



OUTDOOR SEASON 2026

Athlete Information

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INTRODUCTION

Following the successful winter Track and Field season, we look forward to doing it all again and welcoming you to the England Athletics events this summer. The Championships will take place over three weekends, and this booklet contains information for all events to help athletes with their planning.

- U20 and Senior Track and Field and Combined Events Championships in Bedford (3-5th July)
- U18 and U16 Track and Field Championships and Junior Para Championships in Bedford (25-26th July)
- U18 and U16 Combined Events and Senior Para Championships in Bedford (22-23rd August)
- England Relay Championships in Birmingham (23rd August)

Please note, timetables and specific event information for each championship will be circulated after the entry closing date for each championship.

POLICIES AND PROCEDURES

Please click on the relevant links below to review our policies and procedures:

- [Entry Standards](#)
- [Para Entry Standards](#)
- [Entry Policy](#)
- [Medal Policy](#)
- [Terms of entry](#)

Please [check our website](#) for the most up to date information and documentation.

PARA ENTRIES

Only athletes with a National or International classification are eligible to compete in the England Athletics Championships. If you require information on classification, please contact - classification@britishathletics.org.uk



COMPETITION RULES AND LOGISTICS

EA Outdoor Championships will be held under [WPA Rules](#).

ROSTER

Please download the Roster App prior to the event day and find and follow the relevant competition for updated information. You can do this via the [App Store](#) for iPhone users or [Google Play](#) for Android users.

START LISTS, TIMETABLE & RESULTS

Start lists will be available on Roster. Heats/lane draws will not be published until the day of competition (after athlete registration closes). Live results will also be available on Roster during the event. The timetables for the competition will be updated on the [Roster Athletics platform](#) approximately one week before the competition.

SEEDING

- Seeding and lane draws will be as per the England Athletics guidelines. These are now available [on the EA website here](#).
- Seeding and lane draws will not be completed until registration closes for each event on the day of competition.

ON THE DAY REGISTRATION

- Athletes must register and collect their bib number at least 90 minutes before the start time of their event
- Athletes competing across multiple days (including those who progress to finals) must re-register on day 2.
- If you are running late for registration, we will provide a number closer to each championship for you to call.



CALL ROOM

- Athletes must ensure they report to the call room as per the timings stated on the call room schedules that will be displayed at registration, around the stadium and at the call room. Please check the call room schedule when you arrive at the venue.
- Athletes will be held in call room for approximately 10 minutes and will then be escorted to the competition area.
- The following call room timings are for guidance only but will assist planning. Please check the exact call room time for your event as soon as you arrive at the stadium as it may differ slightly.
 - Track Events 30 minutes prior to gun time
 - High Jump 65 minutes prior to event start
 - Pole Vault 90 minutes prior to event start
 - Other Field events 50 minutes prior to event start
- Headphones and other electronic devices must be in a bag, otherwise they will be confiscated.

PERSONAL EQUIPMENT

- Only starting blocks provided by the venue can be used.
- All athletes apart from U16 athletes must use start blocks.
- Equipment will be provided by the organiser apart from vaulting poles. Vaulting Poles can be left at the venue the day prior to the competition starting. These must be clearly labelled. England Athletics will accept no liability for loss or damage of equipment left at the venue.
- Athletes wishing to use their own throwing equipment should submit them to the equipment drop-off area, outside the indoor warm up, at least 90 minutes before the scheduled start of the event.
- Please note that a maximum of 2 implements only per person, per event, will be accepted in accordance with WA rules (TR32.2)
- Spike Length – 6mm. Only compression (Christmas Tree) or pyramid spikes may be used. There is a complete ban on needle spikes, which are NOT permitted.
 - 9mm spikes can be used when competing in high jump and javelin only.



- Spikes will not be available to purchase, so you will need to bring them with you.

WARM UP AREA

- There is an indoor warm up area within the venue that can be used during our championships.

WITHDRAWALS

- If you are accepted and confirm your entry in the event but are subsequently no longer able to compete, please withdraw via Roster or email eventsupport@englandathletics.org.
- Please note, there is a waiting list for some events so we would appreciate early notification of withdrawal so we can invite athletes on the waiting list.
- Refunds will not be issued for withdrawals.

CLOTHING

- Competitors must wear at the least, vest and shorts which conform to WA rules (TR5, rule 143). [World Athletics technical rules can be viewed here](#).
- Athletes must wear the vest of their first claim affiliated club, their County, Area, or National vest in accordance with rule TR5 S1 (4).
- Attention is drawn to WA Rules on advertising and sponsorship, which will be enforced.
- Athletes must ensure all shoes conform to the [current WA](#) list of acceptable shoes.

ANTI-DOPING

All athletes and athlete support personnel are bound by World Athletics/UKA Anti-Doping Rules and athletes agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve providing a blood and/or urine sample).

Athletes should ensure they register any use of prescribed medication containing prohibited



substances prior to any use or (in emergency cases) immediately after use.

- To check the status of registered medicines please visit www.globaldro.com
- For information on testing procedures please visit www.ukad.org.uk.
- The UKA Anti-Doping Rules are available at www.uka.org.uk. For general anti-doping queries please contact antidoping@uka.org.uk
- For information on [testing processes click here](#).

ASSISTANCE

We have two forms available if you require assistance at the Championships. The two forms and who is eligible to apply are explained below.

PARA ATHLETES

Para Athletes requiring support on the Field of Play will follow WPA Rules: T/F11-13, F31-33, F51-54 & T71/T72 are permitted assistance. Athletes should contact eventsupport@englandathletics.org prior to the event to request an assistance form so we can share these with relevant people ahead of the event. On the day, these will be available at athlete registration if required. Please bring your own brightly coloured bib and tethers.

