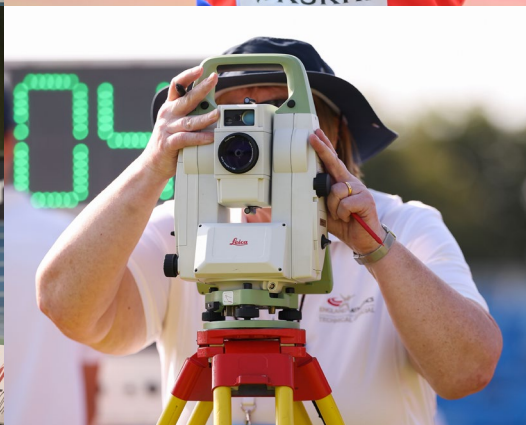
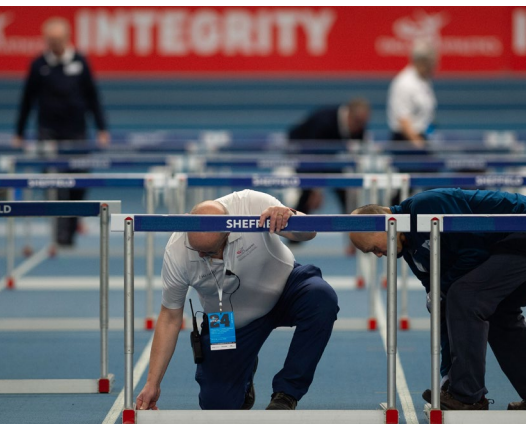




2026 England Athletics

Age Group and Junior Para Championships

CONTENTS

1 | Foreward - Chris Jones, CEO

2 | Sponsors

3 | Welcome Message - Sarah Benson

5 | Meet the Team

7 | Where to Find Us

8 | Map

11 | Timetables and Results

15 | Youth Talent Programme Applications

16 | Age Group Changes

18 | Coach Information

19 | Photography





FOREWORD | CHRIS JONES, CEO

On behalf of everyone at England Athletics, I would like to wish all those competing in this summer's England Athletics outdoor track and field championship programme the very best of success and enjoyment.

It is fantastic to be able to return to Bedford for our national championships in 2026. Bedford was the home of England Athletics outdoor championships for nearly 20 years and congratulations and thanks must go to our friends at Bedford & County AC, GLL and Bedford Borough Council for their innovation, commitment and investment into our great sport with this wonderful new track provided for our talented athletes to compete on this weekend.

To all those competing athletes taking part in the England Athletics outdoor track and field championships and international programme this summer, do your very best, that is all you can do. Most importantly, try to enjoy the experience and remember that the journey to fulfilling your potential is often not a linear and straightforward one.

I would like to take this opportunity to thank our hard-working volunteer Technical Officials and Event Staff, without whom this event programme would not take place and to whom we are deeply grateful for their commitment, focus, and dedication.

I would also like to make a specific mention of both Sport England and London Marathon Events for their ongoing investment in our talent pathway programmes across England. Many of the athletes you watch compete this weekend will be part of our youth, junior, and senior talent and performance pathway programmes and this championship presents an opportunity for them to put into practice all that they would have focused on in training during those previous weeks and months. I would like to thank our other important sponsors and partners at England Athletics for their continued support to this and other EA activities.

2026 has already seen a number of fantastic individual and collective team performances both on and off the track across England and on the international stage. The new age groups for competition were introduced across the UK on 1 April this year and I would also like to take this opportunity to thank those forward-thinking volunteer leaders on league, association, club and championship organising committees across England who have demonstrated great leadership by embracing the age group changes and for proactively taking steps to put the athlete, the coach, the technical official, and the parent/carers at the heart of their decision making. There is so much more that we need to tackle as a sport in the coming months and years as

we look to strengthen the foundations of our great sport for generations to come. We will be with you every step of the way and will do all we can to strengthen our sport and to support you whatever your involvement is.

