

| | | | |
|------------------|------------|-----------|---------------------|
| MCAA T&F League. | | Type= | Photo-finish timing |
| Date= | 09/07/2023 | Division= | 1 |
| Match no. | 2 | Venue= | Nottingham |

| Club | Points |
|-------------------------------|--------|
| Birmingham Running & Tri Club | 520 |
| Bristol & West AC | 390 |
| Cannock & Stafford AC | 424 |
| Gloucester AC | 477 |
| Notts AC | 544 |
| Rugby & Northampton AC | 394 |
| | |

-7 points deducted for use of 6 female C athletes
-7 points deducted for use of 6 female C athletes

| Event | Event | 100 metres | MEN | | | | |
|-------|----------|------------------------|-------|------------|-------------|----------|--------|
| 100 | A string | Wind reading if applic | 0 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Bradley Whitehead | R&N | 6 | 10.82 | 11 | 0 |
| | 2 | Yaw Afirifah-Mensah | Notts | 5 | 11.26 | 9 | 0 |
| | 3 | Ryan Brady | BriW | 2 | 11.34 | 7 | 0 |
| | 4 | Dan Hindle | BRAT | 1 | 11.40 | 6 | 0 |
| | 5 | Thomas Larkin | C&S | 3 | 11.41 | 5 | 0 |
| | 6 | Oscar Wilson | Glouc | 4 | 12.28 | 4 | 0 |

| Event | Event | 100 metres | MEN | | | | |
|-------|----------|------------------------|-------|------------|-------------|----------|--------|
| 100 | B string | Wind reading if applic | 0 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Fabien Powell | R&N | 66 | 10.99 | 9 | 0 |
| | 2 | Loreni Jorge | Notts | 55 | 11.40 | 7 | 0 |
| | 3 | Nathaniel Walker | BRAT | 11 | 11.41 | 5 | 0 |
| | 4 | Mckenzie Ritson | BriW | 22 | 11.56 | 4 | 0 |
| | 5 | John Kirby | C&S | 33 | 11.85 | 3 | 0 |
| | 6 | Matthew Holloway | Glouc | 44 | 13.72 | 2 | 0 |

| Event | Event | 100 metres | MEN | | | | |
|-------|----------|------------------------|-------|------------|-------------|----------|--------|
| 100 | C string | Wind reading if applic | 0 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Oke Okere | R&N | 666 | 11.79 | 7 | 0 |
| | 2 | Oliver Pascual | Notts | 555 | 11.80 | 5 | 0 |

| Event | Event | 200 metres | MEN | | | | |
|-------|----------|------------------------|-------|------------|-------------|----------|--------|
| 200 | A string | Wind reading if applic | -1.1 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Cam MacGregor | R&N | 6 | 22.54 | 11 | 0 |
| | 2 | Mckenzie Ritson | BriW | 2 | 22.94 | 9 | 0 |
| | 3 | Thomas Larkin | C&S | 3 | 22.97 | 7 | 0 |
| | 4 | Dan Hindle | BRAT | 1 | 23.03 | 6 | 0 |
| | 5 | Morgan Scott | Notts | 5 | 23.53 | 5 | 0 |
| | 6 | Oliver Mitchell | Glouc | 4 | 26.69 | 4 | 0 |

| Event | Event | 200 metres | MEN | | | | |
|-------|----------|------------------------|-------|------------|-------------|----------|--------|
| 200 | B string | Wind reading if applic | -0.8 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Aaron Warmington | R&N | 66 | 22.81 | 9 | 0 |
| | 2 | Nathaniel Walker | BRAT | 11 | 23.20 | 7 | 0 |
| | 3 | Christopher Bennett | C&S | 33 | 23.38 | 5 | 0 |
| | 4 | Ryan Brady | BriW | 22 | 23.39 | 4 | 0 |
| | 5 | Tavonga Nyakudya | Notts | 55 | 23.40 | 3 | 0 |
| | 6 | Tom Beckett | Glouc | 44 | 25.89 | 2 | 0 |

| Event | Event | 200 metres | MEN | | | | |
|-------|----------|------------------------|------|------------|-------------|----------|--------|
| 200 | C string | Wind reading if applic | -1.2 | m/s | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Calum Haycock | C&S | 333 | 24.03 | 7 | 0 |
| | 2 | Jacob Gosnell | BRAT | 111 | 24.31 | 5 | 0 |
| | 3 | Alexandro Ilioaie | R&N | 666 | 24.50 | 4 | 0 |

| Event | Event 400 metres | | | | MEN | | |
|-------|------------------|-----------------|-------|------------|-------------|----------|--------|
| 400 | A string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Numeri Saeed | R&N | 6 | 49.57 | 11 | 0 |
| | 2 | John Kirby | C&S | 3 | 50.58 | 9 | 0 |
| | 3 | James Colclough | BRAT | 1 | 52.56 | 7 | 0 |
| | 4 | Jack Choules | Glouc | 4 | 53.10 | 6 | 0 |
| | 5 | Cameron O'Grady | Notts | 5 | 53.96 | 5 | 0 |
| | 6 | Sam Johnson | BriW | 2 | 85.44 | 4 | 0 |

| Event | Event 400 | | | | MEN | | |
|-------|-----------|-----------------|-------|------------|-------------|----------|--------|
| 400 | B string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Kyle Haycock | C&S | 33 | 51.97 | 9 | 0 |
| | 2 | Louis Starr | R&N | 66 | 52.84 | 7 | 0 |
| | 3 | Calvin O'Grady | Notts | 55 | 53.56 | 5 | 0 |
| | 4 | Louis W Sloan | BRAT | 11 | 54.13 | 4 | 0 |
| | 5 | Oliver Mitchell | Glouc | 44 | 61.55 | 3 | 0 |

| Event | Event 400 | | | | MEN | | |
|-------|-----------|-----------------|-------|------------|-------------|----------|--------|
| 400 | C string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Henry Heathcote | C&S | 333 | 52.92 | 7 | 0 |
| | 2 | Jacob Gosnall | BRAT | 111 | 53.76 | 5 | 0 |
| | 3 | Jonathan Cripps | Notts | 555 | 56.26 | 4 | 0 |

| Event | Event 800 metres | | | | MEN | | |
|-------|------------------|------------------|-------|------------|-------------|----------|--------|
| 800 | A string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | James McCann | C&S | 3 | 1:59.41 | 11 | 0 |
| | 2 | JP Stolberg | BRAT | 1 | 2:00.00 | 9 | 0 |
| | 3 | Louis Starr | R&N | 6 | 2:00.11 | 7 | 0 |
| | 4 | Stephen Kerfoot | BriW | 2 | 2:00.19 | 6 | 0 |
| | 5 | Luke Hesketh | Notts | 5 | 2:04.53 | 5 | 0 |
| | 6 | Alasdair Stewart | Glouc | 4 | 2:11.34 | 4 | 0 |

| Event | Event 800 | | | | MEN | | |
|-------|-----------|--------------------|-------|------------|-------------|----------|--------|
| 800 | B string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Arthur Tilt | R&N | 66 | 2:01.35 | 9 | 0 |
| | 2 | Henry Brocklehurst | BRAT | 11 | 2:02.98 | 7 | 0 |
| | 3 | Ollie Kurd | BriW | 22 | 2:05.02 | 5 | 0 |
| | 4 | Ben Taylor | Notts | 55 | 2:06.95 | 4 | 0 |
| | 5 | Mitchell Blundell | C&S | 33 | 2:08.30 | 3 | 0 |
| | 6 | Oliver Mitchell | Glouc | 44 | 2:35.23 | 2 | 0 |

