



# 2026 England Athletics Indoor Combined Events Programme





# FOREWORD | CHRIS JONES, CEO

On behalf of everyone at England Athletics I would like to wish all those competing in the 2026 England Athletics indoor championships the very best of success and enjoyment.

This is a special year for our sport with the European Track and Field Championships and Commonwealth Games taking place in England and Scotland respectively. I am sure that many competing English athletes will have taken part in our EA indoor and outdoor national events on their way towards representing their country at these major championships and their feats will serve as an inspiration for those currently working through our youth, junior, and senior talent pathway.

I would also like to take this opportunity to specifically thank our hard-working volunteer Technical Officials and Event staff, without whom these events would not take place and to whom we are deeply grateful for their commitment, focus, and dedication.

I have said previously that many of the Technical Officials working at these championships have served our sport for numerous years and will be using their experience to help mentor and support newer and less experienced officials coming into our sport. This is hugely important as we look to build a robust and sustainable foundation of volunteering to ensure that generations of athletes can continue to enjoy our wonderfully diverse, and inclusive sport for years to come.

I would like to thank our sponsors and partners at England Athletics for their continued support to this and other England Athletics activities. During summer

2025 we were thrilled to welcome Citroën as our headline partner for the championships. Citroën's backing of our national events and talent programmes, powered by their electric vehicles, reflects our shared commitment to sustainability and accessibility in sport. Their support through our Personal Best Foundation will also help bring athletics to schools across England, opening doors for disadvantaged young people.

A special thanks goes to our kit sponsors Kukri, SportsShoes.com, and Sport England. Commercial sponsorship, alongside income from member clubs, bodies, licensed events, and registered athletes, is vitally important to enabling England Athletics to deliver its strategic priorities and support services to our clubs, athletes, coaches, officials, and runners. To all those competing athletes taking part this weekend, do your very best, that is all you can do. Most importantly try to enjoy the experience and remember that the journey to fulfilling your potential is often not a linear and straightforward one. There will inevitably be roadblocks and hurdles to overcome on your way, but every experience is a learning opportunity and with it comes the building of resilience, understanding, wisdom, and hopefully improvement. Many of the current senior England and GB internationals have competed in these championships and I am sure would acknowledge that there were times when they found it challenging, and that progress stalled due to factors both within and out of their control. Perseverance and keeping a healthy perspective are important during these times, as is having a strong sporting and social support network around you.

Thanks once again to everything that you do for our great sport in whatever guise. We are a matter of

weeks away from the new age groups for competition being introduced across the UK and I would encourage competition providers, athletes, coaches, technical officials, volunteers and parents/carers to continue to study the detail behind these changes that were approved by the UKA Board back in December 2023. Athletes, coaches, officials, club leaders, and competition providers have been working hard to prepare ahead of April 1st, 2026, when these changes come into effect – thank you for everything that you are doing ahead of this change. For further information please [visit our website](#).

Finally, I would like to give a plug for some work that we are doing around youth competition - to club committee members, coaches, parents, volunteers, and officials, I would ask that you consider how our new modified Under 10s and 12s multi event competition format "Funetics Multi Challenge" (FMC) might help you to further engage and retain our youngest participants in the sport at a club level. FMC will be rolled out through the national school games network during 2026 overseen by our Youth Competition Manager Ryan Chard and we want to try to ensure there are opportunities for our youngest participants to enjoy this outdoor format in clubs too, alongside other models of competition such as Sportshall Athletics in the indoor setting. For further information on this, England Athletics, and all our activities in the sport please visit our website.

Enjoy the weekend

**Chris Jones**  
CEO





## THANK YOU TO OUR SPONSORS

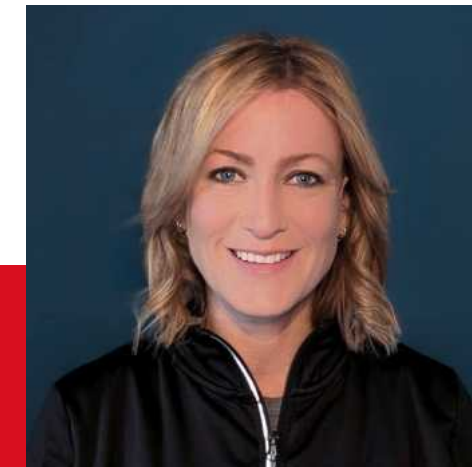
England Athletics is very grateful to help and support our partners who help us develop athletics and running in England.