I am sure that many of those athletes competing in our programme of summer championships will have their hearts set on being selected for England and GB&NI representative teams this and next year. With a Commonwealth Youth Games taking place in Malta during 2027 and then another Commonwealth Games being hosted in India in 2030, the anticipation and excitement amongst these young aspiring athletes will be high and we wish you all the very best as you work towards fulfilling your dreams.

Chris Jones
CEO

**"WE WISH YOU ALL
THE VERY BEST AS
YOU WORK TOWARDS
FULFILLING YOUR
DREAMS."**



THANK YOU TO OUR SPONSORS

England Athletics is very grateful to help and support our partners who help us develop athletics and running in England.



WELCOME MESSAGE



As we look forward to the Commonwealth Games in Glasgow and the European Championships in Birmingham, this is an incredibly exciting time for track and field in the UK. These major events showcase the very best of our sport and are hugely inspiring for the next generation. It is especially important to see so many talented athletes competing here at the England Championships, knowing that many are on the pathway to future international success, and some will go on to represent their country in these championships.

At the heart of that journey are our clubs and coaches, whose dedication supports so much of what we celebrate in this sport. Clubs offer more than just a place to train. They create a strong sense of community, belonging and shared purpose that keeps athletes engaged and motivated. Coaches play an equally important role, providing the expertise, guidance and support that help athletes improve, build confidence and reach their potential. We extend our sincere thanks and congratulations to all clubs and coaches for the vital role they play in developing athletes at every stage of the pathway.

Thank you also to parents, families and wider support teams for the essential role they play in supporting athlete development. Their encouragement, commitment and patience are fundamental to the success and wellbeing of athletes.

Finally, our thanks go to the officials, volunteers and staff who make events like this possible. Their professionalism, passion and attention to detail ensure that competitions run smoothly and fairly, creating the environment for athletes to perform at their very best. We are grateful for their continued dedication to our sport. We wish all athletes, coaches, officials and spectators a successful, enjoyable and memorable weekend.

Sarah Benson
Talent & Performance Director

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Nichola Skedgel
Head of Competitions and Partnerships



Vicky Griffiths
Team Operations Manager



Ellie Duffy-Penny
Competition Events Manager



Emily-Jane Richardson
Competitions and Events Administrator

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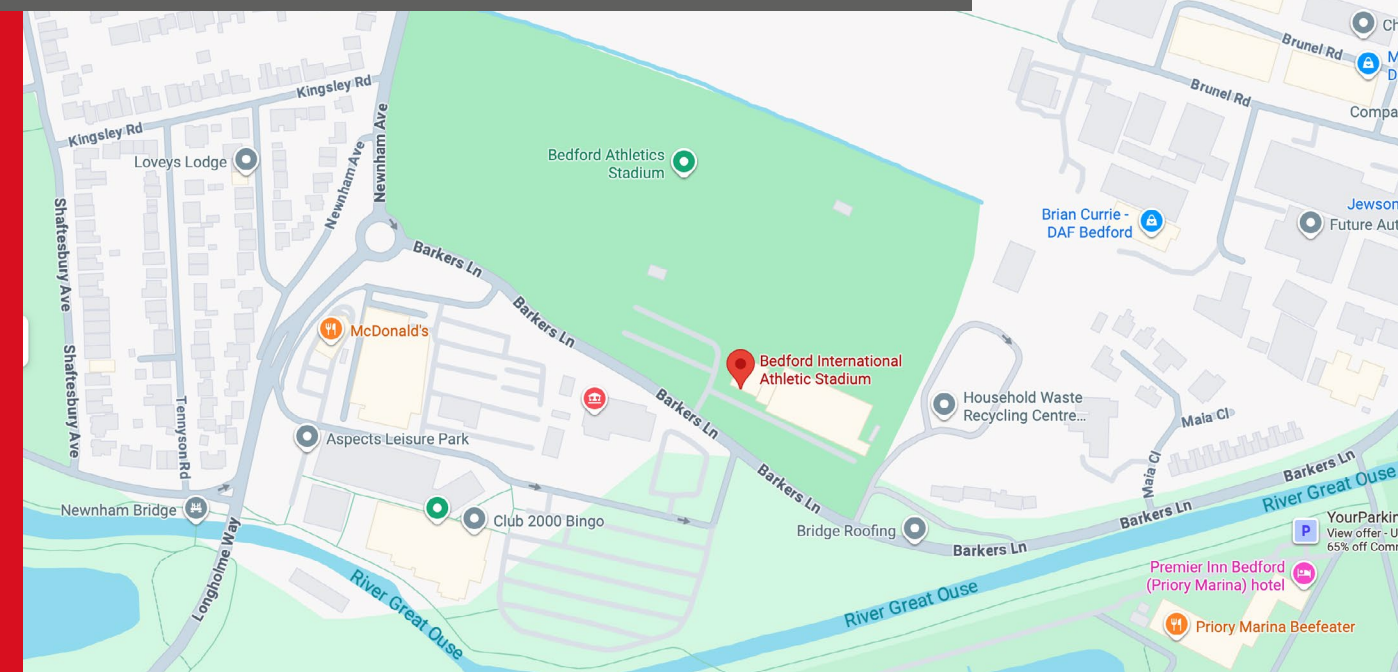
GET IN TOUCH TODAY

