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| 100m (Saturday) | | | | | | |
| Final | | | | | | |
| | Wind -4.1 | | | | | |
| 1 | Gracie Ava Osman | Winchester & AC | 506 | 12.889 | | |
| 2 | Zara Addo-Antoine | Aldershot Farnham District | 509 | 13.161 | | |
| 3 | Harriet Griffiths-Horrod | SETAFA | 515 | 13.213 | | |
| 4 | Joselyn Eva Ford | Guernsey AC | 511 | 13.415 | | |
| 5 | Sophie McCallum | Isle of Wight AC | 508 | 13.434 | | |
| 6 | Ramatoulie Savage | City of Portsmouth AC | 503 | 13.978 | | |
| 7 | Suzanna Ord | Winchester & AC | 510 | 14.027 | | |
| 8 | Isabella Caroline Gibson | Jersey Spartan AC | 514 | 14.037 | | |
| Heat 1 | | | | | | |
| | Wind -3.7 | | | | | |
| 1 | Gracie Ava Osman | Winchester & AC | 506 | 13.032 | Q | |
| 2 | Sophie McCallum | Isle of Wight AC | 508 | 13.498 | Q | |
| 3 | Joselyn Eva Ford | Guernsey AC | 511 | 13.521 | Q | |
| 4 | Adjara Seibou | City of Portsmouth AC | 500 | 14.276 | | SB |
| 5 | Evie Wright | City of Portsmouth AC | 512 | 14.639 | | SB |
| 6 | Paloma Femke van Ingen | Winchester & AC | 507 | 14.675 | | PB |
| 7 | Anna Eustace | Basingstoke & Mid Hants AC | 501 | 14.694 | | PB |
| Heat 2 | | | | | | |
| | Wind -3.1 | | | | | |
| 1 | Harriet Griffiths-Horrod | SETAFA | 515 | 13.041 | Q | SB |
| 2 | Zara Addo-Antoine | Aldershot Farnham District | 509 | 13.155 | Q | SB |
| 3 | Suzanna Ord | Winchester & AC | 510 | 13.861 | Q | PB |
| 4 | Ramatoulie Savage | City of Portsmouth AC | 503 | 13.87 | q | PB |
| 5 | Isabella Caroline Gibson | Jersey Spartan AC | 514 | 13.873 | q | SB |
| 6 | Jenny Eustace | Basingstoke & Mid Hants AC | 505 | 14.086 | | |
| 7 | Dennisha Dawson | City of Portsmouth AC | 513 | 14.342 | | PB |
| 1500m (Saturday) | | | | | | |
| Final | | | | | | |
| 1 | Poppy Taylor | Winchester Running Club | 532 | 04:50.0 | | SB |
| 2 | Ava Lilly Spiers | Basingstoke & Mid Hants AC | 549 | 04:52.4 | | PB |
| 3 | Amelia Thomas | City of Portsmouth AC | 547 | 04:53.4 | | SB |
| 4 | Mia Grace Spiers | Basingstoke & Mid Hants AC | 550 | 04:55.2 | | PB |
| 5 | Aurelia Elizabeth Klidjian | City of Portsmouth AC | 543 | 04:57.9 | | SB |
| 6 | Julia Smykala | Aldershot Farnham District | 545 | 04:58.8 | | PB |
| 7 | Charlotte Oakley | City of Portsmouth AC | 535 | 05:02.2 | | SB |
| 8 | Evie Bramall | City of Portsmouth AC | 553 | 05:04.5 | | SB |
| 9 | Naomi Gordon | Southampton AC | 546 | 05:05.6 | | PB |
| 10 | Lily-Mae Lancaster-Evans | Basingstoke & Mid Hants AC | 551 | 05:07.2 | | |
| 11 | Alodie Jane Gill | Winchester Running Club | 530 | 05:12.0 | | SB |
| 12 | Elise Higgins | Southampton AC | 537 | 05:18.3 | | SB |
| 13 | Isla Sanders | City of Portsmouth AC | 536 | 05:21.5 | | SB |
| 14 | Milly Parker | Winchester & AC | 533 | 05:21.5 | | |
| 15 | Theodora Murray | Guernsey AC | 548 | 05:26.1 | | |