| Event | Event 800 | | | | MEN | | |
|-------|-----------|-------------|------|------------|-------------|----------|--------|
| 800 | C string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Sam Johnson | BriW | 222 | 2:08.62 | 7 | 0 |
| | 2 | Mike Starr | R&N | 666 | 2:45.62 | 5 | 0 |

| Event | Event 110H metres | | | | MEN | | |
|-------|-------------------|------------------------|----------|------------|-------------|----------|--------|
| 110H | A string | Wind reading if applic | -0.6 m/s | | Hand timed | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Prince Ayeh | BRAT | 1 | 15.7 | 11 | 5 |
| | 2 | Alasdair Rigby | C&S | 3 | 16.6 | 9 | 0 |
| | 3 | Jack Wickham | Notts | 5 | 18.2 | 7 | 0 |
| | 4 | Tom Beckett | Glouc | 4 | 18.3 | 6 | 0 |
| | 5 | Charlie Barker | R&N | 6 | 30.6 | 5 | 0 |

| Event | Event 110H | | | | MEN | | |
|-------|------------|------------------------|----------|------------|-------------|----------|--------|
| 110H | B string | Wind reading if applic | -0.6 m/s | | Hand timed | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Kyle Neal | Glouc | 44 | 20.7 | 9 | 0 |

| Event | Event | 400H metres | | | MEN | | | |
|-------|----------|-----------------|-------|------------|-------------|-----------------|--------------|--|
| 400H | A string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Alasdair Rigby | C&S | 3 | 60.00 | 11 | 0 | |
| | 2 | Alexander Clegg | BRAT | 1 | 60.26 | 9 | 0 | |
| | 3 | Jack Wickham | Notts | 5 | 63.36 | 7 | 0 | |
| | 4 | Charlie Barker | R&N | 6 | 63.96 | 6 | 0 | |
| | 5 | Kyle Neal | Glouc | 4 | 67.95 | 5 | 0 | |

| Event | Event | 400H metres | | | MEN | | | |
|-------|----------|--------------|-------|------------|-------------|-----------------|--------------|--|
| 400H | B string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Oscar Wilson | Glouc | 44 | 60.99 | 9 | 0 | |
| | 2 | Prince Ayeh | BRAT | 11 | 68.68 | 7 | 0 | |
| | 3 | Nathan To | Notts | 55 | 69.18 | 5 | 0 | |

| Event | Event | 1500 metres | | | MEN | | | |
|-------|----------|------------------|-------|------------|-------------|-----------------|--------------|--|
| 1500 | A string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Milan Campion | Notts | 5 | 4:03.70 | 11 | 0 | |
| | 2 | Alec Sabey | BRAT | 1 | 4:06.13 | 9 | 0 | |
| | 3 | Charlie Worsfold | Glouc | 4 | 4:11.64 | 7 | 0 | |
| | 4 | Ibrahim Archchi | R&N | 66 | 4:13.65 | 6 | 0 | |
| | 5 | Jordan Barrett | C&S | 3 | 4:20.62 | 5 | 0 | |
| | 6 | Aled Anderson | BriW | 22 | 4:31.49 | 4 | 0 | |

| Event | Event | 1500 metres | | | MEN | | | |
|-------|----------|-----------------|-------|------------|-------------|-----------------|--------------|--|
| 1500 | B string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Merhawi Tkue | Notts | 55 | 4:08.72 | 9 | 0 | |
| | 2 | Thomas Brinkley | R&N | 6 | 4:23.04 | 7 | 0 | |
| | 3 | Mark Ince | BRAT | 11 | 4:26.96 | 5 | 0 | |
| | 4 | Ollie Kurd | BriW | 2 | 4:34.27 | 4 | 0 | |
| | 5 | Luke Hine | Glouc | 44 | 4:41.63 | 3 | 0 | |
| | 6 | Craig Pearson | C&S | 33 | 4:42.03 | 2 | 0 | |

| Event | Event | 3000 metres | | | MEN | | | |
|-------|----------|-----------------|-------|------------|-------------|-----------------|--------------|--|
| 3000 | A string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | George Phillips | Notts | 5 | 9:06.84 | 11 | 0 | |
| | 2 | Lee Gawker | BriW | 22 | 9:22.46 | 9 | 0 | |
| | 3 | Matt Everett | R&N | 6 | 9:22.89 | 7 | 0 | |
| | 4 | Dan Robinson | BRAT | 1 | 9:25.34 | 6 | 0 | |
| | 5 | Thomas Eustace | C&S | 3 | 9:41.16 | 5 | 0 | |
| | 6 | Owen Parry | Glouc | 4 | 9:56.82 | 4 | 0 | |

| Event | Event | 3000 metres | | | MEN | | | |
|-------|----------|-----------------|-------|------------|-------------|-----------------|--------------|--|
| 3000 | B string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Chris Stockdale | BRAT | 11 | 9:34.02 | 9 | 0 | |
| | 2 | Ben Ashby | BriW | 2 | 9:37.70 | 7 | 0 | |
| | 3 | Tom De Jong | Notts | 55 | 9:53.15 | 5 | 0 | |
| | 4 | Malcolm Eustace | C&S | 33 | 11:05.96 | 4 | 0 | |
| | 5 | Dave Greswell | Glouc | 44 | 11:48.06 | 3 | 0 | |

| Event | Event | 3000 metres | | | MEN | | | |
|-------|----------|---------------|------|------------|-------------|-----------------|--------------|--|
| 3000 | C string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | Mat Pollard | BRAT | 111 | 9:37.21 | 7 | 0 | |
| | 2 | Aled Anderson | BriW | 222 | 9:49.87 | 5 | 0 | |

| Event | Event | 3000SC metres | | | MEN | | | |
|--------|----------|-----------------|-------|------------|-------------|-----------------|--------------|--|
| 3000SC | A string | | | | | | | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points | |
| | 1 | JP Stolberg | BRAT | 1 | 9:51.39 | 11 | 5 | |
| | 2 | Stephen Kerfoot | BriW | 2 | 10:21.89 | 9 | 0 | |
| | 3 | Jeremy Mower | Glouc | 4 | 12:08.81 | 7 | 0 | |
| | 4 | Darrell Wilde | C&S | 3 | 12:29.09 | 6 | 0 | |

| Event | 3000SC | | | | | | | |
|-------|----------|----------|--------------------|-------|------------|-------------|-----------------|--------------|
| MEN | B string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Henry Brocklehurst | BRAT | 11 | 10:16.77 | 9 | 0 |
| | | 2 | Sam Johnson | BriW | 22 | 11:16.72 | 7 | 0 |
| | | 3 | Kyle Neal | Glouc | 44 | 12:40.78 | 5 | 0 |

