

Welcome to our newsletter

CHANGE OF VENUE

Please note there has been a change of venue for the upcoming North Mids Cross Country League. The new venue is Allestree Park, Derby DE22 2EU.

CHRISTMAS TRACK CLOSURE

We have been informed that the track will close on Wednesday 23rd December and reopen on Monday 5th January.

We have tried to get some time for our members to train during this time but, due to staff shortages this is not possible.

CAMBS CROSS COUNTRY CHAMPS

Entries are now open for the above race which will take place on Sunday 4th January 2026 at Priory Park, St Neots PE19 1RF.

For the first time it will have chip timing and the first race is due off at 10am. There are races for all age groups including U11, it would be great to continue the upward trend of having teams in each age group and probably coming home with medals.

To enter simply go to <https://entries.sublimetiming.com/race/49> where you will find all the details you need but you must do it before 22nd December otherwise you won't be able to compete.

LINCS CROSS COUNTRY CHAMPS

Entries are also open for the above event which will take place on Sunday 4th January 2025 at Biscathorpe, near Louth.

U17s enter here - <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=6005>

U20, Sen and vets enter here - <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=6006>

FOLKSWORTH 15

Entries are now open for the above event to be held on 18th January 2026 you can find all you need to know about this popular local event here: <https://folksworth15.org.uk/>

IMPORTANT CHANGES TO PARKING

We have been informed that with immediate effect we will no longer be able to park inside of the track arena.

We have been advised to use are the Bishops Road/Lido car park, or the car park at the side of the old Regional Swimming Pool.

- Bishops Road/Lido car park; chargeable.
- Old Regional Swimming Pool car park; free after 4pm, but there is no lighting on the road to/from the track.

If you use the ORSP car park, we strongly advice that you wear light clothing and carry a torch. You can consider walking back to the main road and use the public footpath which is lit. We also urge you to consider not walking along the unlit road alone.

We urge everyone to drive slowly and be aware of pedestrians along this road section.

We understand that the council are cutting back the trees and will install lighting, but this work is not likely to be completed until the New Year.

We appreciate your understanding and co-operation during this transition. Thank you for helping to keep everyone safe.

SPORTSHALL EVENTS

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.

SUMMER 2026 LEAGUE DATES

SOUTHERN ATHLETICS LEAGUE

Saturday 16th May @ PETERBOROUGH

Sunday 21st June @ Luton

Sunday 19th July @ St Albans

Saturday 8th August @ Dartford

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.

EAST ANGLIAN LEAGUE 2026

The dates for the above league are Sunday 19th April, Sunday 31st May, Sunday 12th July and Sunday September 20th for the Final.

As soon as venues have been we will inform everyone but, in the meantime please put these dates in your diary and do your best to be available to compete, officiate or volunteer to help.

5KM ROAD RACE SERIES 2026

The proposed dates for the 2026 5km road series are:

10th June @ Eye

24th June @ Ferry Meadows

8th July @ Werrington

22nd July @ Stamford

5th August @ Ferry Meadows

There will be chip timing again, and it is likely that the courses at Werrington and Stamford will be slightly changed to have a Start/Finish closer to each other.

Currently we anticipate a change in the younger age groups to align with the proposed England Athletics age groups. As soon as this is clarified we will let you all 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, INDOOR AND ROAD FIXTURES

CROSS COUNTRY

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 6th December @ Allestree Park, Derby DE22 2EU (NOTE CHANGE OF VENUE)

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, 2026 @ Priory Park, St Neots, PE19 1RF

Entries close on 22nd December 2025

Enter details: https://entries.sublimetiming.com/race/49?utm_source=chatgpt.com

LINCS CROSS COUNTRY CHAMPIONSHIPS

Sunday 4th January @ Biscathorpe, Near Louth

Entry details: U17s enter here - <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=6005>

U20, Sen and vets enter here - <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=6006>

LINCS CROSS COUNTRY SERIES

Sunday 7th December @ London Road, Louth

Sunday 18th January @ Doddington Hall (provisional)

U11, U13 & U15s enter here: <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=59180>

U17, U20, Sen & Vets enter here: <https://www.race-results.co.uk/onlineentries/user/login.php?raceid=5979>

CAMBS SCHOOLS CROSS COUNTRY CHAMPS

Saturday 10th January @ Ely

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgfield, County Durham

CAU INTER-COUNTIES

Saturday 7th March 2026 @ Wollaton Park, Nottingham

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

LEEDS ABBEY DASK 10KM, Leeds, 30th November

Men

3 Alex Gibb 30:13 (PB); 272 Michael Major 34:48; 389 Kyle Tombleson 35:31

LONDON UNIVERSITIES & COLLEGES CHAMPS, Lee Valley, 23rd November

Men

400/60H: 1 Alastar Phelan 52.46/10.46 (PB)

U20 men

HJ: 2 Rohan Hadfield 1.55

U23 Women

3000: 1 Josie Knight 11:03.83 (SB)

CAMBS SPORTSHALL, Bushfield Sports Centre, 22nd November

Huge well done to our youngsters who competed in this event. Our U11 boys and girls convincingly won their age groups as did our U13 girls while the U13 boys finished second.

We had lots of certificates, many happy smiling faces and most importantly lots and lots of fun.

A full set of results can be found at <https://cambsathletics.org.uk/sportshall-athletics/>

CROSS CHALLENGE, Sefton Park, Liverpool, 22nd November

U20 men

51 Thomas Preston 14:07

U17 men

74 Louie Hemmings 15:13

U15 boys

58 Finlay Smith 10:50