

## 400 Hurdles Photo-Sequence - Chris Rawlinson – By Nick Dakin

Photo Sequence from 2002 Mt Sac Relays, CA. Hurdle Eight clearance en route to 48.49 clocking.



5 4 3 2 1

1. Hurdle approach showing slight adjustment in the change down to 15 strides into Hurdle 8 [in later races 14 strides held to hurdle eight]
2. Marked braking into final stride, note slight backward lean & widening of arm carriage.
3. Good tight pull of the lead leg heel underneath hips, to shorten lead knee attack
4. High knee attack with delayed extension of the lead knee, but trunk lean slowed by preceding late adjustment of stride into the hurdle
4. Lead knee begins extension and lead arm initiates trunk lean to flatten trajectory across the hurdle.



10 9 8 7 6

5. Note lead forearm across body- though elbow not crossing mid line - to shorten lever to be pulled back over trail knee Trail heel shortened towards the hip as lead leg extends past hurdle rail.
6. Trail knee adducted from trunk just prior to crossing the hurdle rail. Bent right elbow driven back to keep shoulders square in crossing the hurdle.
7. Flexion of lead knee as actively pulled down towards ground. Trail knee at parallel to the ground as it crosses the hurdle rail. Left arm begins to sweep back to counter the rotational force of the trail leg pull through.
8. Good trunk angle maintained as trail leg continues to be pulled through high past the hurdle rail whilst the ankle drops.
9. Fully extended lead leg contacts under body's centre of gravity, whilst maintaining good hip height [note plantar flexed landing on the forefoot]. Excellent height of trail knee with heel back in line of running, whilst trunk still pushing forwards



16 15 14 13 12 11

10. Good knee and hip extension of lead leg landing with trail knee kept high for good first stride off the hurdle
11. Trail knee has opened out slightly in the stride off the hurdle
12. Resultingly flat footed strike in advance of center of gravity occurs
13. Slight 'gather' to counter this and active knee drop to help propel hips forward
14. Vigorous arm action and full knee and hip extension to push hips back tall and into.....
15. Resumption of full sprinting stride