| Event | 1 70m Hurdles (69 E) | Hoot 4 | Guido Start Timo : 12:00 | |
|---|---|--|--|---|
| | 1 70m Hurdles (68.5) | Heat 1 | Guide Start Time: 13:00 | Yate & District AC |
| 3 | | 198 118 | Kavanagh (F13), Erin | Team Bath |
| 4 | | | Stopa (F13), Nelly | |
| 5 | | 139 | Rahim (F13), Nura | Yate & District AC |
| 6 | | 82 | Scott-Harden (F13), Maisie | Marlborough AC |
| | 4 = 0 11 11 (00 =) | | 0 : 1 0/ / =: | |
| | 1 70m Hurdles (68.5) | Heat 2 | Guide Start Time : 13:05 | V. I. 0 D. I. I. A.O. |
| 2 | | 101 | Powell (F13), Olivia | Yate & District AC |
| 3 | | 132 | Hughes (F13), Matilda | North Somerset AC |
| 4 | | 160 | Coote (F13), Madison | Cardiff AAC |
| 5 | | 159 | Coote (F13), Olivia | Cardiff AAC |
| 6 | | 56 | Proctor (F13), Immy | Team Bath |
| Event | 2.75m Hurding (76.2) | Heat 1 | Guide Start Time : 13:10 | |
| 1 | 2 75m Hurdles (76.2) | 53 | Wright (F15), Anna | Taunton AC |
| 2 | | 167 | Raper-Thornell (F15), Trudie | Yate & District AC |
| 3 | | 162 | Thurston (F15), Ella | North Somerset AC |
| | | 153 | , , | Neath Harriers |
| 4 | | | Young (F15), Harriet | |
| 5 | | 49 129 | Vecchi (F15), Imogen | Cardiff AAC |
| 6 | | | Joynes (F15), Rosie | Yeovil Olympiads |
| 7 | | 106 | Powell (M13), Charlie | Yate & District AC |
| 8 | | 84 | Howell (M13), Henry | Gloucester AC |
| Event | 3 80m Hurdles (76.2) | Heat 1 | Guide Start Time : 13:15 | |
| 1 | | 14 | Gordon (F17), Annabel | Yate & District AC |
| 2 | | 63 | Jakubowski (F17), Maya | Team Bath |
| 3 | | 131 | Rodgers (F17), Nia | Taunton AC |
| 4 | | 57 | Tarzey (F17), Kezia | Bristol & West AC |
| 5 | | 99 | Redmond (F17), Celeste | Yate & District AC |
| 6 | | 9 | Woods (F17), Jemima | Team Bath |
| 7 | | 44 | Hallsworth (F17), Evie | Marlborough AC |
| 8 | | 147 | Brown (F17), Eleri | Neath Harriers |
| O | | 141 | DIOWII (I II), LICII | 110dill 11dillolo |
| | | | · , | Treati Flamere |
| Event | 4 80m Hurdles (84.0) | Heat 1 | Guide Start Time : 13:20 | |
| Event 3 | 4 80m Hurdles (84.0) | Heat 1 42 | Guide Start Time : 13:20 Maley (M15), Ernest | Newport Harriers |
| Event 3 4 | 4 80m Hurdles (84.0) | Heat 1 42 135 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum | Newport Harriers Gloucester AC |
| Event 3 | 4 80m Hurdles (84.0) | Heat 1 42 | Guide Start Time : 13:20 Maley (M15), Ernest | Newport Harriers |
| Event 3 4 5 | 4 80m Hurdles (84.0) 5 100m Hurdles (84.0) | Heat 1 42 135 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum | Newport Harriers Gloucester AC |
| Event 3 4 5 | | Heat 1 42 135 41 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry | Newport Harriers Gloucester AC |
| Event 3 4 5 | | Heat 1 42 135 41 Heat 1 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 | Newport Harriers Gloucester AC Yate & District AC |
| Event 3 4 5 Event 1 | | Heat 1 42 135 41 Heat 1 78 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie | Newport Harriers Gloucester AC Yate & District AC Neath Harriers |
| Event 3 4 5 Event 1 2 | | Heat 1 42 135 41 Heat 1 78 134 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC |
| Event 3 4 5 Event 1 2 3 4 5 5 | | Heat 1 42 135 41 Heat 1 78 134 32 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers |
