

| 100m (Sunday) | | | | | | |
|---------------|-----------------------------|----------------------------|-----|--------|---|----|
| Final | Wind -0.7 | | | | | |
| | 1 Kai Ethan La Croix | City of Portsmouth AC | 615 | 12.079 | | PB |
| | 2 Casper Stephens | Olympia Athletics | 620 | 12.364 | | PB |
| | 3 Luke Young | Fleet & Crookham AC | 612 | 12.376 | | |
| | 4 Hugo Baker | Southampton AC | 616 | 12.588 | | PB |
| | 5 Scott Mackay | Jersey Spartan AC | 601 | 12.691 | | PB |
| | 6 Mikel Folorunsho Adesanya | City of Portsmouth AC | 609 | 12.943 | | PB |
| | 7 Sebastian Hutchinson | Southampton AC | 622 | 13.158 | | PB |
| | 8 Brandon Riley Coleman | Basingstoke & Mid Hants AC | 608 | 13.194 | | PB |
| Heat 1 | Wind -2.0 | | | | | |
| | 1 Luke Young | Fleet & Crookham AC | 612 | 12.633 | Q | |
| | 2 Scott Mackay | Jersey Spartan AC | 601 | 12.81 | Q | PB |
| | 3 Mikel Folorunsho Adesanya | City of Portsmouth AC | 609 | 13.1 | q | PB |
| | 4 Alfred George Cook | Reading AC | 600 | 13.673 | | PB |
| | 5 Ryder Baker | City of Portsmouth AC | 606 | 15.116 | | PB |
| Heat 2 | Wind -1.5 | | | | | |
| | 1 Kai Ethan La Croix | City of Portsmouth AC | 615 | 12.521 | Q | |
| | 2 Casper Stephens | Olympia Athletics | 620 | 12.616 | Q | PB |
| | 3 Hugo Baker | Southampton AC | 616 | 13.033 | q | PB |
| | 4 Amir Abdelmoati | Jersey Spartan AC | 613 | 13.518 | | PB |
| | 5 Harry James Cork | SETAFA | 618 | 14.01 | | SB |
| | 6 Koen Renooij | Aldershot Farnham District | 607 | 14.061 | | SB |
| Heat 3 | Wind -4.5 | | | | | |
| | 1 Brandon Riley Coleman | Basingstoke & Mid Hants AC | 608 | 13.847 | Q | |
| | 2 Sebastian Hutchinson | Southampton AC | 622 | 13.884 | Q | SB |
| | 3 Evan Bosio | Jersey Spartan AC | 611 | 14.239 | | PB |
| | 4 Dhan Pangali | Jersey Spartan AC | 619 | 14.409 | | PB |
| | 5 Johannes Joost Steinberg | Winchester & AC | 604 | 14.975 | | PB |
| | 6 Ethan Jordan Francis | City of Portsmouth AC | 605 | 15.679 | | PB |

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| 1500m (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Ian Amadio Bahia | Basingstoke & Mid Hants AC | 648 | 04:37.0 | PB |
| | 2 | Teddy Wilson | Jersey Spartan AC | 626 | 04:39.2 | PB |
| | 3 | Justin Klepacz | City of Portsmouth AC | 664 | 04:40.1 | SB |
| | 4 | Jonah Tildesley | City of Portsmouth AC | 663 | 04:40.5 | PB |
| | 5 | Luke Furby | Winchester Running Club | 656 | 04:44.5 | SB |
| | 6 | Colm Robertson | New Forest Junior AC | 660 | 04:46.1 | SB |
| | 7 | Leo Gage | Jersey Spartan AC | 655 | 04:55.7 | PB |
| | 8 | Brody Knipe | City of Portsmouth AC | 662 | 04:58.8 | PB |
| | 9 | Jacob Baylis | Southampton AC | 651 | 04:59.0 | PB |
| | 10 | Caspar Morris | Basingstoke & Mid Hants AC | 657 | 05:05.5 | SB |
| | 11 | Harry Field | Basingstoke & Mid Hants AC | 653 | 05:09.6 | PB |
| | 12 | Noah Withey | City of Portsmouth AC | 652 | 05:11.4 | PB |
| | 13 | Remy Brackwell-Slade | Winchester Running Club | 654 | 05:18.6 | PB |
| | 14 | Theo Duncan Depledge | Jersey Spartan AC | 641 | 05:19.8 | PB |
