

MB 400m	Record: Bruce Tasker	2004	50.5
H1			
	1 Taylor Mills	Australia	51.7
	2 Dorian Coleman	Tregaron	55.1
	3 Thomas Northcott	QEH	58.7
	4 Tim Willoby	STP	59.4
H2			
	1 Ricky Watts	STP	58
	2 Antoine Woodman	Emlyn	58.9
	3 Rhys McMillan	Amman	59
	4 Iwan Davies	Strade	62.1