

400 Metres Hurdles Men - 1st Round START LIST



Heat 3

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
3	Andy BLOW BASINGSTOKE M H	23	50.90	50.90
4	James WRIGHT WOODFORD G ESSEX L	27	53.69	53.69
5	Zak SAUCEDE ENFIELD & HARINGEY H	20	53.00	53.38
6	Martin LIPTON KILBARCHAN A A C	20	52.26	52.26
7	Rhys WILLIAMS CARDIFF A A C	25	49.09	49.38
8	Derek PAISLEY BLACKHEATH & BROMLEY	35	52.83	53.91

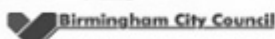
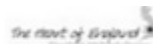
Heat 4

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
3	Dale GARLAND CHANNEL ISLANDS	28	49.79	50.46
4	Michael BAKER MEDWAY & MAIDSTONE	19	52.38	52.43
5	Jonny LODOWSKI ENFIELD & HARINGEY H	20	53.60	53.60
6	Darren LEWIS WOLVERHAMPTON	23	53.26	53.45
7	Bradley YIEND BIRCHFIELD H	28	50.61	52.49
8	David GREEN NEWHAM E B	21	52.69	52.89



Now 4 Heats instead of 3 due to extra athlete added

Issued Saturday, 11 July 2009 at 14:10



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