| | 15 | Hugo Robert Johnson | City of Portsmouth AC | 665 | 05:26.1 | SB |
| | 16 | Rhys Emerit | Basingstoke & Mid Hants AC | 659 | 05:27.6 | PB |
| | 17 | Morgan Baker | City of Portsmouth AC | 658 | 05:30.2 | |
| 200m (Saturday) | | | | | | |
| Final | | | | | | |
| | | Wind -2.0 | | | | |
| | 1 | Emil Friedrich | Guernsey AC | 624 | 23.952 | SB |
| | 2 | Cole Ethan Selby | Jersey Spartan AC | 630 | 24.87 | |
| | 3 | Kai Ethan La Croix | City of Portsmouth AC | 615 | 25.565 | |
| | 4 | Toby Gardener | Winchester & AC | 603 | 26.501 | |
| | 5 | Scott Mackay | Jersey Spartan AC | 601 | 26.785 | |
| | 6 | Hugo Baker | Southampton AC | 616 | 27.057 | PB |
| | 7 | Harry Robert Kirk | Southampton AC | 625 | 27.505 | |
| | | Tobi Adeniran | Basingstoke & Mid Hants AC | 627 | DNF | |
| Heat 1 | | | | | | |
| | | Wind -2.1 | | | | |
| | 1 | Emil Friedrich | Guernsey AC | 624 | 24.21 Q | SB |
| | 2 | Kai Ethan La Croix | City of Portsmouth AC | 615 | 25.14 Q | PB |
| | 3 | Alfred George Cook | Reading AC | 600 | 27.455 | PB |
| | 4 | Amir Abdelmoati | Jersey Spartan AC | 613 | 27.498 | PB |
| | 5 | Evan Bosio | Jersey Spartan AC | 611 | 28.793 | PB |

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| Heat 2 | Wind -3.2 | | | | | |
| 1 | Cole Ethan Selby | Jersey Spartan AC | 630 | 25.309 | Q | PB |
| 2 | Toby Gardener | Winchester & AC | 603 | 26.224 | Q | SB |
| 3 | Scott Mackay | Jersey Spartan AC | 601 | 26.989 | q | |
| 4 | Tom Pate | Winchester & AC | 629 | 27.363 | | PB |
| 5 | Koen Renooij | Aldershot Farnham District | 607 | 29.308 | | SB |
| 6 | Ryder Baker | City of Portsmouth AC | 606 | 31.908 | | PB |
| Heat 3 | Wind -2.5 | | | | | |
| 1 | Tobi Adeniran | Basingstoke & Mid Hants AC | 627 | 26.661 | Q | SB |
| 2 | Harry Robert Kirk | Southampton AC | 625 | 27.08 | Q | SB |
| 3 | Hugo Baker | Southampton AC | 616 | 27.145 | q | PB |
| 4 | Mikel Folorunsho Adesanya | City of Portsmouth AC | 609 | 27.158 | | PB |
| 5 | Finley Robert Le Claire | Jersey Spartan AC | 617 | 28.629 | | PB |
| 6 | Teddy Wilson | Jersey Spartan AC | 626 | 28.862 | | SB |
| 3000m (Saturday) | | | | | | |
| Final | | | | | | |
| 1 | Orlando De la Cruz Reid | Basingstoke & Mid Hants AC | 668 | 09:46.1 | | PB |
| 2 | Alex Wade | Southampton AC | 669 | 10:27.3 | | PB |
| 3 | Brandon Riley Coleman | Basingstoke & Mid Hants AC | 608 | 10:39.3 | | PB |
| 4 | Jack Martin Sansome | Winchester Running Club | 666 | 11:11.9 | | PB |
| 5 | Remy Brackwell-Slade | Winchester Running Club | 654 | 11:20.9 | | PB |
| 6 | Morgan Baker | City of Portsmouth AC | 658 | 11:42.8 | | PB |
| 300m (Sunday) | | | | | | |
| Final | | | | | | |
| 1 | Emil Friedrich | Guernsey AC | 624 | 36.792 | | CR SB |
| 2 | Cole Ethan Selby | Jersey Spartan AC | 630 | 38.217 | | PB |
| 3 | Duncan Robertson | Winchester & AC | 632 | 40.931 | | PB |
| 4 | Harry Robert Kirk | Southampton AC | 625 | 41.872 | | PB |
| 5 | Alfred George Cook | Reading AC | 600 | 42.834 | | PB |
| 6 | Reuben Budden | Southampton AC | 623 | 43.469 | | PB |
| 7 | Sebastian Hutchinson | Southampton AC | 622 | 44.441 | | PB |
