

**T35 U23M 400m Hurdles - FINAL**

20/06/2010

UK Best: -

CBP: Matthew Elias, Cardiff AC, 50.10, 2001

FINAL

POSN	BIB	ATHLETE	CLUB	Perf
1	481	Andrew HOWELL	Harrow	51.44
2	465	Tom BURTON	Tamworth Ac	51.58
3	483	Martin LIPTON	Kilbarchan Aac	52.16
4	489	Tom MOAKES	Notts Ac	52.41
5	496	Christopher WAKEFORD	Sale Harriers Manchester	52.73
6	468	Mark DRAPER	Liverpool Harriers & Ac	52.95
7	473	Steven GARRETT	City Of Sheffield Ac	53.09
8	486	David MARTIN	Victoria Park City Of Glasgow	54.10

**T4 U23M 400m Hurdles - Heats**

19/06/2010

UK Best: -

CBP: Matthew Elias, Cardiff AC, 50.10, 2001

HEAT 1

POSN	BIB	ATHLETE	CLUB	Perf	Qual
1	481	Andrew HOWELL	Harrow	52.83	Q
2	483	Martin LIPTON	Kilbarchan Aac	52.85	Q
3	496	Christopher WAKEFORD	Sale Harriers Manchester	53.84	q
4	471	Richard FOX	Basingstoke	54.91	
5	476	Will HARTLEY	Woking Ac	55.77	
6	490	Gareth MORRIS	Ashford Ac	55.99	
7					
8					

HEAT 2

POSN	BIB	ATHLETE	CLUB	Perf	Qual
1	486	David MARTIN	Victoria Park City Of Glasgow	52.81	Q
2	473	Steven GARRETT	City Of Sheffield Ac	53.34	Q
3	468	Mark DRAPER	Liverpool Harriers & Ac	53.80	q
4	477	Michael HASLETT	Cardiff Aac	54.61	
5	497	James WRIGHT	Sale Harriers Manchester	54.71	
6	494	Zak SAUCEDE	Enfield	56.08	
7					
8					

HEAT 3

POSN	BIB	ATHLETE	CLUB	Perf	Qual
1	465	Tom BURTON	Tamworth Ac	53.16	Q
2	489	Tom MOAKES	Notts Ac	53.35	Q
3	464	Michael BAKER	Medway & Maidstone Ac	54.11	
4	470	Callem FORDE	Charnwood Ac	55.44	
5	484	Jonathan LODOWSKI	Enfield	56.00	
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