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WHERE TO FIND US

The Championships are taking place at the
Bedford International Athletics Stadium, Barkers Lane, Bedford, MK41 9SB

Bedford International Athletics Stadium



THE ADDRESS

**Bedford International
Athletics Stadium**
Barkers Lane, Bedford
MK41 9SB

What3words:
///sings.narrow.agrees

[Link to Maps](#)



BY CAR



The stadium can be reached from both the M1 and A1. Follow roads towards Bedford, take signs for A428, then enter Barkers Lane, the stadium is opposite the fire station.

Parkins is £4 (card) per car, per day and first come first served.

BY TRAIN



The nearest train station is Bedford St Johns, which is a 3-minute taxi journey

Then, Bedford which is a 7-minute taxi journey away.

BY BUS



Local bus services run regularly from Bedford Town Centre to Barkers Lane, with stops located just a short walk from the stadium entrance.

The closest bus stop is Malmesbury Way, Goldington, which is a 7-minute walk away.

Bedford International Athletic Stadium

Athletes

1. Athlete Parking
2. Athlete Registration & Accreditation Pick-Up
3. Warm-Up Area - Indoors
4. Equipment Drop-Off
5. Wheelchair Warm-Up
6. Call Room & Kit Collection
7. Physio
8. Main Stadium
9. Outside Throws
10. Medal Ceremonies
11. Mixed Zone
12. Ambulance

Spectators

14. Spectator Parking
15. Accessible Parking
16. Spectator Entrance & Ticketing
17. Exhibitors & Activations
18. Onsite Catering

Officials & Staff

19. Officials Parking
(Official's Pass Required)
20. Officials Registration & Accreditation
21. Officials Overflow Parking





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LEADERS IN PERFORMANCE



TIMETABLES & RESULTS

Timetables for all events will be published online no later than one week before the event. For regular updates please follow the events on the Roster Athletic website, this is where the updated timetables will be shown.

There will be online live results at all events. To follow the order of the day and real time results please sign up and follow the event via the Roster Athletic platform.



DON'T MISS OUT!

Please follow and like England Athletics social media pages so you do not miss any information relating to Entry Opening dates.

England Athletics:

- Instagram: [englandathletics](#)
- X: [EnglandAthletics](#)
- Facebook: [England Athletics](#)
- TikTok: [Englandathletics](#)



FEEDBACK

We really value your feedback when we review our events and start planning for future events so, please let us know your thoughts by scanning on the QR below or complete the form [here](#).



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YOUTH TALENT PROGRAMME APPLICATIONS

ARE YOU AN ATHLETE AGES 16 LOOKING TO TAKE THE NEXT STEP IN YOUR ATHLETICS JOURNEY?