| Event | 4x100 metres | | | | | | | |
|-------|--------------|----------|-------------------------------|-------|------------|-------------|-----------------|--------------|
| MEN | A string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Rugby & Northampton AC | R&N | 6 | 43.35 | 11 | |
| | | 2 | Birmingham Running & Tri Club | BRAT | 1 | 44.75 | 9 | |
| | | 3 | Cannock & Stafford AC | C&S | 3 | 45.21 | 7 | |
| | | 4 | Notts AC | Notts | 5 | 46.63 | 6 | |
| | | 5 | Bristol & West AC | BriW | 2 | 46.70 | 5 | |
| | | 6 | Gloucester AC | Glouc | 4 | 50.29 | 4 | |

| Event | 4x400 metres | | | | | | | |
|-------------|--------------|----------|-------------------------------|-------|------------|-------------|-----------------|--------------|
| Mx A String | Mx A String | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Notts AC | Notts | 5 | 3:32.27 | 11 | |
| | | 2 | Cannock & Stafford AC | C&S | 3 | 3:42.82 | 9 | |
| | | 3 | Rugby & Northampton AC | R&N | 6 | 3:44.98 | 7 | |
| | | 4 | Gloucester AC | Glouc | 4 | 3:55.05 | 6 | |
| | | 5 | Birmingham Running & Tri Club | BRAT | 1 | 3:59.02 | 5 | |
| | | 6 | Bristol & West AC | BriW | 2 | 4:04.71 | 4 | |

| Event | HJ metres | | | | | | | |
|-------|-----------|----------|-----------------|-------|------------|-------------|-----------------|--------------|
| MEN | A string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Harry Whyley | Notts | 5 | 1.95 | 11 | 0 |
| | | 2 | Oke Okere | R&N | 66 | 1.80 | 9 | 0 |
| | | 3 | Alexander Clegg | BRAT | 1 | 1.75 | 7 | 0 |
| | | 4 | Alasdair Rigby | C&S | 3 | 1.70 | 6 | 0 |
| | | 5 | James Ritchie | Glouc | 4 | 1.65 | 5 | 0 |
| | | 6 | George Hunter | BriW | 2 | 1.40 | 4 | 0 |

| Event | HJ metres | | | | | | | |
|-------|-----------|----------|-----------------|-------|------------|-------------|-----------------|--------------|
| MEN | B string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Charlie Barker | R&N | 6 | 1.70 | 9 | 0 |
| | | 2 | Oscar Wilson | Glouc | 44 | 1.65 | 7 | 0 |
| | | 3 | Rory Birtwistle | Notts | 55 | 1.65 | 5 | 0 |
| | | 4 | Prince Ayeh | BRAT | 11 | 1.65 | 4 | 0 |

| Event | HJ metres | | | | | | | |
|-------|-----------|----------|---------------|-------|------------|-------------|-----------------|--------------|
| MEN | C string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Sam Morris | BRAT | 111 | 1.65 | 7 | 0 |
| | | 2 | Morgan Dodson | Notts | 555 | 1.60 | 5 | 0 |

| Event | PV metres | | | | | | | |
|-------|-----------|----------|----------------------|-------|------------|-------------|-----------------|--------------|
| MEN | A string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Harry Peyt | BriW | 2 | 4.40 | 11 | 5 |
| | | 2 | Kofi Afirifah-Mensah | Notts | 5 | 3.70 | 9 | 0 |
| | | 3 | Kyle Neal | Glouc | 44 | 3.10 | 7 | 0 |

| Event | PV metres | | | | | | | |
|-------|-----------|----------|------------------|-------|------------|-------------|-----------------|--------------|
| MEN | B string | Position | Competitor | Club | Bib Number | Performance | Position Points | Bonus Points |
| | | 1 | Phoenix Blair | Notts | 55 | 2.90 | 9 | 0 |
| | | 2 | Matthew Holloway | Glouc | 4 | 2.80 | 7 | 0 |

| Event | Event | LJ | metres | MEN | | | | |
|-------|----------|-------------------|--------|------------|-------------|----------|--------|----------------|
| LJ | A string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Joel Townley | Glouc | 4 | 6.65 | 11 | 0 | 0.9 |
| | 2 | Bradley Whitehead | R&N | 6 | 6.58 | 9 | 0 | 0.8 |
| | 3 | Dan Hindle | BRAT | 1 | 5.78 | 7 | 0 | -0.1 |
| | 4 | Louis Durieblanc | Notts | 5 | 5.52 | 6 | 0 | 0.2 |
| | 5 | Thomas Larkin | C&S | 3 | 5.44 | 5 | 0 | -0.4 |
| | 6 | George Hunter | BriW | 2 | 5.36 | 4 | 0 | 0.5 |

| Event | Event | LJ | metres | MEN | | | | |
|-------|----------|----------------------|--------|------------|-------------|----------|--------|----------------|
| LJ | B string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Jaydon Allen Bramble | R&N | 666 | 6.15 | 9 | 0 | 1.1 |
| | 2 | Jonah Wigglesworth | Glouc | 44 | 6.05 | 7 | 0 | -0.7 |
| | 3 | Morgan Dodson | Notts | 555 | 5.24 | 5 | 0 | 0.8 |
| | 4 | Calum Haycock | C&S | 33 | 5.19 | 4 | 0 | -0.6 |
| | 5 | Nathaniel Walker | BRAT | 11 | 4.70 | 3 | 0 | 0.2 |
| | 6 | Maxwell Jackson | BriW | 22 | 4.67 | 2 | 0 | -0.1 |

| Event | Event | LJ | metres | MEN | | | | |
|-------|----------|------------------|--------|------------|-------------|----------|--------|----------------|
| LJ | C string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Oke Okere | R&N | 66 | 6.02 | 7 | 0 | 0.1 |
| | 2 | Tom Beckett | Glouc | 444 | 5.69 | 5 | 0 | -0.1 |
| | 3 | Louis Durieblanc | Notts | 5 | NM | 0 | 0 | |

| Event | Event | TJ | metres | MEN | | | | |
|-------|----------|-------------------|--------|------------|-------------|----------|--------|----------------|
| TJ | A string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Joel Townley | Glouc | 4 | 14.46 | 11 | 5 | -0.1 |
| | 2 | George Hunter | BriW | 2 | 12.17 | 9 | 0 | -0.2 |
| | 3 | Matt Madden | Notts | 55 | 11.52 | 7 | 0 | 0.7 |
| | 4 | Prince Ayeh | BRAT | 1 | 11.13 | 6 | 0 | 0 |
| | 5 | Thomas Larkin | C&S | 3 | 10.94 | 5 | 0 | 0.1 |
| | 6 | Alexandro Illoaie | R&N | 6 | 10.54 | 4 | 0 | -0.2 |

| Event | Event | TJ | metres | MEN | | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|----------------|
| TJ | B string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Fraser Kesteven | Notts | 5 | 11.46 | 9 | 0 | -0.2 |
| | 2 | Tom Beckett | Glouc | 44 | 10.96 | 7 | 0 | -0.6 |

| Event | Event | TJ | metres | MEN | | | | |
|-------|----------|------------------|--------|------------|-------------|----------|--------|----------------|
| TJ | C string | | | | | Position | Bonus | Wind if applic |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | m/s |
| | 1 | Louis Durieblanc | Notts | 555 | 10.86 | 7 | 0 | 0.1 |
| | 2 | James Ritchie | Glouc | 444 | 10.45 | 5 | 0 | 0.3 |

