

Nov 2025

TRACK & FIELD PARTICIPATION





BACKGROUND & METHOD

Power of 10 Results

English Affiliated Athletes

Excl. Non-Affiliated Athletes/Events e.g. School Level

Suitable Proxy for Full Data Set

Within 2% Increase or Decrease considered in natural event flux (colour coded orange)

1st Jan – 31st Oct

Data Key:

Arrows = Direction of Travel
(↑, ↓ or =)

Colours = Assessment of Actuals
(Good / Bad / Steady)

Comments from T&F Youth Participation Review (2025 EA / Sherbert Research)

TRENDS

2025 ALL EA Athlete T&F Participation

103k Athletes @ T&F Clubs

+2.0 v. 2019

+6.8% v. 2024

43.5k Competing

-9.4% v. 2019

+3.6% v. 2024

813.8k Participations

-14.6% v. 2019

+0.4% v. 2024

175.2k Registered Athletes

103k at Track & Field Affiliated Clubs



2025: 1,500 More Individuals taking part in T&F (44k)



2025: Participation Ratio Drop

2025: 17.4 participations

2024: 18.0 participations

2019: 18.5 participations

of participations / # participants = participations per athlete



England Only

**Excluding EA Athletes
participating in other
Home Nations, Foreign
Comps, NCAA etc.**

TRENDS

2025 T&F IN ENGLAND (1st Jan – 31st Oct)

Distinct Participating Individuals:

2025: 43,528

↑ v.2024: 1,473 More Individuals

↓ v.2019: 4,369 Fewer Individuals

Individuals per Meet:

2025: 31.5

↑ v.2024: 1.0 More Individuals p/Meet

↑ v.2019: 0.4 More Individuals p/Meet

T&F Performances per Meet:

2025: 546.8

↓ v.2024: 1.4 Fewer Performances p/Meet

↓ v.2019: 28.3 Fewer Performances p/Meet

T&F Meets:

2025: 1,382

↑ v.2024: 3 More Meets

↓ v.2019: 158 Fewer Meets

T&F Performances:

2025: 755,618

↓ v.2024: 348 Fewer Performances

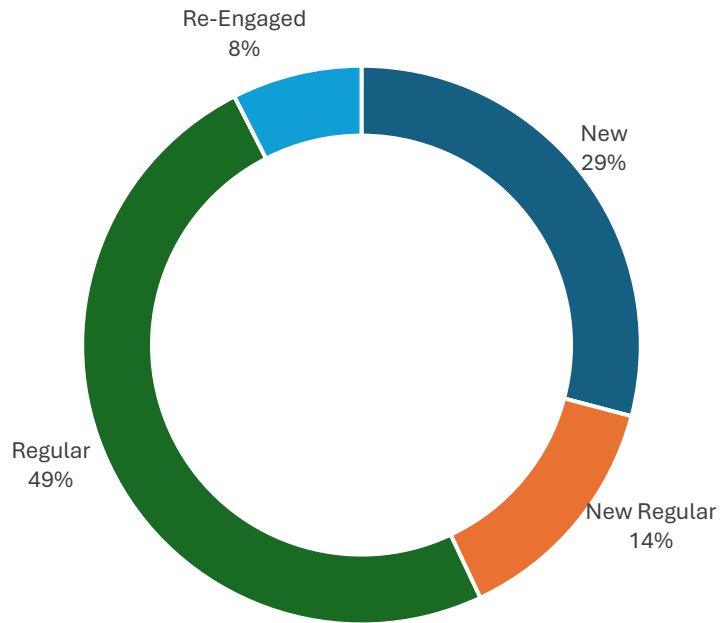
↓ v.2019: 129,916 Fewer Performances



TRENDS

T&F Athlete Buckets by Age Group

2025 T&F Participants by Cohort



Of athletes Competing in 2024 there is a 35.2% Drop Out Rate by 2025

Age Group On Perf Date	New (2025 Only)	New Regular (2024 & 2025 Only)	Regular (3+Yrs inc. 2024 & 2025)	Re-Engaged (2023 & 2025 But Missed 2024)
Totals	12865	6149	21870	3325

Lapsed <12 months (No 2025)	Lapsed (1yr-5yrs)
14992	25715

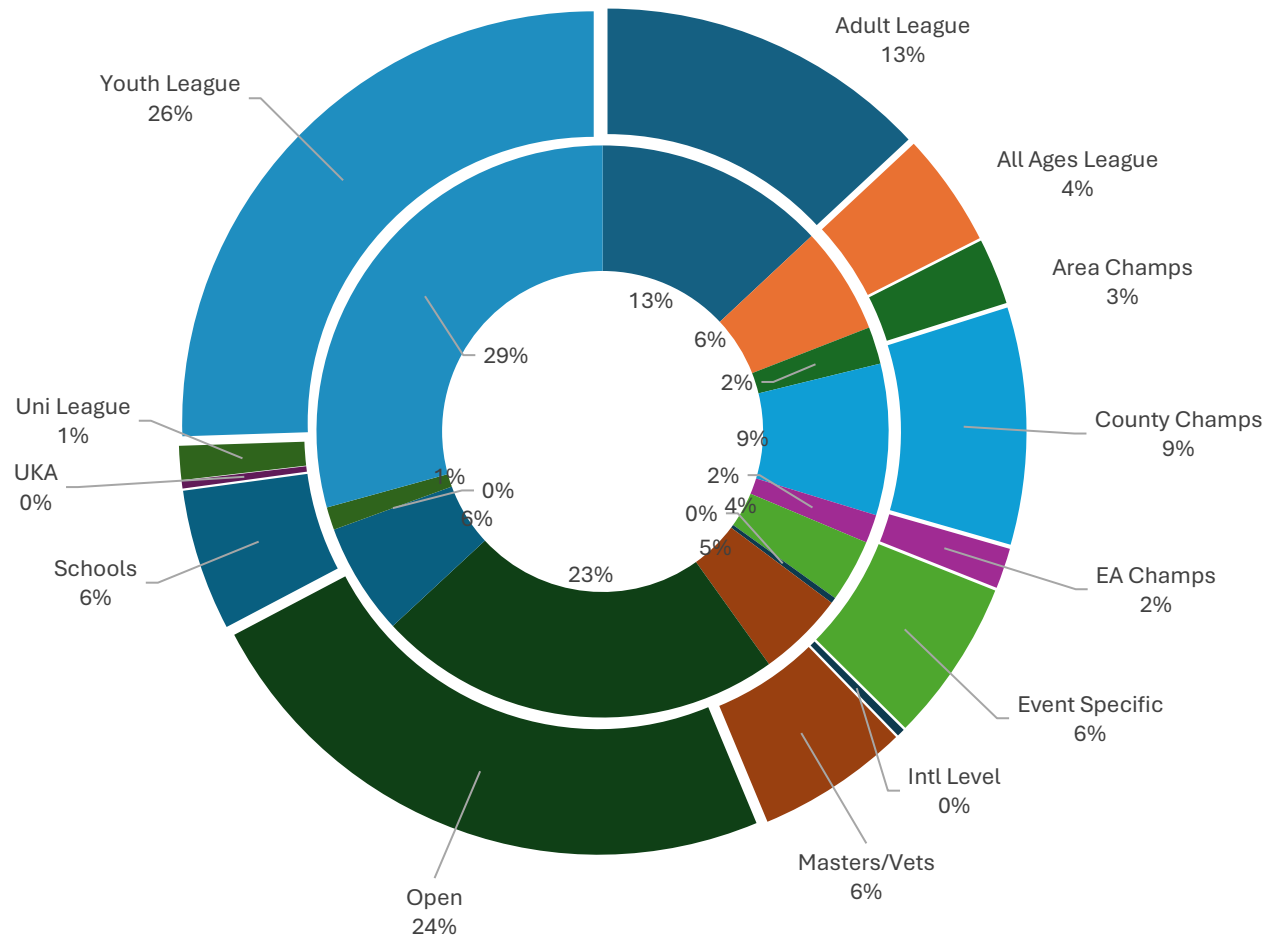
U11	1569	1048	6001	545
U13	3933	2520	12317	1245
U15	3224	2653	14303	1425
U17	1792	1436	11915	1330
U20	584	371	8070	1142
U23	285	146	4384	827
Sen	1266	530	4150	1239
Masters	1230	506	3670	1053

2557	4507
5725	9731
6416	10824
5409	9324
3296	5826
1842	3295
2835	5159
2326	3480

Note #1: Depending on Date of Competition and Age Group Change an athlete might count in more than one age group based on calendar year in this table.