Applications for the Youth Talent Programme (YTP) are now open to all athletes born between 01/09/2009 and 31/08/2010.

The YTP is a fully inclusive programme focused on developing a dual career for the athlete/para-athlete through fulfilling their potential within the sport and also in their education and employability.

To learn more and apply, [visit our website here](#)

We also have an online introduction webinar on 29 July 2026 at 7pm if you'd like to hear more from the team.

To register, please [click here](#)



AGE GROUP CHANGES

From 1 April 2026, the age groups in which young athletes compete under UKA rules changed from U13, U15, U17 and U20, to U14, U16, U18 and U20. These changes are grounded in a desire to support athletes with their progression through the sport, to help grow participant numbers and to retain more young participants in the sport.

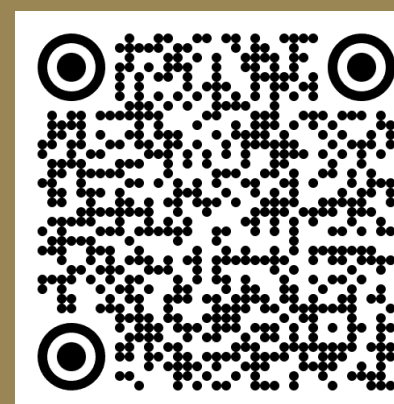
Sitting outside of the formal rules of competition, primary school-aged athletes are encouraged to compete in U10 and U12 age groups in competitions that utilise multi-event based run, jump, and throw formats, such as funetics multi-challenge.

WHY WERE THESE CHANGES PROPOSED?

The objectives of the age group changes are to:

- Simplify age group dates for all disciplines
- Support athletes in their long-term development
- Retain and recruit more young people in athletics
- Provide a clear, simplified pathway for all areas of the sport, from U10s - Seniors
- Provide better gradual progression for all athletics events
- And in creating an additional age group, better support age and stage appropriate competition formats & events

Scan here to find more useful information about age group changes.



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OFFICIATING

Ever wondered why being an official is so great? Officiating is fun, flexible, enlightening and great for your mental and physical health. Not to mention it gives you the chance to make lifelong memories and friendships along the way!

Whatever your interest in athletics and running, there is an officiating course for you. You will be supported by so many of the official's community throughout your journey in the sport and can do volunteer as little or often as you wish to, to ensure a good work/family/life balance. Visit our website to see the different courses available and how you can become the next qualified official in the sport.

COACH INFORMATION

Licensed coaches can get free entry to our Championships by signing up using [this link](#).

Coaches should pre-register for their accreditation ahead of the event weekend. If you have not signed up before the event, we cannot guarantee we will be able to allocate you an accreditation pass as we will need to verify your coaching license.

Upon arrival, coaches must check in at the coach registration desk (number 5 on the map). Once you have been given your accreditation, you must wear this at all times whilst in the venue. If you are attending both days of the event, you will need to bring the accreditation back for the second day.