| Event | Event | SP | metres | MEN | | | | |
|-------|----------|---------------|--------|------------|-------------|----------|--------|--|
| SP | A string | | | | | Position | Bonus | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Gareth Winter | Glouc | 4 | 15.02 | 11 | 5 | |
| | 2 | Matt Halton | Notts | 5 | 12.88 | 9 | 0 | |
| | 3 | Ray McKenna | R&N | 6 | 10.92 | 7 | 0 | |
| | 4 | Prince Ayeh | BRAT | 11 | 10.70 | 6 | 0 | |
| | 5 | Jack Turner | C&S | 3 | 10.64 | 5 | 0 | |
| | 6 | Ruben Brady | BriW | 2 | 9.97 | 4 | 0 | |

| Event | Event | SP | metres | MEN | | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|--|
| SP | B string | | | | | Position | Bonus | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Alexander Clegg | BRAT | 1 | 10.34 | 9 | 0 | |
| | 2 | Monty Lee | R&N | 66 | 9.88 | 7 | 0 | |
| | 3 | Tom Beckett | Glouc | 444 | 8.70 | 5 | 0 | |
| | 4 | Martin Roberts | C&S | 33 | 6.58 | 4 | 0 | |

| Event | Event | SP | metres | MEN | | | | |
|-------|----------|-------------|--------|------------|-------------|----------|--------|--|
| SP | C string | | | | | Position | Bonus | |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Andy Wilson | Glouc | 44 | 7.56 | 7 | 0 | |

| Event | Event | DT | metres | MEN | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|
| DT | A string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Gareth Winter | Glouc | 4 | 44.47 | 11 | 5 |
| | 2 | Matt Halton | Notts | 5 | 34.36 | 9 | 0 |
| | 3 | Alexander Clegg | BRAT | 1 | 32.62 | 7 | 0 |
| | 4 | Ray McKenna | R&N | 6 | 30.41 | 6 | 0 |
| | 5 | Jack Turner | C&S | 3 | 29.70 | 5 | 0 |
| | 6 | Ruben Brady | BriW | 2 | 19.92 | 4 | 0 |

| Event | Event | DT | metres | MEN | | | |
|-------|----------|------------------|--------|------------|-------------|----------|--------|
| DT | B string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Monty Lee | R&N | 66 | 24.73 | 9 | 0 |
| | 2 | Matthew Holloway | Glouc | 44 | 23.94 | 7 | 0 |
| | 3 | Alasdair Rigby | C&S | 333 | 21.63 | 5 | 0 |
| | 4 | Jamie Callaghan | BRAT | 11 | 17.78 | 4 | 0 |
| | 5 | Sam Johnson | BriW | 22 | 12.00 | 3 | 0 |

| Event | Event | DT | metres | MEN | | | |
|-------|----------|----------------|--------|------------|-------------|----------|--------|
| DT | C string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Martin Roberts | C&S | 33 | 20.34 | 7 | 0 |
| | 2 | Andy Wilson | Glouc | 444 | 18.90 | 5 | 0 |

| Event | Event | HT | metres | MEN | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|
| HT | A string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Jack Turner | C&S | 3 | 48.82 | 11 | 5 |
| | 2 | Matt Halton | Notts | 5 | 41.85 | 9 | 0 |
| | 3 | Al Nisbet | R&N | 66 | 34.04 | 7 | 0 |
| | 4 | Gareth Winter | Glouc | 4 | 26.91 | 6 | 0 |
| | 5 | Jamie Callaghan | BRAT | 1 | 25.55 | 5 | 0 |
| | 6 | Ruben Brady | BriW | 2 | 20.52 | 4 | 0 |

| Event | Event | HT | metres | MEN | | | |
|-------|----------|----------------|--------|------------|-------------|----------|--------|
| HT | B string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Martin Roberts | C&S | 33 | 30.36 | 9 | 0 |
| | 2 | Ray McKenna | R&N | 6 | 20.32 | 7 | 0 |
| | 3 | Andy Wilson | Glouc | 44 | 17.76 | 5 | 0 |
| | 4 | Nigel Clegg | BRAT | 11 | 15.35 | 4 | 0 |

| Event | Event | HT | metres | MEN | | | |
|-------|----------|-------------|--------|------------|-------------|----------|--------|
| HT | C string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Shaun Ainge | C&S | 333 | 12.31 | 7 | 0 |

| Event | Event | JT | metres | MEN | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|
| JT | A string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Marvic Pamphile | R&N | 6 | 53.56 | 11 | 5 |
| | 2 | Alexander Clegg | BRAT | 1 | 46.06 | 9 | 0 |
| | 3 | Kyle Neal | Glouc | 44 | 35.46 | 7 | 0 |
| | 4 | Alasdair Rigby | C&S | 333 | 30.26 | 6 | 0 |
| | 5 | Matt Halton | Notts | 5 | 25.87 | 5 | 0 |
| | 6 | Maxwell Jackson | BriW | 22 | 24.89 | 4 | 0 |

| Event | Event | JT | metres | MEN | | | |
|-------|----------|-----------------|--------|------------|-------------|----------|--------|
| JT | B string | | | | | Position | Bonus |
| MEN | Position | Competitor | Club | Bib Number | Performance | Points | Points |
| | 1 | Sam Morris | BRAT | 11 | 37.38 | 9 | 0 |
| | 2 | Louis Clarke | R&N | 66 | 36.09 | 7 | 0 |
| | 3 | Gareth Winter | Glouc | 4 | 34.31 | 5 | 0 |
| | 4 | Darrell Wilde | C&S | 33 | 24.51 | 4 | 0 |
| | 5 | Ruben Brady | BriW | 2 | 20.33 | 3 | 0 |
| | 6 | Rory Birtwistle | Notts | 55 | 2.41 | 2 | 0 |

Event

JT

MEN

| C string | | | | | | Position | Bonus |
|-----------------|-------------------|-------------|-------------------|--------------------|-----------------|-----------------|---------------|
| Position | Competitor | Club | Bib Number | Performance | Position | Points | Points |
| 1 | Prince Ayeh | BRAT | 111 | 34.23 | 7 | | 0 |
| 2 | Jack Turner | C&S | 3 | 21.13 | 5 | | 0 |
| 3 | Andy Wilson | Glouc | 444 | 17.70 | 4 | | 0 |

| Event | Event 100 metres | | | | | | | |
|-------|------------------|------------------------|---------|------------|-------------|----------|--------|--|
| 100 | A string | Wind reading if applic | 0.5 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Sharhnee Skervin | Notts | 5 | 12.03 | 11 | 5 | |
| | 2 | Tywana Kuluziza | BRAT | 1 | 12.47 | 9 | 0 | |
| | 3 | Isabel Mur | R&N | 6 | 12.70 | 7 | 0 | |
| | 4 | Mia Wainwright | C&S | 3 | 12.78 | 6 | 0 | |
| | 5 | Rosa Ford | BriW | 2 | 13.18 | 5 | 0 | |
| | 6 | Kate Davies | Glouc | 4 | 14.32 | 4 | 0 | |