TRENDS

T&F Performances in England by Type of Competition 2025 (Outer Ring) v. 2019 (Inner Ring)



T&F Athlete Buckets

2025 Participant Bucket	Total	%
New	12859	30%
Re-Engaged (Missed 2024)	3325	8%
New Regular (Last 2Yrs)	6149	14%
Regular (3+ Yrs)	20328	48%

Lapsed <12 Months	14993	35% of 2024
Lapsed 1-5yrs	25715	

TRENDS

2025 T&F IN ENGLAND (1st Jan – 31st Oct)

T&F in England	Perf Yr	Meetings	(+/-) v.Prev Yr	(+/-) % v.Prev Yr	Individuals	(+/-) v.Prev Yr	(+/-) v.Prev Yr %	Individuals p/Meeting	Individuals p/Meeting v Prev Yr (+/-)	Individuals p/Meeting v Prev Yr (+/-) %	Performances	(+/-) v.Prev Yr	(+/-) v.Prev Yr %	Performances p/Meeting	Perf. p/Meeting v Prev Yr (+/-)	Perf. p/Meeting v Prev Yr (+/-) %
	2025	1,382	3	.2%	43,528	1,473	3.5%	31.5	1.0	3.3%	755,618	-348	.0%	546.8	-1.4	-.3%
2024	1,379	8	.6%	42,055	-149	-.4%	30.5	-.3	-.9%	755,966	7,288	1.0%	548.2	2.1	.4%	
2023	1,371	12	.9%	42,204	1,387	3.4%	30.8	.7	2.5%	748,678	57,568	8.3%	546.1	37.5	7.4%	
2022	1,359	138	11.3%	40,817	5,808	16.6%	30.0	1.4	4.8%	691,110	192,764	38.7%	508.5	100.4	24.6%	
2021	1,221	810	197.1%	35,009	19,024	119.0%	28.7	-10.2	-26.3%	498,346	365,284	274.5%	408.1	84.4	26.1%	
2020	411	-1,129	-73.3%	15,985	-31,912	-66.6%	38.9	7.8	25.0%	133,062	-752,472	-85.0%	323.8	-251.3	-43.7%	
2019	1,540	-	-	47,897	-	-	31.1	-	-	885,534	-	-	575.0	-	-	

2025 vs. 2019	
-158	-10.3%

2025 vs. 2019	
-4,369	-9.1%

2025 vs. 2019	
0.4	1.3%

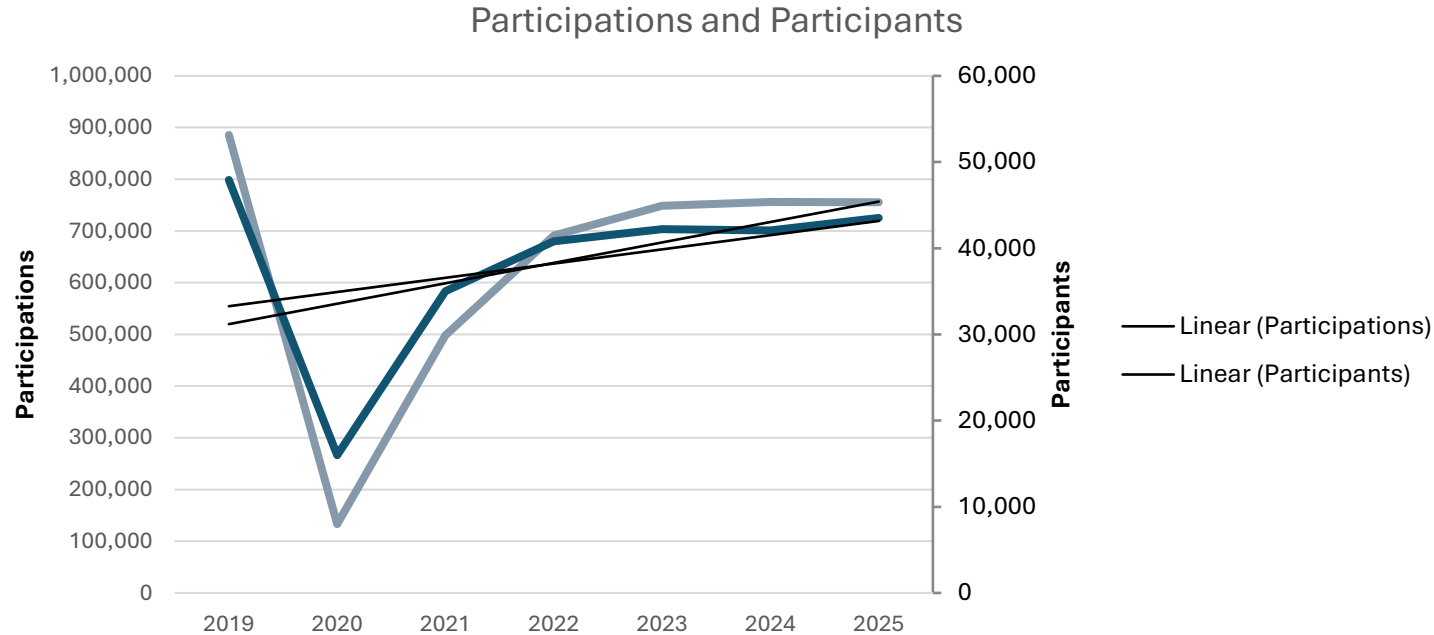
2025 vs. 2019	
-129,916	-14.7%

2025 vs. 2019	
-28.3	-4.9%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation & Participants in England



Individuals:

↑ v. 2024: 1,473 More Individuals

↓ v.2019: 4,369 Fewer Individuals

Participations

↓ v.2024: 348 Fewer Participations

↓ v.2019: 129,916 Fewer Participations

Participation Ratio (Perf. per Individual)

↓ v.2024: Smaller Participation Ratio (-0.6)

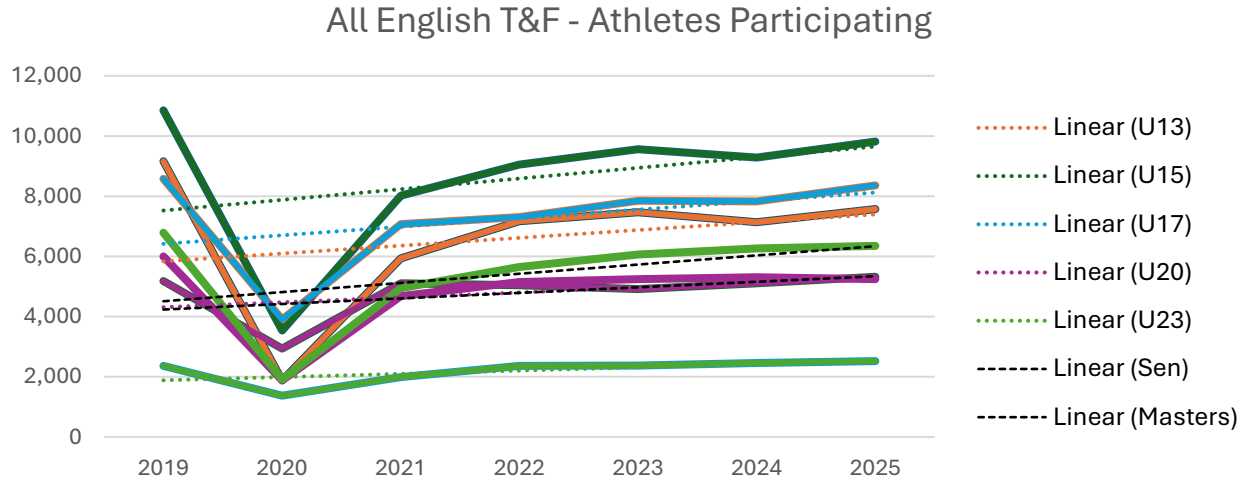
↓ v.2019: Smaller Participation Ratio (-1.1)

	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Participants	47,916	15,985	35,009	40,817	42,204	42,055	43,528	-9.16%	3.50%
Participations	885,652	133,062	498,346	691,110	748,678	755,966	755,618	-14.68%	-0.05%
Participation Ratio	18.5	8.3	14.2	16.9	17.7	18.0	17.4	-6.08%	-3.43%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – All Participants



Individuals:

v.2024:

- ↑ U13-U23 More Individuals
- ↑ Masters More Individuals
- ↓ Senior Fewer Individuals

v.2019:

