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UKA UNITED KINGDOM ATHLETICS

Women 's 400 Metres

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B Final START LIST

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McCain
It's all good.

European Championships Qualifying Standard: 51.50 (B) 52.30

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	**47.60**	**Marita KOCH**	GER	28	6 Oct 1985
NR	**49.43**	**Kathy COOK**	GBR	24	6 Aug 1984
SR	**50.62**	**Katharine MERRY**	GBR	24	25 Jul 1999
ACR	**49.05**	**Sanya RICHARDS**	USA	21	28 Jul 2006

26 June 2010 13:39

START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST
1	**Sarah ADAMS** LEICESTER CORITANIANS	22	53.94	53.94
2	**Melinda COOKSEY** BIRCHFIELD H	26	54.90	54.98
3	**Joanne RYAN** LOUGHTON	23	54.01	54.01
4	**Emma PULLEN** SHREWSBURY	20	54.61	54.61
5	**Shelayna OSKAN** WSE HOUNSLOW	20	54.3	54.36
6	**Laura LANGOWSKI** COVENTRY GODIVA	25	54.62	54.62
7	**Faye HARDING** SALE H MANCHESTER	24	52.99	54.51
8	**Laura WAKE** HERTS PHOENIX	19	54.07	54.73

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