

COMMONWEALTH GAMES FORM GUIDE

These are the best marks by athletes selected to compete in Birmingham with top placings at previous Games.
w = wind assisted; A = at high altitude; i = indoors; + = en route time; nm = no mark. ? uncertain but possible to compete.

Given the proximity of the World Championships there may well be further withdrawals and perhaps other changes,

100 METRES

9.85A	Ferdinand Omanyala KEN (9.93w)
9.90	Benjamin Azamati GHA (9.86w)
9.92	Ackeem Blake JAM
9.93	Reece Prescod ENG
9.94	Joseph Amoah GHA
9.96	Yupon Abeykoon SRI (10.04w)
9.97	Akini Simbine RSA (9.93w) 1-18 (200m: 5-14)
9.99	Favour Ashe NGR (9.79w)
10.00	Jerome Blake CAN
10.00	Conroy Jones JAM
10.02	Cejhae Greene ANT
10.03	Udodi Omwuzurike NGR
10.03	Terrence Jones BAH
10.04	Alaba Akintola NGR
10.04	Kemar Bailey-Cole JAM 1-14
10.04A	Clarence Munyai RSA
10.10	Nethaneel Mitchell-Blake ENG (9.98w)
10.12	Rohan Browning AUS
10.15	Ebrahima Camara GAM (9.93w)
10.18	Jeremiah Azu WAL (9.90w)
10.05w	Jake Doran AUS

200 METRES

19.82	Luxolo Adams RSA
19.83	Jereem Richards TTO 1-18
19.89	Noah Bibi MRI
20.03	Aaron Brown CAN 2-18
20.13	Benjamin Azamati GHA
20.15	Adam Gemili ENG (100m: 2/dns 14/18)
20.18	Eric Harrison TTO (20.12)
20.26	Alaba Akintola NGR
20.26	Shaun Maswananganyi RSA
20.28	Steven Gardiner BAH 400
20.29	Brendon Rodney CAN (20.23w)
20.29	Zharnel Hughes ENG dq (1)-18
20.29	Rasheed Dwyer JAM 1-14
20.32	Tarsis Orogot UGA (20.15w)
20.38	Andre de Grasse CAN (20.15w)
20.40	Joseph Amoah GHA
20.41	Nigel Ellis JAM
20.54w	Emmanuel Esemé CMR

400 METRES

44.21	Steven Gardiner BAH
44.35	Matthew Hudson-Smith ENG
44.43A	Jonathan Jones BAR (44.79)
44.87	Jevaughn Powell JAM
44.87A	Emmanuel Korir KEN
44.87	Bayapo Ndori BOT
44.92	Zakithi Nene RSA
45.03	Isaac Makwala BOT 1-18
45.21	Nathon Allen JAM
45.21A	Muzala Samukonga ZAM (45.31)
45.28	Steven Solomon AUS
45.40A	Kyle Gale BAR (45.77)
45.41	Dwight St. Hilaire TTO
45.43	Anthony Cox JAM

45.56	Joseph Brier WAL
45.62A	Anthony Pesela BOT

800 METRES

1:43.54A	Wycliffe Kinyamal KEN 1-18
1:44.00	Peter Bol AUS
1:44.01A	Emmanuel Wanyonyi KEN
1:44.05A	Elias Ngeny KEN
1:44.59	Tshepo Tshite RSA
1:44.60	Ben Pattison ENG
1:44.69	Joseph Deng AUS 7-18
1:45.02	Navasky Anderson JAM
1:45.14	Alex Amankwah GHA
1:45.58	Charlie Hunter AUS
1:46.39	Jake Wightman SCO 4-18
1:46.46i	Guy Learmonth SCO 6-14

1500 METRES

3:29.23	Jake Wightman SCO 3-18 (4 800m)
3:30.60	Josh Kerr SCO
3:30.69	Timothy Cheruiyot KEN 2-18
3:31.01	Abel Kipsang KEN
3:31.71+	Oliver Hoare AUS (1M 3:47.48)
3:33.24	Stewart McSweyn AUS
3:33.54	Jake Heyward WAL
3:33.97	William Paulson CAN
3:34.37	Samuel Tanner NZL
3:34.73A	Kumari Taki KEN 7-18
3:34.85	Neil Gourley SCO
3:35.92	Matt Stonier ENG
3:35.93i	Elliot Giles ENG (3:37.48)
3:37.05	Matthew Ramsden AUS

