

Event	1 70m Hurdles (68.5)	Heat 1	Guide Start Time : 13:00	
3		198	Kavanagh (F13), Erin	Yate & District AC
4		118	Stopa (F13), Nelly	Team Bath
5		139	Rahim (F13), Nura	Yate & District AC
6		82	Scott-Harden (F13), Maisie	Marlborough AC
Event	1 70m Hurdles (68.5)	Heat 2	Guide Start Time : 13:05	
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 Hurdles (76.2)	Heat 1	Guide Start Time : 13:10	
1		53	Wright (F15), Anna	Taunton AC
2		167	Raper-Thornell (F15), Trudie	Yate & District AC
3		162	Thurston (F15), Ella	North Somerset AC
4		153	Young (F15), Harriet	Neath Harriers
5		49	Vecchi (F15), Imogen	Cardiff AAC
6		129	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
Event	4 80m Hurdles (84.0)	Heat 1	Guide Start Time : 13:20	
3		42	Maley (M15), Ernest	Newport Harriers
4		135	Yates (M15), Callum	Gloucester AC
5		41	Scherer-Cowell (M15), Harry	Yate & District AC
Event	5 100m Hurdles (84.0)	Heat 1	Guide Start Time : 13:30	
1		78	Aitchison (F20), Evie	Neath Harriers
2		134	Lee (F34), Cerys	Taunton AC
3		32	Morgan (F23), Grace	Cardiff Archers
4		69	Evans (F34), Lauren	Cardiff AAC
5		146	Silcox (F34), Georgia	Yeovil Olympiads
6		119	McGee (F23), Ariyanna	Bath University
7		25	Brooks (F23), Stephanie	Yate & District AC
8		195	Carr (F20), Lauren	South Devon AC
Event	6 100m Hurdles (91.4)	Heat 1	Guide Start Time : 13:35	
3		178	Webb (M17), Daniel	Bristol & West AC
4		95	Hines (M17), Matthew	Swansea Harriers
5		45	Gutteridge (M17), Freddie	Marlborough AC
Event	7 110m Hurdles (99.0)	Heat 1	Guide Start Time : 13:45	
1		216	Dingley (M20), Adam	City of Plymouth AC
2		126	Wright (M20), Toby	Taunton AC
3		164	Grant (M20), Iolo	Cardiff Archers
4		137	Staddon (M20), Charlie	Team Bath
5		39	Eley (M20), Cameron	Newport Harriers
6		36	Isgrove (M20), George	Team Bath
7		197	Akanbi-Mortimer (M20), Toks	Cardiff AAC
8		85	Girling (M20), Joe	Neath Harriers

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

Event	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
3		94	Jeffries (F65), Louise	Team Bath
4		192	Davis (M45), Andrew	Unattached
5		193	Davis (M15), Sidney	Yate & District AC
6		45	Gutteridge (M17), Freddie	Marlborough AC
7		189	Wright (F20), Ellie	Yate & District AC
8		197	Akanbi-Mortimer (M20), Toks	Cardiff AAC

Event	10 400 Metres	Heat 2	Guide Start Time : 14:20	
1		152	Flavell (M34), Dominic	Team Bath
2		109	Sheffield (F15), Eleanor	Stroud & District AC
3		88	McFadden (F20), Freya	Stroud & District AC
4		54	Devereux (F20), Keira	North Somerset AC
5		73	Cossins (F17), Millie	Stroud & District AC
6		78	Aitchison (F20), Evie	Neath Harriers
7		42	Maley (M15), Ernest	Newport Harriers
8		182	Collins (M65), Callum	Bristol & West AC

Event	10 400 Metres	Heat 3	Guide Start Time : 14:25	
1		144	Fletcher (M20), Daniel	Cwmbran Harriers
2		108	McIntosh (F20), Eleanor	Bristol & West AC
3		177	White (M17), Thomas	Team Bath
4		24	Barnes (M17), Lewis	Cardiff AAC
5		86	Carroll (M17), Rylan Shay	Neath Harriers
6		210	Watson (M17), Henry	Yate & District AC
7		184	Haynes (M34), Corey	Bristol & West AC
8		51	Dyson (M20), Noah	Team Bath

