

TRACK RESULT		Event:	Men 400m
Heat No: 1	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	9	Joe Brier	Swansea Harriers AC	47.14
2nd	12	Chris McAlister	Thames Valley Harriers	48.03
3rd	8	Niklas Baker	Crawley AC	48.29
4th				
5th				
6th				

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

Pos.	Number	Name	Club	Time
1st	16	Thomas Somers	Newham and Essex Beagles AC	47.07
2nd	13	Efe Okoro	Birchfield Harriers	47.41
3rd	15	Ben Snaith	Newham and Essex Beagles AC	48.66
4th				
5th				
6th				

TRACK RESULT		Event:	Men 400m
Heat No: 3	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	17	Lee Thompson	City of Sheffield and Dearne AC	46.72
2nd	14	Owen Smith	Cardiff AC	47.64
3rd	7	Krishawn Aiken	Shaftesbury Barnet Harriers	48.33
4th				
5th				
6th				

TRACK RESULT		Event:	Men 400m
Heat No: 4	Semi Final No:	Final:	

Pos.	Number	Name	Club	Time
1st	18	James Williams	Liverpool Harriers and AC	47.30
2nd	11	Alex Haydock-Wilson	Windsor, Slough, Eton and Hounslow AC	49.20
3rd				
4th				
5th				
6th				