| Event 3 4 5 Event 1 2 3 4 5 6 | | Heat 1 42 135 41 Heat 1 78 134 32 69 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University |
| Event 3 4 5 Event 1 2 3 4 5 6 7 | | Heat 1 42 135 41 Heat 1 78 134 32 69 146 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads |
| Event 3 4 5 Event 1 2 3 4 5 6 7 | | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University |
| Event 3 4 5 5 Event 1 2 3 4 5 5 6 7 8 | 5 100m Hurdles (84.0) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC |
| Event 3 4 5 5 Event 1 2 3 4 5 6 7 8 Event | | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC |
| Event 3 4 5 5 6 7 8 Event 3 | 5 100m Hurdles (84.0) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC |
| Event 3 4 5 5 6 7 8 Event 3 4 | 5 100m Hurdles (84.0) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers |
| Event 3 4 5 5 6 7 8 Event 3 | 5 100m Hurdles (84.0) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC |
| Event 3 4 5 6 7 8 Event 3 4 5 5 | 5 100m Hurdles (84.0) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC |
| Event 3 4 5 6 7 8 Event 3 4 5 5 Event 1 1 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC |
| Event 3 4 5 5 6 7 8 Event 3 4 5 5 Event 5 5 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC |
| Event 3 4 5 5 6 7 8 Event 3 4 5 5 Event 1 1 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC |
| Event 3 4 5 5 Event 3 4 5 5 Event 3 4 5 5 Event 1 2 2 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC |
| Event 3 4 5 5 Event 3 4 5 5 Event 3 4 5 5 Event 1 2 3 4 5 5 5 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers |
| Event 3 4 5 5 Event 3 4 5 5 Event 3 4 5 5 Event 1 2 3 4 4 5 5 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164 137 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath |
| Event 3 4 5 6 7 8 Event 3 4 5 5 Event 1 2 3 4 5 5 Event 1 2 3 4 5 5 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164 137 39 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers |
| Event 3 4 5 6 7 8 Event 1 2 3 4 5 5 Event 1 2 3 4 5 5 6 6 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164 137 39 36 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron Isgrove (M20), George | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers Team Bath |
| Event 3 4 5 6 7 8 Event 1 2 3 4 5 5 Event 1 2 3 4 5 5 6 7 7 8 | 5 100m Hurdles (84.0) 6 100m Hurdles (91.4) | Heat 1 42 135 41 Heat 1 78 134 32 69 146 119 25 195 Heat 1 178 95 45 Heat 1 216 126 164 137 39 36 197 | Guide Start Time: 13:20 Maley (M15), Ernest Yates (M15), Callum Scherer-Cowell (M15), Harry Guide Start Time: 13:30 Aitchison (F20), Evie Lee (F34), Cerys Morgan (F23), Grace Evans (F34), Lauren Silcox (F34), Georgia McGee (F23), Ariyanna Brooks (F23), Stephanie Carr (F20), Lauren Guide Start Time: 13:35 Webb (M17), Daniel Hines (M17), Matthew Gutteridge (M17), Freddie Guide Start Time: 13:45 Dingley (M20), Adam Wright (M20), Toby Grant (M20), Iolo Staddon (M20), Charlie Eley (M20), Cameron Isgrove (M20), George Akanbi-Mortimer (M20), Toks | Newport Harriers Gloucester AC Yate & District AC Neath Harriers Taunton AC Cardiff Archers Cardiff AAC Yeovil Olympiads Bath University Yate & District AC South Devon AC Bristol & West AC Swansea Harriers Marlborough AC City of Plymouth AC Taunton AC Cardiff Archers Team Bath Newport Harriers Team Bath Cardiff AAC |

