



Women 's 400 Metres Hurdles

Heats

START LIST



European 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
ACR	53.65 Lashinda DEMUS	USA	26	25 Jul 2009

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

Heat 1		2	25 June 2010	19:15			
START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST			
2	Holly BELCH SALE H MANCHESTER	20	1:00.55	1:01.96			
3	Meghan BEESLEY BIRCHFIELD H	20	56.97	56.97			
4	Emily MOSS PETERBOROUGH	20	1:01.91	1:01.91			
5	Hannah DOUGLAS MARSHALL MILTON KEYNES A C	31	57.50	59.43			
6	Jade SURMAN BIRCHFIELD H	21	1:00.69	1:00.69			
7	Caryl GRANVILLE CARMARTHEN H	20	59.46	59.46			
8	Emily PARKER EPSOM & EWELL H	25	59.69				

Heat 2		2	25 June 2010	19:30			
START	COMPETITOR	AGE	PERSONAL BEST	2010 BEST			
2	Ese OKORO BIRCHFIELD H	19	59.41	59.41			
3	Katie SOCKETT C SHEFFIELD	20	1:01.80	1:01.80			
4	Nisha DESAI TRAFFORD	25	59.71	1:01.04			
5	Emma PETERS CARDIFF	26	1:00.14	1:01.40			
6	Perri SHAKES DRAYTON VICTORIA PK & TOWER HAM	21	54.91	54.91			
7	Samantha COLEBY DURHAM	19	1:01.51	1:01.51			
8	Lauren BOUCHARD CHELMSFORD A C	19	58.72	1:00.09			