

YOUNG ATHLETES

COMPETITIONS

INFORMATION



Competitions:

Here is some guidance to different types of competitions which will get mentioned in coaching groups. Club vests/crop-tops are needed for all competitions.

SUMMER SEASON

Open Meetings:

These are privately run by other clubs and provide additional opportunities to compete, but you still need to be registered to Tamworth AC to compete. They generally charge a fee per event entered, and you will need to enter and pay for these yourselves. There are quite a few local ones to choose from and tend to be early in the season or towards the end of the season when league competitions aren't running.

When entering, the forms generally ask for an athlete's PB at an event as these are used to seed races to get similar abilities together. Put a realistic time/distance in here and never leave it blank as that could mean your child being in a random heat with adults. Feel free to ask coaches for guidance on a time if you need one.

Good places to look:

<https://entry4sports.co.uk> (Nuneaton, Stourport, Corby, Kettering, Birchfield)

<https://www.charnwoodac.co.uk>

League Matches:

There is a calendar overleaf with all the current fixtures, and they are also on the Tamworth AC website. All league matches are paid for by the club so no costs to athletes for competing. There will be an element of selection for these events where we are over-subscribed, and this will be based on a combination of performance and development by the Team Managers. There are a lot of individual events in each match and we will encourage athletes to help us fill as many events as possible as these help the overall club points total. Sign-up sheets tend to go up a few weeks before each event.

It is the clubs intention this year that the Heart of England team selection will be based on the strongest possible team selection as we are in the top division. The sign-up sheets for the Heart of England and Lower YDL matches will be posted at the same time allowing athletes to sign up for both, and include their PB performance against each event listed. Priority for the Heart of England will be for the highest performing available athlete for these pair of fixtures, and priority for the Lower YDL will be given to those athletes who were not selected for the Heart of England to allow their development. **Selection will be by the coaching committee.**

Championships: The County Champs are early in the season (May) and entry for these needs to be arranged separately by the athletes/families. Again, there is typically a charge for each event entered. County is based on either birthplace or permanent residence.

Staffordshire Champs – Stoke-on-Trent (typically not many entries in some events)

Warwickshire Champs – usually Nuneaton, over 2 days and very full

Leicestershire Champs – often in Corby combined with Northants and over 2 days.

The Midlands and England Champs are later in the season and are entered individually again.

Keep an eye on Facebook and Entry 4 Sports for entry details.

WINTER SEASON

Cross Country

The club always enter teams into the West Midlands Young Athletes Cross Country League which comprises a series of five races throughout the winter season. This is normally well attended by our young athletes and there is always room for more to be involved. [WMYACCL - West Midland Young Athletes Cross Country League Sponsored by Sportswear Deals](#) The fixtures are run at 5 different courses with individual and team competitions over the course of the winter from October to February. The club pays the entry fee for the competition.

There are also County, Regional and National Championships to enter throughout the winter and entries for these will be flagged up through the club at the time.

Cross country running needs to be in spikes as athletes will need grip in the muddy conditions, typically switching to 12mm spikes for the grip. It is also worth taking duct tape with you to tape the shoes onto your athletes feet and stop lost shoes in the mud. Bring warm clothing and layers for both athletes and spectators.

Indoor Track & Field

There are usually a variety of indoor open events put on by other clubs which allow track & field competition in the winter. These are typically held at Sheffield, Manchester and Loughborough as our nearest locations and are usually advertised on Entry 4 Sports.

Advice for Track Competitions:

- Please make sure your athlete has a Tamworth vest/crop-top and brings it with them. Pat sells these at the clubhouse if you haven't got one.
- Track racing is better in spikes (max 6mm) as they will help with grip. There are usually second-hand pairs in the club available for a donation, and best to start with these rather than buying a new expensive pair first time. NOTE: shot put, discus and hammer MUST be done in trainers or throwing shoes, and not spikes. Any trainers need to be sports trainers and not have built-up soles as per the UKA guidelines. <https://tinyurl.com/yc2bj9kk>
- For League competitions you will get numbers from the Team Manager before or on the day but please bring some safety pins to pin them to your vest. For Open Meetings you will get them from the organisers when you register on the day, typically an hour before your first event.
- Make sure you are there at least an hour before your first event, giving time to get numbers, warm up, etc. Be at the start of any track race 20 minutes before the start time so that you can be checked in.
- When you are called for your race they will let you know a lane, and you stand a couple of metres behind your start line. When they call "On your marks" you walk forward and take your position. Stay still until you then hear "Set", and then listen out for the gun. (For 800m/1200m/1500m races they won't say "Set") When you cross the line wait for officials say-so before you leave the finish area as they check on finishing order.

- Be at the start of any field event 20-30 minutes before the start to allow time to practice run-ups, and have practice attempts when the officials allow it.
- Listen to the officials and pay attention to what they say as it could be helpful. Be polite and thank them at the end of the event.
- Bring plenty of Water and snacks for the day. Bring layers of clothing, suncream, coats, umbrellas, chairs, etc.

Any questions, ask your coach or the Team Managers.

Lower YDL –

Upper YDL – Andy Godber

Heart of England – Matt Evans

Midland Senior League – Gordon Densley

WM Cross Country League – Ben Evans

Tamworth AC Track & Field Fixtures 2026

Competition	DATE	VENUE	U12	U14	U16	U18	U20	Senior	Masters
YDL Upper	Sunday 19th April	Stoke-on-Trent				Y	Y		
YDL Lower	Sunday 3rd May	Derby		Y	Y				
County Champs	9th & 10th May	Various		Y	Y	Y	Y	Y	Y
Midland Athletics League	Saturday 16th May	Telford				Y	Y	Y	Y
Heart of England	Sunday 17th May	Rugby AC	Y	Y	Y	Y	Y		
YDL Upper	Sunday 24th May	Solihull				Y	Y		
YDL Lower	Sunday 31st May	Tamworth AC		Y	Y				
Midland Champs (U18/U20/Senior)	6th & 7th June	Nuneaton				Y	Y	Y	Y
Heart of England	Sunday 14th June	Sutton Coldfield	Y	Y	Y	Y	Y		
Midland Athletics League	Sunday 21st June	Birmingham Uni				Y	Y	Y	Y
Midland Champs (U14/U16/U18)	27th & 28th June	Nuneaton		Y	Y	Y			
Heart of England	Sunday 5th July	Kidderminster	Y	Y	Y	Y	Y		
YDL Upper	Sunday 12th July	Burton				Y	Y		
YDL Lower	Saturday 18th July	Mansfield		Y	Y				
Midland Athletics League	Sunday 19th July	tbc				Y	Y	Y	Y
Midland Athletics League	Saturday 8th August	Tamworth AC				Y	Y	Y	Y
Midland Athletics League	Sunday 30th August	Nuneaton				Y	Y	Y	Y

Age Groups

- Age 10 or 11 on 31st August 2026 **Under 12** **Years 5 & 6**
- Age 12 or 13 on 31st August 2026 **Under 14** **Years 7 & 8**
- Age 14 or 15 on 31st August 2026 **Under 16** **Years 9 & 10**
- Age 16 or 17 on 31st August 2026 **Under 18** **Years 11 & 12**
- Age 18 or 19 on 31st December 2026 **Under 20** **Year 13 and some older**