5000 METRES

12:46.33	Nicholas Kimeli KEN 9-18
12:46.79	Jacob Krop KEN
12:57.08i	Marc Scott ENG (13:22.15)
12:57.99	Joshua Cheptegei UGA 1-18
13:04.31	Cornelius Kemboi KEN
13:06.00	Jack Rayner AUS
13:09.30i	Adriaan Wildschutt RSA
13:15.31	Sam Atkin ENG (13:03.64i)
13:17.11	Matthew Ramsden AUS
13:19.90	George Beamish NZL
13:20.12	Patrick Dever ENG
13:23.61	Ky Robinson AUS (13:20.17i)
13:31.26	Andrew Butchart SCO
nm	Jacob Kiplimo UGA

10,000 METRES

27:15.35	Jack Rayner AUS
27:23.88	Patrick Dever ENG
27:27.43	Joshua Cheptegei UGA 1-18
27:31.98	Sam Atkin ENG
27:33.57	Kibiwott Kandie KEN
27:35.07	Edward Zakayo KEN (5000m: 3-18)
27:36.77	Andrew Butchart SCO
27:47.11	Ky Robinson AUS
nm	Daniel Simiyu KEN

MARATHON

2:05:09 Victor Kiplangat UGA
 2:06:20 Alphonse Felix Simbu TAN
 2:08:04 Jonathan Kiplating Koror KEN (2:04:32 '21)
 2:10:46 Jonathan Mellor ENG
 2:11:54 Kevin Seaward NIR
 2:14:32 Stephen Scullion NIR
 2:16:15 Paul Pollock NIR
 nm Erick Kiplagat Sang KEN
 nm Liam Adams AUS 7/5- 14/18

3000 METRES STEEPLECHASE

8:06.73 Abraham Kibiwott KEN 2-18
 8:08.76 Conseslus Kipruto KEN 1-18
 8:09.93 Amos Serem KEN
 8:12.48 Avinash Sable IND
 8:19.79 Ben Buckingham AUS
 8:20.29 Ed Trippas AUS
 8:20.77 John Gay CAN
 8:24.68 Zak Seddon ENG
 8:31.80 Jonathan Hopkins WAL 6-18

110 METRES HURDLES

13.09 Hansle Parchment JAM 5/2 10/18 (13.02w)
 13.19 Josh Zeller ENG
 13.20 Rasheed Broadbell JAM
 13.27 Orlando Bennett JAM
 13.28 Andy Pozzi ENG 8-18
 13.32 Milan Trajkovic CYP 4-18
 13.35 Jahmaal Wilson BAH
 13.40 Shane Brathwaite BAR 4/6= 14/18 (13.21w)
 13.43 Nicholas Hough AUS 4/3 14/18 (13.42w)
 13.48 Tade Ojora ENG (13.27w)
 13.53 Rasheem Brown CAY
 13.60 Ruebin Walters TTO
 13.70 Jeremie Lararadeuse MRI (13.55w)

400 METRES HURDLES

48.03 Jaheel Hyde JAM 3-18
 48.42 Ezekiel Nathaniel NGR
 48.53 Kemar Mowatt JAM
 48.58 Kyron McMaster IVB 1-18
 48.88 Alastair Chalmers GUE
 48.89 Malik Metivier CAN
 49.09A Wiseman Were Mukhobe KEN
 49.17 Sokhwakhana Zazini RSA
 49.36 Chris McAlister ENG
 49.63 Rivaldo Leacock BAR
 50.23A William Mbevi Mutunga KEN

HIGH JUMP

2.31i Hamish Kerr NZL (2.30)
 2.27i Nauraj Singh Randhawa MAS
 2.27 Joel Clarke-Khan ENG
 2.27 Tejaswin Shankar IND 6= 18
 2.26 Shaun Miller BAH
 2.26 Brandon Starc AUS 8-14
 2.25 David Smith SCO
 2.25 Donald Thomas BAH 4/1/9=4 06/10/14/18 x
 2.24 William Grimsey SCO
 2.23 Romaine Beckford JAM

POLE VAULT

5.76i Kurtis Marschall AUS (5.75) 1-18
 5.75 Harry Coppell ENG
 5.60i Kyle Rademeyer RSA (5.55)
 5.55 Adam Hague ENG 4-18
 5.45 Owen Heard ENG
 5.40 Angus Armstrong AUS
 5.30 Nikandros Stylianou CYP 5=5= CG 10/14

