

JB3 400m	Record:	Lewis Richards	1990	55
Final		1 Mason Straud	Australia	56.3
		2 Luke Trehome	St Michaels	57.8
		3 Jake Isles	Dyffryn Taf	60.4
		4 Daniel Grais	Amman	60.5
		5 Rhys Morgan	Dewi Sant	61.7
		6 Gwian Edwards	Lampeter	63