| 16 | Abigail Spencer | Basingstoke & Mid Hants AC | 527 | 05:27.3 | | SB |

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| 1500m Steeplechase (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Bethy Naylor-Davis | Waverley Athletics Club | 556 | 05:21.2 | PB |
| | 2 | Theodora Murray | Guernsey AC | 548 | 05:46.0 | PB |
| 200m (Sunday) | | | | | | |
| Final | | | | | | |
| | | Wind -1.3 | | | | |
| | 1 | Chloe Poore | Winchester & AC | 518 | 25.427 | |
| | 2 | Chloe Johnson | New Forest Junior AC | 517 | 26.471 | |
| | 3 | Mesoma Nwabueze | SETAFA | 524 | 26.754 | SB |
| | 4 | Olivia Sarling | Aldershot Farnham District | 519 | 27.357 | SB |
| | 5 | Harriet Griffiths-Horrod | SETAFA | 515 | 27.705 | |
| | 6 | Joselyn Eva Ford | Guernsey AC | 511 | 28.157 | |
| | 7 | Olivia Whitmore | Guernsey AC | 521 | 28.515 | PB |
| DNS | | | | | | |
| | | Nikola Vagule | Guernsey AC | 516 | | |
| Heat 1 | | | | | | |
| | | Wind -4.4 | | | | |
| | 1 | Chloe Poore | Winchester & AC | 518 | 26.835 | Q |
| | 2 | Harriet Griffiths-Horrod | SETAFA | 515 | 27.6 | Q SB |
| | 3 | Olivia Sarling | Aldershot Farnham District | 519 | 28.069 | Q SB |
| | 4 | Nikola Vagule | Guernsey AC | 516 | 29.266 | q |
| | 5 | Jenny Eustace | Basingstoke & Mid Hants AC | 505 | 29.777 | SB |
| | 6 | Paloma Femke van Ingen | Winchester & AC | 507 | 30.248 | PB |
| | 7 | Lena Wlodarczyk | Jersey Spartan AC | 523 | 31.102 | PB |
| Heat 2 | | | | | | |
| | | Wind -5.1 | | | | |
| | 1 | Chloe Johnson | New Forest Junior AC | 517 | 26.838 | Q |
| | 2 | Mesoma Nwabueze | SETAFA | 524 | 27.003 | Q SB |
| | 3 | Joselyn Eva Ford | Guernsey AC | 511 | 28.23 | Q |
| | 4 | Olivia Whitmore | Guernsey AC | 521 | 29.02 | q SB |
| | 5 | Dennisha Dawson | City of Portsmouth AC | 513 | 29.522 | PB |
| | 6 | Amabel Jansen | City of Portsmouth AC | 522 | 29.886 | SB |
| | 7 | Anna Eustace | Basingstoke & Mid Hants AC | 501 | 30.178 | PB |
| 3000m (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Amelia Thomas | City of Portsmouth AC | 547 | 10:36.0 | PB |
| | 2 | Bethy Naylor-Davis | Waverley Athletics Club | 556 | 10:39.1 | |
| | 3 | Julia Smykala | Aldershot Farnham District | 545 | 10:39.4 | PB |
| | 4 | Sophie Lane | Southampton AC | 554 | 11:16.7 | PB |
| | 5 | Theodora Murray | Guernsey AC | 548 | 11:46.7 | PB |
| | 6 | Anna May Edwards | Basingstoke & Mid Hants AC | 555 | 12:02.5 | |

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| 300m (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Chloe Poore | Winchester & AC | 518 | 39.938 | |
| | 2 | Lucia Bertacchini | Winchester & AC | 529 | 40.206 | SB |
| | 3 | Chloe Johnson | New Forest Junior AC | 517 | 41.767 | |
| | 4 | Aoife Hendley | City of Portsmouth AC | 528 | 44.041 | |
| | 5 | Jenny Eustace | Basingstoke & Mid Hants AC | 505 | 46.657 | PB |
| | 6 | Izabel Brown | Basingstoke & Mid Hants AC | 531 | 47.773 | PB |
