

Event Men's 400m - Race 1

8	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Rhys SMITH	Sheffield Flames	48.55				
	2	5	Patrick PALMER	Birmingham Falcons	49.63				
	3	2	James BUCK	Newcastle Angels	49.66				
	4	3	Harry DORAN	Manchester Warriors	50.62				

Event Men's 400m - Race 2

9	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	1	Patrick SWAN	Glasgow Cobras	48.59				
	2	7	Sebastian TULLY-MIDDLETON	London North Lions	48.79				
	3	6	Adebowale ADEMUYEWO	Cardiff Dragons	49.04				
	4	8	Jack GREEN	London South Sharks	49.29				

Event Men's 400m

8&9	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Rhys SMITH	Sheffield Flames	48.55	8	0.98		8.98
	2	1	Patrick SWAN	Glasgow Cobras	48.59	7	0.96		7.96
	3	7	Sebastian TULLY-MIDDLETON	London North Lions	48.79	6	0.88	1	7.88
	4	6	Adebowale ADEMUYEWO	Cardiff Dragons	49.04	5	0.78		5.78
	5	8	Jack GREEN	London South Sharks	49.29	4	0.68	1	5.68
	6	5	Patrick PALMER	Birmingham Falcons	49.63	3	0.54		3.54
	7	2	James BUCK	Newcastle Angels	49.66	2	0.53	1	3.53
	8	3	Harry DORAN	Manchester Warriors	50.62	1			1