ATHLETE SUPPORT

If athletes outside of the above classifications require special assistance and would like to bring an Athlete Support (such as a carer or essential support person), they must complete the following form in advance: [Athlete Support Accreditation Form](#). Accreditation is not guaranteed and are limited on number so will be issued based on need following necessary checks.

The deadline to request an Athlete Support is the Monday in the week of the championships you will be attending, or when we have received the maximum number of applications. England Athletics will confirm via email if accreditation has been approved prior to the event. Those granted Athlete Support accreditation will be allowed to accompany the athlete to the warm-up area, but will not be permitted in the call room, on the track, or in any competition zones.



USEFUL INFORMATION

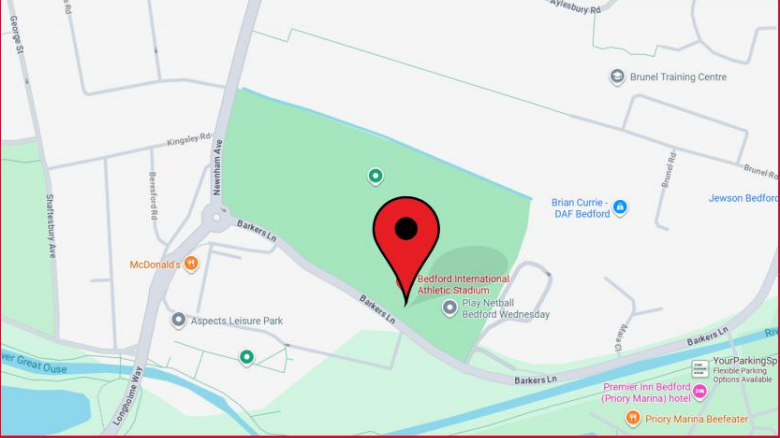
VENUE

- [Bedford Athletics Stadium, Barkers Lane, Bedford, MK41 9SB.](#)
- Parking at the venue will cost £4 per day (cash only).
- We would encourage you to car share and use public transport where possible.
- If you require a prayer room, please speak to the stadium staff and they will be able to help you with this. We kindly ask all attendees to respect this space and maintain an atmosphere of quiet and consideration for those using it.

WHERE TO FIND US

**ENGLAND ATHLETICS**

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 toward Bedford, take signs for A428, then enter Barkers Lane, the stadium is opposite the fire station. Parking 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.



SPECTATOR TICKETS

All events will be ticketed. There is a pricing structure for the Championships, with discounted tickets available if purchased before the Championships. All tickets are now available through [Eventbrite](#).

CHAMPIONSHIP BEST PERFORMANCES

Championships best performances for the England Athletics events can be viewed [on our website](#).

WEATHER

Make sure to plan ahead of the championships and take a look at the weather in the week leading up to the championships. A lot of the venue is uncovered, so please make sure to prepare yourself ahead of arriving at the venue. Depending on the forecast you may need sun cream, a hat, extra layers or waterproof and umbrellas.

MEDICAL & WELFARE

The medical team for our championships will be located just inside the main gate of the stadium, which will include paramedics and a doctor. There will be an ambulance on site throughout each championship. Our EA physiotherapists will be located within the indoor warm up area if you require their assistance.

We have a Welfare Lead at all of our championships, located at Athlete Registration. If you need support over any of our championships, please go to Athlete Registration and ask to speak to our Welfare Lead.

PERSONAL PHYSIOS

Due to limited space at our championships, we can accommodate a maximum of five personal physiotherapists alongside our event medical team. Places will be allocated on a first-come, first-served basis for each event.



If you would like your physiotherapist to attend, please ask them to complete the following form: [Personal Physio Therapists - England Athletics Outdoor Championships 2026 – Fill in form](#). Once capacity has been reached, we will not be able to accept any additional physiotherapists or consider late requests on the day of the championships.

ACCREDITATION

There will be accreditation required to enter the venue. You will collect this at athlete registration when you arrive on the first day of competing. Please ensure you wear this at all times while at the venue, apart from when competing. If you lose your accreditation, please go to Athlete Registration immediately to collect a new one.

Coaches also need to collect accreditation if they are attending the championships and will be able to pick this up from coach registration located near the athlete registration desk.

REFRESHMENT

Hot and cold food and drink will be available to buy at the stadium throughout the day, in the catering and exhibitor area located just outside the main gates. Athletes are asked to prepare accordingly with sufficient food and drink. Bottled water will not be available for athletes but there are water fountains available so please bring a re-usable water bottle or prepare sufficiently.

MERCHANDISE

Kukri will be onsite for the Age Group Championships on the 25-26th July providing merchandise for the championships.

LIVESTREAM

The championships will be livestreamed on our [YouTube channel](#), and we will provide the specific links closer to each championship.



FEEDBACK

Feedback is incredibly important to England Athletics. Links for feedback forms will be shared at the event and post event. Please do take the time to complete these as it is important for us to make these competitions as relevant and enjoyable as possible for all who attend.

SUSTAINABILITY

As an organisation, we are striving to ensure that sustainability is embedded into everything we do. Our new sustainability strategy ([available here](#)) sets out a road map for what we will do in our own operations, and how we will support our network of clubs, RunTogether groups, competition providers, road race organisers and facilities.

We ask for your support in ensuring sustainability at our championships in areas such as:

- Travel & Transport - We encourage travel to the championships via public transport or car share with other travelling athletes where possible.
- Waste Management - We ask that everyone attending the venue brings re-usable drink bottles. There are water fountains at the venue.

CONTACT US

- All information for the outdoor season is available on the [England Athletics website here](#).
- If you have any questions, please contact - eventsupport@englandathletics.org.

