

Welcome to our newsletter

GOOD LUCK WISHES

This week we are sending our very best wishes to all those competing in the first championships of the cross-country season as they travel to south Cambridge for the Eastern Cross Country Championships.

LONDON MARATHON 2026

The club have been given one place in next year's London Marathon, if you have not been successful in the ballot and would still like to compete please email panvacgeneral@btinternet.com before December 1st, with your rejection letter and your name will be added to the hat.

ADVANCE NOTICE - WINTER FIXTURES

The Cambs Cross Country Championships will take place on Sunday 4th January in St Neots. This year it will be chip timing.

As soon as we have the entry details, we will let you all know.

* The Keith Ward Indoor meeting will be held at King's Lynn on Sunday 29th March. We understand that there will be an outdoor hammer as well as some 5km races held on the same day.

As soon as we know more details, we will let you know.

SPORTSHALL EVENTS

We have been invited to compete in the Cambs Sportshall events again this year. The dates and venues are:

Saturday 22nd November @ Bushfield Leisure Centre starting at 12.30pm

Saturday 6th December @ One Leisure, St Ives Indoor Sports Centre starting at 12.30pm

The age groups are U11, U13 & U15 boys and girls.

It is £4 per athlete to compete.

These competitions are a great introduction to Sportshall Athletics and athletes of all abilities are welcome to take part.

For anyone wishing to compete in any of these events please speak to your coach or Kay, Brenda and we will get the teams entered.

KEITH HALL 10km

Entries for the ever-popular Keith Hall 10km, which will include the BMAF Championships, will open on December 1st. If you are thinking of competing in this event you need to keep your eyes open for any further notices as this race does tend to fill up very quickly.

SUMMER 2026 LEAGUE DATES

We can now inform you that following a national fixtures conference the dates and venues for the Southern Athletics League (SAL) for 2026, have been confirmed as:

Saturday 16th May @ PETERBOROUGH

Sunday 21st June @ Luton

Sunday 19th July @ St Albans

Saturday 8th August @ Dartford or Peterborough

If you are in the U17 + age groups, please put these dates in your diary and if you are an official, it would be great if you can make yourself available to help at these matches.

5KM ROAD RACE SERIES

The proposed dates for the 2026 5km road series are: 10th June; 24th June; 8th July; 22nd July; 5th August.

Venues are yet to be confirmed, as soon as we have more details, we will let you know.

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/>

MEMBERSHIP FEES 2026/27

Following the AGM earlier in the month we can report that as from 1st March 2026 the membership structure will be as follows:

Adults (Over 18) £100; Under 18, Over 60, Full time education, second claim members (those who belong to another club), track only use £90; Under 11 £50; Associate members £20.

Those members who train at Boston will receive a £20 discount to reflect the extra charges incurred there.

We still have a few committee vacancies, mainly for admin roles. If you can help in any way no matter how small, please let us know. The more people who help, the lighter the load for everyone.

WINTER CROSS COUNTY AND ROAD FIXTURES

CROSS COUNTRY

EASTERN CROSS COUNTRY CHAMPS

Saturday 15th November, Horseheath Course, Haverhill, Cambridge

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 6th December @ Heanor

Saturday 10th January @ Nottingham

FROSTBITE FRIENDLY LEAGUE

Sunday 7th December @ Ben's Yard, Stuntney Estate, Ely CB7 5TR

Sunday 11th January 2026 @ March

Sunday 1st February @ Bewsey Park

Sunday 1st March @ Huntingdon

CAMBS CROSS COUNTRY CHAMPIONSHIPS

Sunday 4th January @ St Neots

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgefield, County Durham

INDOOR

CAMBRIDGESHIRE SPORTSHALL

Saturday 22nd November @ Bushfield Leisure Centre, PE2 5RQ

Saturday 6th December @ One Leisure, St Ives Sports Centre PE27 6WU

Sunday 1st February 2026 @ UAE Sports Park, Norwich NR4 7TJ

SOUTH OF ENGLAND CHAMPIONSHIPS

Combined Events

Saturday 13th & Sunday 14th December @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday - U15B & U17W Pentathlon; Sunday - U15G, U20W & SW Pentathlon

