

TRACK RESULT		Event:	Men 400m
Heat No: 2	Semi Final No:	Final: A	

Pos.	Number	Name	Club	Time
1st	9	Joe Brier	Swansea Harriers AC	46.81
2nd	14	Owen Smith	Cardiff AC	47.40
3rd	13	Efe Okoro	Birchfield Harriers	47.49
4th	16	Thomas Somers	Newham and Essex Beagles AC	47.55
5th				
6th				