| 8 | Harvey Guynan | Basingstoke & Mid Hants AC | 634 | 46.164 | | PB |

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| 800m | | | | | | |
| Final (Sunday) | | | | | | |
| | 1 | Paddy Butler | New Forest Junior AC | 633 | 02:10.8 | PB |
| | 2 | Felix Sclater | Winchester & AC | 635 | 02:11.1 | PB |
| | 3 | Edward Smith | Basingstoke & Mid Hants AC | 646 | 02:11.7 | PB |
| | 4 | Lewis Davis | Havant AC | 647 | 02:12.3 | PB |
| | 5 | Oliver Maxwell | Basingstoke & Mid Hants AC | 631 | 02:12.9 | PB |
| | 6 | Toby Baker | City of Portsmouth AC | 640 | 02:13.1 | |
| | 7 | Jonah Curley | Olympia Athletics | 649 | 02:18.0 | |
| | 8 | Luke Cunningham | City of Portsmouth AC | 638 | 02:20.8 | |
| Heat 1 (Saturday) | | | | | | |
| | 1 | Felix Sclater | Winchester & AC | 635 | 02:13.1 Q | PB |
| | 2 | Oliver Maxwell | Basingstoke & Mid Hants AC | 631 | 02:13.9 Q | PB |
| | 3 | Paddy Butler | New Forest Junior AC | 633 | 02:15.7 Q | |
| | 4 | Jonah Curley | Olympia Athletics | 649 | 02:16.7 q | PB |
| | 5 | Luke Cunningham | City of Portsmouth AC | 638 | 02:17.9 q | PB |
| | 6 | Leo Davies-Pratt | Winchester & AC | 645 | 02:22.7 | PB |
| | 7 | Jack David Bracher | Southampton AC | 642 | 02:25.3 | PB |
| | 8 | William French | Southampton AC | 637 | 02:27.0 | PB |
| | 9 | Oliver Cameron | City of Portsmouth AC | 643 | 02:28.5 | |
| Heat 2 (Saturday) | | | | | | |
| | 1 | Lewis Davis | Havant AC | 647 | 02:16.6 Q | PB |
| | 2 | Toby Baker | City of Portsmouth AC | 640 | 02:19.2 Q | |
| | 3 | Edward Smith | Basingstoke & Mid Hants AC | 646 | 02:21.4 Q | PB |
| | 4 | Elliot Trepass | Basingstoke & Mid Hants AC | 650 | 02:23.5 | PB |
| | 5 | Ollie Donovan | Isle of Wight AC | 644 | 02:33.5 | |
| | 6 | Edward Field | Guernsey AC | 636 | 02:33.5 | SB |
| | 7 | Theo Duncan Depledge | Jersey Spartan AC | 641 | 02:34.0 | PB |
| | 8 | Mason Camp | City of Portsmouth AC | 639 | 02:35.3 | PB |
| 80m Hurdles (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Emil Friedrich | Guernsey AC | 624 | 12.136 | PB |
| | 2 | Dhan Pangali | Jersey Spartan AC | 619 | 14.268 | PB |
| | 3 | Jack Martin Sansome | Winchester Running Club | 666 | 18.191 | PB |

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| 2000m Walk (4 May) | No Competition | | | | |
| Discus (Saturday) | | | | | |
| Final | | | | | |
| | 1 Tobi Adeniran | Basingstoke & Mid Hants AC | 627 | 40.59 | PB |
| | 2 Toby Barton | Winchester & AC | 679 | 37.85 | PB |
| | 3 Emil Friedrich | Guernsey AC | 624 | 29.07 | SB |
| | 4 Christopher Wood | Winchester & AC | 675 | 24.14 | PB |
| | 5 Alfred George Cook | Reading AC | 600 | 22.36 | PB |
| | 6 Riley Peter Hooker | City of Portsmouth AC | 677 | 18.10 | PB |
| | 7 Edward Field | Guernsey AC | 636 | 18.01 | PB |
| | 8 Morgan Baker | City of Portsmouth AC | 658 | 14.69 | |
| Hammer (Sunday) | | | | | |
| Final | | | | | |
| | 1 Ewan Reece Dermody | Southampton AC | 681 | 34.07 | PB |
| | 2 Panagiotis Karletsos | Winchester & AC | 680 | 25.36 | PB |
| | 3 Christopher Wood | Winchester & AC | 675 | 22.42 | PB |
