



<b>T09-Men 300m - Open</b>				<b>Entries Close</b>	
AC Record - Matt ELIAS, Wales, 34.03, 2003				<b>13:50</b>	
Welsh Record - Matt ELIAS, Cardiff AAC, 33.40, 2006				<b>Event Start</b>	
Grand Prix Best - Joe THOMAS, Cardiff AAC, 34.80, 2010				<b>14:50</b>	
<b>BIB</b>	<b>ATHLETE</b>	<b>CLUB</b>	<b>PBs</b>	<b>REGISTERED</b>	<b>AGE GROUP</b>
3	Elliot SCOTT SENM	Cardiff Met	36.00	Y	SENM
10	Rhodri WILLIAMS SENM	Cardiff Met	36.99	Y	SENM
24	Tom CHANDY SENM	Cardiff Uni	39.00	Y	SENM
25	Gareth PIKE SENM	Cardiff Uni	41.00	Y	SENM
26	Teresa LANNATELLI U20M	Cardiff Uni	44.00	Y	U20M
55	Richard HOUCHIN SENM	Worcester AC	40.00	Y	SENM
86	Ben LYSZKOWSKI SENM	Bristol UNI Atheltics	38.50	Y	SENM
113	Aaron JOLLY U20M	Cardiff AAC	38.00	Y	U20M
116	Adam GREY U20M	Cwmbran Harriers	40.00	Y	U20M
118	Freddie WILTSHIRE SENM	Bristol UNI Atheltics	40.00	Y	SENM
119	Alex EVELEGH SENM	UWE	36.20	Y	SENM
125	Simone BROCCOLO SENM	Trevisatletica	38.50	Y	SENM
138	Elliott PEARCE SENM	University of Bristol AC & CCC	40.00	Y	SENM
158	Isaac SNEDDON-JENKINS U20M	Team Bath AC	38.00	Y	U20M
159	Jonathan WHITE SENM	University of Bristol	40.00	Y	SENM
160	Conor LAMB U20M	Invicta East Kent	39.90	Y	U20M
163	Jamie LAMBERT U20M	Crawley AC	36.00	Y	U20M
165	Ben MCINTYE U20M	Swindon Harriers	39.00	Y	U20M
166	James WARHURST SENM	University of Bristol AC & CCC	36.00	Y	SENM
171	Steffan JONES U20M	Swansea Harriets	36.00	Y	U20M
173	Chris STONE SENM	Woodford green and essex ladies	34.00	Y	SENM
174	Michael MCDONAGH U20M	Team Bath AC	39.00	Y	U20M
175	Matthew GILBERT SENM	City of Plymouth	42.00	Y	SENM
176	Rhys SAMUEL SENM	Swansea Harriers	40.00	Y	SENM
178	Ryan LANE U20M	Cardiff AAC	40.00	Y	U20M
180	Daniel NEWLAND SENM	Plymouth	38.00	Y	SENM
183	Martyn MORANT SENM	Exeter Harriers	38.00	Y	SENM
206	Hannibal KNOWLES SENM	University of Bristol	37.50	Y	SENM
212	Lee RICHARDS SENM	Newport Harriers	40.00	Y	SENM
219	Alex CLOTHIER U20M	Laington AC	40.00	Y	U20M
220	Jack DUTTON U20M	North Devon	38.00	Y	U20M
221	Mark ELLERY SENM	Bristol & West AC	48.00	Y	SENM
225	David N'DOUA SENM	Swansea University	37.21	Y	SENM
228	Ayomide ELUYERA U20M	Cardiff AAC	41.99	Y	U20M