Bedford International Games

Bedford Stadium, Bedford, GBR 31.5

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| --- |
| **400 B** |
| **Pos** | **Perf** | **Name** |  | **AG** |   | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |   |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 53.34 | [Catherine Reid](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=103866) | **PB** | U20 | W | 17 | 21.04.98 | [Di Shimell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=94550) | Manx | 53.34 | 53.34 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 53.91 | [Lily Beckford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=100180) | **PB** | U20 | W | 17 | 11.08.97 | [Christine Bowmaker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=40922) | Shaftesbury Barnet | 53.91 | 53.91 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 54.82 | [Hannah Williams](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=78370) | **PB** | U20 | W | 17 | 23.04.98 | [Colin Gaynor](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=66550) | Herts Phoenix | 54.82 | 54.82 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 55.04 | [Diane Ramsay](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=20442) | **SB** | U23 | W | 22 | 15.02.93 | [Brian Doyle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=20799) | Victoria Park City of Glasgow/Strathclyde Uni/Team | 55.04 | 53.61 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 55.22 | [Rachel Dickens](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=46468) | **SB** | U23 | W | 20 | 28.10.94 | [John Blackie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=94998) | Blackheath & Bromley/Reading Uni | 55.22 | 54.13 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 55.89 | [Loren Bleaken](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=67899) |  | U23 | W | 19 | 03.09.95 | [Malcolm Arnold](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=116053) | Birchfield H | 54.98 | 53.96 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 57.26 | [Rebecca Williams](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=20053) |  | SEN | W | 26 | 18.03.89 | [Elwyn Jarrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196694) | Swansea/Birmingham Uni | 57.19 | 55.07 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| **400 A** |
| **Pos** | **Perf** | **Name** |  | **AG** |   | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |   |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 53.51 | [Jodie Williams](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26161) | **SB** | U23 | W | 21 | 28.09.93 | [Christine Bowmaker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=40922) | Herts Phoenix | 53.51 | 52.55 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 54.31 | [Cheriece Hylton](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=72049) |  | U20 | W | 18 | 19.12.96 | [John Blackie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=94998) | Blackheath & Bromley | 53.91 | 53.54 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 54.55 | [Amy Allcock](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=17090) |  | U23 | W | 21 | 24.08.93 | [Nick Dakin](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=39282) | Aldershot, Farnham & District/Loughborough Student | 53.19 | 52.83 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 54.68 | [Laura Maddox](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=20559) |  | SEN | W | 25 | 13.05.90 | [Colin Bovell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=39097) | Swansea/Nottingham Trent Uni | 52.32 | 52.32 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 55.06 | [Emma Pullen](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26419) |  | SEN | W | 25 | 06.08.89 | [Nick Dakin](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=39282) | Cardiff/Loughborough Students | 54.65 | 52.92 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 55.33 | [Sabrina Bakare](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=95937) | **SB** | U20 | W | 19 | 14.05.96 | [Jane Dixon](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=115710) | Shaftesbury Barnet/Loughborough Students | 55.33 | 52.77 | http://www.thepowerof10.info/images/pot/email.gif |  |  |  |  |  |  |  |  |  |  |  |
| **7** | **55.41** | **Tara NORUM** |  | **SEN** | **W** |  |  |  | **NOR** |   |  |  |  |  |  |  |  |  |  |  |  |  |  |