

Welcome to our newsletter

WEEKLY PLAUDITS

... Huge congratulations to our masters' teams who won the overall team trophy for an unprecedented fourth year in the Eastern Masters League Final. Well done to everyone who competed in the final and to all those who competed in the league to help the teams qualify for the final. Special thanks also go to team manager Claire Smith for overseeing another successful year.

GOOD LUCK WISHES ...

... to our masters who are competing in the British Masters Championships in Derby at the weekend.

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.

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 taking place. Please check with the coaches for alternative arrangements.

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/>

SUMMER TRACK AND FIELD FIXTURES

BRITISH MASTERS CHAMPS

Track & Field Champs

12th-14th September – Moorways Stadium, Derby

EAST ANGLIAN LEAGUE

Emma Boole (emma.panvac@outlook.com) for the U15 boys & girls and U17 men & women is keen to hear from anyone who is available to compete in this final fixture. It would be a perfect end to a great season if we could fill all the spaces and come away with PBs and smiles.

The senior/U20 men & women should email Elaine (cookelaine@btinternet.com) if they wish to compete.

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, Horseheath Course, Haverhill, Cambridge

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

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgfield, County Durham

RESULTS ROUND-UP

EASTERN VETS LEAGUE FINAL, Bagshot Stadium, Thurrock, 6th September

Well done to our older men and ladies who contested their league final on Saturday and successfully retained the overall trophy for the fourth successive year.

The ladies team finished 2nd while, after a recount, the men triumphed in 3rd place giving the team overall victory.

Congratulations to Judith Jagger who was voted female athlete of the match with her 1.15m high jump, which added to her amazing 4 wins in the shot, triple jump, discus and 80m hurdles. Andrea Jenkins collected 3 wins in the shot, hammer & discus.

Thanks to our coaches, volunteers and supporters whose dedication behind the scenes played a vital role in our success.

Full results will be available on Powerof10.

AJ BELL GREAT NORTH RUN, Newcastle, 7th September

Simon Fell 1:16:13 (4th M45); Isaac Fell 1:16:13 (5th U20); Alex Curtis 1:26:20; Noah Fell 1:27:07; Maggie Skinner 1:29:58; Liz Fell 1:49:54

SAWTRY 10, 7th September

Men

4 Stuart Haw 58:39; 12 Ben Hannon 62:44; 18 Ryan Anderson 64:54; 30 Travis Anderson 68:45; 130 Tim Clough 87:27; 184 Danny Knight 95:28

BMC REGIONAL EVENT, Gillingham, 6th September

Men

800: Nathan Bunting 1:59.77 (PB)

WATFORD OPEN, 3rd September

U20 men

800: Felix Bowling 2:01.06