

COMPETE CHEAT SHEET

To be eligible to compete in UK you must be registered with England Athletics as an athlete. U13s and older must also pay an annual affiliation fee to England Athletics which is £19 (2024).

U11s do not have to pay England Athletics to compete.

Ask your coach about becoming affiliated.

We encourage all to get involved in competing. The 1st step is to let your coach know!

Track & Field

1. Summer Season typically around the NE but some around the rest of the North of England. National Championships can be further south.
2. Winter Season typically Gateshead, Sheffield & Manchester.
3. Summer & Winter Fixtures will be posted on the club website and your coach will make you aware also of upcoming events. Most events but not all can be found at www.race-results.co.uk or Roster Athletics App/Website.

TRACK & FIELD AGE CATOGERIES	
U11	SCHOOL YEAR 4 & 5
U13	SCHOOL YEAR 6 & 7
U15	SCHOOL YEAR 8 & 9
U17	SCHOOL YEAR 10 & 11
U20	COLLEGE
SENIOR	U23+

Cross Country

1. XC Season typically around the North East but some races around the rest of the North.
2. XC Fixtures will be posted on the club website and your coach will make you aware also of upcoming events. Some but not all events can also be found at www.race-results.co.uk and www.nysd.org.uk
3. If you would like to take part in the XC season you must be aged at least 8 years on 31st August of that year.
4. There is a XC WhatsApp Group for parents to be part of with all updates for fixtures from the XC Lead Michael Robson

CROSS COUNTRY AGE CATOGERIES	
U11	Age 8 to School Year 6
U13	SCHOOL YEAR 7 & 8
U15	SCHOOL YEAR 9 & 10
U17	SCHOOL YEAR 11 & 12
U20	Aged 17 but under 20
SENIOR & VETS	Aged 20+