| Event | 9 300 Metres | Heat 1 | Guide Start Time : 14:00 | |
|--|--------------------------------|--|---|--|
| 2 | | 82 | Scott-Harden (F13), Maisie | Marlborough AC |
| 3 | | 90 | Thompson (F15), Ava | Neath Harriers |
| 4 | | 188 | Guzman (M13), Sebastian | Yate & District AC |
| 5 | | 187 | Humphries-Cuff (F15), Elasia | Gloucester AC |
| 6 | | 168 | Rundle (M15), Jed | Yate & District AC |
| 7 | | 196 | Ball (F20), Louisa | Neath Harriers |
| • | | | 24 (* 20), 204 | |
| | 9 300 Metres | Heat 2 | Guide Start Time : 14:05 | |
| 1 | | 154 | House (F13), Abigail | North Somerset AC |
| 2 | | 42 | Maley (M15), Ernest | Newport Harriers |
| 3 | | 165 | Ellery (M60), Mark | Bristol & West AC |
| 4 | | 135 | Yates (M15), Callum | Gloucester AC |
| 5 | | 166 | Hodges (F15), Scarlett | Bridgend AC |
| 6 | | 181 | Cowton (M60), Malcolm | South West Vets AC |
| 7 | | 116 | Phelps (F15), Sophie | Team Bath |
| 8 | | 167 | Raper-Thornell (F15), Trudie | Yate & District AC |
| Event | 9 300 Metres | Heat 3 | Guide Start Time : 14:10 | |
| 1 | | 21 | Killourhey (F17), Lilia | Yate & District AC |
| 2 | | 157 | Howell (F17), Georgia | Cheltenham Harriers |
| 3 | | 200 | Shepperd (F17), Anais | Cardiff AAC |
| 4 | | 204 | Trueman (M34), Dan | Stroud & District AC |
| 5 | | 66 | Robbie (M20), Jon-Henry | Cardiff Archers |
| 6 | | 176 | Vittle (F17), Holly | Cardiff AAC |
| 7 | | 11 | Richards (F17), Jasmine | Yate & District AC |
| 8 | | 143 | Warren (M15), Oscar | Unattached |
| Event | 10 400 Metres | Heat 1 | Guide Start Time : 14:15 | |
| 1 | | 141 | Lazenbury (F20), Alice | Worcester AC |
| 2 | | 89 | Mullins (F20), Ellie | Team Bath |
| | | 00 | (0), | roam Batt |
| 3 | | 94 | Jeffries (F65), Louise | Team Bath |
| 3 4 | | 94 192 | Jeffries (F65), Louise Davis (M45), Andrew | Team Bath Unattached |
| 3 4 5 | | 94 192 193 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney | Team Bath Unattached Yate & District AC |
| 3 4 5 6 | | 94 192 193 45 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie | Team Bath Unattached |
| 3 4 5 6 7 | | 94 192 193 45 189 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC |
| 3 4 5 6 | | 94 192 193 45 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie | Team Bath Unattached Yate & District AC Marlborough AC |
| 3 4 5 6 7 8 | 10 400 Metres | 94 192 193 45 189 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC |
| 3 4 5 6 7 8 | 10 400 Metres | 94 192 193 45 189 197 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC |
| 3 4 5 6 7 8 Event | 10 400 Metres | 94 192 193 45 189 197 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC |
| 3 4 5 6 7 8 Event 1 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath |
| 3 4 5 6 7 8 Event 1 2 3 4 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 | 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | 10 400 Metres 10 400 Metres | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 177 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor White (M17), Thomas Barnes (M17), Lewis Carroll (M17), Rylan Shay | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC Team Bath |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 177 24 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor White (M17), Thomas Barnes (M17), Lewis | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC Team Bath Cardiff AAC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 177 24 86 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor White (M17), Thomas Barnes (M17), Lewis Carroll (M17), Rylan Shay | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC Team Bath Cardiff AAC Neath Harriers |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 177 24 86 210 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor White (M17), Thomas Barnes (M17), Lewis Carroll (M17), Rylan Shay Watson (M17), Henry | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC Team Bath Cardiff AAC Neath Harriers Yate & District AC |
| 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 Event 1 2 3 4 5 6 7 8 | | 94 192 193 45 189 197 Heat 2 152 109 88 54 73 78 42 182 Heat 3 144 108 177 24 86 210 184 | Jeffries (F65), Louise Davis (M45), Andrew Davis (M15), Sidney Gutteridge (M17), Freddie Wright (F20), Ellie Akanbi-Mortimer (M20), Toks Guide Start Time: 14:20 Flavell (M34), Dominic Sheffield (F15), Eleanor McFadden (F20), Freya Devereux (F20), Keira Cossins (F17), Millie Aitchison (F20), Evie Maley (M15), Ernest Collins (M65), Callum Guide Start Time: 14:25 Fletcher (M20), Daniel McIntosh (F20), Eleanor White (M17), Thomas Barnes (M17), Lewis Carroll (M17), Rylan Shay Watson (M17), Henry Haynes (M34), Corey | Team Bath Unattached Yate & District AC Marlborough AC Yate & District AC Cardiff AAC Team Bath Stroud & District AC Stroud & District AC North Somerset AC Stroud & District AC Neath Harriers Newport Harriers Bristol & West AC Cwmbran Harriers Bristol & West AC Team Bath Cardiff AAC Neath Harriers Yate & District AC Bristol & West AC |

