

| | | | | |
|------------|-----|---------|--------------------|---------------|
| 100m Men | 174 | 12.2 | Alasdair Rigby | Canock+Staffs |
| | 176 | 12.4 | Mark Bennett | Brom+Red |
| | 175 | 12.5 | James Harris | Leamington |
| | 171 | 12.6 | Dan George | Canock+Staffs |
| | 173 | 12.9 | Shawn Ainge | Canock+Staffs |
| | 178 | 12.9 | Gary Myles | Canock+Staffs |
| | 179 | 13.0 | Paul Edwards | Canock+Staffs |
| 100m Women | 165 | 13.2 | Emma Plow | Newport |
| | 166 | 14.0 | Kirsty Crane | Newport |
| | 167 | 15.5 | Yasmine Al-Daftary | Brom+Red |
| 3000m Men | 177 | 10.19.0 | Gareth Fededay | Newport |
| | 169 | 10.22.7 | Kevin Lanckham | Brom+Red |
| | 168 | 10.47.9 | Mark Appleton | Brom+Red |
| | 170 | 11.23.8 | Sam Moran | Brom+Red |