COACHING COURSES

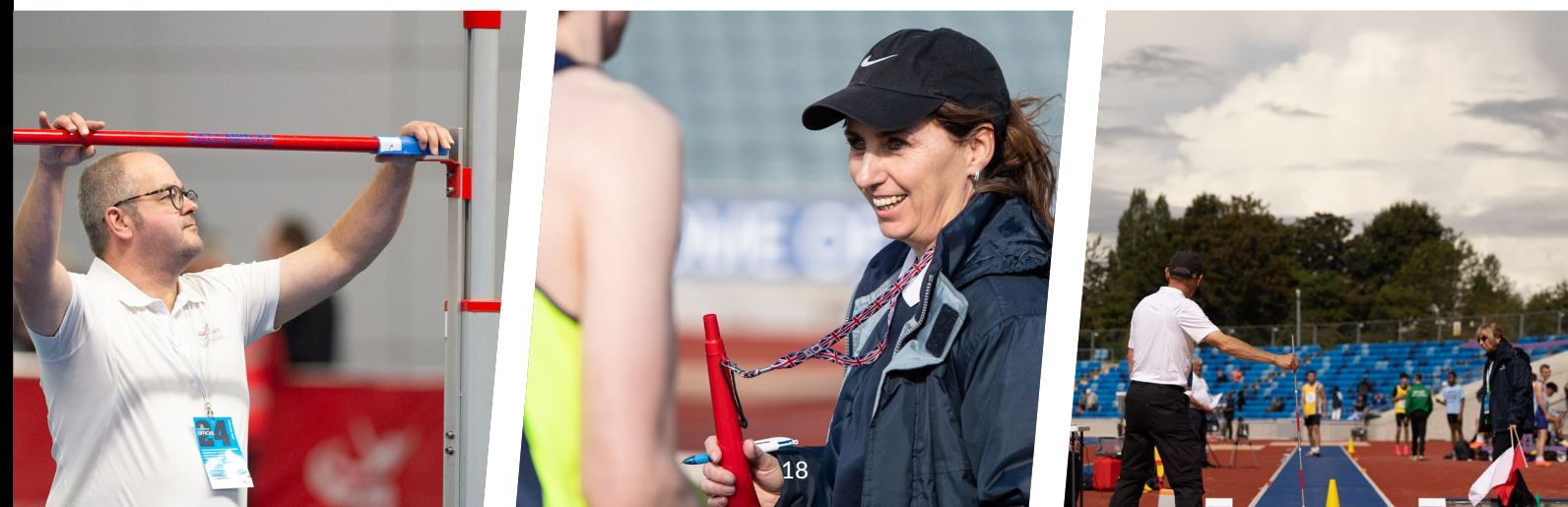
Are you a parent who is keen to help at your child's local athletics and running club? Why not consider getting involved as a coach? Our entry level courses - Coaching Assistant and Leadership in Running Fitness - are the perfect place to start.

Coaching Assistant:

[Coaching Assistant | UK Athletics Coaching Training](#)

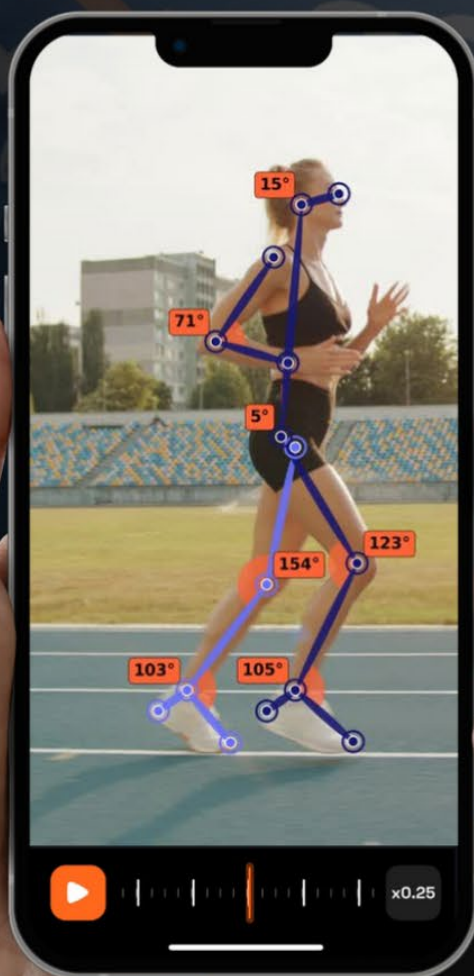
Leadership in Running Fitness:

[Leadership in Running Fitness | England Athletics Coaching](#)



HOW IS YOUR RUNNING FORM?