- ↑ U20-U23 More Individuals
- ↓ Other Age Groups Fewer Individuals

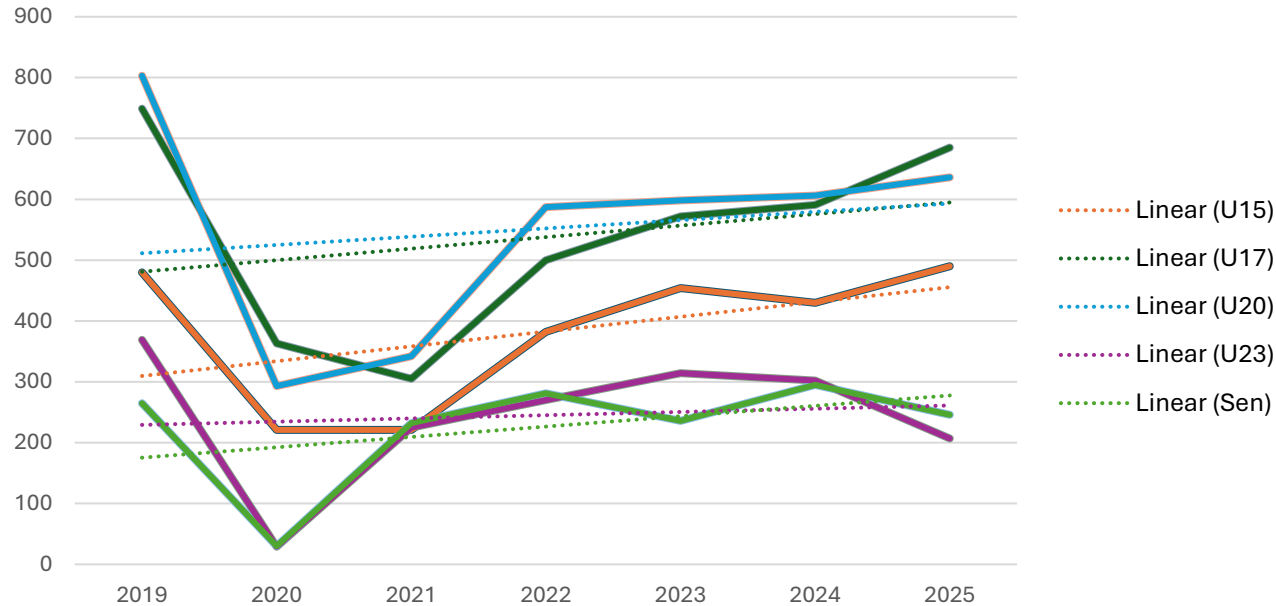
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
All T&F in England	U13	9,162	1,877	5,929	7,165	7,461	7,137	7,572	-17.35%	6.09%
	U15	10,852	3,535	8,019	9,046	9,556	9,287	9,811	-9.59%	5.64%
	U17	8,577	3,900	7,072	7,303	7,850	7,826	8,354	-2.60%	6.75%
	U20	5,178	2,935	5,108	5,036	4,914	5,104	5,322	2.78%	4.27%
	U23	2,364	1,371	1,991	2,361	2,371	2,453	2,520	6.60%	2.73%
	Sen	5,999	1,879	4,679	5,144	5,248	5,306	5,248	-12.52%	-1.09%
	Masters	6,786	1,903	4,942	5,649	6,066	6,261	6,351	-6.41%	1.44%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – EA Champs

EA Champs - Athletes Participating



Individuals:

v.2024: ↑ U15-U20 More Individuals
 ↓ U23 & Senior Fewer Individuals

v.2019: ↑ U15 More Individuals
 ↓ U17-Senior Fewer Individuals

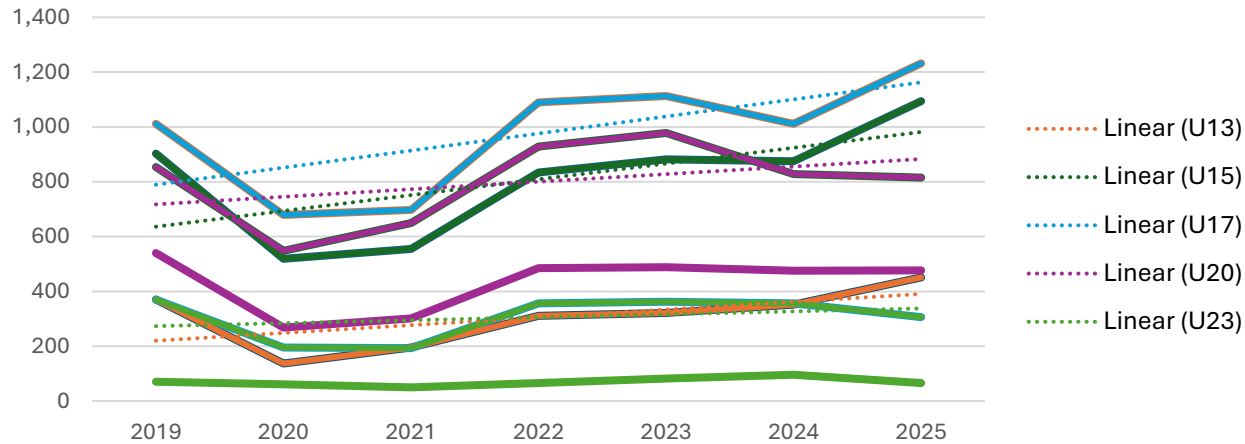
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
EA Champs	U15	480	221	221	382	454	430	490	2.08%	13.95%
	U17	749	363	305	500	572	591	685	-8.54%	15.91%
	U20	803	293	342	587	598	606	636	-20.80%	4.95%
	U23	369	29	225	270	314	302	207	-43.90%	-31.46%
	Sen	265	30	232	281	236	295	246	-7.17%	-16.61%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Area Champs

Area Champs - Athletes Participating



Individuals:

- v.2024:**
 - ↑ U13-U17 More Individuals
 - ↑ Senior More Individuals
 - ↓ U20 Fewer Individuals
 - ↓ U23 & Masters Fewer Individuals
- v.2019:**
 - ↑ U13-U17 More Individuals
 - ↓ U20-Masters Fewer Individuals

Fast & Timed Championships – Pure performance, no delays/no waiting! Chip-timed races, efficient schedules, and instant results, elite-level precision for serious athletes

Use tone and branding to signal social vs serious - both are valid (and a single event could have elements of both)

Progress that feels personal “It’s not always about medals, I just want to know I’m getting better”

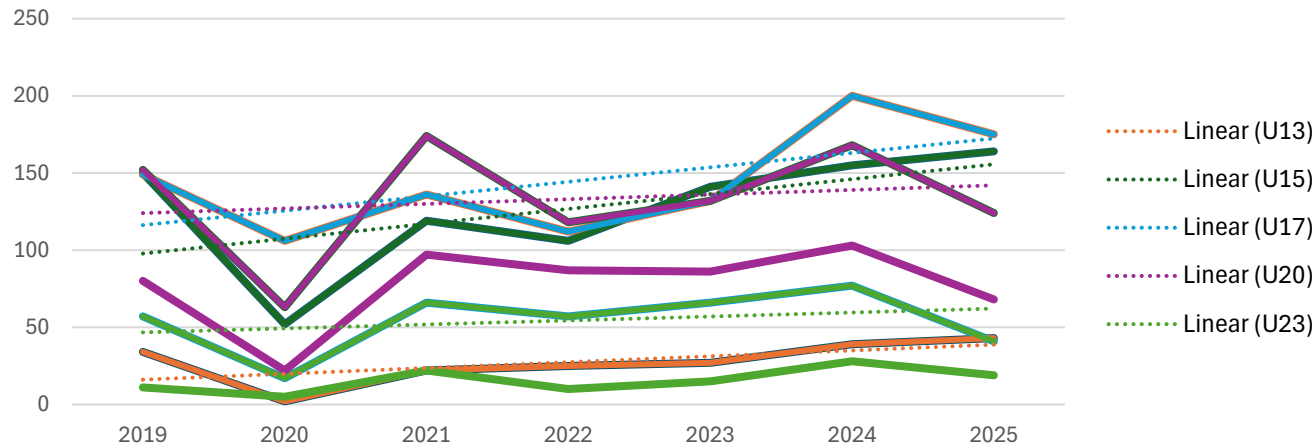
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Area Champs	U13	371	137	195	311	321	352	451	21.56%	28.13%
	U15	903	519	555	834	882	875	1,094	21.15%	25.03%
	U17	1,011	679	697	1,089	1,113	1,011	1,232	21.86%	21.86%
	U20	854	548	650	929	978	828	815	-4.57%	-1.57%
	U23	370	195	193	356	362	357	306	-17.30%	-14.29%
	Sen	540	268	302	485	488	475	477	-11.67%	0.42%
	Masters	70	61	50	66	82	96	66	-5.71%	-31.25%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Midland Area Champs

Midland Area Champs - Athletes Participating



Individuals:

v.2024: ↑ U13-U15 More Individuals

↓ U17-Masters Fewer Individuals

v.2019: ↑ U13-17 More Individuals

↓ U20-Senior Fewer Individuals

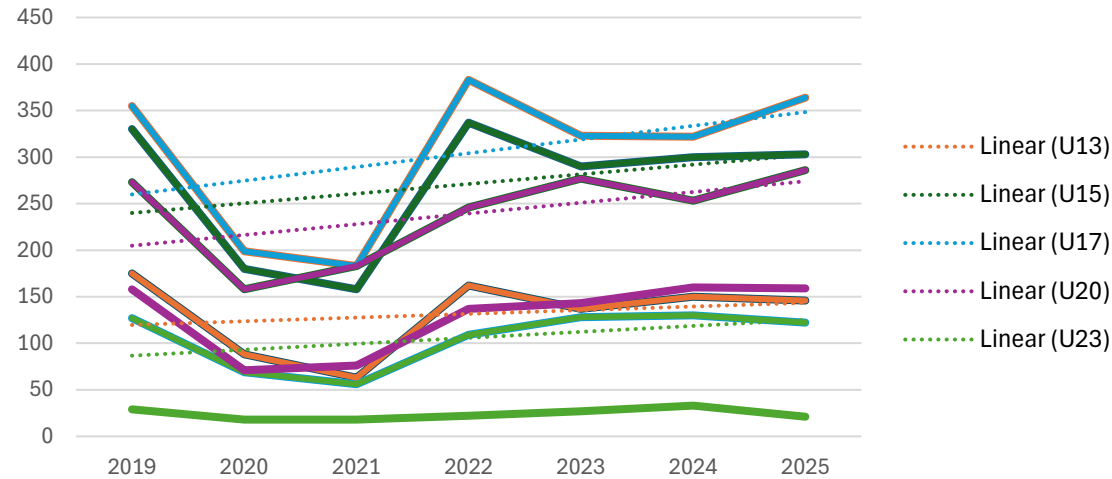
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Midland Area	U13	34	2	22	25	27	39	43	26.47%	10.26%
	U15	150	52	119	106	141	155	164	9.33%	5.81%
	U17	149	106	136	112	132	200	175	17.45%	-12.50%
	U20	152	63	174	118	132	168	124	-18.42%	-26.19%
	U23	57	17	66	57	66	77	41	-28.07%	-46.75%
	Sen	80	22	97	87	86	103	68	-15.00%	-33.98%
	Masters	11	5	22	10	15	28	19	72.73%	-32.14%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Northern Area Champs

