

Welcome to our newsletter

CONGRATULATIONS

This week we are applauding Andrea Jenkins who is the new British W50 hammer record holder see details below.

We are also congratulating Elyse Morgan, Sean O'Donnell and Lydia Church who collected trophies at the recent Cambs AA AGM in recognition of their performances in the summer county championships.

Well done to everyone.

CLUB KIT SALE

Are you looking for one more gift for Christmas? We might be able to help as we have some beanie hats at £4. They are one size, warm & cosy with PANVAC on the front.

We also have some rain jackets for £15. The jackets have a mesh lining and are waterproof and remarkably warm, there's a hidden hood in the collar, 2 x pockets, the club logo on the front chest and PANVAC on the back. There are a variety of sizes available from youngsters to adults.

These will be available in the clubhouse on Thursday night and all next week.

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. This is the guaranteed route if you're looking to compete in the CAU CC Champs for Lincolnshire. Closing date is midnight Friday 2nd January.

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>

CHRISTMAS TRACK CLOSURE

We have been informed that the track will close on Wednesday 24th 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.

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/>

ST VALENTINES 30KM

Entries are now open for this race which will take place in Stamford on Sunday 15th February.

Further details can be found at <https://www.stamfordstriders.org/Pages/St-Valentines-30k>

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.

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.

SOUTHERN 2026 OUTDOOR CHAMPIONSHIPS

U20 / Senior Champs @ Bedford 6th & 7th June

U14 / U16 / U18 Champs @ Chelmsford 27th & 28th June

Combined Events Champs @ Horspath, Oxford 18th & 19th July

U20 / Senior Inter Counties @ Kingston, 12th September

U16 / U18 Inter Counties @ Kingston, 13th September

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 November 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****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>

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 10th January @ Nottingham

CAMBS SCHOOLS CROSS COUNTRY CHAMPS

Saturday 10th January @ Ely

FROSTBITE FRIENDLY LEAGUE

Sunday 11th January 2026 @ March

Sunday 1st February @ Bewsey Park

Sunday 1st March @ Huntingdon

LINCS CROSS COUNTRY SERIES

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>

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgefield, County Durham

CAU INTER-COUNTIES

Saturday 7th March 2026 @ Wollaton Park, Nottingham

INDOOR

CAMBRIDGESHIRE SPORTSHALL FINAL

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

WEIGHT PENTATHLON INVITATIONAL, Grays, Thurrock, 30th November

Congratulations to our new British record holder Andrea Jenkins who finally managed to keep the hammer inside of the throwing sector and set new figures.

Having moved up to a new age group the throwing superstar was having difficulty controlling the hammer, but perseverance prevailed. Well done Andrea.

W50

HT: Andrea Jenkins 46.24 (British W50 record)

SP/DT/JT/WT: Andrea Jenkins 9.51/29.35/17.95/13.88

FROSTBITE LEAGUE, Ben's Yard, Stuntney Estate, 7th December

This is a new venue to the league and was warmly greeted by everyone who competed. It is a shame we couldn't attract a couple more ladies to compete as we would surely have been placed much higher.

Some of our younger members were competing for the second time in the weekend having competed in the Sportshall Saturday.

Seniors

15 Jimmy Adams (M35) 28:48; 16 Phil Martin (M45) 28:48; 80 Paul Larkins (M60) 33:15; 137 Thomas Wright 36:11; 140 Noah Randall (U20) 36:16; 148 Steve Hall (M50) 36:28; 181 Leo Dunkley-Lock (U17) 38:25; 314 Kay Gibson (W55) 45:00; 350 Nigel Dickens (M70) 48:28. **TEAM:** 12th **OVERALL TEAM:** 8th

Juniors

15 Finlay Overend 9:05; 45 Byron Stother 9:55; 63 Felicity Lees 10:26; 64 Rowan Wright 10:30; 69 Kester Wright 10:40; 72 Lillya Bellaboid 10:46; 87 Eva Goose 11:10; 103 Rory Pinder 11:49; Jackson Hornsby 11:59; 110 Theia Goose 12:08; 115 Amilie Evans 12:19; 124 Olivia Hornsby 12:35; 130 Elliot Howard 12:52. **TEAM:** 5th. **OVERALL TEAM:** 3rd

LINCS CC LEAGUE, Louth, 7th December

U15 boys

3 Finlay Smith 15:27

NORTH MIDS CC LEAGUE, Allestree Park, Derby, 6th December

A small contingent of members travelled to Derby on Saturday with the men's team finishing in 6th place.

Men

12 Nathan Bunting 39:14; 17 Tobias Goodwin (2, U20) 40:07; 30 Steven Wilkinson 41:51; 56 Alex Curtis 44:42; Daniel Harris (M55) 50:26; 154 Paul Parkin (M60) 57:35. **TEAM:** 6th 226pts.

OVERALL TEAM: 5th

Women

28 Amber Park 31:50; 81 Alison Staines (W50) 37:32. **TEAM:** 15th

CAMBS SPORTSHALL, St Ives Sports Centre, 6th December

Our youngest members travelled to St Ives on Saturday and came home with arms full of certificates and smiles from ear to ear.

The U11 girls team finished 3rd but only 20 points from 2nd place. The U11 boys squad finished 4th while the U13 girls' team was 2nd with the U13 boys finished a creditable 5th. Our sole U15 boy, Luke Royston finished 5th from the 12 who competed.

Huge congratulations to everyone who took part, we are all so proud of you all.

LOUGHBOROUGH OPEN, Loughborough, 6th December

U23 men

60H: Jack Wheatley 8.52

U17 men

60H: Monty Wild 9.15 (PB)