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## WELCOME MESSAGE



Congratulations to all athletes and para-athletes proudly representing their clubs at this weekend's England National Championships. For many athletes, this event marks the first step on to the national stage, and an opportunity to challenge themselves among the country's best athletes and compete for championship medals. For some, it could be the start of a journey towards elite competition, following the pathways of many of our top British athletes. For others, it could be a moment that will be remembered for years to come. Whatever the outcome, I hope every athlete takes something positive from the experience.

Earning a place at a national championship reflects the dedication shown throughout the year given by athletes, their coaches, and the supportive families behind them. It also would not be possible without the continuous commitment of volunteers within clubs who make training environments accessible and supportive, allowing athletes to grow and thrive.

A huge thank you also goes to all the officials, event staff and volunteers whose hard work behind the scenes has made these championships possible. We would love to hear your thoughts after the event, as your feedback is vital to helping us continue to grow and enhance the championships.

Good luck to you all for your events this weekend. May your commitment and effort be rewarded with performances you can be proud of.

**Sarah Benson**  
*Talent & Performance Director*



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# MEET THE ENGLAND ATHLETICS TEAM



**Nichola Skedgel**  
*Head of Competitions and Partnerships*



**Vicky Griffiths**  
*Team Operations Manager*



**Ellie Duffy-Penny**  
*Competition Events Manager*



**Emily-Jane Richardson**  
*Competitions and Events Administrator*



**Melissa Lock**  
*Talent and Performance Administrator*



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## WHERE TO FIND US

The Championships are taking place at the  
English Institute of Sport, Coleridge Road, Sheffield, S9 5DA.

### English Institute of Sport



#### THE ADDRESS

Coleridge Road  
Sheffield  
S9 5DA

What3words:  
///voters.mutual.masters

[Link to Maps](#)



#### BY CAR



Parking at the venue will cost  
£5 per day.

Parking is based on first come  
first served and this also  
include blue badge holders.

#### BY TRAM



Take the Yellow Line Tram  
and get off at Arena/Olympic  
Legacy Park.

Walk towards Don Valley Bowl and  
onto Coleridge Road (4-minute walk).

#### BY BUS



Take the X3 or 207 bus to  
Attercliffe Common/Clay Street  
stop and walk along Attercliffe  
Common and then onto  
Coleridge Road (4-minute walk).



