

JB2 400m	Record: Andrew Drakely	2006	57.7
H1	1 Jake Randall	Amman	60.5
	2 Glen James	Lampeter	62.7
	3 Daniel Gough	DT	66.3
	4 Tom Morrisey	STP	67.7
H2	1 Berwyn Warlaw	Preseli	63.7
	2 Nathaniel Wilson	BM	65
	3 Reuben Rai	Coedcae	65.1
	4 Llyr James	Tregaron	65.7
Final	1 Jake Randall	Amman	58.7
	2 Glen Jones	Lampeter	61.6
	3 Berwyn Warlaw	Preseli	64.1
	4 Nathaniel Wilson	BM	64.3
	5 Ruben Rai	Coedcae	66
	6 Lyr James	Tregaron	69