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| Event | Men | Women |
| 100m | Kevin Thompson JamCyrus Wesley USAAdam Thomas GBREoin Doherty IRLJoseph Ojewumi IRL | Stephanie KaluSharlen MawsdleyNiamh WhelanSarah Murray |
| 200m  | Leon Reid GBRCameron Tindlle GBRStephen Dunlop GBRPatrick O’Connor IRLLuke Morris | AboveSinead Denny IrlStephanie Creaner Irl |
| 400m  | David Gillick IrlThoe Cambell GBRGrant Plenderleith GBRBen Maze Irl | Ciara McCallion IrlAisling Drumgoole Irl |
| 400 Hurdles | Cristian Moran NGRPaul Byrne IrlJack LawrieMartin Cooper GBR | Christian McMahon NISarah Wells CanEva Duibslaeger BEl |
| 800m | Niall Tuohy IrlDean Cronin IrlConall Kirk NI | Laura Crowe IrlRevee Walcott Nolan GBRKaty Brown ScoRachel McClay GBrKelly Neely |
| 1500m | Paul Robinson IrlJohnTravers IrlTom Lancashire GBRJordy Williamsz AUSMatt Clowes GBRKieran Kelly IrlKevin McGrath Irl | Amy O’Donoghue IrlEmma Mitchell NIKaty Kirk NiEllie Hartnett Irl |