgan | Basingstoke & Mid Hants AC | 12:19 | 1 |