| Event | Event 100 metres | | | | | | | |
|-------|------------------|------------------------|---------|------------|-------------|----------|--------|--|
| 100 | B string | Wind reading if applic | 0.2 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Nancy Foster | BRAT | 11 | 12.61 | 9 | 0 | |
| | 2 | A'janai Bowen | Notts | 55 | 12.69 | 7 | 0 | |
| | 3 | Efua Boateng | R&N | 66 | 13.11 | 5 | 0 | |
| | 4 | Kanisha Hector | C&S | 33 | 13.19 | 4 | 0 | |
| | 5 | Catharine Thomas | Glouc | 44 | 14.37 | 3 | 0 | |

| Event | Event 100 metres | | | | | | | |
|-------|------------------|------------------------|---------|------------|-------------|----------|--------|--|
| 100 | C string | Wind reading if applic | 0.2 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Lucy Wain | C&S | 333 | 13.43 | 7 | 0 | |
| | 2 | Sara Agabani | Notts | 555 | 13.45 | 5 | 0 | |
| | 3 | Mary Merlayebu | R&N | 666 | 13.62 | 4 | 0 | |
| | 4 | Jacqueline Holloway | Glouc | 444 | 16.04 | 3 | 0 | |

| Event | Event 200 metres | | | | | | | |
|-------|------------------|------------------------|---------|------------|-------------|----------|--------|--|
| 200 | A string | Wind reading if applic | 0.3 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Chelsea Fagan | Notts | 5 | 25.30 | 11 | 0 | |
| | 2 | Pauline Ngouopou | Glouc | 4 | 25.74 | 9 | 0 | |
| | 3 | Tywana Kuluziza | BRAT | 1 | 26.32 | 7 | 0 | |
| | 4 | Kanisha Hector | C&S | 3 | 26.47 | 6 | 0 | |
| | 5 | Ella Darby | R&N | 6 | 26.52 | 5 | 0 | |
| | 6 | Rosa Ford | BriW | 2 | 27.11 | 4 | 0 | |

| Event | Event 200 metres | | | | | | | |
|-------|------------------|------------------------|--------|------------|-------------|----------|--------|--|
| 200 | B string | Wind reading if applic | -1 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Amy Taylor | Notts | 55 | 26.12 | 9 | 0 | |
| | 2 | Nancy Foster | BRAT | 11 | 26.33 | 7 | 0 | |
| | 3 | Efua Boateng | R&N | 66 | 27.03 | 5 | 0 | |
| | 4 | Lucy Wain | C&S | 33 | 27.31 | 4 | 0 | |
| | 5 | Ellie Livingstone | BriW | 22 | 28.13 | 3 | 0 | |
| | 6 | Catharine Thomas | Glouc | 44 | 30.23 | 2 | 0 | |

| Event | Event 200 metres | | | | | | | |
|-------|------------------|------------------------|----------|------------|-------------|----------|--------|--|
| 200 | C string | Wind reading if applic | -2.1 m/s | | | Position | Bonus | |
| WOMEN | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Fura Mabengi | Notts | 555 | 27.38 | 7 | 0 | |
| | 2 | Isabelle Kelly | C&S | 333 | 28.02 | 5 | 0 | |
| | 3 | Ruth Brook | Glouc | 444 | 30.26 | 4 | 0 | |
| | 4 | Amena Kofi | BriW | 222 | DNF | 0 | 0 | |

| Event | Event 400 metres | | | | | | | |
|-----------|------------------|-------------------|-------|------------|-------------|----------|--------|--|
| 400 WOMEN | A string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Gabby Sutton | Notts | 5 | 58.39 | 11 | 0 | |
| | 2 | Mia Wainwright | C&S | 3 | 59.87 | 9 | 0 | |
| | 3 | Ellie Livingstone | BriW | 2 | 61.39 | 7 | 0 | |
| | 4 | Shadonnae Nwanaf. | BRAT | 1 | 62.18 | 6 | 0 | |
| | 5 | Ellena Ruddock | R&N | 6 | 62.78 | 5 | 0 | |
| | 6 | Amelia Newell | Glouc | 4 | 62.96 | 4 | 0 | |

| Event | Event 400 metres | | | | | | | |
|-----------|------------------|----------------|-------|------------|-------------|----------|--------|--|
| 400 WOMEN | B string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Tami Adesina | Notts | 55 | 59.05 | 9 | 0 | |
| | 2 | Hannah Burney | C&S | 333 | 61.61 | 7 | 0 | |
| | 3 | Gemma Knight | R&N | 66 | 64.69 | 5 | 0 | |
| | 4 | Amena Kofi | BriW | 22 | 66.07 | 4 | 0 | |
| | 5 | Katie Collis | BRAT | 11 | 66.88 | 3 | 0 | |
| | 6 | Amber Spackman | Glouc | 44 | 67.27 | 2 | 0 | |

| Event | Event 400 metres | | | | | | | |
|-----------|------------------|----------------|------|------------|-------------|----------|--------|--|
| 400 WOMEN | C string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Chloe Wilde | C&S | 33 | 64.01 | 7 | 0 | |
| | 2 | Marie Monaghan | BriW | 222 | 66.52 | 5 | 0 | |

| Event | Event 800 metres | | | | | | | |
|-----------|------------------|----------------|-------|------------|-------------|----------|--------|--|
| 800 WOMEN | A string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Ruth Brook | Glouc | 4 | 2:21.42 | 11 | 0 | |
| | 2 | Ellon Hart | BRAT | 1 | 2:22.24 | 9 | 0 | |
| | 3 | Marie Monaghan | BriW | 2 | 2:29.51 | 7 | 0 | |
| | 4 | Claire Holland | R&N | 6 | 2:32.56 | 6 | 0 | |
| | 5 | Hannah Malpass | C&S | 3 | 2:35.72 | 5 | 0 | |
| | 6 | Jo Clamp | Notts | 5 | 3:04.16 | 4 | 0 | |

| Event | Event 800 metres | | | | | | | |
|-----------|------------------|---------------------|-------|------------|-------------|----------|--------|--|
| 800 WOMEN | B string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Rebecca Twardochleb | BRAT | 11 | 2:32.89 | 9 | 0 | |
| | 2 | Amber Spackman | Glouc | 44 | 2:36.47 | 7 | 0 | |
| | 3 | Beth Neal | Notts | 55 | 2:53.98 | 5 | 0 | |
| | 4 | Emma Gardner | BriW | 22 | 2:57.44 | 4 | 0 | |

| Event | Event 100H metres | | | | | | | |
|------------|-------------------|------------------------|---------|------------|-------------|----------|--------|--|
| 100H WOMEN | A string | Wind reading if applic | 0.4 m/s | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Amy Taylor | Notts | 5 | 15.61 | 11 | 0 | |
| | 2 | Bonheur Tshibola | BRAT | 1 | 17.46 | 9 | 0 | |
| | 3 | Ula Mohammed | Glouc | 4 | 18.16 | 7 | 0 | |
| | 4 | Natalie Griffiths | C&S | 3 | 19.18 | 6 | 0 | |
| | 5 | Libby Harley | BriW | 2 | 22.97 | 5 | 0 | |

| Event | Event 100H metres | | | | | | | |
|------------|-------------------|------------------------|-------|------------|-------------|----------|--------|--|
| 100H WOMEN | B string | Wind reading if applic | 0 m/s | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Diaz Mckenzie | BRAT | 11 | 17.56 | 9 | 0 | |
| | 2 | Hannah Malpass | C&S | 33 | 20.23 | 7 | 0 | |
| | 3 | Jacqueline Holloway | Glouc | 44 | 22.65 | 5 | 0 | |

