Super 8
Cardiff International Stadium
Wednesday 10 June 2009

UNITED KINGDOM ATHLETICS

Women 's 400 Metres

START LIST

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	47.60	Marita KOCH	GER	28	6 Oct 1985
BR	49.43	Kathy COOK	GBR	24	6 Aug 1984
AC	50.63	Michelle SCUTT	GBR	46	28 Jul 2006

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START	BIB	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	7	**Vicky BARR** NEWCASTLE	27	52.44	52.73
2	8	**Katie FLOWER** SHEFFIELD	21	54.28	57.32
3	1	**Nadine OKYERE** BIRMINGHAM	22	54.30	54.30
4	2	**Caryl GRANVILLE** CARDIFF	19	55.89	
5	3	**Gemma NICOL** GLASGOW	22	53.79	54.91
6	4	**Henrietta KODILINYE SIMS** LONDON NORTH	22	53.24	54.62
7	5	**Dawn WILSON** LONDON SOUTH	27	53.34	54.58
8	6	**Jenny MEADOWS** MANCHESTER	28	52.50	54.52

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