Saturday & Sunday - U17 M, U20M & SM Heptathlon

Entry on line at www.seaa.org.uk. Entries close 2nd December

SOUTH OF ENGLAND MIDDLE DISTANCE CHAMPIONSHIPS

New event

Saturday 13th & Sunday 14th December @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday – U15/U17/U20/ Senior 1500m heat (Finals on Sunday)

Sunday – U15/U17/U20/Senior 1500m Finals & U15/U17/U20/Senior 3000m Finals

Entry on line at www.seaa.org.uk. Entries close 2nd December

SOUTH OF ENGLAND U13 / U15 / U17 CHAMPIONSHIPS

Saturday 10th & Sunday 11th January @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday 10th -

U13: 60M, LJ, HJ (start height 1.20m for girls, 1.25m for boys), SP

U13/U15: 800m Heats (Finals on Sunday)

U15/U17: 60m, 60m Hurdles

Sunday 11th –

U13: 800m Final

U15/U17: 200m, 300m (U15B&G), 400 (U17M&W), 800m, LJ, SP

U15B: HJ (1.50m), PV (2.30m), TJ (9m/11m)

U15G: HJ (1.40m), PV (1.90m), TJ (7m/9m)

U17M: HJ (1.65m), PV (2.90m), TJ (11m/13m)

U17W: HJ (1.45m), PV (2.20m), TJ (9m /11m)

Entry on line at www.seaa.org.uk. Entries close 30th December

SOUTH OF ENGLAND U20 / SENIOR CHAMPIONSHIPS

Saturday 31st January & Sunday 1st February @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday - **U20/Senior:** 60m, 60m Hurdles, LJ, SP

Sunday - **U20/Senior:** 200m, 400m, 800m

U20W: HJ (1.50m), PV (2.30m), TJ (9m / 11m)

U20M: HJ (1.70m), PV (3.40m), TJ (11m / 13m)

SW: HJ (1.55m), PV (2.70m), TJ (11m)

SM: HJ (1.80m), PV (3.80m), TJ (13m)

Entry on line at www.seaa.org.uk. Entries close 20th January

KEITH WARD INDOOR

Sunday 29th March @ King's Lynn.

RESULTS ROUND-UP

GEORGE MUNDY 10km, Leverington, 9th November

Men

Sean Beard (6th O60) 45:05

NORTH MIDS CC LEAGUE, Wickstead Park, Kettering, 8th November

Our men finished second team on the day with some solid packing in the mid 30's while our women finished in sixth place.

Men

24 Daniel Lewis (M45) 39:50; 30 Thomas Carlton 38:28; 31 Steven Wilkinson 38:34; 37 Michael Major (M35) 38:47; 47 Ben Hannon 39:26; 95 Daniel Harris (M55) 43:18; 121 David Brown (M45) 45:37; 123 Paul Holden 45:37; 146 Geoff Sayer (M50) 47:34; 183 Paul Parkin (M60) 52:51
TEAM: 2nd 169 pts. **OVERALL:** 5th 4739:50; 7pts. **MASTERS:** 10th 362pts. **OVERALL:** 7th 650pts

Women

10 Amber Park 24:14; 22 Hannah Knight 25:39; 60 Elisabeth-Sennitt-Clough (W50) 29:02; 72 Alison Staines (W50) 29:59; **TEAM:** 6th 92 pts

BRITISH CROSS CHALLENGE, Cardiff, 8th November

U20 Men (5,560m)

17 Thomas Preston 17:22

U17 men (5,560m)

25 Louie Hemmings 18:37

RUTLAND NIGHT 10km, Normanton, Rutland, 8th November

Daniel Evans smashed the course record with his brilliant run from the South Shore, Rutland water over the Dam and back in this night-time event which attracted more than 500 entrants.

Men

1 Daniel Evans 34:31 (course record); 18 Paul Larkins (1st M60) 42:17

Women

255 Kay Gibson (W55) 57:50