

Welcome to our newsletter

WEEKLY PLAUDITS

... A huge well done to Claire Smith and Dan Lewis who can now proudly call themselves British Champions.

GOOD LUCK WISHES ...

... to everyone who is competing in the Eastern Combined Events Championships on Sunday. We are also sending good luck wishes to Lydia Church as she flies out to India for the World Para Championships. Lydia will be competing in the F12 Shot on Saturday 4th October.

FINAL FLING ARRANGEMENTS

The timetable and lane draws can be found here

<https://meets.rosterathletics.com/public/competitions/details/schedule?id=27377&meId=326907>

Registration is from 6pm with the 1st race due at 6.30pm.

- If you would like to compete in the 600m for the U11 age group, please speak to Elaine on Thursday as entry for this race only will be on the night.

TRACK CLOSURES

Please be aware that the track will be closed for training on 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/>

WINTER CROSS COUNTY AND ROAD FIXTURES

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

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

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgfield, County Durham

RESULTS ROUND-UP

EAST ANGLIAN LEAGUE FINAL, Bury St Edmunds September 21st

Huge congratulations to the 6 teams who qualified for the final.

Our senior men finished second overall and just 7 points shy of first place. While everyone competed extremely well and if we must choose a man of the match it must be Dave Bush who competed his own heptathlon 7 and recording many PBs and SB in the process.

Our U15 boys finished a creditable 4th and just 1 point from bronze medals while our U15 girls team also finished 5th, just 5 points from 4th place. Well done to everyone who competed and to those who tried events they had not done before.

Team results:

Senior men: 2nd 141pts. **U17 men:** 7th 37pts. **U15 boys:** 4th 98pts. **Senior women:** 8th 38pts. **U17 women:** 6th 61pts. **U15 girls:** 5th 82pts

Full results will be posted on the Power of 10 by the end of the week.

ENGLISH SCHOOLS COMBINED EVENTS, Chelmsford 20th September

Senior boys

Decathlon: Patrick McNally 2820 (**100:** 12.56; **LJ:** 5.82; **SP:** 6.63; **HJ:** 1.53; **110H:** DNF; **400:** 56.35; **DT:** 17.71; **JT:** 26.87; **1500:** DNF)

Junior boys

Pentathlon: Finlay Smith 2102 (**80H:** 13.5; **SP:** 8.40; **LJ:** 4.52, **HJ:** 1.59; **800:** 2:26.6)

SOUTHERN ROAD RELAYS, Aldershot, September 20th

Men

A: 67th 2:08:29 (Isaac Fell 19:41, Thomas Carlton 20:44, Simon Fell 20:45, Steven Wilkinson 20:47; Noah Fell 22:51, Alex Curtis 23:39). **B:** Tobias Goodwin 21:10.

SEAA U15/U17 INTER-COUNTIES CHAMPS, Horspath, 14th September

U17 men

400: Alphin Hadfield 54.69

U17 women

200: Iris Kwakye 26.44. **LJ:** Charlotte Smith 4.84

U15 girls

200: Elyse Morgan 25.70. **75H:** Zina Nwamarah 12.21. **LJ:** Olivia Peach 4.34

BRITISH MASTERS CHAMPS, Moorways Stadium, Derby, 12th-14th September

We have 2 British Masters Champions in Claire Smith comfortably won the W45 400m while Dan Lewis claimed the 3000m steeplechase crown. Congratulations to both

M45

800: Dave Brown 2:12.37. **3000SC:** Daniel Lewis 10:37.22

M55

200/400: Julian Smith 25.42 (PB)/57.51 (SB)

M70

LJ/TJ: John Spriggs 3.33/7.84. **SP (4k):** Kevin Bates 10.61. **WT (7.26k)/HT (4k):** Tim Needham
10.56/28.01

W45

200/400: Claire Smith 27.17 (SB)/63.54