



LEICESTERSHIRE & RUTLAND AA
COUNTY TRACK & FIELD CHAMPIONSHIPS
ROCKINGHAM TRIANGLE, CORBY NN17 2FB
SATURDAY 9th & SUNDAY 10th May 2026
 (Under UK Athletics Rules)

In conjunction with the Northamptonshire AA Championships

NEW AGE GROUPS (effect from 1st April 2026)

Under 12 Boys & Girls - In line with EA recommendations, we are holding a QuadKids event for those in School Years 5 & 6

Under 14 Boys & Girls 12 or 13 years old on 31.08.26

Under 16 Boys & Girls 14 or 15 years old on 31.08.26

Under 18 Men & Women 16 or 17 years old on 31.08.26

Under 20 Men & Women 18 years old on 31.08.26 under 20 years old on 31.12.26

Senior Men & Women Open to any county eligible athlete under UKA Competition rules.

Masters Men & Women 35 or over on the first day of competition.

Age Group	Saturday 11.00am start	Sunday 11.00am start
Under20/Senior/ Masters Men	200m, 800m, 5000m, 110m Hurdles, Long Jump, Shot, Discus, Pole Vault	100m, 400m, 400m Hurdles, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 18 Men	200m, 800m, 5000m, 110m Hurdles, Long Jump, Shot, Discus, Pole Vault	100m, 400m, 400m Hurdles, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 16 Boys	200m, 800m, 100m Hurdles, Long Jump, Shot, Discus, Pole Vault	100m, 300m, 300m Hurdles, 1500m, High Jump, Triple Jump, Hammer, Javelin
Under 14 Boys	200m, 800m, 80m Hurdles, Long Jump, Shot, Discus, Pole Vault	100m, 200m Hurdles, 1500m, High Jump, Hammer, Javelin
Under 12 Boys	QuadKids (75m, 600m, Long Jump, Howler)	
Under20/Senior/ Masters Women	200m, 800m, 5000m, 100m Hurdles, High Jump, Shot, Discus, Pole Vault	100m, 400m, 1500m, 400m Hurdles, Long Jump, Triple Jump, Hammer, Javelin
Under 18 Women	200m, 800m, 5000m, 100m Hurdles, High Jump, Shot, Discus, Pole Vault	100m, 300m, 300m Hurdles, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 16 Girls	200m, 800m, 80m Hurdles, High Jump, Shot, Discus, Pole Vault	100m, 300m, 1500m, Long Jump, Triple Jump, Hammer, Javelin
Under 14 Girls	200m, 800m, 70m Hurdles, 2k Walk, High Jump, Shot, Discus, Pole Vault	100m, 1500m, 200m Hurdles, Long Jump, Hammer, Javelin
Under12 Girls	QuadKids (75m, 600m, Long Jump, Howler)	

Online entry via Roster Athletics - closing date Sunday 19th April
Event details and provisional timetable are on the Roster App.

Please note that the published timetable is **Provisional** and is subject to amendment based upon the number of entries in each event.

This is a joint Championship with Northamptonshire AA and individual events may be combined between Counties and/or Age Groups.

The Organising Committee:

- reserve the right to withdraw any event for which there are less than three entries. In this case a refund will be issued, and alternative arrangements may be made. No other refunds will be given.
- reserve the right to limit the entries to any event.

IMPORTANT INFORMATION

MAXIMUM NUMBER OF EVENTS PER ATHLETE PER DAY (Rule T3 S2)

Under 12's - Quad Kids only - (event comprises of 4 parts)

Under 14's, Under 16's, Under 18's - 3 events per day

Under 20's - 5 events per day.

Seniors and Masters – unlimited.

Only one master's group (W35 & M35) qualifies for medals. Masters can throw age group weights, but they will NOT qualify for medals.

The number of medals awarded in the Senior and Masters categories will be dependent on the number of entries: 3 medals (Gold, Silver and Bronze) will be awarded where there are 5 or more entries; 2 medals (Gold and Silver) where there are only 4 entries; and 1 medal (Gold), where there are 3 or less entries.

If Heats are required, they will be added at the start of each day's events on the same day as the final. If heats are scheduled and an insufficient number of athletes report for the heats, the final will be run at the scheduled time of the heats.

PLEASE NOTE: UKA Rule 4.4 (Failure to Participate) athletes shall be excluded from participating in further events, when they have qualified in preliminary rounds or heats for further participation in any event, but then do not compete further, without giving valid reason to the Referee.

BIB NUMBERS

ALL BIB NUMBERS TO BE COLLECTED on the day from registration, at the Clubhouse, 60 minutes before your event.

All track athletes to wear their number front & back.

All field athletes to wear one number.

Numbers must not be cut or folded.

Field event athletes to report to their event 30 minutes before the scheduled start time. Except the Pole Vault which is 60 minutes.

Track athletes to report 10 minutes before the start of their event.

As this is a championship, only athletes on the start lists will be able to compete. No guests will be allowed.

All athletes must be a current, paid up, member of an affiliated Athletics Club or a bona fide student.

Athletes must wear the vest of their first claim affiliated Club, County or Representative (Rule TR5 S1). Note - Only one logo, either on vest or shorts. (UKA Rule TR5 S1 (2) (i))

County qualification is either by birth or 9 months continual residence in Leicestershire or Rutland, or by 9 months service in a unit of HM forces stationed in Leicestershire or Rutland.

NO electronic devices are to be used within the competition area.

All spectators will pay an entry fee of £1.00 (bank card preferred) under 12s are free. No charge for UKA licensed coaches, on the production of their UKA license badge.

Only athletes & officials are allowed within the competition area.

Photographs may be taken for personal use only; any commercial photographers must register at the clubhouse.

No dogs are allowed in the stadium except for assistance dogs.

Smoking or vaping within the stadium is not permitted.

Gender rules

The female races are for people who were born as female. The male races are Open to all genders.

Please make sure that every athlete is aware of the above rules.

Presentations

Presentations will take place, in the finish area, as soon as possible after each event has been completed and results verified.

Anti-Doping Statement

“All members shall be deemed to have made themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to all members participating in Athletics for a minimum of 12 months from the commencement of membership, whether or not the member is a citizen of, or resident, in the UK.

Any athlete wishing to retire from the sport of athletics must put this in writing to the club and England Athletics and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA’s anti-doping rules”

Shoe rule

In accordance to rule TR5.2-5.6, ‘Athletes may compete either barefoot or in Athletic

Shoes. Athletes must comply with all Regulations relating to the wearing of 'Athletic Shoes approved by the Council'

The latest list <https://worldathletics.org/about-iaaf/documents/book-of-rules>

For enquires about entries: tandfsecretary@northantsathletics.org.uk

For other enquires please email: davelodwick@gmail.com

Website <http://www.lraa.org.uk>