

Welcome to our newsletter

GOOD LUCK WISHES ...

... to everyone competing in the BMAF Championships in Nuneaton this weekend.

FINAL FLING ARRANGEMENTS

We are planning to host an end-of-season mini track meeting on Thursday 25th September. This will start at approximately 6pm.

Events include 600m for U11's only, 300m, 800m & 1500m (open to all other age groups). This is a fantastic chance to finish the season on a high note and celebrate your progress before we move our focus to winter training and the cross country and road season.

Details will be on the club notice board and entry details can be found on Roster.

NEW AGE GROUP CHANGES

Many of you will have heard that the age groups are changing from April 1st 2026, that is only nine months away. The new age categories will be Under 14, Under 16, and Under 18, with additional competitions for Under 10 and Under 12 (not covered by UKA rules).

What this means to the younger age groups in the EAL isn't fully clear now but as soon as we hear anything we will inform everyone.

The new age groups are:

Under 10s: Athletes who are 9 on 31st August 2026

Under 12s: Athletes who are under 12 but older than 9 on 31st August 2026

Under 14s: Athletes who are under 14 but older than 11 on 31st August 2026

Under 16s: Athletes who are under 16 but older than 13 on 31st August 2026

Under 18s: Athletes who are under 18 but older than 15 on 31st August 2026

There is a lot of technical information about the new age groups that is available on the England Athletics website on this link <https://www.englandathletics.org/about-us/age-group-changes/>

PETERBOROUGH 3/5KM SERIES WINNERS

Congratulations to the following members who competed in the recently completed 5km series and won themselves series awards. We have planned to collect the winnings and will let everyone know as soon as we have them.

Men

Senior – 2nd Zach Stevens; **U20** – 2nd Luke Maddy, 3rd Thomas Sayer; **U17** – 3rd Noah Randall; **M40** – Brian Corleys; **M60** – Paul Larkins

Women

U20 – 2nd Grace Hurn; **U17** – 2nd Rebekah Clough; **W40** – 1st Maggie Skinner; **W45** – 1st Ros Loutit; **W50** – 1st Elisabeth Sennitt-Clough, 3rd Alison Staines.

3km award winner

U15 Boys – 2nd Finlay Smith

U15 girls – 3rd Izzy Hurn; **U13 girls** – 3rd Lillya Bellabiod; **U11 girls** – 2nd Monica Stuart

SUMMER TRACK AND FIELD FIXTURES

SOUTHERN ATHLETICS LEAGUE

There's just one match remaining in the league which will take place on Saturday August 30th in Ware. If you would like to compete in this match, please contact Dave Bush (dbushy1992@hotmail.co.uk).

EASTERN VETS LEAGUE

FINAL: Saturday 6th September - Thurrock

BRITISH MASTERS CHAMPS

Pentathlon, Track 5km, Track Walk Champs

24th August - Pringles Stadium, Nuneaton

Track & Field Champs

12th-14th September – Moorways Stadium, Derby

Entries close 1st September. Entry details: <https://data.opentrack.run/en-gb/x/2025/GBR/bmaf-otfc/>

EAST ANGLIAN LEAGUE

We have six teams qualified for the final on Sunday 21st September in Bury St Edmunds – U15 Girls & Boys, U17 Men & Women & the senior men & women's team. Well done everyone.

WINTER CROSS COUNTY AND ROAD FIXTURES

SOUTHERN ROAD RELAYS

Saturday 20th September, Rushmoor Arena, Aldershot

ERRA NATIONAL AUTUMN ROAD RELAYS

Saturday 6th October, Sutton Park, Birmingham

Entries close Friday 26th September

BMAF CROSS COUNTRY RELAYS

Saturday 25th October, West Park, Long Eaton

Entries close Friday 11th October

NATIONAL CROSS COUNTRY RELAYS

Saturday 1st November, Berry Hill Park, Mansfield TBC

Entries close Friday 17th October

EASTERN CROSS COUNTRY CHAMPS

Saturday 15th November @ Haverhill

FROSTBITE FRIENDLY LEAGUE

Sunday 5th October @ St Neots

Sunday 2nd November @ Peterborough

Sunday 7th December @ Ely

Sunday 11th January 2026 @ March

Sunday 1st February @ Bewsey Park

Sunday 1st March @ Huntingdon

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 11th October @ Derby

Saturday 8th November @ Kettering

Saturday 6th December @ Heanor

Saturday 10th January @ Nottingham

RESULTS ROUND-UP

ENGLAND MASTERS INTER-AREA CHALLENGE, York, 17th August

M50

100 (+0.3)/200 (+0.8): Julian Smith 12.62/25.98 (SB). **SP/DT/JT:** Simon Achurch
11.95/38.97/42.15

M60

1500: Dave Knighton 5:26.63. **SP (5kg):** Jim Gillespie 8.59

M70

SP (4kg): Kevin Bates 11.14 (SB)

W35

200 (+1.1)/400: Claire Smith 27.93/63.10

W50

100 (+1.5)/200 (0.1): Wendy Day 15.67/32.90

W60

3000: Ros Loutit 12:09.88