LONG JUMP

8.36 Murali Sreeshankar IND
 8.22 LaQuan Nairn BAH
 8.21 Chris Mitrevski AUS (8.26w) 6-18
 8.16A Jovan van Vuuren RSA (8.04/8.07w)
 8.15 Muhammed Anas Yahiya IND
 8.14i Cheswill Johnson RSA (8.11A/8.02)
 8.10 Henry Frayne AUS 2-18
 8.08 Tristan James DMA
 8.08 Andwuelle Wright TTO
 8.04A Thasolang Tsireletso BOT
 7.90 Emanuel Archibald GUY (7.93w)
 7.89 Shawn-D Thompson JAM (8.01w)

TRIPLE JUMP

17.19 Abdulla Aboobacker IND
 17.18 Praveen Chithravel IND
 17.05i Jahnhai Perinchief BER (16.95)
 16.99 Eldhose Paul IND
 16.82 Ben Williams ENG
 16.77A Thasolang Tshireletso BOT 16.50
 16.69 Jordan Scott JAM
 16.56 Julian Konle AUS

SHOT

22.31 Tom Walsh NZL 2/1 14/18
 21.58 Jacko Gill NZL
 21.25 Chuk Enekwechi NGR 2-18
 20.99?Lt Akeem Stewart TTO
 20.92 Scott Lincoln ENG
 20.60 Kyle Blignaut RSA
 20.47 O'Dayne Richards JAM 1/4 14/18
 20.34 Tajinderpal Singh IND 8-18
 19.84 Eldred Henry IVB

DISCUS

67.07 Matt Denny AUS 4-18
 66.67 Alex Rose SAM 8-18
 65.54 Apostolos Parelis CYP 4/2/3 10/14/18
 65.49 Lawrence Okoye ENG
 65.11 Roje Stona JAM
 65.00 Nick Percy SCO
 62.19 Christophoros Genethli CYP
 61.61 Mohd Irfan Shamsuddin MAS
 61.17 Connor Bell NZL
 58.90 Djimon Gumbs IVB

HAMMER

77.54 Adam Keenan CAN 4-18
 77.13 Nick Miller ENG 2/1 14/18
 75.98 Rowan Hamilton CAN
 74.52 Joseph Ellis ENG
 74.16 Ethan Katzberg CAN
 73.71 Alexandros Poursanidis CYP 10-14
 73.48 Chris Bennett SCO 12/19 14/18
 72.69 Craig Murch ENG
 71.85 Osian Jones WAL 177 14/18
 70.49 Mark Dry SCO 6/3/3 10/14/18
 68.82 Jac Palmer WAL
 68.13 Jackie Wong Siew Cheer MAS



JAVELIN

93.07	Anderson Peters GRN 3-18
89.94	Neeraj Chopra IND 1-18 ?
89.07	Keshorn Walcott TTO 2-14
86.16	Arshad Nadeem PAK 8-18
84.35	Prakasha Manu IND
82.54	Rohit Yadav IND
82.18	Sumedha Ranasinghe SRI
81.96	Cameron McEntyre AUS
81.22	Chinecherem Nnamdi NGR
80.62A	Julius Yego KEN 7/1 10/14
79.89	Keyshawn Strachan BAH x
79.53	Joe Harris IOM
78.48A	Alex Kiprotich KEN

DECATHLON

8701	Pierce LePage CAN 2-18
8474	Lindon Victor GRN 9/1 14/18
8393	Cedric Dubler AUS 3-18
8071	Daniel Golubovic AUS
7866	Ken Mullings BAH
7843	Harry Kendall ENG
7788	Kendrick Thompson BAH
nm	Ashley Moloney AUS
nm	Kurt Felix GRN 11/3/4 10/14/18

10,000 METRES WALK

39:01.3	Declan Tingay AUS
39:22.0	Kyle Swan AUS
39:55.69	Callum Wilkinson ENG (20kW: 7-18)
40:28.1	Rhydian Cowley AUS
40:35.2	Quentin Rew NZL (20kW: 5-18)
40:38.99	Evan Dunfee CAN (20kW: 6/8-10/18)
40:45.38	Tom Bosworth ENG (20kW: 11/2-0/18)
42:57.3A	Samuel Gathimba KEN (20kW: 3-18)
39:44R	Sandeep Kumar IND
40:53R	Amit Amit KEN

4 x 100 METRES RELAY

37.48	Canada
37.83	England 2/1 14/18
38.06	Jamaica 1/3 14/18
38.07	Ghana
38.10	South Africa 4/2 14/18
38.35	Nigeria 6-14
39.08	Australia 4-18
39.25	Trinidad & Tobago 3-14
39.28	Kenya

