



the team behind  
UKA UNITED KINGDOM ATHLETICS

# Women's 400 Metres Hurdles

## 1st Round

## START LIST



It's all good.

IAAF World Championships Qualifying Standard:		55.50	(B) 56.55	
MARK	COMPETITOR	NAT	AGE	Record Date
WR	52.34 Yuliya PECHONKINA	RUS	25	8 Aug 2003
NR	52.74 Sally GUNNELL	GBR	27	19 Aug 1993
SR	54.62 Sally GUNNELL	GBR	27	25 Jun 1994
ACR	53.69 Sandra FARMER PATRICK	USA	31	10 Sep 1993

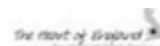
First 2 of each heat (Q) plus 2 fastest times (q) qualified

### Heat 1

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
3	<b>Hannah DOUGLAS</b> MARSHALL MILTON KEYNES A C	30	57.71	57.71
4	<b>Emma PETERS</b> CARDIFF	25	1:00.14	1:00.61
5	<b>Katie SOCKETT</b> C SHEFFIELD	19	1:02.33	1:02.33
6	<b>Nisha DESAI</b> TRAFFORD	24	1:00.13	1:00.64
7	<b>Justine KINNEY</b> WSE HOUNSLOW	21	57.71	57.71
8	<b>Ese OKORO</b> BIRCHFIELD H	19	1:01.31	1:01.31

### Heat 2

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
3	<b>Michelle THOMAS</b> BIRCHFIELD H	37	58.5	1:01.93
4	<b>Anwen REES</b> SWANSEA H	23	58.15	1:01.15
5	<b>Sian SCOTT</b> TEAM SOUTHAMPTON	25	56.42	58.28
6	<b>Emily PARKER</b> CRAWLEY A C	24	59.80	59.80
7	<b>Stephanie WALKER</b> PITREAVIE A A C	20	1:00.69	1:01.97
8	<b>Avril JACKSON</b> EDINBURGH SOUTHERN H	22	1:00.9	1:00.91



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## Heat 3

**3** 10 July 2009 20:27

START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
3	<b>Holly BELCH</b> SALE H MANCHESTER	19	<b>1:01.22</b>	1:01.22
4	<b>Caryl GRANVILLE</b> CARMARTHEN H	19	<b>1:00.65</b>	1:00.65
5	<b>Nusrat CEESAY</b> WOODFORD G ESSEX L	28	<b>57.37</b>	58.03
6	<b>Sophie SKINNER</b> EXETER H	19	<b>1:02.87</b>	1:02.87
7	<b>Sarah ADAMS</b> LEICESTER CORITANIANS	21	<b>57.96</b>	57.96