#### CATERING FOR SPECTATORS

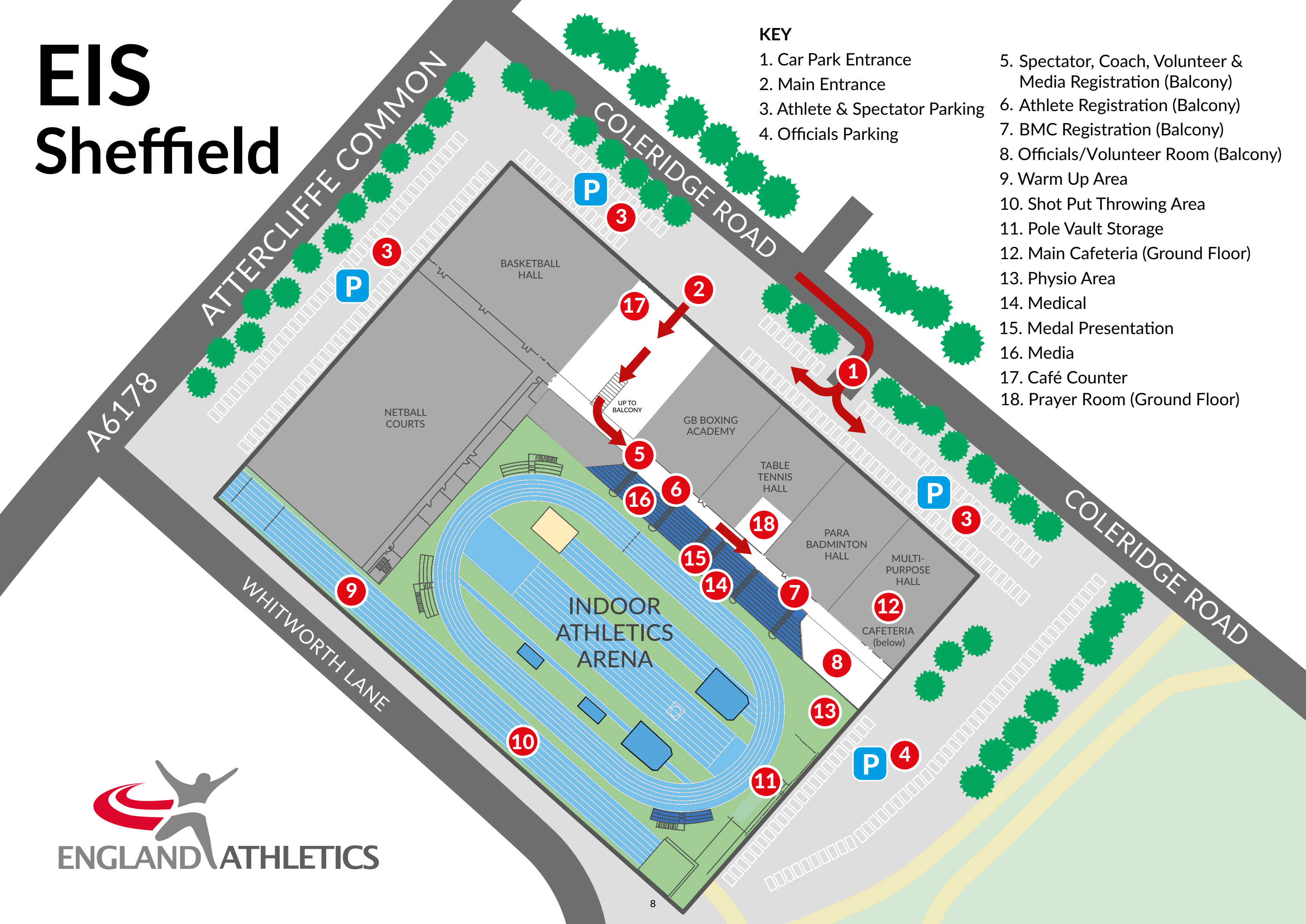
The main café in the EIS will be open for athletes and spectators to buy lunch and snacks during your time at the venue. They will be offering a variety of hot and cold food and drink which you will be able to eat within the café.



# EIS Sheffield

## KEY

1. Car Park Entrance
2. Main Entrance
3. Athlete & Spectator Parking
4. Officials Parking
5. Spectator, Coach, Volunteer & Media Registration (Balcony)
6. Athlete Registration (Balcony)
7. BMC Registration (Balcony)
8. Officials/Volunteer Room (Balcony)
9. Warm Up Area
10. Shot Put Throwing Area
11. Pole Vault Storage
12. Main Cafeteria (Ground Floor)
13. Physio Area
14. Medical
15. Medal Presentation
16. Media
17. Café Counter
18. Prayer Room (Ground Floor)







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## TIMETABLES & RESULTS

Timetables for all events will be published online no later than one week before the event. For regular updates please follow the events on the Roster Athletic website, this is where the updated timetables will be shown.

There will be online live results at all events. To follow the order of the day and real time results please sign up and follow the event via the Roster Athletic platform.



## DON'T MISS OUT!

Please follow and like England Athletics social media pages so you do not miss any information relating to Entry Opening dates.

England Athletics:

- Instagram: [englandathletics](https://www.instagram.com/englandathletics)
- X: [EnglandAthletics](https://twitter.com/EnglandAthletics)
- Facebook: [England Athletics](https://www.facebook.com/EnglandAthletics)
- TikTok: [Englandathletics](https://www.tiktok.com/@englandathletics)



## FEEDBACK

We really value your feedback when we review our events and start planning for future events so, please let us know your thoughts by scanning on the QR below or complete the form [here](#).