4 x 400 METRES RELAY

2:58:58	Jamaica 4/3 14/18
3:00.03	Trinidad & Tobago 3/4 14/18
3:00.14	Botswana 1-18
3:03.95	Nigeria
3:04.27	Barbados
3:04.41A	India (3:05.34)
3:05.12A	Kenya
3:05.53	Zambia

WOMEN'S EVENTS

100 METRES

10.73	Shericka Jackson JAM
10.79	Elaine Thompson-Herah JAM
10.81	Julien Alfred LCA (10.80w)
10.83	Dina Asher-Smith ENG
10.88	Kemba Nelson JAM (10.85w)
10.93	Favour Ofili NGR (10.90w)
10.94	Michelle-Lee Ahye TTO 1-18
10.95	Daryll Neita ENG (10.80w)
10.97	Grace Nwokocha NGR
10.98	Anthonique Strachan BAH
10.99	Rosemary Chukwuma NGR (1.82w)
11.07	Jasmine Abrams GUY
11.08	Gina Bass GAM (11.02w)
11.08	Joella Lloyd ANT
11.08	Zoe Hobbs NZL (11.07w)
11.11	Tynia Gaither BAH (11.02w)
11.19A	Maximilia Imali KEN (400m: 5-18)
11.21	Imani Lansiquot ENG (11.00w)

200 METRES

21.45	Shericka Jackson JAM 2-18
21.87A	Christine Mboma NAM
21.96	Favour Ofili NGR
21.97	Elaine Thompson-Herah JAM 4-18
22.33	Rosemary Chukwuma NGR
22.41	Tynia Gaither BAH
22.44	Grace Nwokocha NGR
22.46	Julien Alfred LCA
22.55	Anthonique Strachan BAH
22.57	Natalliah Whyte JAM
22.66	Joella Lloyd ANT
22.70	Jacinta Beecher AUS
22.81	Daryll Neita ENG (22.34w)
22.95	Ella Connolly AUS (22.61w) x
22.99	Riley Day AUS
23.01	Beth Dobbin SCO (22.49w)
22.67w	Natassha McDonald CAN

400 METRES

49.11	Shaunae Miller-Uibo BAH 6-14 ?
49.75	Sada Williams BAR
49.87	Charokee Young JAM
50.15	Stephanie Ann McPherson JAM 3-18
50.84A	Mary Moraa KEN
50.99	Victoria Ohuruogu ENG
51.17	Aliyah Abrams GUY
51.17	Nicole Yeargin SCO
51.21	Aiyanna Stiverne CAN
51.22	Zoey Clark SCO
51.30	Roneisha McGregor JAM
51.31	Ama Pipi ENG
51.35mx	Jodie Williams ENG
51.78	Kyra Constantine CAN
51.80	Patience George NGR

800 METRES

1:56.38	Keely Hodgkinson ENG
1:57.23mx	Laura Muir SCO 1:58.09
1:57.90	Natoya Goule JAM 3-18
1:58.41A	Prudence Sekgodiso RSA
1:58.44	Jemma Reekie SCO
1:58.54	Catriona Bisset AUS
1:59.59	Lindsey Butterworth CAN

1:59.71	Madeleine Kelly CAN
1:59.84	Jarinter Mwasya Mawia KEN
2:00.67	Alex Bell ENG 5-18
2:00.72	Georgia Griffith AUS
2:00.86	Jenny Selman SCO (2:00.70i)
2:02.14i	Winnie Nanyondo UGA 3/4 14/18

1500 METRES

3:55.28	Laura Muir SCO
3:59.31	Jessica Hull AUS
4:00.25	Winnie Nanyondo UGA 10-18 (800m: 3/4 14/18)
4:00.58	Linden Hall AUS 4-18
4:02.66	Edinah Jebitok KEN
4:03.08	Winy Chebet KEN (800m: 7-10)
4:03.90	Katie Snowden ENG 11-18
4:04.13	Melissa Courtney-Bryant WAL 3-18
4:04.18	Abbey Caldwell AUS ?
4:05.12	Lucia Stafford CAN
4:05.44	Ciara Mageean NIR
4:07.01	Jemma Reekie SCO

