

### Event Women's 400m - Race 1

5	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Laura WAKE	London North Lions	55.42				
	2	2	Katie FLOWER	Newcastle Angels	56.05				
	3	5	Emma WILLIAMS	Birmingham Falcons	57.13				
	4	8	Katie MURRAY	London South Sharks	61.23				

### Event Women's 400m - Race 2

7	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Hayley JONES	Manchester Warriors	54.02				
	2	1	Lauren PEFFERS	Glasgow Cobras	58.06				
	3	6	Brigid EADES	Cardiff Dragons	58.57				
	4	4	Mikaela HARRISON	Sheffield Flames	60.56				

### Event Women's 400m

5&7	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Hayley JONES	Manchester Warriors	54.02	8	1.68	1	10.68
	2	7	Laura WAKE	London North Lions	55.42	7	1.33	1	9.33
	3	2	Katie FLOWER	Newcastle Angels	56.05	6	1.17	1	8.17
	4	5	Emma WILLIAMS	Birmingham Falcons	57.13	5	0.9		5.9
	5	1	Lauren PEFFERS	Glasgow Cobras	58.06	4	0.67		4.67
	6	6	Brigid EADES	Cardiff Dragons	58.57	3	0.54		3.54
	7	4	Mikaela HARRISON	Sheffield Flames	60.56	2			2
	8	8	Katie MURRAY	London South Sharks	61.23	1		1	2

