LANE DRAW	Event: 400m	Men
No of heats: *4*	Qualifying conditions: *First in each heat, plus next four fastest to A and B Finals .*	*14.00*

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	Name		*Chris McAlister*	*Nic Baker*	*Joe Brier*				
	No.		*12*	*8*	*9*				
	Club		*THAMES VALLEY H*	*CRAWLEY A C*	*SWANSEA H*				
2	Name		*Ben Snaith*	*Efe Okoro*	*Tom Somers*				
	No.		*15*	*13*	*16*				
	Club		*NEWHAM E B*	*BIRCHFIELD HARRIERS*	*NEWHAM & ESSEX BEAGLES*				
3	Name		*Krishawn Aiken*	*Owen Smith*	*Lee Thompson*				
	No.		*7*	*14*	*17*				
	Club		*SHAFTESBURY B*	*CARDIFF A A C*	*SHEFFIELD & DEARNE*				
4	Name			*Alex Haydock Wilson*	*James Williams*				
	No.			*11*	*18*				
	Club			*WSE HOUNSLOW*	*LIVERPOOL HARRIERS*				
5	Name								
	No.								
	Club								
6	Name								
	No.								
	Club								