5000 METRES

14:46.75	Beatrice Chebet KEN
14:56.47	Eilish McColgan SCO 6-18 (1500m: 6-18)
14:57.19	Jessica Judd ENG (800m: 4 CG 14)
15:02.55	Calli Thackery ENG
15:05.23	Selah Busienei KEN
15:05.51	Sarah Inglis SCO
15:06.13	Jessica Hull AUS
15:06.50	Natalia Rule AUS
15:07.49	Rose Davies AUS
15:17.39	Jenny Nesbitt WAL
15 25.21	Eloise Walker SCO
15:25.90	Melissa Courtney-Bryant WAL x
15:28.10	Dominique Scott RSA
15:28.41	Roisin Flanagan NIR
15:31.62	Amy-Eloise Markovc ENG
nm	Julie-Ann Staehli CAN

10,000 METRES

30:19.02	Eilish McColgan SCO (3000mSt 6-14)
30:35.93	Jessica Judd ENG
31:00.10	Dominique Scott RSA
31:01.04	Stella Chesang UGA 1-18
31:18.54	Rose Davies AUS
31:25.57	Amy-Eloise Markovc ENG
31:30.63	Samatha Harrison ENG
31:39.60	Sarah Inglis SCO
31:40.10	Isobel Batt-Doyle AUS
31:50.13	Sheila Kiprotich KEN
31:52.03	Irene Cheptai KEN
32:17.66	Rachel Chebet UGA
32:25.34	Hannah Irwin NIR
32:35.16	Sarah Chelangat UGA

MARATHON

2:21:10 Maurine Chepkemai KEN
 2:25:10 Eloise Wellings AUS (5000m: 4/5/5/8 CG 06/10/14/16/21000m: 6-10)
 2:26:22 Linet Chebet UGA
 2:30:23A Margaret Muriuki KEN
 2:31:37 Georgina Schwiening ENG
 nm Stellah Barsosio KEN (2:22:08 '21)
 nm Jessica Stenson AUS 3/3 14/18
 nm Helaria Johannes NAM 5/1 14/18
 nm Sinead Diver AUS
 nm Natasha Cockram WAL
 nm Clare Evans WAL

3000 METRES STEEPLECHASE

9:05.54 Peruth Chemutai UGA
 9:10.17 Celliphine Chespol KEN 2-18
 9:15.64 Aimee Pratt ENG
 9:15.97 Jackline Chepkoech KEN
 9:19.46 Elizabeth Bird ENG
 9:21.46 Amy Cashin AUS
 9:32.96 Brielle Erbacher AUS

100 METRES HURDLES

12.12 Tobi Amusan NGR (12.06w) 1-18
 12.41 Danielle Williams JAM 4/2 14/18
 12.46 Devynne Charlton BAH
 12.50 Cindy Sember ENG (12.38w)
 12.52 Megan Tapper JAM 7-18
 12.66 Michelle Jenneke AUS 5/4 14/18
 12.72 Liz Clay AUS
 12.74 Michelle Harrison CAN
 12.93 Rosalee Cooper JAM
 12.93 Marione Fourie RSA (12.82w)
 12.96 Celeste Mucci AUS (12.75w) (Hep: 4-18)

400 METRES HURDLES

53.63 Janieve Russell JAM 3/1 14/18
 53.63 Rushell Clayton JAM
 53.82 Shiann Salmon JAM
 54.09 Jessie Knight ENG
 54.73 Lina Nielsen ENG
 54.81 Zeney van der Walt RSA
 55.44 Portia Bing NZL
 55.57 Sarah Carli AUS
 56.54 Noelle Montcalm CAN
 56.72 Yanique Haye-Smith TKS

HIGH JUMP

2.02 Eleanor Patterson AUS 1-14
 1.96 Nicola Olyslagers AUS (1.96) 3-18
 1.95i Emily Borthwick ENG (1.87)
 1.93 Morgan Lake ENG 2-18
 1.92 Abigail Kwateng GHA
 1.91A Laura Zialor ENG (1.91i/1.87)
 1.88 Keeley O'Hagan NZL
 1.83 Sommer Lecky NIR 10-18

POLE VAULT

4.70 Alysha Newman CAN 3=/1 14/18
 4.65 Olivia McTaggart NZL
 4.60 Holly Bradshaw ENG 4-18
 4.60 Molly Caudery ENG 5-18
 4.50 Anicka Newell CAN
 4.45 Imogen Ayriss NZL
 4.45 Sophie Cook ENG
 4.24i Ellen McCartney NIR (4.22)