| Event | Event 400H metres | | | | Hand timed | | | |
|------------|-------------------|---------------------|-------|------------|-------------|----------|--------|--|
| 400H WOMEN | A string | | | | | Position | Bonus | |
| | Position | Competitor | Club | Bib Number | Performance | Points | Points | |
| | 1 | Bonheur Tshibola | BRAT | 1 | 65.4 | 11 | 5 | |
| | 2 | Natalie Griffiths | C&S | 3 | 66.4 | 9 | 0 | |
| | 3 | Nia Myers | Notts | 5 | 70.2 | 7 | 0 | |
| | 4 | Jacqueline Holloway | Glouc | 4 | 82.9 | 6 | 0 | |

| Event | Event 1500 metres | | | | | | | |
|-------|-------------------|----------------|-------|------------|-----------------------|-----------------|--------------|--|
| 1500 | A string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Megan Taylor | Notts | 5 | 4:47.00 | 11 | 0 | |
| | 2 | Anna Ford | BriW | 2 | 4:58.15 | 9 | 0 | |
| | 3 | Ellon Hart | BRAT | 1 | 4:59.07 | 7 | 0 | |
| | 4 | Allegra Soutar | C&S | 3 | 5:08.92 | 6 | 0 | |

| Event | Event 1500 metres | | | | | | | |
|-------|-------------------|---------------------|-------|------------|-----------------------|-----------------|--------------|--|
| 1500 | B string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Rebecca Twardochleb | BRAT | 11 | 5:06.28 | 9 | 0 | |
| | 2 | Marie Monaghan | BriW | 22 | 6:00.29 | 7 | 0 | |
| | 3 | Jo Clamp | Notts | 55 | 6:12.37 | 5 | 0 | |

| Event | Event 3000 metres | | | | | | | |
|-------|-------------------|--------------------|-------|------------|-----------------------|-----------------|--------------|--|
| 3000 | A string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Hannah Green | BriW | 2 | 10:52.71 | 11 | 0 | |
| | 2 | Lucie Tait Harris | BRAT | 1 | 11:02.09 | 9 | 0 | |
| | 3 | Briony Bishop | Glouc | 4 | 11:15.93 | 7 | 0 | |
| | 4 | Catherine Charlton | Notts | 5 | 11:20.94 | 6 | 0 | |
| | 5 | Allegra Soutar | C&S | 3 | 11:23.94 | 5 | 0 | |

| Event | Event 3000 metres | | | | | | | |
|-------|-------------------|--------------|-------|------------|-----------------------|-----------------|--------------|--|
| 3000 | B string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Grace Allen | BRAT | 11 | 11:13.01 | 9 | 0 | |
| | 2 | Katie Burney | C&S | 33 | 11:25.72 | 7 | 0 | |
| | 3 | Beth Neal | Notts | 55 | 12:29.53 | 5 | 0 | |
| | 4 | Emma Gardner | BriW | 22 | 12:49.54 | 4 | 0 | |

| Event | Event 3000SC metres | | | | | | | |
|--------|---------------------|---------------------|-------|------------|-----------------------|-----------------|--------------|--|
| 3000SC | A string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Beth Neal | Notts | 55 | 13:59.21 | 11 | 0 | |
| | 2 | Jacqueline Holloway | Glouc | 4 | 15:47.11 | 9 | 0 | |
| | 3 | Alice Stewart | BRAT | 1 | 16:51.96 | 7 | 0 | |

| Event | Event 3000SC metres | | | | | | | |
|--------|---------------------|------------|-------|------------|-----------------------|-----------------|--------------|--|
| 3000SC | B string | | | | Formatted Performance | Position Points | Bonus Points | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Jo Clamp | Notts | 5 | 14:22.87 | 9 | 0 | |

| Event | Event 4x100 metres | | | | | | | |
|-------|--------------------|-------------------------------|-------|------------|-----------------------|-----------------|--|--|
| 4x100 | A string | | | | Formatted Performance | Position Points | | |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Notts AC | Notts | 5 | 49.69 | 11 | | |
| | 2 | Rugby & Northampton AC | R&N | 6 | 50.70 | 9 | | |
| | 3 | Cannock & Stafford AC | C&S | 3 | 51.18 | 7 | | |
| | 4 | Birmingham Running & Tri Club | BRAT | 1 | 52.37 | 6 | | |
| | 5 | Gloucester AC | Glouc | 4 | 53.44 | 5 | | |
| | 6 | Bristol & West AC | BriW | 2 | 54.11 | 4 | | |

| Event | Event 4x400 metres | | | | Mx B String | | | |
|-------------|--------------------|-------------------------------|-------|------------|-----------------------|-----------------|--|--|
| 4x400 | Mx B String | | | | Formatted Performance | Position Points | | |
| Mx B String | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Notts AC | Notts | 55 | 3:54.25 | 9 | | |
| | 2 | Cannock & Stafford AC | C&S | 33 | 3:57.24 | 7 | | |
| | 3 | Gloucester AC | Glouc | 44 | 4:04.00 | 5 | | |
| | 4 | Bristol & West AC | BriW | 22 | 4:11.14 | 4 | | |
| | 5 | Birmingham Running & Tri Club | BRAT | 11 | 4:14.30 | 3 | | |

| Event | Event | HJ | metres | | | | | |
|-------|----------|---------------------|--------|------------|--|-----------------------|-----------------|--------------|
| HJ | A string | | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Donelle Arulanandam | Notts | 55 | | 1.65 | 11 | 0 |
| | 2 | Pauline Ngouopou | Glouc | 4 | | 1.60 | 9 | 0 |
| | 3 | Tia Jackson | BriW | 2 | | 1.60 | 7 | 0 |
| | 4 | Olivia Riley | C&S | 3 | | 1.55 | 6 | 0 |
| | 5 | Jules Smith | R&N | 6 | | 1.45 | 5 | 0 |
| | 6 | Diaz Mckenzie | BRAT | 11 | | 1.40 | 4 | 0 |

| Event | Event | HJ | metres | | | | | |
|-------|----------|---------------|--------|------------|--|-----------------------|-----------------|--------------|
| HJ | B string | | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Natasha Need | Notts | 5 | | 1.60 | 9 | 0 |
| | 2 | Sam Barrett | BriW | 22 | | 1.45 | 7 | 0 |
| | 3 | Chloe Wilde | C&S | 33 | | 1.40 | 5 | 0 |
| | 4 | Ula Mohammed | Glouc | 44 | | 1.35 | 4 | 0 |
| | 5 | Katie Collis | BRAT | 1 | | 1.35 | 3 | 0 |
| | 6 | Janelle Quinn | R&N | 66 | | 1.30 | 2 | 0 |

| Event | Event | HJ | metres | | | | | |
|-------|----------|----------------|--------|------------|--|-----------------------|-----------------|--------------|
| HJ | C string | | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Tamara Jackson | BriW | 222 | | 1.40 | 7 | 0 |
| | 2 | Maisie Scamp | BRAT | 111 | | 1.30 | 5 | 0 |

| Event | Event | PV | metres | | | | | |
|-------|----------|------------------|--------|------------|--|-----------------------|-----------------|--------------|
| PV | A string | | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | | |
| | 1 | Emma Lyons | Notts | 5 | | 3.25 | 11 | 5 |
| | 2 | Cara Brown | C&S | 3 | | 2.10 | 9 | 0 |
| | 3 | Catharine Thomas | Glouc | 4 | | 2.00 | 7 | 0 |