| Event 10 400 Metres | Heat 4 | Guide Start Time : 14:30 | |
|---|--|--|--|
| 1 | 186 | Boon (M17), Owen | Yate & District AC |
| 2 | 43 | Wilkinson (M34), Jacob | Swansea Harriers |
| 3 | 169 | Gunning (M34), Scott | Basingstoke and Mid Hants AC |
| 4 | 215 | Onyewu (M34), Eli | Swansea Harriers |
| 5 | 205 | Wilson (M23), Edward | Yate & District AC |
| 6 | 66 | Robbie (M20), Jon-Henry | Cardiff Archers |
| 7 | 74 | Lancett (M20), Max | Cheltenham Harriers |
| 8 | 26 | Edwards (M34), James | Yate & District AC |
| Event 11 75 Metres | Heat 1 | Guide Start Time : 14:45 | |
| 1 | 138 | Jones (M13), George | North Somerset AC |
| 2 | 142 | Warren (F13), Millie | North Somerset AC |
| 3 | 97 | Arkwright (F13), Alba | Yate & District AC |
| 4 | 130 | Phillips (F13), Emily | Yate & District AC |
| 5 | 84 | Howell (M13), Henry | Gloucester AC |
| 6 | 139 | Rahim (F13), Nura | Yate & District AC |
| 7 | 133 | Hargrave (F13), Jess | North Somerset AC |
| | | | |
| Event 11 75 Metres | Heat 2 | Guide Start Time : 14:50 | Vote 9 District AC |
| 1 | 198 | Kavanagh (F13), Erin | Yate & District AC |
| 2 | 206 | Neary (F13), Lara | Yate & District AC North Somerset AC |
| 3 4 | 180 118 | Thurston (F13), Tess | Team Bath |
| | 173 | Stopa (F13), Nelly | |
| 5 6 | 173 | Grant (M13), Eli Bowell (F13), Emily | Yate & District AC Yate & District AC |
| 7 | 199 | Major (F13), Megan | Yate & District AC |
| 8 | 106 | Powell (M13), Charlie | Yate & District AC |
| O | 100 | Towell (W13), Charle | Tate & District AC |
| | | | |
| | Heat 3 | Guide Start Time : 14:54 | V |
| 1 | 188 | Guzman (M13), Sebastian | Yate & District AC |
| 1 2 | 188 27 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy | Yate & District AC |
| 1 2 3 | 188 27 159 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia | Yate & District AC Cardiff AAC |
| 1 2 3 | 188 27 159 83 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae | Yate & District AC Cardiff AAC Cardiff AAC |
| 1 2 3 4 5 | 188 27 159 83 50 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC |
| 1 2 3 4 5 6 | 188 27 159 83 50 82 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC |
| 2 3 4 5 6 7 | 188 27 159 83 50 82 154 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC |
| 1 2 3 4 5 6 7 | 188 27 159 83 50 82 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC |
| 1 2 3 4 5 6 7 8 | 188 27 159 83 50 82 154 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres | 188 27 159 83 50 82 154 65 Heat 4 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 | 188 27 159 83 50 82 154 65 Heat 4 40 120 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC North Somerset AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC |
| 1 2 3 4 5 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 5 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 6 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 6 7 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 6 7 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC |
| 1 2 3 4 4 5 6 6 7 8 Event 11 75 Metres 1 2 3 4 4 5 6 6 7 8 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 4 5 6 6 7 8 Event 12 100 Metres Para | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 4 5 6 6 7 8 Event 12 100 Metres Para 2 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 Heat 1 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison Guide Start Time: 15:05 | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Cardiff AAC Cardiff AAC Cardiff AAC Cardiff AAC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 4 5 6 6 7 8 Event 12 100 Metres Para 2 3 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 Heat 1 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison Guide Start Time: 15:05 Spry (M15), Harry | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC Yate & District AC Yate & District AC Cardiff AAC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 6 7 8 Event 12 100 Metres Para 2 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 Heat 1 213 214 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison Guide Start Time: 15:05 Spry (M15), Harry Jubb (F17), Nancy | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 5 6 7 8 Event 12 100 Metres Para 2 3 4 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 Heat 1 213 214 207 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison Guide Start Time: 15:05 Spry (M15), Harry Jubb (F17), Nancy Callow (M34), Chris | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 11 75 Metres 1 2 3 4 4 5 6 6 7 8 Event 12 100 Metres Para 2 3 4 5 5 | 188 27 159 83 50 82 154 65 Heat 4 40 120 101 8 28 81 6 160 Heat 1 213 214 207 203 | Guzman (M13), Sebastian Swift-Smith (F13), Lucy Coote (F13), Olivia Nugent (F13), Janae King (F13), Edith Scott-Harden (F13), Maisie House (F13), Abigail Richards (M13), Lewis Guide Start Time: 14:59 Bennett (F13), Beatrix Wakefield-Paul (F13), Rosie Powell (F13), Olivia Barnes (M13), Jacob Sutherland (M13), Joseph Marr (F13), Isabella Ramsey (F13), Lauren Coote (F13), Madison Guide Start Time: 15:05 Spry (M15), Harry Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby | Yate & District AC Cardiff AAC Cardiff AAC Marlborough AC Marlborough AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Cardiff AAC Yate & District AC North Somerset AC Yate & District AC Cardiff AAC Yate & District AC Cardiff AAC Yate & District AC |