LONG JUMP

7.13 Brooke Buschkuell AUS 2-18
 6.82i Jesse Brume NGR (7.08w) 1-14
 6.82i Lorraine Ugen ENG (6.81) 5/4 14/18
 6.80 Christabel Nettey CAN (6.87w) 3/1 14/18
 6.79 Filippa Fotopoulou CYP
 6.78 Ruth Usoro NGR
 6.73 Aishwarya Babu IND
 6.70 Samantha Dale AUS (6.72w)
 6.69 Tyra Gittens TTO (6.82w)
 6.68 Jazmin Sawyers ENG 2/7 14/18
 6.64 Thea LaFond DMA
 6.56 Ackelia Smith JAM (6.72w)
 6.44 Abigail Irozuru ENG (6.58w)

TRIPLE JUMP

14.89 Shanieka Ricketts JAM 4/2 14/18
 14.62i Thea LaFond DMA (14.56) 3-18
 14.62i Kimberly Williams JAM (14.29) 1/1 14/18
 14.36 Ackelia Smith JAM
 14.14 Naomi Metzger ENG (14.24w)
 14.10 Ruth Usoro NGR
 13.94 Aishwarya Babu IND
 13.75 Mikeisha Welcome VIN (13.89w)

SHOT

20.33 Sarah Mitton CAN
 19.53 Danniell Thomas-Dodd JAM 1-18 (DT: 8-14)
 19.50 Maddison-Lee Wesche NZL
 18.82i Sophie McKinna ENG (17.49) 5/5 14/18
 18.18 Amelia Strickler ENG 9-18
 18.06 Manpreet Kaur IND
 18.01 Lloydricia Cameron JAM
 17.97 Divine Oladipo ENG
 17.84 Portious Warren TTO
 17.59 Adele Nicoll WAL
 17.23 Brittany Crew CAN 3-18

DISCUS

61.78 Jade Lally ENG 6/3/7 10/14/18
 60.90 Chioma Oyekwere NGR
 59.64 Kirsty Law SCO
 58.10 Pamela Amaechi NGR
 58.03 Navjeet Kaur Dhillon IND 3-18
 57.90 Yolandi Stander RSA
 57.39 Taryn Gollshewsky AUS 9/4 14/18
 57.09 Seema Punia IND 2/3/2/2 06/10/14.18
 56.80 Androniki Lada CYP 8-18
 56.44 Shadine Duquemin JER
 55.18 Divine Oladipo ENG

HAMMER

77.67 Camryn Rogers CAN
 73.34 Lauren Bruce NZL
 73.12 Jillian Weir CAN
 72.33 Julia Ratcliffe NZL 2/1 14/18
 70.63 Anna Purchase ENG
 70.45 Nicole Bradley NZL
 69.92 Alex Hulley AUS 2-18
 69.35 Kaila Butler CAN
 65.85 Amber Simpson WAL
 65.74 Sade Olatoye NGR

JAVELIN

61.00 Kelsey-Lee Barber AUS 3/2 14/18
63.82 Annu Rani IND 8-14
63.33 Liz Gleadle CAN 5/4 14/18
63.22 Mackenzie Little AUS
62.40 Tori Peeters NZL
61.61 Jo-Ane van Dyk RSA
59.01 Shilpa Rani IND
57.36 Kathryn Mitchell AUS 6/5/4/1 06/10/14/18

HEPTATHLON

6260 Holly Mills ENG
6224 Jade O'Dowda ENG
6222 Katerina Johnson-Thompson ENG 1-18
5945 Tanielle Crase AUS
5540 Anna McCauley NIR
5352 Lauren Evans WAL
nm Kate O'Connor IRL

10,000 METRES WALK

43:29.2 Jemima Montag AUS 20kW: 1-18
44:40.09 Rebecca Henderson AUS x
45:24.1 Olivia Sandery AUS

4 x 100 METRES RELAY

41.18 Jamaica 1/2-14/18
41.99 England 3/1 14-18
42.22 Nigeria 2/3 14/18
43.15 Australia 5-14
46:11.26 Bethan Davies WAL 20kW: 3018
46:41.03 Kelly Ruddick AUS
47:06.8A Emily Ngii KEN
45:27.98 Heather Lewis WAL 20kW: 7-18

43.55A India
44.69 Trinidad & Tobago 8/4 -14/18
44.75 Scotland

4 x 400 METRES RELAY

3:20.74 Jamaica 1/1-14/18
3:25.18 Canada 5-14
3:28.57 England 3/4 CG 14/18
3:29.34 South Africa
3:30.40 Nigeria 2/2 -14/18
3:35.55 Kenya
3:36.96 Botswana 3-18
nm Scotland



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