Northern Area Champs - Athletes Participating



Individuals:

- v.2024:**
- ↑ U17-U20 More Individuals
 - ↑ U15 More Individuals
 - ↓ U13 & Senior Fewer Individuals
 - ↓ U23 Fewer Individuals

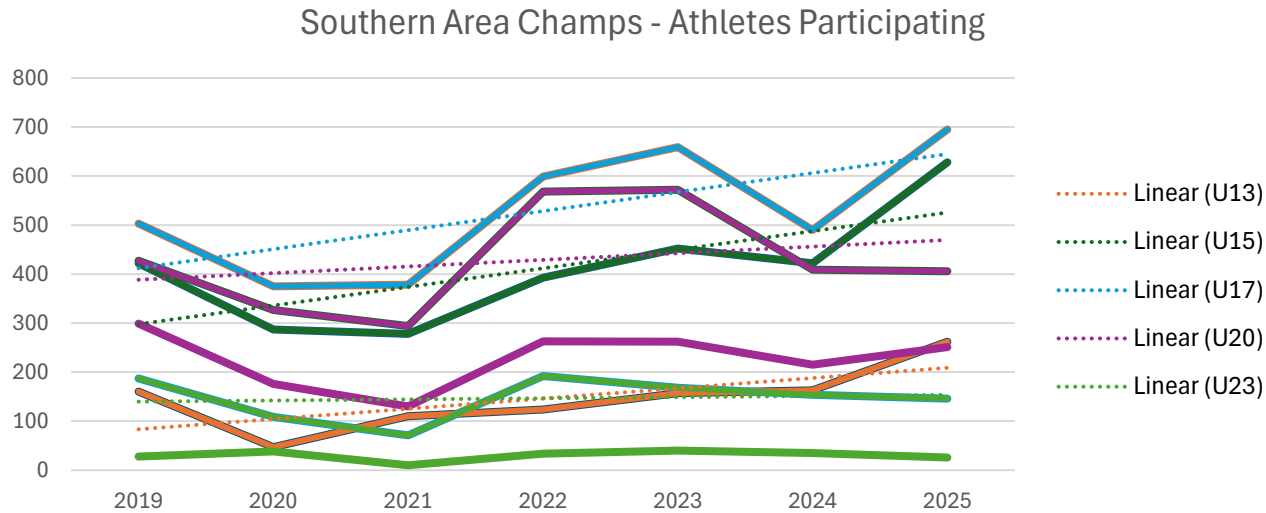
- v.2019:**
- ↑ U17-U20 More Individuals
 - ↑ Senior More Individuals
 - ↓ U13-U15 & U23 Fewer Individuals

Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Northern Area Champs	U13	175	88	63	162	137	150	146	-16.57%	-2.67%
	U15	330	180	158	337	290	300	303	-8.18%	1.00%
	U17	355	199	183	383	323	322	364	2.54%	13.04%
	U20	273	158	183	246	277	253	286	4.76%	13.04%
	U23	127	69	56	109	128	130	122	-3.94%	-6.15%
	Sen	158	71	76	137	143	160	159	0.63%	-0.63%
	Masters	29	18	18	22	27	33	21	-27.59%	-36.36%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Southern Area Champs



Individuals:

v.2024: ↑ U13-U17 & Senior More Individuals

↓ U20 & U23 Fewer Individuals

↓ Masters Fewer Individuals

v.2019: ↑ U13-17 More Individuals

↓ U20-Seniors Fewer Individuals

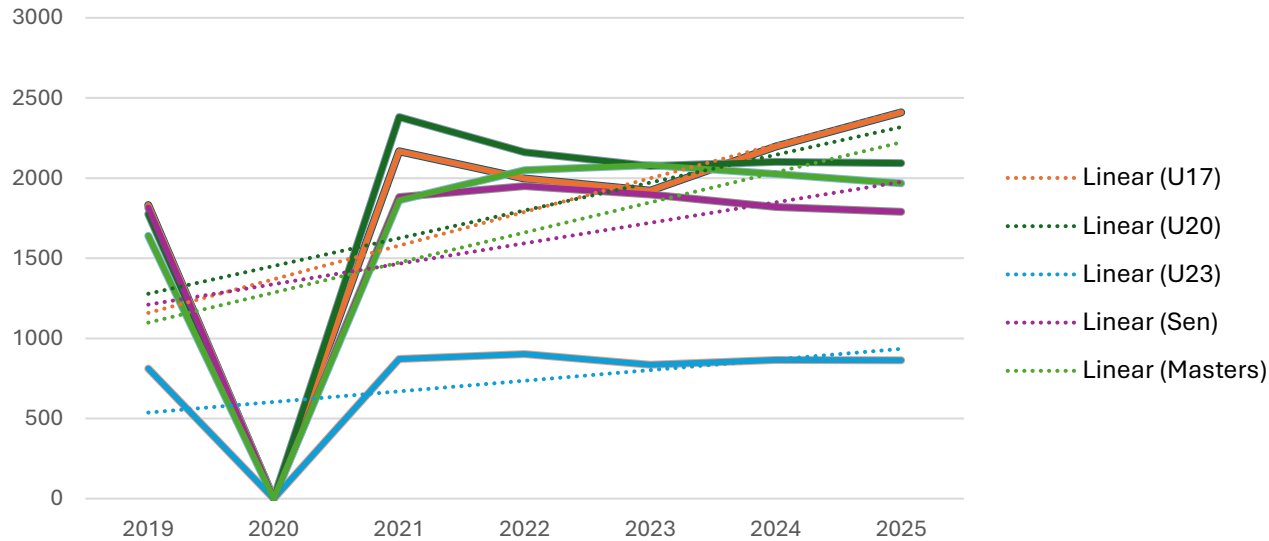
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Southern Area Champs	U13	160	47	110	124	157	163	262	63.75%	60.74%
	U15	422	287	278	393	452	422	628	48.82%	48.82%
	U17	503	375	378	599	659	490	695	38.17%	41.84%
	U20	427	327	294	568	572	409	406	-4.92%	-0.73%
	U23	187	109	71	192	168	154	146	-21.93%	-5.19%
	Sen	299	176	130	263	262	215	251	-16.05%	16.74%
	Masters	28	38	10	34	40	35	26	-7.14%	-25.71%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Area Leagues

Area Leagues - Athletes Participating



Individuals:

v.2024: ↑ U17 More Individuals

↓ U20-Masters Fewer Individuals

v.2019: ↑ U17-U23 & Masters More Individuals

↓ Senior Fewer Individuals

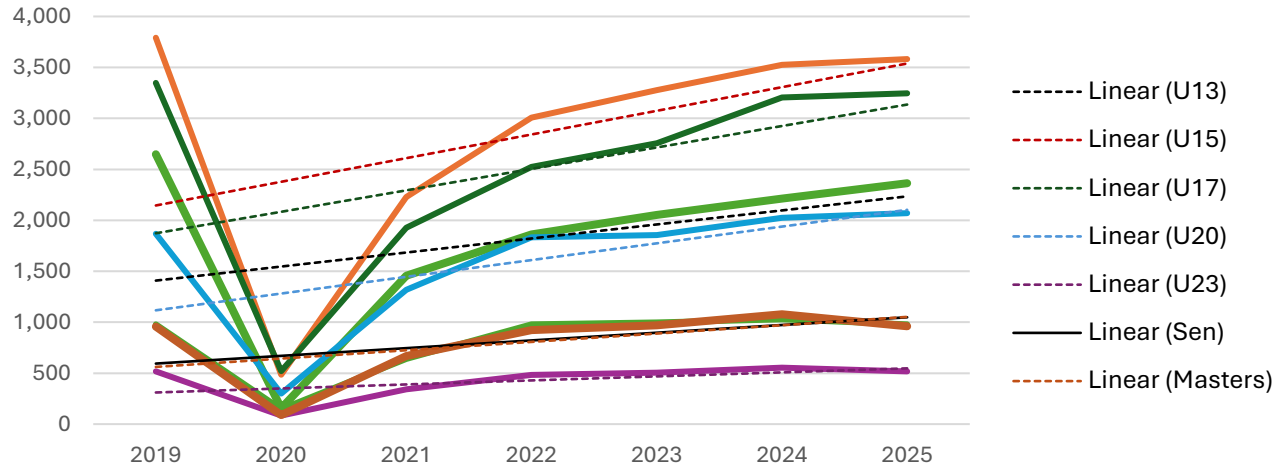
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Area Leagues	U17	1832	0	2167	1997	1921	2197	2410	31.55%	9.70%
	U20	1775	0	2381	2162	2075	2102	2094	17.97%	-0.38%
	U23	811	0	872	902	836	866	864	6.54%	-0.23%
	Sen	1816	0	1882	1950	1898	1819	1789	-1.49%	-1.65%
	Masters	1641	0	1861	2050	2081	2026	1967	19.87%	-2.91%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – County Level Comps