| Event 13 100 Metres | Heat 1 | Guide Start Time : 15:10 | |
|---------------------|--------|------------------------------|---------------------|
| 2 | 29 | McMullan (F15), Mia | Team Bath |
| 3 | 170 | Lee (F15), Annabel | Yate & District AC |
| 4 | 58 | Wigginton (M17), Zack | Yate & District AC |
| 5 | 41 | Scherer-Cowell (M15), Harry | Yate & District AC |
| 6 | 20 | Thompson (F15), Beatrice | Marlborough AC |
| 7 | 168 | Rundle (M15), Jed | Yate & District AC |
| | | (), | |
| Event 13 100 Metres | Heat 2 | Guide Start Time : 15:15 | |
| 1 | 149 | Richmond (F15), Frida | Yate & District AC |
| 2 | 4 | Aliyu (F15), Fayola | Bristol & West AC |
| 3 | 127 | Fields (M35), Alex | Bristol & West AC |
| 4 | 19 | Blackmore (F15), Erin | Marlborough AC |
| 5 | 18 | Warren (M50), Paul | Marlborough AC |
| 6 | 208 | Akinde (M17), Michael | Bath University |
| 7 | 112 | Austin (M15), Finnley | Neath Harriers |
| 8 | 139 | Rahim (F13), Nura | Yate & District AC |
| Event 13 100 Metres | Heat 3 | Guide Start Time : 15:19 | |
| 1 | 96 | Foster (F17), Rosie | Yate & District AC |
| 2 | 113 | Nicoll (F15), Aaliyah | Yate & District AC |
| 3 | 132 | Hughes (F13), Matilda | North Somerset AC |
| 4 | 153 | Young (F15), Harriet | Neath Harriers |
| 5 | 122 | Hart (F34), Katrina | Birchfield Harriers |
| 6 | 115 | Challis (F13), Serena-Summer | North Somerset AC |
| 7 | 75 | Moore Bethel (F15), Sophie | Marlborough AC |
| 8 | 116 | Phelps (F15), Sophie | Team Bath |
| Event 13 100 Metres | Heat 4 | Guide Start Time : 15:24 | |
| 1 | 46 | Connorton (F15), Madelaine | Marlborough AC |
| 2 | 150 | Lawal (F15), Naomi | Cheltenham Harriers |
| 3 | 38 | Davies (M65), Roderick | Swansea Harriers |
| 4 | 185 | Andrews (F17), Libby | Gloucester AC |
| 5 | 10 | Richards (F15), Summer | Yate & District AC |
| 6 | 172 | Patterson (M35), Chris | Marlborough AC |
| 7 | 49 | Vecchi (F15), Imogen | Cardiff AAC |
| 8 | 2 | Walkey (F15), Lily | Yate & District AC |
| Event 13 100 Metres | Heat 5 | Guide Start Time : 15:28 | |
| 1 | 79 | Aitchison (F17), Layla | Neath Harriers |
| 2 | 67 | Marshall (M55), James | Bristol & West AC |
| 3 | 165 | Ellery (M60), Mark | Bristol & West AC |
| 4 | 105 | Hibbert (F20), Tamar | Marlborough AC |
| 5 | 128 | Tapper (F17), Libby | Cwmbran Harriers |
| 6 | 174 | Pugh (F17), Scarlett | Marlborough AC |
| 7 | 91 | Goodwin (F15), Anya-Rose | Cardiff AAC |
| 8 | 16 | Bassett (F17), Alice | Team Bath |
| Event 13 100 Metres | Heat 6 | Guide Start Time : 15:33 | |
| 1 | 98 | Hill (F17), Isabel | Yate & District AC |
| 2 | 143 | Warren (M15), Oscar | Unattached |
| 3 | 12 | Wilkins (M15), Tristan | Yate & District AC |
| 4 | 135 | Yates (M15), Callum | Gloucester AC |
| 5 | 171 | Patterson (F15), Evie | Marlborough AC |
| 6 | 131 | Rodgers (F17), Nia | Taunton AC |
| 7 | 92 | Thomas (F17), Evey | Unattached |
| 8 | 72 | Howell (F15), Bella | Yate & District AC |
| | | | |
| | | | |

