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	MARK	COMPETITOR	NAT	AGE	Record Date
WR	4:17.14	Doina MELINTE	ROU	23	9 Feb 1980
NR	4:23.86	Kirsty WADE	GBR	25	5 Feb 1988
SR	4:32.00	Yvonne MURRAY	GBR	28	13 Feb 1993

20 February 2010 15:25

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	**Wioletta FRANKIEWICZ** POLAND	32		
2	**Ingvill MÅKESTAD** NORWAY	28		
3	**Hilary STELLINGWERFF** CANADA	28	4:31.91	4:34.28
4	**Helen CLITHEROE** GREAT BRITAIN & N.I.	36		
5	**Maryam JAMAL** BAHRAIN	25		
6	**Sylwia EJDYS** POLAND	25		
7	**Kakedan GEZAHEGN** ETHIOPIA	18		
8	**Gelete BURKA** ETHIOPIA	24		
9	**Karen SHINKINS** IRELAND	33		
10	**Charlotte BEST** GREAT BRITAIN & N.I.	24		

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