| | 7 | Anna Eustace | Basingstoke & Mid Hants AC | 501 | 47.853 | PB |
| | 8 | Elodie Jane Gill | Winchester Running Club | 530 | 48.264 | |
| DNS | | Abigail Spencer | Basingstoke & Mid Hants AC | 527 | | |
| 300m Hurdles (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Lucia Bertacchini | Winchester & AC | 529 | 43.269 | CR SB |
| 800m Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Elsa Norris | New Forest Junior AC | 540 | 02:14.6 | |
| | 2 | Daisy Allford | Basingstoke & Mid Hants AC | 544 | 02:16.9 | SB |
| | 3 | Francesca Joslin | Winchester & AC | 534 | 02:17.2 | PB |
| | 4 | Poppy Taylor | Winchester Running Club | 532 | 02:20.8 | SB |
| | 5 | Aurelia Elizabeth Klidjian | City of Portsmouth AC | 543 | 02:21.3 | PB |
| | 6 | Charlotte Oakley | City of Portsmouth AC | 535 | 02:28.5 | SB |
| | 7 | Elise Higgins | Southampton AC | 537 | 02:31.9 | |
| DNS | | Milly Parker | Winchester & AC | 533 | | |
| Heat 1 | | | | | | |
| | 1 | Daisy Allford | Basingstoke & Mid Hants AC | 544 | 02:25.1 Q | SB |
| | 2 | Francesca Joslin | Winchester & AC | 534 | 02:26.5 Q | SB |
| | 3 | Aurelia Elizabeth Klidjian | City of Portsmouth AC | 543 | 02:27.8 Q | SB |
| | 4 | Isla Sanders | City of Portsmouth AC | 536 | 02:31.9 | SB |
| | 5 | Elodie Jane Gill | Winchester Running Club | 530 | 02:33.1 | |
| | 6 | Georgina Constantine Hughes | Winchester & AC | 541 | 02:34.0 | PB |
| Heat 2 | | | | | | |
| | 1 | Elsa Norris | New Forest Junior AC | 540 | 02:26.9 Q | |
| | 2 | Elise Higgins | Southampton AC | 537 | 02:27.5 Q | SB |
| | 3 | Poppy Taylor | Winchester Running Club | 532 | 02:27.7 Q | SB |
| | 4 | Charlotte Oakley | City of Portsmouth AC | 535 | 02:28.9 q | SB |
| | 5 | Milly Parker | Winchester & AC | 533 | 02:29.2 q | PB |
| | 6 | Sydney Vanstone | Fleet & Crookham AC | 538 | 02:29.3 | PB |

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| 80m Hurdles (Saturday) | | | | | | |
| Final | Wind -4.2 | | | | | |
| | 1 | Rosie Lewis | City of Portsmouth AC | 558 | 12.663 | PB |
| | 2 | Gracie Ava Osman | Winchester & AC | 506 | 12.77 | |
| | 3 | Olivia Whitmore | Guernsey AC | 521 | 13.057 | PB |
| | 4 | Anais Andrews | Winchester & AC | 557 | 13.101 | SB |
| | | Nikola Vagule | Guernsey AC | 516 | DQ | |
| 3000m Walk (4 May) | | | | | | |
| | No Competition | | | | | |
| Discus (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Bethany Rhea Mballa | Winchester & AC | 571 | 36.26 | SB |
| | 2 | Ella Frona Reece | Southampton AC | 568 | 33.97 | PB |
| | 3 | Abigail Ellen McBriar | Winchester & AC | 572 | 33.19 | |
| | 4 | Darcey Thorne-Henderson | Winchester & AC | 565 | 30.02 | SB |
| | 5 | Victoria Elizabeth Pinel | Jersey Spartan AC | 569 | 24.64 | SB |
| | 6 | Jessica Rachel Le Cornu | Jersey Spartan AC | 567 | 19.91 | |