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	
1	198	Kavanagh (F13), Erin	Yate & District AC
2	206	Neary (F13), Lara	Yate & District AC
3	180	Thurston (F13), Tess	North Somerset AC
4	118	Stopa (F13), Nelly	Team Bath
5	173	Grant (M13), Eli	Yate & District AC
6	199	Bowell (F13), Emily	Yate & District AC
7	191	Major (F13), Megan	Yate & District AC
8	106	Powell (M13), Charlie	Yate & District AC
Event 11 75 Metres	Heat 3	Guide Start Time : 14:54	
1	188	Guzman (M13), Sebastian	Yate & District AC
2	27	Swift-Smith (F13), Lucy	Yate & District AC
3	159	Coote (F13), Olivia	Cardiff AAC
4	83	Nugent (F13), Janae	Cardiff AAC
5	50	King (F13), Edith	Marlborough AC
6	82	Scott-Harden (F13), Maisie	Marlborough AC
7	154	House (F13), Abigail	North Somerset AC
8	65	Richards (M13), Lewis	Yate & District AC
Event 11 75 Metres	Heat 4	Guide Start Time : 14:59	
1	40	Bennett (F13), Beatrix	Yate & District AC
2	120	Wakefield-Paul (F13), Rosie	North Somerset AC
3	101	Powell (F13), Olivia	Yate & District AC
4	8	Barnes (M13), Jacob	Cardiff AAC
5	28	Sutherland (M13), Joseph	Yate & District AC
6	81	Marr (F13), Isabella	North Somerset AC
7	6	Ramsey (F13), Lauren	Yate & District AC
8	160	Coote (F13), Madison	Cardiff AAC
Event 12 100 Metres Para	Heat 1	Guide Start Time : 15:05	
2	213	Spry (M15), Harry	Yate & District AC
3	214	Jubb (F17), Nancy	Yate & District AC
4	207	Callow (M34), Chris	Yate & District AC
5	203	Richardson (M15), Toby	Yate & District AC
6	151	Hewitt (F35), Eleanor	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

Event	13 100 Metres	Heat 7	Guide Start Time : 15:37	
1		60	Imoh (F15), Chizorom	Bristol & West AC
2		178	Webb (M17), Daniel	Bristol & West AC
3		47	Nelson (M23), Louie	Yate & District AC
4		70	Darby (F23), Hannah	University of Birmingham
5		147	Brown (F17), Eleri	Neath Harriers
6		102	Karekla (F23), Stefani	Swansea Harriers
7		53	Wright (F15), Anna	Taunton AC
8		59	Drennen (F17), Ruby-Mae	Yate & District AC

Event	13 100 Metres	Heat 8	Guide Start Time : 15:42	
1		107	Tandy (F15), Amber	Gloucester AC
2		9	Woods (F17), Jemima	Team Bath
3		117	Murray (M17), Euan	Team Bath
4		68	Cambridge (F15), Amari	Gloucester AC
5		114	Turner (F15), Beth	Team Bath
6		57	Tarzey (F17), Kezia	Bristol & West AC
7		31	Gibbs (F34), Sarah	Newport Harriers
8		103	Pachula (F15), Olivia	Gloucester AC

Event	13 100 Metres	Heat 9	Guide Start Time : 15:46	
1		156	Anderson (F17), Mercedes	Cardiff AAC
2		183	Sharp (M17), Billy	North Somerset AC
3		87	Herringshaw (F15), Martha	North Somerset AC
4		144	Fletcher (M20), Daniel	Cwmbran Harriers
5		111	Brown (M17), Jacob	Gloucester AC
6		100	Murray (F17), Elana	Cardiff AAC
7		48	Morgan (M50), James	Unattached
8		34	Moyes (F17), Natasha	Yate & District AC

Event	13 100 Metres	Heat 10	Guide Start Time : 15:51	
1		77	Marchant (M17), Oliver	Cheltenham Harriers
2		3	Treglown (F23), Kirsty	Yate & District AC
3		17	Little (F17), Keeley	Torbay AAC
4		71	Shearer (M15), Oliver	Cardiff AAC
5		32	Morgan (F23), Grace	Cardiff Archers
6		13	Higginson (F17), Katie	Cardiff AAC
7		148	Mhlanga (M17), Sibusiso	Neath Harriers
8		175	Roach (M17), Zac	Cardiff AAC

Event	13 100 Metres	Heat 11	Guide Start Time : 15:55	
1		55	Morant (M45), Martyn	Team Bath
2		145	Bryant (M20), Jasper	Cheltenham Harriers
3		30	Williams (M17), Regan-Jack	Yate & District AC
4		64	Tailor (M23), Carlos	North Somerset AC
5		5	Ramsey (M17), Jack	Yate & District AC
6		51	Dyson (M20), Noah	Team Bath
7		1	Walkey (F17), Isabelle	Yate & District AC
8		62	Mantle (F20), Jess	Cardiff AAC