County & Inter-County Comps - Athletes Participating



Individuals:

v.2024: ↑ U13-U20 More Individuals
 ↓ U23-Sen Fewer Individuals

v.2019: ↑ U20 More Individuals
 ↑ Masters More Individuals
 = U23-Senior Equal Individuals
 ↓ U13-U17 Fewer Individuals

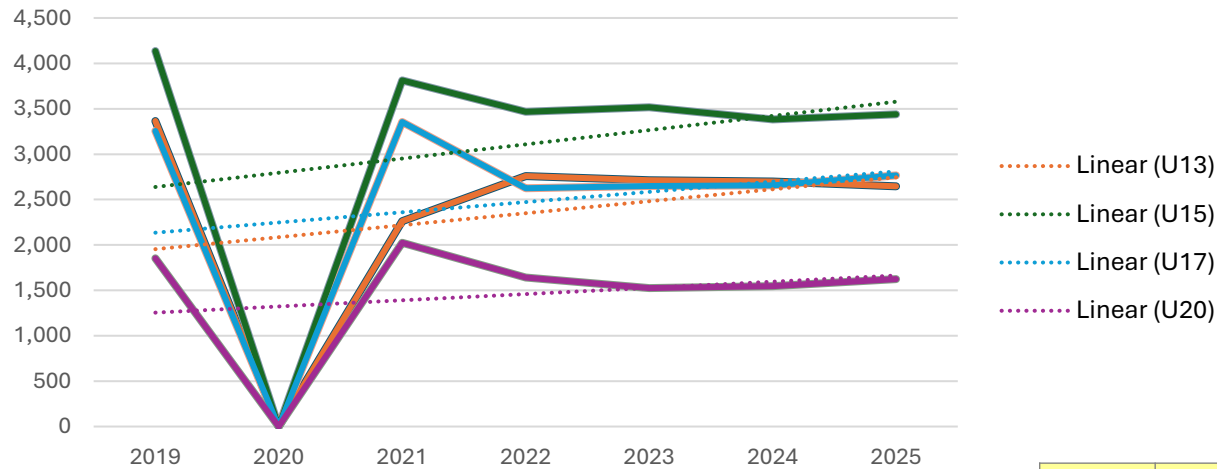
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
County Level Comps	U13	2,648	155	1,457	1,862	2,052	2,213	2,363	-10.76%	6.78%
	U15	3,791	485	2,227	3,007	3,277	3,524	3,582	-5.51%	1.65%
	U17	3,348	520	1,928	2,525	2,755	3,206	3,246	-3.05%	1.25%
	U20	1,866	300	1,318	1,832	1,856	2,025	2,070	10.93%	2.22%
	U23	518	84	340	482	505	554	518	0.00%	-6.50%
	Sen	978	147	640	980	997	1,028	978	0.00%	-4.86%
	Masters	958	89	668	922	971	1,078	961	0.31%	-10.85%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – YDL

YDL - Athletes Participating



Individuals:

v.2024: ↑ U15-U20 More Individuals

↓ U13 Fewer Individuals

v.2019: ↓ U13-U20 Fewer Individuals

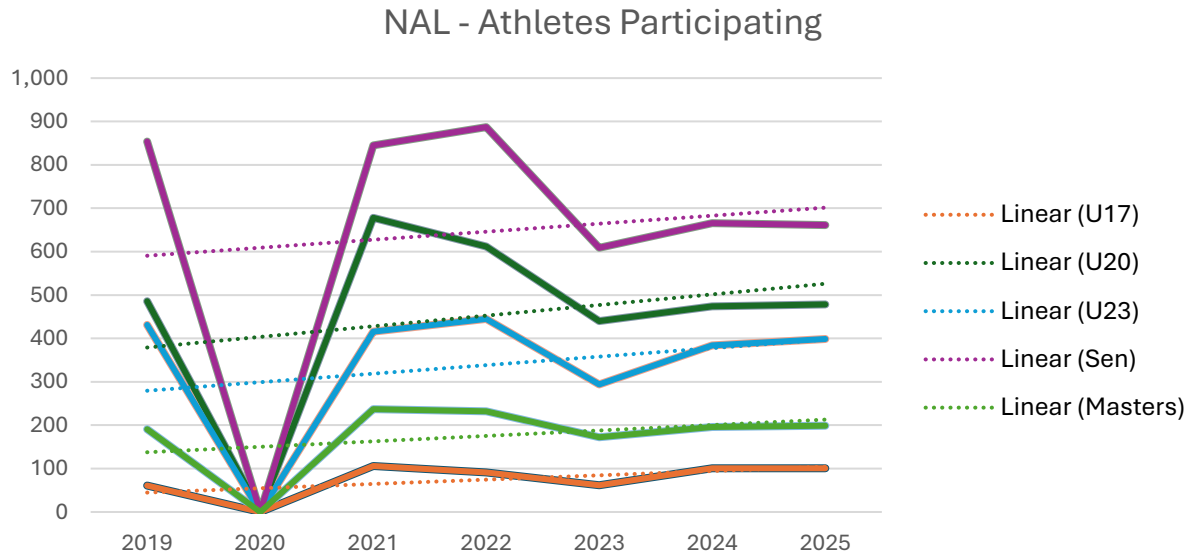
- Athletics is respected, but not always relatable
- Can be seen to be too serious, too soon so the pressure builds before they're ready (and some just don't want that intensity)
- Feels like it's 'for the talented' and not everyone sees a place for themselves
- Hard to access, it's unclear entry routes, low visibility
- Not social enough, it doesn't match the 'group vibe' of other sports

Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
YDL	U13	3,365	0	2,262	2,760	2,714	2,699	2,646	-21.37%	-1.96%
	U15	4,136	0	3,814	3,467	3,517	3,384	3,440	-16.83%	1.65%
	U17	3,254	0	3,354	2,626	2,649	2,658	2,766	-15.00%	4.06%
	U20	1,852	0	2,024	1,643	1,524	1,545	1,624	-12.31%	5.11%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – NAL



Individuals:

v.2024: ↑ U20-U23 & Masters More Individuals
 = U17 Equal Individuals
 ↓ Senior Fewer Individuals

v.2019: ↑ U17 More Individuals
 ↑ Seniors More Individuals
 ↓ U20 Fewer Individuals
 ↓ U23-Senior Fewer Individuals

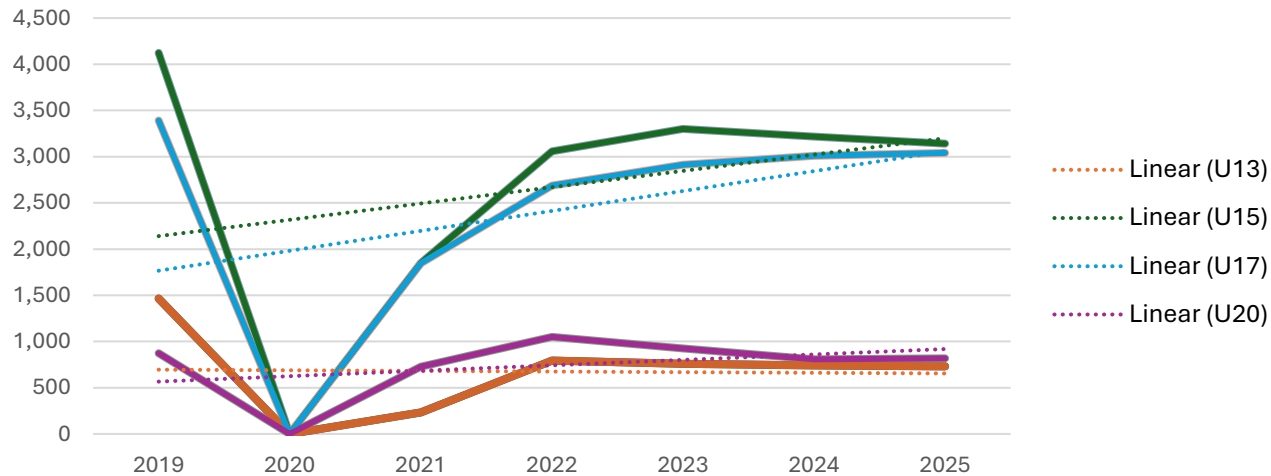
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
NAL	U17	61	0	106	91	62	101	101	65.57%	0.00%
	U20	486	0	678	612	440	474	478	-1.65%	0.84%
	U23	431	0	416	445	294	384	399	-7.42%	3.91%
	Sen	854	0	845	887	609	666	661	-22.60%	-0.75%
	Masters	191	0	237	232	172	196	199	4.19%	1.53%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Schools exc. ESAA