| | 7 | Sofia May Pereira Field | Jersey Spartan AC | 570 | 7.94 | SB |
| Hammer (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Darcey Thorne-Henderson | Winchester & AC | 565 | 24.90 | SB |
| | 2 | Victoria Elizabeth Pinel | Jersey Spartan AC | 569 | 24.45 | SB |
| High Jump (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Yasmin Dent | Andover AC | 559 | 1.61 | PB |
| | 2 | Rosie Lewis | City of Portsmouth AC | 558 | 1.60 | |
| | 3 | Poppy Hope Crook | Winchester & AC | 561 | 1.55 | SB |
| | 4 | Nikola Vagule | Guernsey AC | 516 | 1.55 | |
| | 5 | Esme Clara Buchanan | Winchester & AC | 560 | 1.45 | |
| Javelin (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Charlotte Pabari | City of Portsmouth AC | 566 | 40.30 | SB |
| | 2 | Abigail Ellen McBriar | Winchester & AC | 572 | 37.86 | PB |
| | 3 | Victoria Elizabeth Pinel | Jersey Spartan AC | 569 | 32.22 | PB |
| | 4 | Jessica Rachel Le Cornu | Jersey Spartan AC | 567 | 15.38 | PB |

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| Long Jump (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Gracie Ava Osman | Winchester & AC | 506 | 5.54 | |
| | 2 | Erin Adams | Winchester & AC | 564 | 5.02 | |
| | 3 | Isabella Caroline Gibson | Jersey Spartan AC | 514 | 4.81 | |
| | 4 | Poppy Hope Crook | Winchester & AC | 561 | 4.64 | |
| | 5 | Amabel Jansen | City of Portsmouth AC | 522 | 4.56 | |
| | 6 | Dennisha Dawson | City of Portsmouth AC | 513 | 4.52 | |
| | 7 | Sydney Vanstone | Fleet & Crookham AC | 538 | 4.24 | |
| | 8 | Amelie Jessica Hall | Jersey Spartan AC | 526 | 4.24 | |
| | 9 | Lena Wlodarczyk | Jersey Spartan AC | 523 | 4.13 | |
| | 10 | Georgia Barrett | Basingstoke & Mid Hants AC | 520 | 4.05 | |
| | 11 | Abigail Spencer | Basingstoke & Mid Hants AC | 527 | 3.94 | |
| Pole Vault (Sunday) | | | | | | |
| Final | | | | | | |
| | 1 | Lexie Mae Trott | Winchester & AC | 562 | 3.15 | |
| | 2 | Victoria Joanna Drake | Southampton AC | 563 | 2.45 | PB |
| Shot Put (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Charlotte Pabari | City of Portsmouth AC | 566 | 12.45 | SB |
| | 2 | Ella Frona Reece | Southampton AC | 568 | 11.91 | SB |
| | 3 | Anais Andrews | Winchester & AC | 557 | 11.21 | PB |
| | 4 | Darcey Thorne-Henderson | Winchester & AC | 565 | 11.19 | SB |
| | 5 | Victoria Elizabeth Pinel | Jersey Spartan AC | 569 | 9.76 | SB |
| | 6 | Nikola Vagule | Guernsey AC | 516 | 9.59 | PB |
| | 7 | Olivia Whitmore | Guernsey AC | 521 | 8.84 | SB |
| | 8 | Izabel Brown | Basingstoke & Mid Hants AC | 531 | 8.47 | |
| | 9 | Jessica Rachel Le Cornu | Jersey Spartan AC | 567 | 6.16 | PB |
| | 10 | Sofia May Pereira Field | Jersey Spartan AC | 570 | 4.43 | PB |
| Triple Jump (Saturday) | | | | | | |
| Final | | | | | | |
| | 1 | Erin Adams | Winchester & AC | 564 | 10.31 | |
| | 2 | Amelie Jessica Hall | Jersey Spartan AC | 526 | 9.18 | |