| Bristol & West AC |
|------------------------------------|
| Bristol & West AC |
| Yate & District AC |
| University of Birmingham |
| Neath Harriers |
| Swansea Harriers |
| Taunton AC |
| Yate & District AC |
| Yale & District AC |
| |
| Gloucester AC |
| Team Bath |
| Team Bath |
| Gloucester AC |
| Team Bath |
| Bristol & West AC |
| |
| Newport Harriers Gloucester AC |
| GIOUCESIEI AC |
| |
| Cardiff AAC |
| North Somerset AC |
| North Somerset AC |
| Cwmbran Harriers |
| Gloucester AC |
| Cardiff AAC |
| Unattached |
| Yate & District AC |
| 3. 2 |
| |
| Cheltenham Harriers |
| Yate & District AC |
| Torbay AAC |
| Cardiff AAC |
| Cardiff Archers |
| Cardiff AAC |
| Neath Harriers |
| Cardiff AAC |
| |
| Toom Bath |
| Team Bath |
| Cheltenham Harriers |
| k Yate & District AC |
| North Somerset AC |
| Yate & District AC |
| Team Bath |
| Yate & District AC |
| Cardiff AAC |
| |
| as Team Bath |
| Yate & District AC |
| Newport Harriers |
| Team Bath |
| Swansea Harriers |
| North Somerset AC |
| |
| Pombrokoshira Harriara |
| Pembrokeshire Harriers Cardiff AAC |
| |

Heat 7 Guide Start Time : 15:37

Event 13 100 Metres

| Event 13 100 Metres | Heat 13 | Guide Start Time : 16:04 | |
|---|--|--|---|
| 1 | 104 | Ritson (M20), Mack | Yate & District AC |
| 2 | 7 | Brudney (M34), Sam | Yate & District AC |
| 3 | 121 | Armstrong (M20), Alexander | Yeovil Olympiads |
| 4 | 204 | Trueman (M34), Dan | Stroud & District AC |
| 5 | 15 | Maggs (M23), Josh | Bristol & West AC |
| | | . , | |
| 6 | 76 | Brady (M20), Ryan | Bristol & West AC |
| 7 | 179 | Muhumuza (M34), Kenneth | Team Bath |
| 8 | 126 | Wright (M20), Toby | Taunton AC |
| | | | |
| Officials Break 20 mins | | | |
| | | | |
| Event 14 150 Metres | Heat 1 | Guide Start Time : 16:25 | |
| 1 | 130 | Phillips (F13), Emily | Yate & District AC |
| 2 | 50 | King (F13), Edith | Marlborough AC |
| 3 | 97 | Arkwright (F13), Alba | Yate & District AC |
| 4 | 188 | Guzman (M13), Sebastian | Yate & District AC |
| 5 | 138 | Jones (M13), George | North Somerset AC |
| 6 | 84 | Howell (M13), Henry | Gloucester AC |
| 7 | 133 | Hargrave (F13), Jess | North Somerset AC |
| 8 | 118 | • , | Team Bath |
| O | 110 | Stopa (F13), Nelly | realli Dalli |
| Event 44 450 Metres | Uest 0 | Cuido Stort Time : 40:00 | |
| Event 14 150 Metres | Heat 2 | Guide Start Time : 16:30 | V-t- 0 District AO |
| 1 | 198 | Kavanagh (F13), Erin | Yate & District AC |
| 2 | 142 | Warren (F13), Millie | North Somerset AC |
| 3 | 27 | Swift-Smith (F13), Lucy | Yate & District AC |
| 4 | 81 | Marr (F13), Isabella | North Somerset AC |
| 5 | 120 | Wakefield-Paul (F13), Rosie | North Somerset AC |
| 6 | 65 | Richards (M13), Lewis | Yate & District AC |
| 7 | 173 | Grant (M13), Eli | Yate & District AC |
| 8 | 191 | Major (F13), Megan | Yate & District AC |
| | 101 | Major (1 10), Megari | Tate & District AO |
| Event 14 150 Metres | Heat 3 | Guide Start Time : 16:35 | |
| | 115 | Challis (F13), Serena-Summer | North Somerset AC |
| 1 | | , , | |
| 2 | 83 | Nugent (F13), Janae | Cardiff AAC |
| 3 | 101 | Powell (F13), Olivia | Yate & District AC |
| 4 | 8 | Barnes (M13), Jacob | Cardiff AAC |
| 5 | വ | | |
| | 28 | Sutherland (M13), Joseph | Yate & District AC |
| 6 | 40 | Sutherland (M13), Joseph Bennett (F13), Beatrix | Yate & District AC Yate & District AC |
| | | ` , . | |
| 6 | 40 | Bennett (F13), Beatrix | Yate & District AC |
| 6 7 | 40 6 | Bennett (F13), Beatrix Ramsey (F13), Lauren | Yate & District AC Yate & District AC |
| 6 7 | 40 6 154 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail | Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para | 40 6 154 Heat 1 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 | Yate & District AC Yate & District AC North Somerset AC |
| 6 7 8 Event 15 200 Metres Para 3 | 40 6 154 Heat 1 214 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy | Yate & District AC Yate & District AC North Somerset AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 | 40 6 154 Heat 1 214 207 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 | 40 6 154 Heat 1 214 207 203 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 | 40 6 154 Heat 1 214 207 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 | 40 6 154 Heat 1 214 207 203 151 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres | 40 6 154 Heat 1 214 207 203 151 Heat 1 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 189 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom Wright (F20), Ellie | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Ac Bristol & West AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 3 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 189 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom Wright (F20), Ellie | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Ac Bristol & West AC Yate & District AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 3 4 5 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 189 85 133 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom Wright (F20), Ellie Girling (M20), Joe Hargrave (F13), Jess | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Neath Harriers North Somerset AC |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 3 4 5 6 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 189 85 133 208 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom Wright (F20), Ellie Girling (M20), Joe Hargrave (F13), Jess Akinde (M17), Michael | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC West AC Yate & District AC Neath Harriers North Somerset AC Bath University |
| 6 7 8 Event 15 200 Metres Para 3 4 5 6 Event 16 200 Metres 1 2 3 4 5 | 40 6 154 Heat 1 214 207 203 151 Heat 1 41 60 189 85 133 | Bennett (F13), Beatrix Ramsey (F13), Lauren House (F13), Abigail Guide Start Time: 16:40 Jubb (F17), Nancy Callow (M34), Chris Richardson (M15), Toby Hewitt (F35), Eleanor Guide Start Time: 16:45 Scherer-Cowell (M15), Harry Imoh (F15), Chizorom Wright (F20), Ellie Girling (M20), Joe Hargrave (F13), Jess | Yate & District AC Yate & District AC North Somerset AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC Neath Harriers North Somerset AC |

