

This England Athletics web page explains the new Age Group changes that came into operation on 1<sup>st</sup> April 2026:

[https://www.englandathletics.org/about-us/age-group-changes/?dm\\_i=7KOM%2C2N4C7%2C1Q1WQ%2C5Z5QJ%2C1%2C0%2C0%2C0](https://www.englandathletics.org/about-us/age-group-changes/?dm_i=7KOM%2C2N4C7%2C1Q1WQ%2C5Z5QJ%2C1%2C0%2C0%2C0)