Schools exc. ESAA - Athletes Participating



Individuals:

v.2024: ↑ U17 & U20 More Individuals
 ↓ U13 & U15 Fewer Individuals

v.2019: ↓ U13-U20 Fewer Individuals

- Teenagers form early impressions of athletics and for many outside the sport, it feels:
- School was the start: teachers and PE staff introduced them early
- But only for the already talented – Especially reinforced at school sports days

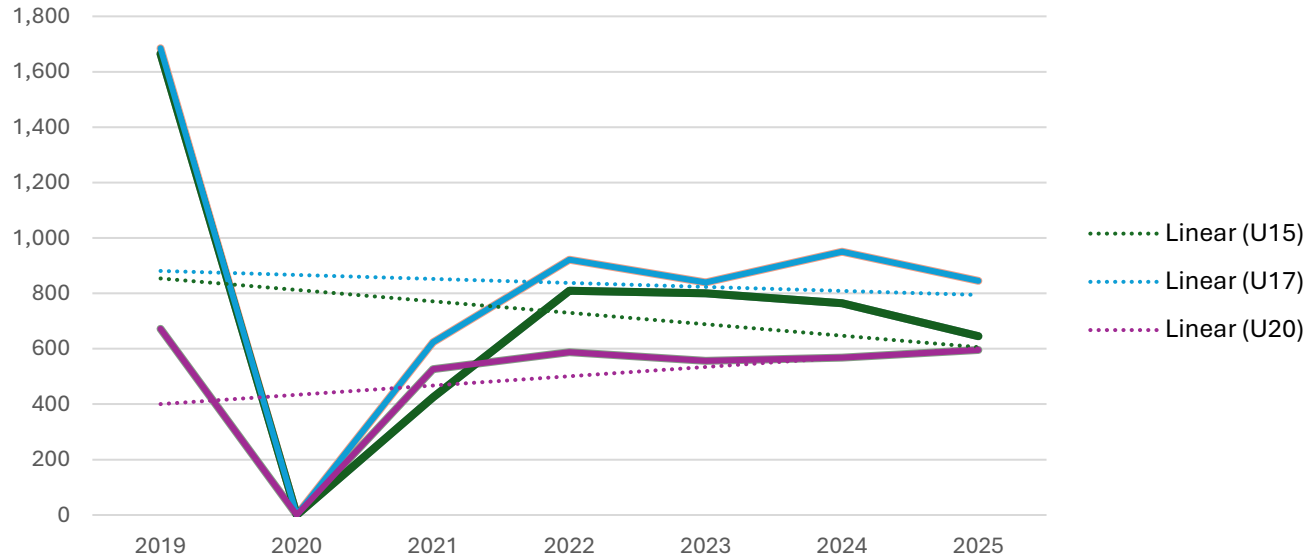
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Schools exc. ESAA	U13	1,465	0	233	795	759	741	732	-50.03%	-1.21%
	U15	4,123	0	1,849	3,059	3,299	3,216	3,142	-23.79%	-2.30%
	U17	3,391	0	1,847	2,689	2,911	3,009	3,042	-10.29%	1.10%
	U20	872	0	727	1,050	924	806	817	-6.31%	1.36%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – ESAA

ESAA Champs - Athletes Participating



Individuals:

v.2024: ↑ U20 More Individuals
 ↓ U15-U17 Fewer Individuals

v.2019: ↓ U15-U20 Fewer Individuals

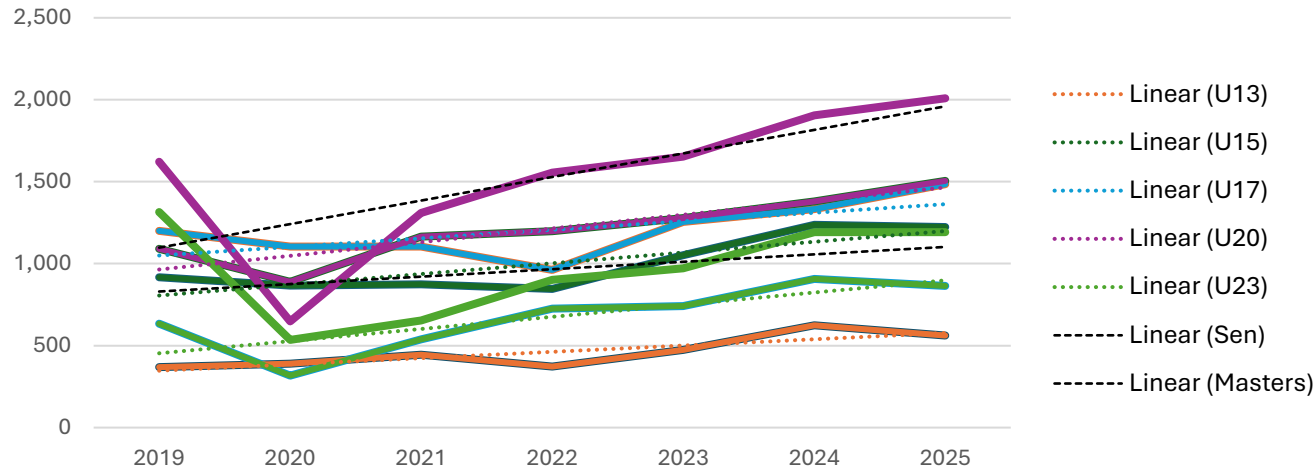
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
ESAA	U15	1,665	0	425	810	800	764	645	-61.26%	-15.58%
	U17	1,685	0	623	922	839	950	845	-49.85%	-11.05%
	U20	672	0	526	588	556	568	596	-11.31%	4.93%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: All

Event Specific: All Types - Athletes Participating



Individuals:

v.2024: ↑ U17-U20 & Senior More Individuals

= Masters Equal Individuals

↓ U15 & U23 Fewer Individuals

↓ U13 Fewer Individuals

v.2019: ↑ U13-Seniors More Individuals

↓ Masters Fewer Individuals

Young people want athletics to feel:

- More social, less solitary
- More flexible, less all-or-nothing
- More inclusive, less intimidating
- More fun but (still) serious when it matters

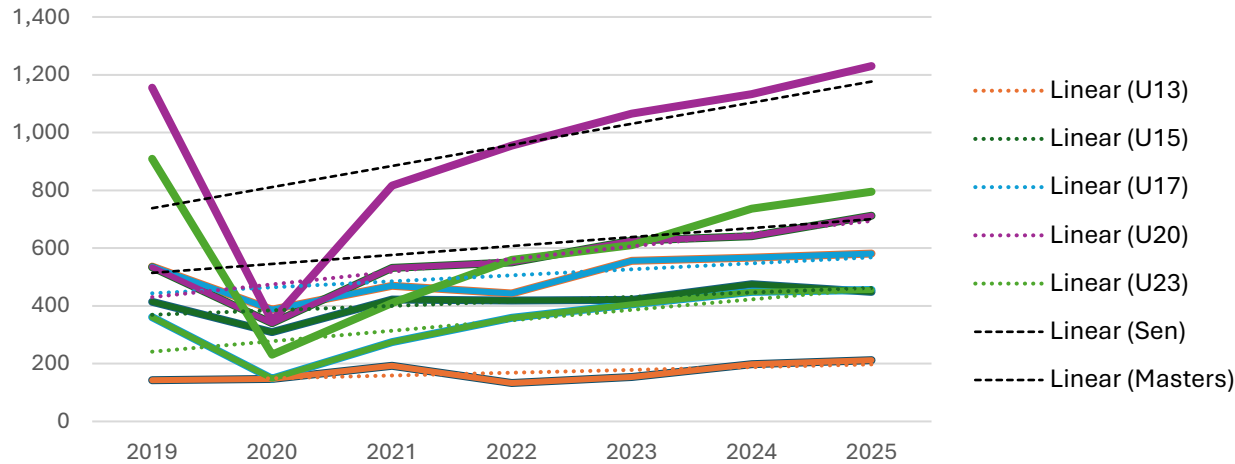
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific All	U13	369	390	445	373	473	624	561	52.03%	-10.10%
	U15	918	867	874	846	1,051	1,237	1,224	33.33%	-1.05%
	U17	1,200	1,105	1,105	962	1,255	1,333	1,485	23.75%	11.40%
	U20	1,090	889	1,165	1,198	1,278	1,379	1,505	38.07%	9.14%
	U23	634	317	539	726	742	907	865	36.44%	-4.63%
	Sen	1,621	648	1,309	1,556	1,654	1,905	2,009	23.94%	5.46%
	Masters	1,315	535	653	902	972	1,193	1,193	-9.28%	0.00%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: Endurance