GAIT ANALYSIS THROUGH AI & VIDEO

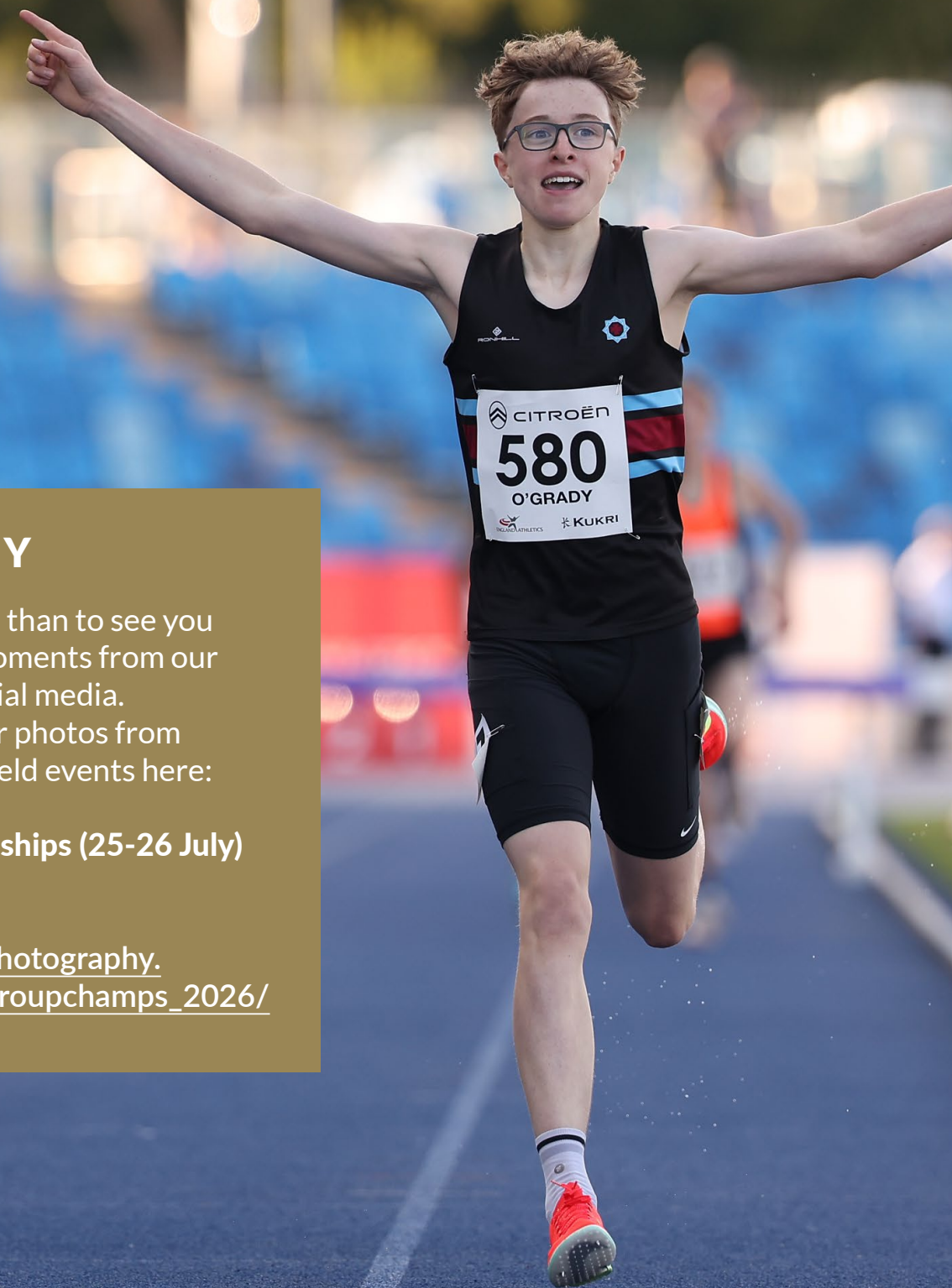


PHOTOGRAPHY

We love nothing more than to see you sharing your proud moments from our championships on social media. You can access all your photos from across the track and field events here:

Age Group Championships (25-26 July)

Graham Smith:
https://grahamsmithphotography.pixieset.com/ea_agegroupchamps_2026/





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Website: englandathletics.org