| Event | Event | LJ | metres | | | | | | |
|-------|----------|---------------------|--------|------------|--|-----------------------|-----------------|--------------|----------------|
| LJ | A string | | | | | Formatted Performance | Position Points | Bonus Points | Wind if applic |
| WOMEN | Position | Competitor | Club | Bib Number | | | | | m/s |
| | 1 | Pauline Ngouopou | Glouc | 4 | | 6.03 | 11 | 5 | |
| | 2 | Robyn Ellison | BriW | 22 | | 5.16 | 9 | 0 | |
| | 3 | Mia Wainwright | C&S | 33 | | 5.10 | 7 | 0 | |
| | 4 | Donelle Arulanandam | Notts | 5 | | 5.06 | 6 | 0 | |
| | 5 | Ella Darby | R&N | 6 | | 4.95 | 5 | 0 | |
| | 6 | Katie Collis | BRAT | 1 | | 4.16 | 4 | 0 | |

| Event | Event | LJ | metres | | | | | | |
|-------|----------|----------------|--------|------------|--|-----------------------|-----------------|--------------|----------------|
| LJ | B string | | | | | Formatted Performance | Position Points | Bonus Points | Wind if applic |
| WOMEN | Position | Competitor | Club | Bib Number | | | | | m/s |
| | 1 | Rosa Ford | BriW | 2 | | 5.03 | 9 | 0 | |
| | 2 | Isabelle Kelly | C&S | 3 | | 4.92 | 7 | 0 | |
| | 3 | Ula Mohammed | Glouc | 44 | | 4.61 | 5 | 0 | |
| | 4 | Mary Meraiyebu | R&N | 66 | | 4.30 | 4 | 0 | |
| | 5 | Emma Lyons | Notts | 55 | | 4.27 | 3 | 0 | |
| | 6 | Molly Scamp | BRAT | 11 | | 3.72 | 2 | 0 | |

| Event | Event | LJ | metres | | | | | | |
|-------|----------|------------|--------|------------|--|-----------------------|-----------------|--------------|----------------|
| LJ | C string | | | | | Formatted Performance | Position Points | Bonus Points | Wind if applic |
| WOMEN | Position | Competitor | Club | Bib Number | | | | | m/s |
| | 1 | Ruby Smith | BRAT | 111 | | 3.65 | 7 | 0 | |

| Event | Event | TJ | metres | | | | | | |
|-------|----------|---------------------|--------|------------|--|-----------------------|-----------------|--------------|----------------|
| TJ | A string | | | | | Formatted Performance | Position Points | Bonus Points | Wind if applic |
| WOMEN | Position | Competitor | Club | Bib Number | | | | | m/s |
| | 1 | Pauline Ngouopou | Glouc | 4 | | 13.39 | 11 | 5 | 0 |
| | 2 | Donelle Arulanandam | Notts | 5 | | 10.84 | 9 | 0 | 0.3 |
| | 3 | Sam Barrett | BriW | 2 | | 10.61 | 7 | 0 | 0.1 |
| | 4 | Isabelle Kelly | C&S | 3 | | 9.54 | 6 | 0 | 0.4 |
| | 5 | Jenny Scott | BRAT | 11 | | 8.45 | 5 | 0 | 0 |
| | 6 | Efua Boateng | R&N | 66 | | 8.25 | 4 | 0 | 0.6 |

| Event | | | | | | | | |
|-------|----------|------------------|------|------------|-----------------------|-----------------|--------------|----------------|
| TJ | B string | | | | Formatted Performance | Position Points | Bonus Points | Wind if applic |
| WOMEN | Position | Competitor | Club | Bib Number | | | | m/s |
| | 1 | Anyha Maria Kerr | BriW | 22 | 9.05 | 9 | 0 | 0.3 |
| | 2 | Mia Wainwright | C&S | 33 | 8.72 | 7 | 0 | 0.3 |
| | 3 | Bonheur Tshibola | BRAT | 1 | 8.28 | 5 | 0 | 0.9 |
| | 4 | Jules Smith | R&N | 6 | 8.03 | 4 | 0 | 0.3 |

| Event | Event | SP | metres | | | | |
|-------|----------|---------------------|--------|------------|-----------------------|-----------------|--------------|
| SP | A string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Moni Brady | BriW | 2 | 10.59 | 11 | 0 |
| | 2 | Annabelle Crossdale | Notts | 55 | 9.75 | 9 | 0 |
| | 3 | Charlotte Bowers | R&N | 6 | 8.58 | 7 | 0 |
| | 4 | Kate Davies | Glouc | 4 | 8.57 | 6 | 0 |
| | 5 | Jenny Scott | BRAT | 1 | 8.47 | 5 | 0 |
| | 6 | Olivia Riley | C&S | 333 | 8.39 | 4 | 0 |

| Event | | | | | | | |
|-------|----------|-------------------|-------|------------|-----------------------|-----------------|--------------|
| SP | B string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Tamara Jackson | BriW | 222 | 10.15 | 9 | 0 |
| | 2 | Poppy Bean | Notts | 5 | 9.69 | 7 | 0 |
| | 3 | Maisie Scamp | BRAT | 111 | 8.20 | 5 | 0 |
| | 4 | Ellen Thrall | Glouc | 444 | 7.86 | 4 | 0 |
| | 5 | Lily Pursey | R&N | 66 | 7.56 | 3 | 0 |
| | 6 | Natalie Griffiths | C&S | 3 | 6.99 | 2 | 0 |

| Event | | | | | | | |
|-------|----------|--------------------|-------|------------|-----------------------|-----------------|--------------|
| SP | C string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Maria Townsend | BriW | 22 | 8.66 | 7 | 0 |
| | 2 | Charlotte Stallard | Glouc | 44 | 7.01 | 5 | 0 |
| | 3 | Karen Bailey | BRAT | 11 | 6.76 | 4 | 0 |
| | 4 | Jay Whale | Notts | 555 | 6.21 | 3 | 0 |
| | 5 | Janelle Quinn | R&N | 666 | 6.20 | 2 | 0 |
| | 6 | Hannah Malpass | C&S | 33 | 5.49 | 1 | 0 |

| Event | Event | DT | metres | | | | |
|-------|----------|-------------------|--------|------------|-----------------------|-----------------|--------------|
| DT | A string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Jenny Scott | BRAT | 1 | 31.49 | 11 | 0 |
| | 2 | Poppy Bean | Notts | 5 | 27.44 | 9 | 0 |
| | 3 | Lily Pursey | R&N | 6 | 24.02 | 7 | 0 |
| | 4 | Moni Brady | BriW | 2 | 23.94 | 6 | 0 |
| | 5 | Ellen Thrall | Glouc | 444 | 22.00 | 5 | 0 |
| | 6 | Natalie Griffiths | C&S | 3 | 17.30 | 4 | 0 |

