



# Men's 400 Metres

## Semi-Final

Aviva World Trials & UK Championships  
Alexander Stadium  
From Friday 10 July to Sunday 12 July 2009



## RESULTS

11 July 2009

Heat 1

2

Start TIME 17:31 TEMPERATURE 15 °C HUMIDITY 94 %

IAAF World Championships Qualifying Standard: 45.55 (B) 45.95

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	43.18	Michael JOHNSON	USA	31	26 Aug 1999
NR	44.36	Iwan THOMAS	GBR	23	13 Jul 1997
SR	44.36	Iwan THOMAS	GBR	23	13 Jul 1997
ACR	43.98	Michael JOHNSON	USA	24	10 Jul 1992

First 3 of each heat (Q) plus 2 fastest times (q) qualified

POS	COMPETITOR	AGE	LANE	MARK	REACTION TIME
1	<b>Conrad WILLIAMS</b> KENT A C	27	6	45.83 Q	0.189
2	<b>Graham HEDMAN</b> WOODFORD G ESSEX L	30	5	46.30 Q	0.178
3	<b>Richard STRACHAN</b> TRAFFORD	22	4	46.68 Q	0.166
4	<b>James HUNTER</b> LIVERPOOL H	19	3	47.23	0.267 <b>PB</b>
5	<b>Stephen JOHNSON</b> WSE HOUNSLOW	21	8	47.48	0.192 <b>PB</b>
6	<b>Glyn HAWKES</b> HASLEMERE BORDER AC	20	7	48.08	0.276 <b>PB</b>
7	<b>Dwayne LEWIS</b> BIRCHFIELD H	22	2	48.13	0.159
8	<b>Craig STEWART</b> KILBARCHAN A A C	23	1	48.15	0.186 <b>PB</b>

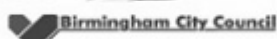
### GREAT BRITAIN & N.I. TOP ALL-TIME

MARK	COMPETITOR	DATE
44.36	Iwan THOMAS	1997
44.37	Roger BLACK	1996
44.37	Mark RICHARDSON	1998
44.47	David GRINDLEY	1992
44.50	Derek REDMOND	1987
44.56	Timothy BENJAMIN	2005
44.57	Jamie BAULCH	1996
44.60	Martyn ROONEY	2008
44.66	Du'aine LADEJO	1996
44.68	Solomon WARISO	1998

### GREAT BRITAIN & N.I. TOP 2009

MARK	COMPETITOR	DATE
45.05	Michael BINGHAM	30 May
45.15	Robert TOBIN	28 Jun
45.35	Martyn ROONEY	28 Jun
45.51	Timothy BENJAMIN	10 Jun
45.63	Conrad WILLIAMS	27 Jun
45.74	Richard STRACHAN	13 Jun
46.12	Graham HEDMAN	27 Jun
46.30	Nigel LEVINE	28 Jun
46.40	Chris CLARKE	13 Jun
46.70	Richard BUCK	6 Jun

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