| | 4 Riley Peter Hooker | City of Portsmouth AC | 677 | 18.72 | PB |
| High Jump (Sunday) | | | | | |
| Final | | | | | |
| | 1 Alex Fitzer | Basingstoke & Mid Hants AC | 671 | 1.70 | PB |
| | 2 Sam Hurst | Winchester & AC | 672 | 1.60 | PB |
| | 3 Amir Abdelmoati | Jersey Spartan AC | 613 | 1.50 | PB |
| | 4 Leo Davies-Pratt | Winchester & AC | 645 | 1.45 | |
| | 5 Harry Robert Kirk | Southampton AC | 625 | 1.45 | PB |
| | 6 Johannes Joost Steinberg | Winchester & AC | 604 | 1.30 | SB |
| Javelin (Sunday) | | | | | |
| Final | | | | | |
| | 1 Josh Fitzer | Basingstoke & Mid Hants AC | 685 | 38.62 | PB |
| | 2 Christopher Wood | Winchester & AC | 675 | 37.20 | PB |
| | 3 Tom Pate | Winchester & AC | 629 | 33.64 | PB |
| | 4 Logan Turner | City of Portsmouth AC | 686 | 32.48 | PB |
| | 5 James Capstick | New Forest Junior AC | 687 | 30.39 | SB |
| | 6 Ruben Bismarck Steinberg | Winchester & AC | 682 | 30.30 | PB |
| | 7 Noah Benjamin Gartell | Isle of Wight AC | 684 | 25.44 | PB |
| | 8 Edward Field | Guernsey AC | 636 | 21.85 | SB |
| | 9 Riley Peter Hooker | City of Portsmouth AC | 677 | 21.29 | PB |
| | 10 Morgan Baker | City of Portsmouth AC | 658 | 20.37 | PB |
| | 11 Koen Renooij | Aldershot Farnham District | 607 | 16.40 | SB |
| | Johannes Joost Steinberg | Winchester & AC | 604 | | |
| | Ewan Reece Dermody | Southampton AC | 681 | | |

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| Long Jump (Saturday) | | | | | |
| Final | | | | | |
| 1 | Emil Friedrich | Guernsey AC | 624 | 5.88 | |
| 2 | Leo Davies-Pratt | Winchester & AC | 645 | 5.24 | |
| 3 | Sebastian Hutchinson | Southampton AC | 622 | 5.12 | |
| 4 | Tom Pate | Winchester & AC | 629 | 4.89 | |
| 5 | Brandon Riley Coleman | Basingstoke & Mid Hants AC | 608 | 4.75 | |
| 6 | Finley Nicolle | Guernsey AC | 670 | 4.72 | |
| 7 | Teddy Wilson | Jersey Spartan AC | 626 | 4.58 | |
| 8 | Amir Abdelmoati | Jersey Spartan AC | 613 | 4.53 | |
| 9 | Koen Renooij | Aldershot Farnham District | 607 | 4.35 | |
| 10 | Dhan Pangali | Jersey Spartan AC | 619 | 4.31 | |
| 11 | Ryder Baker | City of Portsmouth AC | 606 | 3.52 | |
| 12 | Ethan Jordan Francis | City of Portsmouth AC | 605 | 3.40 | |
| | Evan Bosio | Jersey Spartan AC | 611 | | |
| Pole Vault (Saturday) | | | | | |
| Final | | | | | |
| 1 | Tom Price | Winchester & AC | 673 | 3.00 | PB |
| Shot Put (Sunday) | | | | | |
| Final | | | | | |
| 1 | Tobi Adeniran | Basingstoke & Mid Hants AC | 627 | 12.93 | PB |
| 2 | Emil Friedrich | Guernsey AC | 624 | 11.72 | PB |
| 3 | Sam Hurst | Winchester & AC | 672 | 9.95 | SB |
| 4 | Ben McCormack | Isle of Wight AC | 676 | 9.42 | PB |
| 5 | Alfred George Cook | Reading AC | 600 | 8.11 | PB |
| 6 | Riley Peter Hooker | City of Portsmouth AC | 677 | 7.20 | |
| Triple Jump (Sunday) | | | | | |
| Final | | | | | |
| 1 | Duncan Robertson | Winchester & AC | 632 | 11.11 | |
| 2 | Sebastian Hutchinson | Southampton AC | 622 | 10.84 | |
| 3 | Leo Davies-Pratt | Winchester & AC | 645 | 10.72 | |
| 4 | Koen Renooij | Aldershot Farnham District | 607 | 9.74 | |
| 5 | Finley Nicolle | Guernsey AC | 670 | 9.71 | |