Event	13 100 Metres	Heat 12	Guide Start Time : 16:00	
1		23	Van Beneden (M20), Nicholas	Team Bath
2		61	Walsh (M20), Leon	Yate & District AC
3		37	Chinaka (M35), Samson	Newport Harriers
4		137	Staddon (M20), Charlie	Team Bath
5		136	Rabhi (M23), Youssef	Swansea Harriers
6		110	Durran (M17), Adam	North Somerset AC
7		161	Thomas (M23), Luke	Pembrokeshire Harriers
8		35	Eluyera (M23), Ayomide	Cardiff AAC

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	Stopa (F13), Nelly	Team Bath

Event 14 150 Metres	Heat 2	Guide Start Time : 16:30	
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

Event 14 150 Metres	Heat 3	Guide Start Time : 16:35	
1	115	Challis (F13), Serena-Summer	North Somerset AC
2	83	Nugent (F13), Janae	Cardiff AAC
3	101	Powell (F13), Olivia	Yate & District AC
4	8	Barnes (M13), Jacob	Cardiff AAC
5	28	Sutherland (M13), Joseph	Yate & District AC
6	40	Bennett (F13), Beatrix	Yate & District AC
7	6	Ramsey (F13), Lauren	Yate & District AC
8	154	House (F13), Abigail	North Somerset AC

Event 15 200 Metres Para	Heat 1	Guide Start Time : 16:40	
3	214	Jubb (F17), Nancy	Yate & District AC
4	207	Callow (M34), Chris	Yate & District AC
5	203	Richardson (M15), Toby	Yate & District AC
6	151	Hewitt (F35), Eleanor	Yate & District AC

Event 16 200 Metres	Heat 1	Guide Start Time : 16:45	
1	41	Scherer-Cowell (M15), Harry	Yate & District AC
2	60	Imoh (F15), Chizorom	Bristol & West AC
3	189	Wright (F20), Ellie	Yate & District AC
4	85	Girling (M20), Joe	Neath Harriers
5	133	Hargrave (F13), Jess	North Somerset AC
6	208	Akinde (M17), Michael	Bath University
7	149	Richmond (F15), Frida	Yate & District AC

Event	16 200 Metres	Heat 2	Guide Start Time : 16:50	
1		170	Lee (F15), Annabel	Yate & District AC
2		58	Wigginton (M17), Zack	Yate & District AC
3		113	Nicoll (F15), Aaliyah	Yate & District AC
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

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

Event	16 200 Metres	Heat 5	Guide Start Time : 17:05	
1		72	Howell (F15), Bella	Yate & District AC
2		174	Pugh (F17), Scarlett	Marlborough AC
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

Event	16 200 Metres	Heat 6	Guide Start Time : 17:10	
1		59	Drennen (F17), Ruby-Mae	Yate & District AC
2		165	Ellery (M60), Mark	Bristol & West AC
3		53	Wright (F15), Anna	Taunton AC
4		70	Darby (F23), Hannah	University of Birmingham
5		131	Rodgers (F17), Nia	Taunton AC
6		14	Gordon (F17), Annabel	Yate & District AC
7		99	Redmond (F17), Celeste	Yate & District AC
8		12	Wilkins (M15), Tristan	Yate & District AC

Event	16 200 Metres	Heat 7	Guide Start Time : 17:15	
1		147	Brown (F17), Eleri	Neath Harriers
2		107	Tandy (F15), Amber	Gloucester AC
3		33	Bell (F17), Charlotte	Stroud & District AC
4		103	Pachula (F15), Olivia	Gloucester AC
5		102	Karekla (F23), Stefani	Swansea Harriers
6		68	Cambridge (F15), Amari	Gloucester AC
7		31	Gibbs (F34), Sarah	Newport Harriers
8		98	Hill (F17), Isabel	Yate & District AC

Event	16 200 Metres	Heat 8	Guide Start 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

Event	16 200 Metres	Heat 9	Guide Start Time : 17:25	
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		134	Lee (F34), Cerys	Taunton AC

Event	16 200 Metres	Heat 10	Guide Start Time : 17:30	
1		112	Austin (M15), Finnley	Neath Harriers
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

Event	16 200 Metres	Heat 13	Guide Start Time : 17:45	
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
7		121	Armstrong (M20), Alexander	Yeovil Olympiads
8		179	Muhumuza (M34), Kenneth	Team Bath

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	