Event Specific: Endurance - Athletes Participating



Individuals:

v.2024: ↑ U20 / Sen / Mas More Individuals

↑ U13 / U17 & U23 More Individuals

↓ U15 Fewer Individuals

v.2019: ↑ U13-Seniors More Individuals

↓ Masters Fewer Individuals

A mix of serious and fun

“It needs to be chill but still feel like you’re improving, that’s what makes it satisfying”

Girl, 17, current athlete

“You don’t want everything to be jokes, just not always intense”

Boy, 16, lapsed

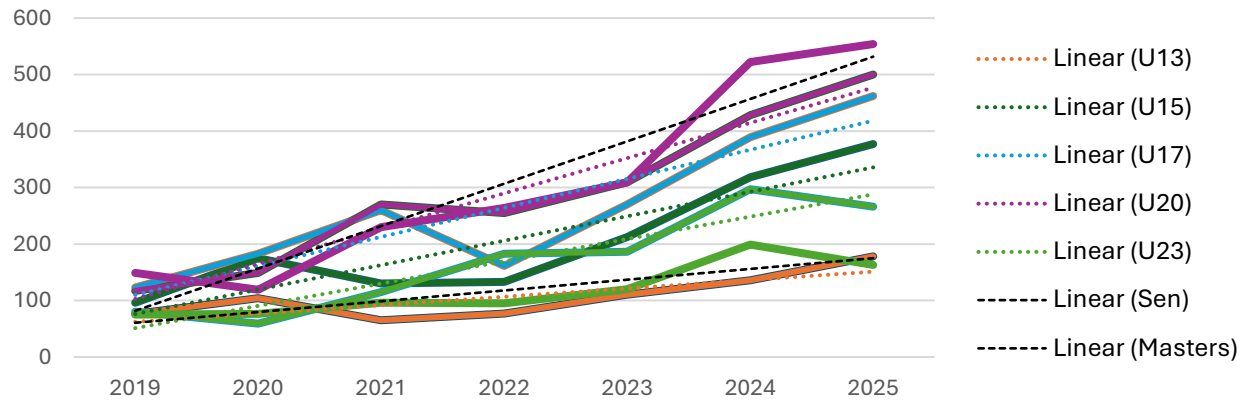
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific Endurance	U13	143	147	193	133	154	198	212	48.25%	7.07%
	U15	414	309	422	419	421	475	448	8.21%	-5.68%
	U17	536	387	470	443	556	567	581	8.40%	2.47%
	U20	534	340	532	550	626	641	712	33.33%	11.08%
	U23	361	148	274	359	405	448	455	26.04%	1.56%
	Sen	1,155	347	816	955	1,065	1,133	1,230	6.49%	8.56%
	Masters	909	231	410	559	610	736	795	-12.54%	8.02%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: Sprints & Hurdles

Event Specific: Sprints & Hurdles - Athletes Participating



Individuals:

v.2024: ↑ U13-U20 / Sen More Individuals
 ↓ U23 / Masters Fewer Individuals

v.2019: ↑ U13-Masters Individuals

Events with a vibe

“More events with music, food and fun, not just standing around waiting to race” Boy, 14, lapsed

“If your friends are in it, you’ll stay, if it’s all strangers and silence, you won’t” Boy, 15, current athlete

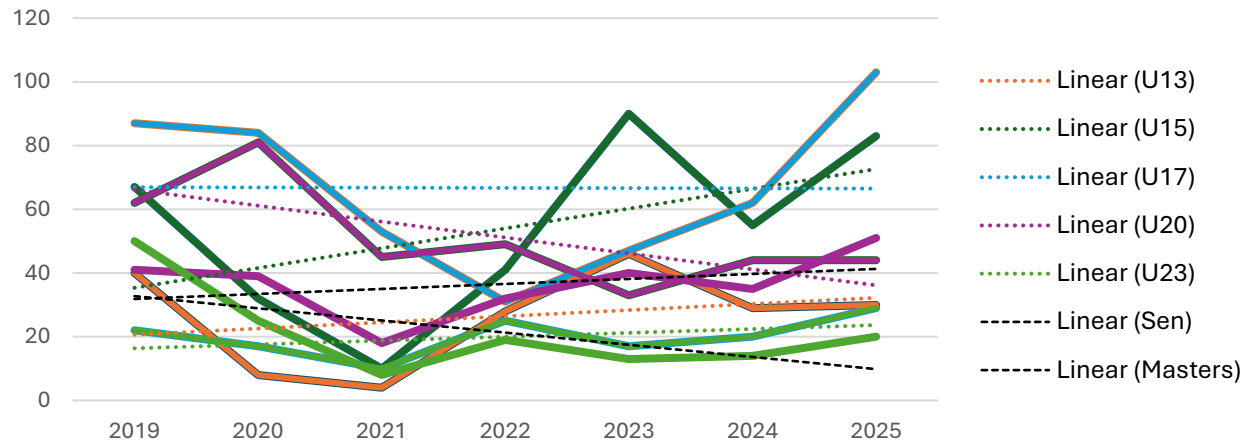
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific Sprints & Hurdles	U13	76	104	65	77	110	136	178	134.21%	30.88%
	U15	96	175	130	133	212	318	377	292.71%	18.55%
	U17	123	183	260	161	270	389	462	275.61%	18.77%
	U20	117	149	270	255	309	428	500	327.35%	16.82%
	U23	80	59	115	183	186	297	266	232.50%	-10.44%
	Sen	149	119	230	264	309	522	554	271.81%	6.13%
	Masters	75	76	96	95	120	199	163	117.33%	-18.09%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: Jumps

Event Specific: Jumps - Athletes Participating



Individuals:

v.2024: ↑ U15-U17 More Individuals
 ↑ U13 / U23 / Sen-Mas More Individuals
 = U20 Equal Individuals

v.2019: ↑ U15-U17 / U23-Sen More Individuals
 ↓ U13 / U20 / Masters Fewer Individuals

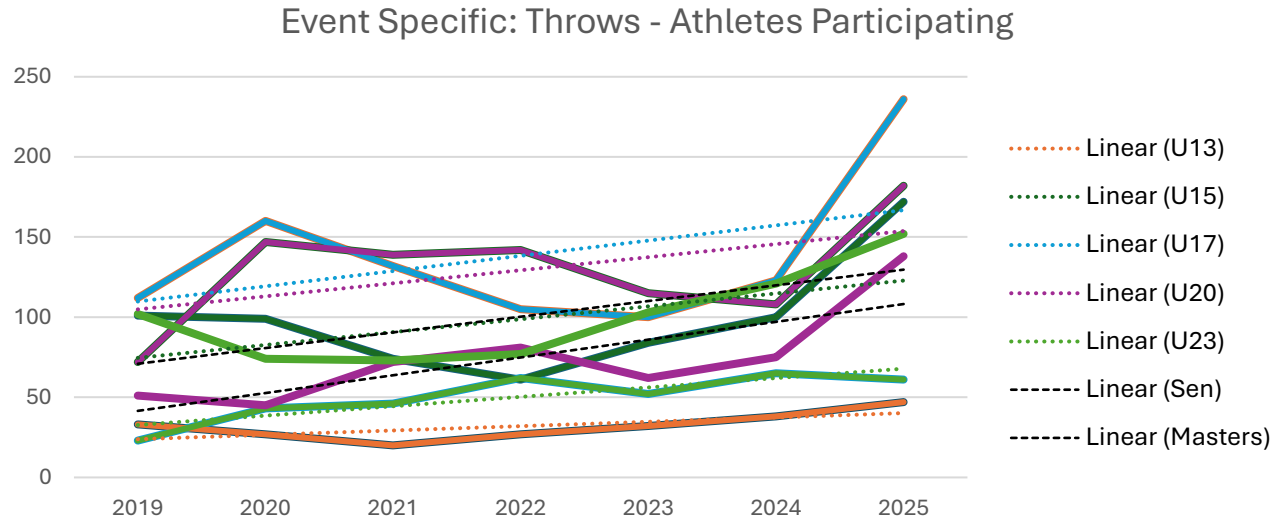
Recognition for effort
 “You should get noticed just for turning up and pushing yourself, not just winning
 Girl, 16, lapsed

Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific Jumps	U13	40	8	4	28	46	29	30	-25.00%	3.45%
	U15	67	32	10	41	90	55	83	23.88%	50.91%
	U17	87	84	53	31	47	62	103	18.39%	66.13%
	U20	62	81	45	49	33	44	44	-29.03%	0.00%
	U23	22	17	10	25	17	20	29	31.82%	45.00%
	Sen	41	39	18	32	40	35	51	24.39%	45.71%
	Masters	50	25	8	19	13	14	20	-60.00%	42.86%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: Throws



Individuals:

v.2024: ↑ U13-U20 / Sen & Mas More Individuals
 ↓ U23 Fewer Individuals

v.2019: ↑ U13-Masters More Individuals

Young people want athletics to feel:

