

Welcome to our newsletter

GOOD LUCK WISHES ...

... to our master's teams who are aiming to defend the Eastern Masters League trophy in Thurrock on Saturday.

FINAL FLING ARRANGEMENTS

We are hosting an end-of-season mini track meeting on Thursday 25th September at 6pm.

Events include 300m, 800m & 1500m (open to all age groups), plus a special 600m race for the U11 age group.

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 can be found here:

<https://meets.rosterathletics.com/public/competitions/details/about?id=27377>

- If you would like to compete in the 600m for the U11 age group, please speak to Kay on Mondays or Elaine on Tuesdays or Thursdays at training.

NEW AGE GROUP CHANGES

Many of you will have heard that the age groups are changing from April 1st 2026, that is only eight months away. The new age categories will be Under 12, Under 14, Under 16, and Under 18.

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 8 or 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/>

TRACK CLOSURES

Please be aware that the track will be closed for training on Sunday 21st September, Sunday 28th September and Sunday 12th October.

The closures are due to other events. Please check with the coaches for alternative arrangements.

SUMMER TRACK AND FIELD FIXTURES

EASTERN VETS LEAGUE

FINAL: Saturday 6th September - Thurrock

BRITISH MASTERS CHAMPS

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 & Senior men & women's team. Well done everyone.

If you want to compete in this event then please contact Emma Boole (emma.panvac@outlook.com) for the U15 boys & girls and U17 men & women. The senior men should email Elaine (panvacgeneral@btinternet.com) or speak to her at the track on training nights.

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

SOUTHERN ATHLETICS LEAGUE

Huge well done to everyone who travelled to Ware at the weekend to compete in the last league match of the summer season.

The team finished a creditable third on the day and in the top 6 in the league overall. Well done to team manager, Dave Bush for putting his managerial hat on and getting the teams together throughout the season plus competing in at least 4 events per match himself.

The phrase 'teamwork makes the dream work' truly applies here. Great work and well done to everyone involved from the athletes, officials and supporters.

UTMB Chamonix, France, 29th/30th/31st August

A huge well done to Fatima Painda who competed in this gruelling event which is dubbed the World Champs of trail running. It's a long race: to put it into full context she ran 175.4km in the Alps, climbing more than 9000m (more than the height of Everest). The route took her from France, into Switzerland, then Italy before returning to France. She completed this epic journey in 46 hours 50min 40sec. She started at teatime Friday, ran through the night, all day Saturday and back into the night again, finishing in time for a late lunch Sunday!

MID CHESHIRE 5km, Kingsley, 29th August

Men

24 Alex Gibb 14:46

BIGGLESWADE THROWS FEST, 23rd August

M70

SP (4kg): Kevin Bates 10.61. **HT (4kg):** Tim Needham 29.25

W45

HT (4kg): Andrea Jenkins 44.39