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| **Trafford Grand Prix**  Stretford, GBR 29 Jul 14 |

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| **400 SX 1** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 47.33 | [Clovis Asong](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=47132) |  | U23 | M | 19 | 31.10.94 | [Keith Hunter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=154889) | Sale Harriers Manchester | 47.05 | 46.74 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682360) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 48.75 | [Daniel Heald](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=49931) | **SB** | U20 | M | 19 | 11.03.95 | [Keith Hunter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=154889) | Sale Harriers Manchester | 48.75 | 48.44 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682361) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 49.35 | [Callum Roughneen](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=81312) |  | U23 | M | 19 | 26.09.94 | [John Smith](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=192788) | Sale Harriers Manchester/Salford Uni | 48.78 | 47.85 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682362) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 50.58 | [Reece Ingley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=87622) |  | U23 | M | 22 | 15.02.92 | [Stephen Ball](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=554284) | Trafford | 49.47 | 49.16 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682363) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 51.01 | [Lee Whiteley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=74130) |  | SEN | M | 25 | 12.07.89 | [Keith Hunter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=154889) | Sale Harriers Manchester | 50.57 | 50.10 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682364) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 51.02 | [Lea Stephenson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=115546) |  | SEN | M | 28 | 01.05.86 | [Doug Maxwell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=59893) | Tynedale | 50.86 | 49.09 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682365) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 2** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 50.29 | [Lawrence Baird](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=21737) | **SB** | V35 | M | 36 | 14.12.77 |  | Trafford/Northern Vets | 50.29 | 47.56 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682366) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 50.75 | [Josh Oguntayo](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=17245) |  | U23 | M | 21 | 05.09.92 | [Vicente Modahl](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194991) | Sale Harriers Manchester | 50.67 | 48.91 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682367) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 51.30 | [Matthew Harris](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=404656) | **PB** | U20 | M | 17 | 28.05.97 | [Michael Solomon](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=101896) | Rossendale | 51.30 | 51.30 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682368) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 51.45 | [Greg Urwin](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=42545) | **SB** | U23 | M | 22 | 21.05.92 | [Doug Maxwell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=59893) | Gateshead/Robert Gordon Uni | 51.45 | 49.7 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682369) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 51.53 | [Harry Mallinson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=76602) |  | U20 | M | 18 | 24.04.96 | [Brian Burgin](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=71946) | Halifax | 50.39 | 50.39 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682370) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 51.96 | [Tom Bolan-Ashworth](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=25653) |  | SEN | M | 34 | 10.12.79 | [Stephen Ball](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=554284) | Trafford | 50.8 | 50.52 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682371) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 3** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 52.55 | [Darren Scott](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=8015) | **SB** | V45 | M | 45 | 07.03.69 |  | Sheffield RC/Southern Counties Vets | 52.55 | 48.57 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682372) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 53.37 | [William Lander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=392217) | **PB** | U23 | M | 21 | 06.07.93 |  | Holmfirth/Leeds Uni | 53.37 | 53.37 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682373) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 53.65 | [Adam Pratt](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=228232) | **SB** | SEN | M | 27 | 30.08.86 | [Peter Venus](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=73179) | Tynedale | 53.65 | 52.7 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682374) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 55.27 | [Christopher Brown](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=81296) |  | U17 | M | 16 | 13.03.98 | [Blake Ellis](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=5237) | Trafford | 53.7 | 53.7 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682375) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 55.42 | [Connor Richardson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=115910) |  | U17 | M | 16 | 29.01.98 | [Michael Solomon](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=101896) | Rossendale | 54.73 | 54.73 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682376) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 55.88 | [Bernard Ward](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=47100) |  | V40 | M | 40 | 25.03.74 | [Stephen Ball](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=554284) | Manchester H | 54.0 | 49.94 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682377) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 4** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 55.50 | [Bethanie Finlayson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=35769) | **PB** | U23 | W | 20 | 01.06.94 | [Stuart Hogg](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=197088) | Edinburgh AC | 55.50 | 55.50 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682378) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 55.67 | [Mike Coogan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=597252) |  | V40 | M | 42 | 06.07.72 | [Mike Coogan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=597252) | East Cheshire | 54.9 | 54.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682379) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 55.74 | [Richard Farley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=81554) | **SB** | U23 | M | 20 | 11.11.93 |  | West Cheshire | 55.74 | 55.44 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682380) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 56.38 | [James Ratcliffe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=374984) | **PB** | U17 | M | 15 | 26.02.99 |  | Sale Harriers Manchester | 56.38 | 56.38 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682381) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 58.18 | [Sophie Preece](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=92168) |  | U20 | W | 19 | 24.05.95 | [Stephen Ball](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=554284) | Trafford | 56.38 | 56.38 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682382) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 59.09 | [Racheal Shaw](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26136) |  | SEN | W | 25 | 07.10.88 | [David Shaw](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=193031) | Barnsley AC/Sheffield Hallam Uni | 57.55 | 57.01 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682383) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 5** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 60.07 | [Reuben Woodford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=370773) | **SB** | V45 | M |  |  |  | Menai | 60.07 | 55.3 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682384) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 61.95 | [Olivia McDermott](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=104003) |  | U23 | W |  |  | [Mark Hulme](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196878) | Salford Met/University of Cumbria | 60.25 | 60.25 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682385) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 62.17 | [Patrick Hickey](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=672720) | **PB** | U23 | M | 22 | 06.03.92 |  | Ellesmere Port | 62.17 | 62.17 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682386) |  |  |  |  |  |  |  |  |  |  |  |
| **4** | **62.39** | [**Imani Modahl**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=116046) | **PB** | **U20** | **W** | **18** | **08.10.95** | [**Vicente Modahl**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194991) | **Sale Harriers Manchester** | **62.39** | **62.39** | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682387) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 62.40 | [Elizabeth Smith](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=81644) |  | U17 | W | 16 | 16.01.98 | [Philip Hicken](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=46754) | Warrington AC | 60.9 | 60.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682388) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 6** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 61.87 | [James Pratt](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=143941) |  | SEN | M | 22 | 29.12.91 | [Joe Frost](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=42058) | Stockport/Bramhall Runners | 60.77 | 60.77 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682389) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 62.23 | [Megan Ashelby](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=70042) |  | U20 | W | 17 | 25.12.96 | [David Turnbull](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=2604) | Stockport | 61.4 | 61.4 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682390) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 65.23 | [Rachel Hibberd](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=80927) |  | U20 | W | 17 | 31.01.97 |  | Sale Harriers Manchester | 63.77 | 63.77 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=15682391) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 80.37 | Roy Schestowitz |  | SEN | M |  |  |  | Unattached |  |  |  |  |  |  |  |  |  |  |  |  |  |  |