- More social, less solitary
- More flexible, less all-or-nothing
- More inclusive, less intimidating
- More fun but (still) serious when it matters

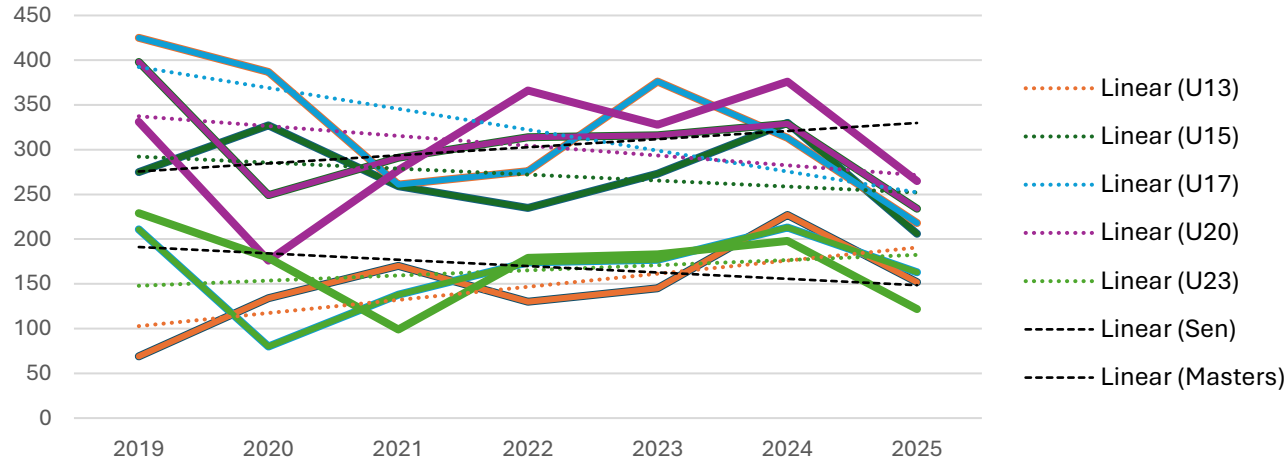
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific Throws	U13	33	27	20	27	32	38	47	42.42%	23.68%
	U15	101	99	74	61	84	100	172	70.30%	72.00%
	U17	112	160	132	105	100	123	236	110.71%	91.87%
	U20	72	147	139	142	115	108	182	152.78%	68.52%
	U23	23	43	46	62	52	65	61	165.22%	-6.15%
	Sen	51	45	72	81	62	75	138	170.59%	84.00%
	Masters	102	74	73	77	103	121	152	49.02%	25.62%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Event Specific: Mixed Disciplines

Event Specific: Mixed Disciplines - Athletes Participating



Individuals:

v.2024: ↓ U13-Masters Fewer Individuals

v.2019: ↑ U13 More Individuals

↓ U15-Masters Fewer Individuals

“You just pick your three favourite events and that’s all you do, no long wait, just in, compete, then go”
Boy, 17, current athlete

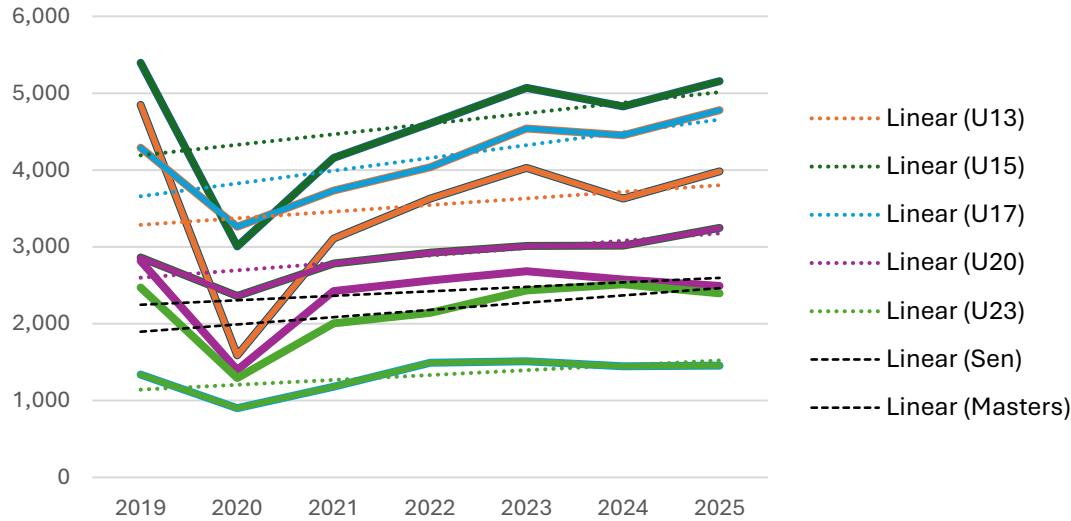
Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Event Specific Mixed Discipline	U13	69	134	170	130	145	227	152	120.29%	-33.04%
	U15	275	327	259	235	273	330	206	-25.09%	-37.58%
	U17	425	387	261	276	376	313	218	-48.71%	-30.35%
	U20	398	249	291	314	316	329	234	-41.21%	-28.88%
	U23	211	80	138	174	177	213	163	-22.75%	-23.47%
	Sen	331	176	277	366	328	376	265	-19.94%	-29.52%
	Masters	229	179	99	179	183	198	122	-46.72%	-38.38%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2025 T&F Participation – Open Meets

Event Specific: Open Meets - Athletes Participating



Individuals:

v.2024: ↑ U13-U20 More Individuals

↑ U23 More Individuals

↓ Sen-Mas Masters Fewer Individuals

v.2019: ↑ U17-U23 More Individuals

↓ U13-U15 / Sen-Mas Masters Fewer Individuals

Start with open doors

- Create low-pressure, visible entry points that feel welcoming — not selective or intimidating
- Sport must feel flexible, not fixed
- Teens want choice, not pressure

Comp	Age Group	2019	2020	2021	2022	2023	2024	2025	2025 v. 2019 (+/-) %	2025 v. 2024 (+/-) %
Open Meets	U13	4,848	1,588	3,106	3,628	4,027	3,630	3,983	-17.84%	9.72%
	U15	5,396	3,006	4,156	4,605	5,070	4,826	5,157	-4.43%	6.86%
	U17	4,292	3,262	3,734	4,038	4,542	4,455	4,779	11.35%	7.27%
	U20	2,863	2,361	2,784	2,923	3,014	3,018	3,247	13.41%	7.59%
	U23	1,338	901	1,180	1,493	1,511	1,445	1,455	8.74%	0.69%
	Sen	2,818	1,397	2,425	2,563	2,681	2,575	2,491	-11.60%	-3.26%
	Masters	2,471	1,293	2,006	2,142	2,434	2,513	2,397	-2.99%	-4.62%

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2024-25 XC Participation in England

Meets:

- ↓ v.2023/24: 20 Fewer Meets
(23/24 Weather Cancellations)
- ↓ v.2019/20: 23 Fewer Meets

Performances:

- ↓ v.2023/24: 3,882 Fewer Performances
- ↓ v.2019/20: 11,952 Fewer Performances

Individuals:

- ↓ v.2023/24: 3,882 Fewer Individuals
- ↓ v.2019/20: 5,778 Fewer Individuals

Performances per Individual:

- ↑ v.2023/24: 0.10 More Performances per Individual
- ↓ v.2019/20: 0.10 Fewer Performances per Individual

Perf Yr	Meetings	Meets v. Prev FY (+/-)	Meets v. Prev FY % (+/-)	Individuals	Indiv. v. Prev FY (+/-)	Indiv. v. Prev FY % (+/-)	Performances	Performances v. Prev FY (+/-)	Performances v. Prev FY % (+/-)	Performances per Individual	Perf p/Indiv. v. Prev FY (+/-)
2024-25	146	-20	-12.0%	14,856	-3,882	-20.7%	25,078	-4,700	-15.8%	1.69	0.10
2023-24	166	-31	-15.7%	18,738	-576	-3.0%	29,778	-4,422	-12.9%	1.59	-0.18
2022-23	197	28	16.6%	19,314	1,128	6.2%	34,200	942	2.8%	1.77	-0.06
2021-22	169	167	8350.0%	18,186	18,122	28315.6%	33,258	33,194	51865.6%	1.83	0.83
2020-21	2	-167	-98.8%	64	-20,570	-99.7%	64	-36,966	-99.8%	1.0	-0.79
2019-20	169	-28	-14.2%	20,634	-2,969	-12.6%	37,030	-12,010	-24.5%	1.79	-0.28

Unless otherwise stated percentages refer to percentage increase or decrease

TRENDS

2024-25 T&F Participation Summary

More athletes isn't yet translating to more performances

56k @ T&F Clubs did not participate at least 1 time in 2025 T&F Comps

131.5k Registered Athletes did not participate at least 1 time in 2025 T&F Comps

Subtle shifts in which comps people are choosing v. 2019

Positive signs of attracting more people to T&F (1.5k) but decrease in participation ratio & plateaued performance numbers speaks to the need to improve competition experience