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| Event | Men | Women |
| 100m | Kevin Thompson Jam  Cyrus Wesley USA  Adam Thomas GBR  Eoin Doherty IRL  Joseph Ojewumi IRL | Stephanie Kalu  Sharlen Mawsdley  Niamh Whelan  Sarah Murray |
| 200m | Leon Reid GBR  Cameron Tindlle GBR  Stephen Dunlop GBR  Patrick O’Connor IRL  Luke Morris | Above  Sinead Denny Irl  Stephanie Creaner Irl |
| 400m | David Gillick Irl  Thoe Cambell GBR  Grant Plenderleith GBR  Ben Maze Irl | Ciara McCallion Irl  Aisling Drumgoole Irl |
| 400 Hurdles | Cristian Moran NGR  Paul Byrne Irl  Jack Lawrie  Martin Cooper GBR | Christian McMahon NI  Sarah Wells Can  Eva Duibslaeger BEl |
| 800m | Niall Tuohy Irl  Dean Cronin Irl  Conall Kirk NI | Laura Crowe Irl  Revee Walcott Nolan GBR  Katy Brown Sco  Rachel McClay GBr  Kelly Neely |
| 1500m | Paul Robinson Irl  JohnTravers Irl  Tom Lancashire GBR  Jordy Williamsz AUS  Matt Clowes GBR  Kieran Kelly Irl  Kevin McGrath Irl | Amy O’Donoghue Irl  Emma Mitchell NI  Katy Kirk Ni  Ellie Hartnett Irl |