

TRACK RESULT		Event:	Women 400m
Heat No: 1	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	27	Jodie Williams	Herts Pheonix AC	52.76
2nd	24	Ama Pipi	Enfield and Haringey AC	52.99
3rd				
4th				
5th				
6th				

TRACK RESULT		Event:	Women 400m
Heat No: 2	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	22	Jessie Knight	Windsor, Slough, Eton and Hounslow AC	52.46
2nd	21	Amy Hillyard	Birchfield Harriers	54.04
3rd				
4th				
5th				
6th				

TRACK RESULT		Event:	Women 400m
Heat No: 3	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	19	Zoey Clark	Thames Valley Harriers	53.23
2nd	23	Yasmin Liverpool	Coventry Godiva Harriers	54.63
3rd	25	Holly Turner	Crawley AC	55.93
4th				
5th				
6th				