Heat 13 Guide Start Time: 16:04

Event 13 100 Metres

| | | Salac Start Time: 10.00 | |
|--|---|--|---|
| 1 | 170 | Lee (F15), Annabel | Yate & District AC |
| 2 | 58 | Wigginton (M17), Zack | Yate & District AC |
| | 113 | . , | Yate & District AC |
| 3 | | Nicoll (F15), Aaliyah | |
| 4 | 116 | Phelps (F15), Sophie | Team Bath |
| 5 | 19 | Blackmore (F15), Erin | Marlborough AC |
| 6 | 94 | Jeffries (F65), Louise | Team Bath |
| 7 | 20 | • • | |
| | | Thompson (F15), Beatrice | Marlborough AC |
| 8 | 163 | Nisbet (F15), Nico | Yate & District AC |
| | | | |
| Event 16 200 Metres | Heat 3 | Guide Start Time : 16:55 | |
| 1 | 153 | Young (F15), Harriet | Neath Harriers |
| 2 | 83 | Nugent (F13), Janae | Cardiff AAC |
| 3 | 75 | Moore Bethel (F15), Sophie | Marlborough AC |
| 4 | 38 | Davies (M65), Roderick | Swansea Harriers |
| | | , | |
| 5 | 185 | Andrews (F17), Libby | Gloucester AC |
| 6 | 46 | Connorton (F15), Madelaine | Marlborough AC |
| 7 | 4 | Aliyu (F15), Fayola | Bristol & West AC |
| 8 | 132 | Hughes (F13), Matilda | North Somerset AC |
| | - | 3 (- 1/1 | _ |
| Event 16 200 Metres | Heat 4 | Guide Start Time : 17:00 | |
| 1 | 21 | Killourhey (F17), Lilia | Yate & District AC |
| 2 | 171 | Patterson (F15), Evie | Marlborough AC |
| 3 | 114 | Turner (F15), Beth | Team Bath |
| | | , , | |
| 4 | 10 | Richards (F15), Summer | Yate & District AC |
| 5 | 105 | Hibbert (F20), Tamar | Marlborough AC |
| 6 | 2 | Walkey (F15), Lily | Yate & District AC |
| 7 | 128 | Tapper (F17), Libby | Cwmbran Harriers |
| 8 | 16 | Bassett (F17), Alice | Team Bath |
| | 10 | 24000tt (1 17), Alloo | . Jan Baai |
| Event 16 200 Metres | Heat 5 | Guide Start Time : 17:05 | |
| 1 | 72 | Howell (F15), Bella | Yate & District AC |
| 2 | 174 | | Marlborough AC |
| | | Pugh (F17), Scarlett | <u> </u> |
| 3 | 67 | Marshall (M55), James | Bristol & West AC |
| 4 | 52 | Ifill (F17), Eva | Cardiff AAC |
| 5 | 92 | Thomas (F17), Evey | Unattached |
| 6 | 150 | Lawal (F15), Naomi | Cheltenham Harriers |
| | | , , , | |
| 7 | 124 | Ovens (F17), Reef | Team Bath |
| 8 | 91 | Goodwin (F15), Anya-Rose | Cardiff AAC |
| | | | |
| E | | | |
| | Heat 6 | Guide Start Time: 17:10 | Voto & District A.C. |
| 1 | 59 | Drennen (F17), Ruby-Mae | Yate & District AC |
| 1 2 | 59 165 | Drennen (F17), Ruby-Mae Ellery (M60), Mark | Bristol & West AC |
| 1 2 | 59 | Drennen (F17), Ruby-Mae | |
| 1 2 3 | 59 165 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna | Bristol & West AC Taunton AC |
| 1 2 3 4 | 59 165 53 70 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah | Bristol & West AC Taunton AC University of Birmingham |
| 1 2 3 4 5 | 59 165 53 70 131 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia | Bristol & West AC Taunton AC University of Birmingham Taunton AC |
| 1 2 3 4 5 6 | 59 165 53 70 131 14 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC |
| 1 2 3 4 5 6 7 | 59 165 53 70 131 14 99 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC |
| 1 2 3 4 5 6 7 | 59 165 53 70 131 14 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC |
| 1 2 3 4 5 6 7 8 | 59 165 53 70 131 14 99 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 16 200 Metres | 59 165 53 70 131 14 99 12 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 16 200 Metres | 59 165 53 70 131 14 99 12 Heat 7 147 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 | 59 165 53 70 131 14 99 12 Heat 7 147 107 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 | 59 165 53 70 131 14 99 12 Heat 7 147 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 1 2 3 4 4 5 6 7 8 Event 16 200 Metres 1 2 3 | 59 165 53 70 131 14 99 12 Heat 7 147 107 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Yate & District AC Yate & District AC Yate & District AC |
| 1 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Stroud & District AC Gloucester AC |
| 1 2 3 4 4 5 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 4 5 5 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 102 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia Karekla (F23), Stefani | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Stroud & District AC Gloucester AC Swansea Harriers |
| 1 2 3 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 5 6 6 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 102 68 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia Karekla (F23), Stefani Cambridge (F15), Amari | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Stroud & District AC Gloucester AC Swansea Harriers Gloucester AC |
| 1 2 3 4 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 4 5 6 6 7 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 102 68 31 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia Karekla (F23), Stefani Cambridge (F15), Amari Gibbs (F34), Sarah | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Strout & District AC Stroud & District AC Gloucester AC Swansea Harriers Gloucester AC Newport Harriers |
| 2 3 4 5 6 7 8 Event 16 200 Metres 1 2 3 4 5 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 102 68 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia Karekla (F23), Stefani Cambridge (F15), Amari | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Neath Harriers Gloucester AC Stroud & District AC Gloucester AC Swansea Harriers Gloucester AC |
| 1 2 3 4 4 5 6 6 7 8 Event 16 200 Metres 1 2 3 4 4 5 6 6 7 | 59 165 53 70 131 14 99 12 Heat 7 147 107 33 103 102 68 31 | Drennen (F17), Ruby-Mae Ellery (M60), Mark Wright (F15), Anna Darby (F23), Hannah Rodgers (F17), Nia Gordon (F17), Annabel Redmond (F17), Celeste Wilkins (M15), Tristan Guide Start Time: 17:15 Brown (F17), Eleri Tandy (F15), Amber Bell (F17), Charlotte Pachula (F15), Olivia Karekla (F23), Stefani Cambridge (F15), Amari Gibbs (F34), Sarah | Bristol & West AC Taunton AC University of Birmingham Taunton AC Yate & District AC Strout & District AC Stroud & District AC Gloucester AC Swansea Harriers Gloucester AC Newport Harriers |

