LANE DRAW	Event: *400m Men A Final*
No of heats: 1	Qualifying conditions: n/a

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	Name	Owen Smith	Efe Okoro	Thomas Somers	Joe Brier				
	No.	14	13	16	9				
	Club	Cardiff	Birchfield Harriers	Newham and Essex	Swansea				
2	Name								
	No.								
	Club								
3	Name								
	No.								
	Club								
4	Name								
	No.								
	Club								
5	Name								
	No.								
	Club								
6	Name								
	No.								
	Club								