



BERKSHIRE ATHLETICS NEWS

EDITION 2 APRIL 2026

Welcome to our second edition of the Berkshire Athletics newsletter. In this edition we have a round up of the cross country and sportshall seasons. We look ahead to our track and field championships plus there is also a reminder of how to enter the road running championships. For all the latest information please always refer to our website.

BERKSHIREATHLETICS.ORG.UK

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Sportshall

South-East Regional Sportshall Final 1st March 2026, Burgess Hill

The South-East Regional Sportshall finals were held at Burgess Hill on Sunday 1st March 2026 with a packed schedule and teams eagerly looking forward to another exciting competition - we were not to be disappointed!



All the athletes competed with enthusiasm and the atmosphere was thrilling across the day. The U11 boys and girls both finished in 4th place with only a few points separating the top four teams in both competitions.

Out of the seven counties competing, the U13 girls finished in 2nd place and would have been 1st place if it had not been for an equipment malfunction in the obstacle race! A determined U13 boys team placed 3rd against strong competition. The U15 boys and girls competed with maximum effort to finish in 5th and 4th place respectively.

Below are some quotes from our athletes about their experience at the regional finals.

Representing Berkshire at the Sportshall competition was such a brilliant experience! Even though I had a bit of a niggle with a small injury, I didn't want to miss out, so I'm really glad I could still step up and compete in the Shot Put.

I'm so proud of my team because we came away with the bronze medal! It was a great day, and I'm really chuffed that I could give my small contribution to help us get on the podium. It felt awesome to be part of the team and give it my all!"

I was grateful to compete in my first Regional Sport Hall Finals Competition. It was a good experience and I enjoyed it thoroughly. We made 4th place but I hope to achieve better next time.
Thank you

Sportshall

Sportshall National Final 11th April 2026, Stoke-on-Trent

Following on from their silver medal in the regional final, the Berkshire U13 girls were invited to the Sportshall National Final as 'best runners up'. As 'only' the best runners up, the girls went into the competition as the 'underdogs' but it soon became clear that the girls had other ideas about those labels and were determined to prove themselves anything but second best!

Enthusiastic parents with loud cheering voices ensured the girls were well supported and the girls themselves supported each other every step, jump and throw along the way. The girls were winners of the 4 x 1 lap, 4 x 2 lap relays and Paarlauf. There were individual golds in the 2 lap, 6 lap races and speed bounce with plenty of the other coloured medals too! Every one of the girls did their absolute best for the team, finishing the day as the

Sportshall National Champions!

A huge thank you to our team managers Conrad and Izzy for all their support before, during and after the competition.



Track and Field



Berkshire Track & Field Championships 9th & 10th May 2026

John Nike Stadium, Bracknell

There are only three weeks to go until the Berkshire Track and Field Championships on **Saturday 9th & Sunday 10th May** and preparations are in full swing.

We would love to see lots of our Berkshire athletes and clubs represented at our championships.

Entries are open until **6pm Sunday 26th April**. Entry is via Roster: <https://meets.rosterathletics.com/public/competitions/details/about?id=28252> .

Please share and remind your athletes and parents to enter as soon as possible.

This is a championship event so no late entries are allowed under any circumstances and please ensure you have read the meeting manual before entering.

Championship Best Performances

We usually award a plaque to any athlete who sets a championship best performance. However, due to the change in age groups this season, please be aware that we will only be awarding championship best performance plaques in the Under 20 and Senior competitions this year.

Road Running

Championship Opening Race

Marlow 5

Sunday 10th May

The first race of the road running championships is the Marlow 5; enter the race ASAP: marlow5.co.uk

Update on Championship Age Categories for 2026!

For this year, and going forwards, Berkshire County medals will be awarded to the first three Championship finishers for each of the following age categories for both men and women as follows:

Under 40, 40-49, 50-59, 60-69, 70-79 & 80+

In previous years the age group definition began at under 35 for women and under 40 for men. By popular suggestion, the age categories for women have now been updated to be on a parity with the men and to align with the age categories of most road races.

For the Berkshire championship, age category is fixed for the entire season, determined by age on the date of the first race within the series, or the date on which the window for marathon results is opened, whichever is earlier: for this year it will be 1st March 2026.

These age groups apply to the Berkshire Championships for all races, regardless of those used by race organisers for their own race categorisation.

As some races are very large and time to cross the start line can take minutes, the Berkshire Championships uses chip times (not gun times) allowing for personal time.

The championship entry form is online and is simple to complete: it only needs populating once for all the nominated races! The form and list of races can be found here: ROAD RUNNING [CHAMPS ENTRY](#)

Cross Country

Inter-Counties XC Championships 7th March 2026, Wollaton Hall, Nottingham



The majestic Wollaton Hall was the setting for the UK Inter County Championships which was the finale of this year's cross country season.

Berkshire sent ten age group teams made up of athletes representing a variety of Berkshire clubs.

The weather was cool and dry which made for excellent racing conditions. Wilf May, Eleri Baker & Elliot Langley-Aybar all finished in the top 10 and the U20 women and U13 boys had the highest team placings of 4th.

The atmosphere around the team tent was buzzing and our xc manager, Sam, was grateful for the help of parents on the day.

This was Sam's last outing as the Berkshire cross country secretary/team manager so we are looking for someone to come forward to replace her. We want to take this opportunity to thank Sam for all her hard work for the last 8 years organising the county championships with the host clubs and the Berkshire teams for the intercounty championships.



If you are interested in being Sam's successor or would like to know more please email her on berkshirexc@berkshireathletics.org.uk.

Officials

Congratulations to these Berkshire officials for their recent discipline upgrades:



Emily Whybrow level 4 track judge
Derek Phillip-Xu level 2 endurance
Jessica Armah level 2 photo finish



Officials are so important to our sport, we cannot host events without them. Across the county we need more officials in all disciplines to continue to put on competitions particularly the county championships. It is a great way to give something back to the sport if you are an athlete or parent.

For more information about the different officiating qualifications and to book a course please visit the [England Athletics](https://www.englandathletics.org) website. There are lots of courses available and most only take an initial 4 hours of your time.

Most of our local clubs will reimburse the course costs and some may cover modest travelling expenses when you officiate for them. All competition hosts will provide lunch and tea or coffee for officials.

Our county officials secretaries, Jill and Richard, would love to hear from new officials in the area and can put you in touch with other more experienced officials to support you on your journey.

They can be contacted via email: cofsec@berkshireathletics.org.uk