Heat 2 Guide Start Time: 16:50

Event 16 200 Metres

| LVCIIL TO 200 MICHOS | i icat o | Guide Glait Time: 17.20 | |
|----------------------|--------------------|---|-------------------------------|
| 1 | 117 | Murray (M17), Euan | Team Bath |
| 2 | 13 | Higginson (F17), Katie | Cardiff AAC |
| 3 | 48 | Morgan (M50), James | Unattached |
| | | | |
| 4 | 200 | Shepperd (F17), Anais | Cardiff AAC |
| 5 | 100 | Murray (F17), Elana | Cardiff AAC |
| 6 | 22 | Bailey (F23), Lily | Yate & District AC |
| 7 | 156 | Anderson (F17), Mercedes | Cardiff AAC |
| 8 | 178 | Webb (M17), Daniel | Bristol & West AC |
| O | 170 | Webb (Witi), Daniel | Distora West AC |
| Event 16 200 Metres | Uoot ∩ | Guide Start Time : 17:25 | |
| | Heat 9 | | North Company A.C. |
| 1 | 87 | Herringshaw (F15), Martha | North Somerset AC |
| 2 | 183 | Sharp (M17), Billy | North Somerset AC |
| 3 | 77 | Marchant (M17), Oliver | Cheltenham Harriers |
| 4 | 17 | Little (F17), Keeley | Torbay AAC |
| 5 | 62 | Mantle (F20), Jess | Cardiff AAC |
| 6 | 5 | Ramsey (M17), Jack | Yate & District AC |
| 7 | 3 | Treglown (F23), Kirsty | Yate & District AC |
| , 8 | | | Taunton AC |
| 0 | 134 | Lee (F34), Cerys | raunion AC |
| Event 16 200 Metres | Ucot 40 | Guide Start Time : 17:30 | |
| Event 16 200 Metres | Heat 10 112 | Austin (M15), Finnley | Neath Harriers |
| 1 | | , , | |
| 2 | 25 | Brooks (F23), Stephanie | Yate & District AC |
| 3 | 1 | Walkey (F17), Isabelle | Yate & District AC |
| 4 | 161 | Thomas (M23), Luke | Pembrokeshire Harriers |
| 5 | 111 | Brown (M17), Jacob | Gloucester AC |
| 6 | 69 | Evans (F34), Lauren | Cardiff AAC |
| 7 | 71 | Shearer (M15), Oliver | Cardiff AAC |
| , 8 | 175 | Roach (M17), Zac | Cardiff AAC |
| | | | |
| Event 16 200 Metres | Heat 11 | Guide Start Time : 17:35 | |
| 1 | 148 | Mhlanga (M17), Sibusiso | Neath Harriers |
| 2 | 55 | Morant (M45), Martyn | Team Bath |
| 3 | 30 | Williams (M17), Regan-Jack | Yate & District AC |
| | | · , — | |
| 4 | 61 | Walsh (M20), Leon | Yate & District AC |
| 5 | 35 | Eluyera (M23), Ayomide | Cardiff AAC |
| 6 | 74 | Lancett (M20), Max | Cheltenham Harriers |
| 7 | 145 | Bryant (M20), Jasper | Cheltenham Harriers |
| 8 | 64 | Tailor (M23), Carlos | North Somerset AC |
| | | (- // - | |
| Event 16 200 Metres | Heat 12 | Guide Start Time : 17:40 | |
| 1 | 37 | Chinaka (M35), Samson | Newport Harriers |
| 2 | 110 | Durran (M17), Adam | North Somerset AC |
| 3 | 39 | Eley (M20), Cameron | Newport Harriers |
| 4 | 24 | Barnes (M17), Lewis | Cardiff AAC |
| | | , | |
| 5 | 76 - | Brady (M20), Ryan | Bristol & West AC |
| 6 | 7 | Brudney (M34), Sam | Yate & District AC |
| 7 | 158 | Kumar (M34), Kanish | University of West England |
| 8 | 136 | Rabhi (M23), Youssef | Swansea Harriers |
| | 11 4 | 0.11.04.45 | |
| Event 16 200 Metres | Heat 13 | Guide Start Time : 17:45 | Wata 0 Diatri 1 A O |
| 1 | 104 | Ritson (M20), Mack | Yate & District AC |
| 2 | 125 | Webb (M20), Callum | Cardiff Archers |
| 3 | 204 | Trueman (M34), Dan | Stroud & District AC |
| 4 | 127 | Fields (M35), Alex | Bristol & West AC |
| 5 | 81 | Marr (F13), Isabella | North Somerset AC |
| 6 | 15 | Maggs (M23), Josh | Bristol & West AC |
| | ıJ | iviagys (ivizo), Justi | |
| 7 | 121 | Armetrona (MOO) Alexander | Voovil Olympiada |
| 7 | 121 | Armstrong (M20), Alexander | Yeovil Olympiads |
| | 121 179 | Armstrong (M20), Alexander Muhumuza (M34), Kenneth | Yeovil Olympiads Team Bath |
| 7 8 | | • · · · · · | |

Heat 8 Guide Start Time : 17:20

Event 16 200 Metres

| Event 17 300m Hurdles (76.2) | Heat 1 | Guide Start Time : 17:50 | |
|-----------------------------------|--------|----------------------------------|-------------------------|
| 1 | 140 | Lazenbury (F17), Molly | Worcester AC |
| 2 | 63 | Jakubowski (F17), Maya | Team Bath |
| 3 | 79 | Aitchison (F17), Layla | Neath Harriers |
| 4 | 34 | Moyes (F17), Natasha | Yate & District AC |
| 5 | 9 | Woods (F17), Jemima | Team Bath |
| 6 | 80 | Mills (F17), Ruby | Swansea Harriers |
| 7 | 182 | Collins (M65), Callum | Bristol & West AC |
| | | | |
| Event 18 400m Hurdles (76.2) | Heat 1 | Guide Start Time : 17:55 | |
| 2 | 196 | Ball (F20), Louisa | Neath Harriers |
| 3 | 211 | Bates (F23), Mia | Team Bath |
| 4 | 93 | Mackintosh (F34), Katie | Team Bath |
| 5 | 25 | Brooks (F23), Stephanie | Yate & District AC |
| 6 | 212 | Koubkova (F34), Lenka | University of Worcester |
| 7 | 89 | Mullins (F20), Ellie | Team Bath |
| 8 | 123 | Turner (F20), Evie | Yate & District AC |
| | | | |
| Event 20 400m Hurdles (84.0/91.4) | Heat 1 | Guide Start Time : 18:00 | |
| 1 | 95 | Hines (M17), Matthew | Swansea Harriers |
| 2 | | | |
| 3 | 152 | Flavell (M34), Dominic | Team Bath |
| 4 | 209 | Beresford (M20), Joseph | Swansea Harriers |
| 5 | 155 | Jansen Van Rensburg (F34), Danel | Birchfield Harriers |
| 6 | 190 | Callan (M23), Michael | Team Bath |
| 7 | 194 | Roberts (M23), Dafydd | |
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