**Sainsbury's Indoor British Championships**

English Institute of Sport (EIS)

**Sheffield, GBR 14-15.2**

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| **13:34 - 400 METRES - Women - Heats - Heat 3 14.2** | **OFFICIAL RESULTS** |
| **First 2 of each heat (Q) plus the 4 fastest times (q) qualified** |  |
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| http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | |

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| 1 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Laura MADDOX | SWANSEA H | 54.06 |  | 0.309 | Q | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| **2** | **NORhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif** | **Tara NORUM** |  | **54.92** |  | **0.225** | **Q** | **PB** |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 3 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Emma PULLEN | CARDIFF AAC | 55.05 |  | 0.312 | q | SB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 4 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Megan ROGERS | WREXHAM | 55.36 |  | 0.239 |  | PB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 5 | IRLhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Sinead DENNY |  | 55.98 |  | 0.258 |  | SB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| **18:00 - 400 METRES - Women - Semi-Final - Heat 1 14.2** | **OFFICIAL RESULTS** |
| **First 2 of each heat (Q) plus the 2 fastest times (q) qualified** |  |
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| http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | |

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| 1 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Laura MADDOX | SWANSEA H | 53.29 |  | 0.270 | Q | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 2 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Margaret ADEOYE | ENFIELD H | 54.60 |  | 0.255 | Q | SB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| **3** | **NORhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif** | **Tara NORUM** |  | **54.90** |  | **0.250** | **q** | **PB** |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 4 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Loren BLEAKEN | CARDIFF AAC | 55.25 |  | 0.209 | q | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 5 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Victoria OHURUOGU | NEWHAM E B | 55.57 |  | 0.312 |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 6 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Emma PULLEN | CARDIFF AAC | 55.74 |  | 0.279 |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| **15:25 - 400 METRES - Women – Final 15.2** | **OFFICIAL RESULTS** |
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| http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | |
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| 1 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Kirsten MCASLAN | SALE H | 53.05 |  | 0.192 |  | PB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| 2 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Laura MADDOX | SWANSEA H | 53.07 |  | 0.291 |  | PB |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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| **3** | **NORhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif** | **Tara NORUM** |  | **55.37** |  | **0.227** |  | **http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif** |  | **http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif** |
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| 4 | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Loren BLEAKEN | CARDIFF AAC | 55.87 |  | 0.195 |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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|  | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Margaret ADEOYE | ENFIELD H | DNF | | 0.252 |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |  | http://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif |
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|  | GBRhttp://www.britishathletics.org.uk/results/20150214_Sheffield/timetable/images/clear.gif | Seren BUNDY-DAVIES | TRAFFORD | DNF | | 0.285 |  |  |  |  |