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| **Trafford AC Grand Prix**  **Trafford**   Stretford, GBR 12 May 15 |

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| **400 SX 1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 48.40 | [Clovis Asong](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=47132) | **SB** | U23 | M | 20 | 31.10.94 | [Keith Hunter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=154889) | Sale Harriers Manchester | 48.40 | 46.74 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830848) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 48.81 | [Adam Harvey](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=92751) |  | SEN | M | 23 | 27.08.91 | [Trevor Painter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26331) | Wigan & District | 48.8 | 47.84 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830849) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 50.62 | [Adam Thomson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=46429) | **SB** | U23 | M | 22 | 17.02.93 | [Raymond Twentyman](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=191894) | Liverpool Pembroke Sefton | 50.62 | 48.72 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830850) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 51.70 | [Matthew Jones](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=359519) |  | U20 | M | 19 | 27.02.96 |  | Llanelli | 51.59 | 51.59 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830851) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 51.84 | [Lamiko Thomas](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=712180) | **SB** | U20 | M | 18 | 19.06.96 | [Vicente Modahl](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194991) | Sale Harriers Manchester | 51.84 | 50.6 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830852) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 53.36 | [Harry Paige](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=395777) | **PB** | U20 | M |  |  | [Don Lennon](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26319) | Ribble Valley | 53.36 | 53.36 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830853) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 50.14 | [Liam MacDevitt](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=82979) | **SB** | U23 | M | 20 | 26.10.94 | [Neil Dodson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=106002) | Reading AC | 50.14 | 49.59 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830854) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 50.59 | [Jordan Thomas](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=92944) | **PB** | U23 | M | 20 | 24.11.94 | [Neil Dodson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=106002) | Windsor Slough Eton & Hounslow | 50.59 | 50.59 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830855) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 51.19 | [Jacob Lingard](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=550448) | **PB** | U20 | M | 17 | 07.07.97 | [Vicente Modahl](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194991) | Sale Harriers Manchester | 51.19 | 51.19 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830856) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 51.97 | [Kieran Lee](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=57981) | **PB** | U23 | M | 20 | 20.12.94 | [Liam Tracey](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=34445) | City of Stoke | 51.97 | 51.97 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830857) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 52.49 | [Daniel Matthews](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=83010) | **SB** | U23 | M | 20 | 27.07.94 |  | East Cheshire | 52.49 | 51.67 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830858) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 53.08 | [Isaac Scott](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=203110) | **SB** | U23 | M | 19 | 02.11.95 | [Colin Gemson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=198060) | Lancaster & Morecambe/UCL | 53.08 | 52.70 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830859) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 3** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 52.13 | [Mike Coogan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=597252) | **PB** | V40 | M | 42 | 06.07.72 | [Mike Coogan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=597252) | East Cheshire/Northern Vets | 52.13 | 52.13 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830860) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 52.97 | [Jesse Roberts](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=639541) |  | U23 | M | 20 | 03.08.94 |  | Liverpool Pembroke Sefton/Edge Hill Uni | 52.58 | 51.5 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830861) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 53.11 | [Liam Skyner](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=443555) | **SB** | U23 | M | 19 | 13.10.95 | [Paul Boyce](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=570490) | Liverpool H/Liverpool John Moores Uni | 53.11 | 51.5 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830862) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 53.13 | [Matthew Campbell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=375603) | **SB** | U20 | M | 18 | 15.10.96 |  | Southport Waterloo | 53.13 | 53.0 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830863) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 54.23 | [Sam Zakrzewski](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=547714) | **PB** | U20 | M | 17 | 20.08.97 | [Don Lennon](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26319) | Ribble Valley | 54.23 | 54.23 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830864) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 55.61 | [Glen Hamilton](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=535972) | **PB** | V35 | M | 35 | 03.11.79 |  | Northern (Isle of Man) | 55.61 | 55.61 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830865) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 4** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 53.59 | [Richard Workman](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=3661) | **SB** | V40 | M | 43 | 31.05.71 |  | Trafford | 53.59 | 53.46 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830866) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 53.80 | [Richard Brine](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=58354) | **SB** | U23 | M | 20 | 30.09.94 | [Malcolm Brine](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=65468) | Leeds City | 53.80 | 52.11 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830867) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 54.82 | [Leah Barrow](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=18827) | **PB** | U23 | W | 22 | 21.01.93 | [Trevor Painter](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=26331) | Windsor Slough Eton & Hounslow/Birmingham Uni | 54.82 | 54.82 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830868) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 56.14 | [Aubadah El-Fitouri](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=700931) | **PB** | U17 | M | 15 | 28.09.99 |  | Trafford | 56.14 | 56.14 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830869) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 56.77 | [Mikey Kingston](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=375513) | **PB** | U17 | M | 15 | 30.04.00 | [Neil Canham](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=47802) | Trafford | 56.77 | 56.77 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830870) |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 59.42 | [Joseph Tang](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=545311) | **PB** | U17 | M | 15 | 06.02.00 | [Neil Canham](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=47802) | Trafford | 59.42 | 59.42 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830871) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 5** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 59.08 | [Helen Waters](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=7778) | **SB** | SEN | W | 23 | 29.05.91 | [Bud Baldaro](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=1860) | Birchfield H/Birmingham Uni | 59.08 | 58.47 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830872) |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 60.36 | [Becky McLinden](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=20095) |  | SEN | W | 24 | 02.08.90 | [Paul Stubbs](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=45849) | Blackheath & Bromley/South Bank | 58.62 | 57.46 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830873) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 60.64 | [Bethany Blackwell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=83251) | **PB** | U20 | W | 17 | 08.05.98 | [Peter Crook](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=199348) | Preston | 60.64 | 60.64 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830874) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 61.44 | [Kirsty Fraser](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=109409) | **SB** | U23 | W | 19 | 27.11.95 | [Andy Bibby](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=48032) | Preston | 61.44 | 57.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830875) |  |  |  |  |  |  |  |  |  |  |  |
| **400 SX 6** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 60.64 | [Olivia McDermott](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=104003) | **SB** | U23 | W |  |  | [Mark Hulme](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196878) | Salford Met/University of Cumbria | 60.64 | 60.25 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830876) |  |  |  |  |  |  |  |  |  |  |  |
| **2** | **61.39** | [**Imani Modahl**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=116046) |  | **U23** | **W** | **19** | **08.10.95** | [**Vicente Modahl**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194991) | **Sale Harriers Manchester** | **60.6** | **60.6** | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830877) |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 61.49 | [Heidi Jackson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=59414) | **SB** | U20 | W | 18 | 27.10.96 |  | City of Stoke/Cheshire Schs | 61.49 | 61.17 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830878) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 63.75 | [Sarah McDonald](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=186224) | **SB** | U23 | W | 21 | 05.10.93 |  | Wigan & District/Sheffield Hallam Uni | 63.75 | 62.19 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=19830879) |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 67.74 | [Hannah Christy](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=119785) |  | U20 | W |  |  |  | Sale Harriers Manchester | 66.83 | 66.83 |  |  |  |  |  |  |  |  |  |  |  |  |