| Event | | | | | | | |
|-------|----------|---------------------|-------|------------|-----------------------|-----------------|--------------|
| DT | B string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Ruby Smith | BRAT | 11 | 25.66 | 9 | 0 |
| | 2 | Emma Lyons | Notts | 555 | 24.80 | 7 | 0 |
| | 3 | Libby Harley | BriW | 222 | 19.95 | 5 | 0 |
| | 4 | Janelle Quinn | R&N | 666 | 17.66 | 4 | 0 |
| | 5 | Jacqueline Holloway | Glouc | 44 | 16.08 | 3 | 0 |
| | 6 | Kanisha Hector | C&S | 333 | 14.24 | 2 | 0 |

| Event | | | | | | | |
|-------|----------|---------------------|-------|------------|-----------------------|-----------------|--------------|
| DT | C string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Karen Bailey | BRAT | 111 | 24.10 | 7 | 0 |
| | 2 | Annabelle Crossdale | Notts | 55 | 19.93 | 5 | 0 |
| | 3 | Maria Townsend | BriW | 22 | 19.75 | 4 | 0 |
| | 4 | Mary Meraiyebu | R&N | 66 | 16.66 | 3 | 0 |
| | 5 | Charlotte Stallard | Glouc | 4 | 13.60 | 2 | 0 |
| | 6 | Chloe Wilde | C&S | 33 | 13.56 | 1 | 0 |

| Event | Event | HT | metres | | | | |
|-------|----------|---------------------|--------|------------|-----------------------|-----------------|--------------|
| HT | A string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Annabelle Crossdale | Notts | 5 | 56.26 | 11 | 5 |
| | 2 | Ellen Thrall | Glouc | 4 | 45.25 | 9 | 5 |
| | 3 | Charlotte Bowers | R&N | 6 | 42.72 | 7 | 0 |
| | 4 | Moni Brady | BriW | 2 | 35.61 | 6 | 0 |
| | 5 | Helen Callaghan | BRAT | 11 | 23.15 | 5 | 0 |
| | 6 | Hannah Malpass | C&S | 33 | 19.46 | 4 | 0 |

| Event | Event | HT | | | | | |
|-------|----------|--------------------|-------|------------|-----------------------|-----------------|--------------|
| HT | B string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Poppy Bean | Notts | 55 | 53.24 | 9 | 5 |
| | 2 | Charlotte Stallard | Glouc | 44 | 42.80 | 7 | 0 |
| | 3 | Lily Pursey | R&N | 66 | 21.20 | 5 | 0 |
| | 4 | Maria Townsend | BriW | 22 | 20.26 | 4 | 0 |
| | 5 | Natalie Griffiths | C&S | 3 | 18.00 | 3 | 0 |
| | 6 | Maisie Scamp | BRAT | 111 | 17.18 | 2 | 0 |

| Event | Event | HT | | | | | |
|-------|----------|------------------|-------|------------|-----------------------|-----------------|--------------|
| HT | C string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Jay Whale | Notts | 555 | 26.72 | 7 | 0 |
| | 2 | Anyha Maria Kerr | BriW | 222 | 20.22 | 5 | 0 |
| | 3 | Karen Bailey | BRAT | 1 | NM | 0 | 0 |

| Event | Event | JT | metres | | | | |
|-------|----------|-----------------|--------|------------|-----------------------|-----------------|--------------|
| JT | A string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Kate Davies | Glouc | 4 | 36.84 | 11 | 5 |
| | 2 | Libby Harley | BriW | 222 | 34.64 | 9 | 0 |
| | 3 | Jenny Scott | BRAT | 1 | 28.78 | 7 | 0 |
| | 4 | Effy Katsogiani | R&N | 6 | 25.70 | 6 | 0 |
| | 5 | Chloe Wilde | C&S | 3 | 21.94 | 5 | 0 |
| | 6 | Emma Lyons | Notts | 5 | 20.99 | 4 | 0 |

| Event | Event | JT | | | | | |
|-------|----------|---------------------|-------|------------|-----------------------|-----------------|--------------|
| JT | B string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Anyha Maria Kerr | BriW | 2 | 30.64 | 9 | 0 |
| | 2 | Lillian Smith | BRAT | 11 | 23.60 | 7 | 0 |
| | 3 | Jacqueline Holloway | Glouc | 44 | 19.47 | 5 | 0 |
| | 4 | Helen Robbins | Notts | 55 | 18.05 | 4 | 0 |
| | 5 | Janelle Quinn | R&N | 66 | 12.19 | 3 | 0 |

| Event | Event | JT | | | | | |
|-------|----------|----------------|------|------------|-----------------------|-----------------|--------------|
| JT | C string | | | | Formatted Performance | Position Points | Bonus Points |
| WOMEN | Position | Competitor | Club | Bib Number | | | |
| | 1 | Maria Townsend | BriW | 22 | 20.52 | 7 | 0 |
| | 2 | Ruby Smith | BRAT | 111 | 16.84 | 5 | 0 |

GUESTS

| Event | Competitor | Club | Performance | Wind if applic m/s |
|--------|----------------------|-------------|-------------|-----------------------|
| LJ | A'doi Aboagye | Notts AC | 6.43 | -0.1 |
| TJ | A'dom Aboagye | Notts AC | 13.71 | 0 |
| TJ | Morgan Dodson | Notts AC | 10.55 | -0.1 |
| | | | | |
| 100m | Aaron Warmington | Rugby & N | 11.50 | -0.9 |
| 100m | Christopher Bennett | Cannock & | 11.75 | -0.9 |
| 100m | Chibunna Obirieze | Notts AC | 11.95 | -0.9 |
| 100m | Calum Haycock | Cannock & | 12.03 | -0.9 |
| 100m | Oliver Pascaul | Notts AC | 12.28 | -0.9 |
| 100m | Tori Wynter | Notts AC | 13.48 | -0.9 |
| | | | | |
| 100m | Jack Grimshaw | Cannock & | 12.03 | 0.8 |
| 100m | Jaydon Allen Bramble | Rugby & N | 12.15 | 0.8 |
| 100m | Tunde Adeyemo | Cannock & | 12.68 | 0.8 |
| 100m | Phil Clayton | Notts AC | 14.16 | 0.8 |
| | | | | |
| 200m | Jack Grimshaw | Cannock & | 24.83 | -1.2 |
| 200m | Tunde Adeyemo | Cannock & | 25.17 | -1.2 |
| | | | | |
| 400m | Chris O Grady | Notts AC | 54.41 | |
| 400m | Tunde Adeyemo | Cannock & | 57.13 | |
| | | | | |
| 1500m | Steve Long | Notts AC | 4:24.76 | |
| | | | | |
| 100m | Amy Taylor | Notts AC | 12.70 | 0.2 |
| 100m | Gabrielle Ceasar | Notts AC | 13.08 | 0.2 |
| 100m | Eleica Hines | Notts AC | 13.98 | 0.2 |
| 100m | Gemma Knight | Rugby & N | 14.04 | 0.2 |
| | | | | |
| 200m | Gabrielle Ceasar | Notts AC | 29.06 | -2.1 |
| 200m | Eleica Hines | Notts AC | 30.00 | -2.1 |
| 200m | Sabrina Martin | Notts AC | 32.17 | -2.1 |
| | | | | |
| 200m | Amena Kofi | Bristol & W | 29.70 | -1.2 |
| | | | | |
| 1500m | Lucie Tait | BRAT | 5:09.83 | |
| | | | | |
| 4x100m | Notts AC | Notts AC | 53.00 | |
| | | | | |