LEADERS IN PERFORMANCE





## AGE GROUP CHANGES

From 1 April 2026, the age groups in which young athletes compete under UKA rules will change from U13, U15, U17 and U20, as is currently the case, to U14, U16, U18 and U20. These changes are grounded in a desire to support athletes with their progression through the sport, to help grow participant numbers and to retain more young participants in the sport.

We have many useful documents and guides available on our website to help with understand the changes. To find out more, [please visit our website](#).

## KEY INFORMATION

### The new rules will be effective from 1 April 2026

- An athlete will compete in the **same age group** as they began the competition year, even if the competition finals go past the end date.
- All licensed competition providers must adopt the **new age groups**.
- The rules of competition will **include U10 upwards**.
- U10-U18 cut off dates will be **31 August** within the competition year (note- for international competition, the December cut off will apply, as is currently the case)
- U20 upper cut off date will be **31 December** in the calendar year of competition (as is currently the case)
- Senior athletes are **aged 20 or over on 21 December** in the calendar year of competition.


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## OFFICIATING

Ever wondered why being an official is so great? Officiating is fun, flexible, enlightening and great for your mental and physical health. Not to mention it gives you the chance to make lifelong memories and friendships along the way!

Whatever your interest in athletics and running, there is an officiating course for you. You will be supported by so many of the official's community throughout your journey in the sport and can do volunteer as little or often as you wish to, to ensure a good work/family/life balance. Visit our website to see the different courses available and how you can become the next qualified official in the sport.

## COACH INFORMATION

Licensed coaches can get free entry to the Indoor Championships by signing up using [this link](#).

Coaches should pre-register for their accreditation ahead of the event weekend. If you have not signed up before the event, we cannot guarantee we will be able to allocate you an accreditation pass as we will need to verify your coaching license.

Upon arrival, coaches must check in at the coach registration desk (number 5 on the map). Once you have been given your accreditation, you must wear this at all times whilst in the venue. If you are attending both days of the event, you will need to bring the accreditation back for the second day.

## COACHING COURSES

Are you a parent who is keen to help at your child's local athletics and running club? Why not consider getting involved as a coach? Our entry level courses - Coaching Assistant and Leadership in Running Fitness - are the perfect place to start.

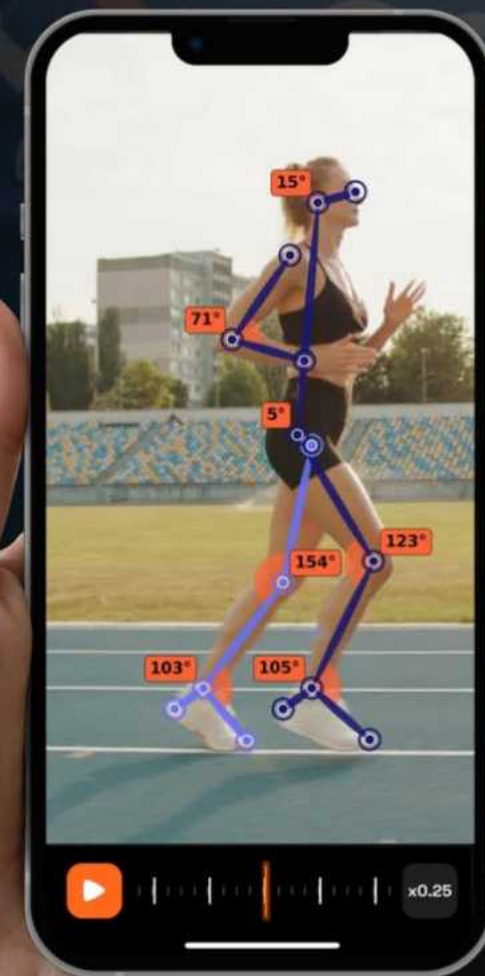
Coaching Assistant: [Coaching Assistant](#) | [UK Athletics Coaching Training](#)

Leadership in Running Fitness: [Leadership in Running Fitness](#) | [England Athletics Coaching](#)



# HOW IS YOUR RUNNING FORM?

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Address: England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE

Contact number: 0121 347 6543 | Website: [englandathletics.org](http://englandathletics.org)