

U10/U12 COMPETITION GUIDE – SUMMER TRACK & FIELD SEASON

The summer Track & Field season runs from late-March to September.

Starting from April 2026, competition age groups have switched from odd to even numbers. Instead of the U11 category, there are now **U10s (Yr3&4)** and **U12s (Yr5&6)**.

Why compete?

There are lots of opportunities during the summer Track & Field season for U10/U12 athletes to put into practice all the skills they have been learning during the year. Athletes enjoy the competitive and social aspects of competing, as well as providing context for their training.

The core U10 events offered are 50m, 400m, howler throw and long jump. These often take the form of a quadrathlon competition across a whole day. Some organisers this year are also offering a quadrathlon for U12s but with longer distances (75m, 600m). Sometimes, the U10 and U12 quadrathlons run concurrently with both doing the longer distances.

In addition, U12 opportunities include 60m, 150m, 800m, 70/75 hurdles, shot put, discus, javelin, hammer and high jump. **Although these opportunities exist, I would strongly advise speaking to your coach before entering either the hurdles or any of these field events.**

TIPS

Allow good time prior to your first scheduled event, especially if it's your first time competing or the first time at a particular venue. This allows time to:

- collect and pin on vest numbers
- become orientated with the facilities
- warm-up
- be called to sign-in before each individual event.

Knowing beforehand that other people you know from the club are attending can be reassuring and is particularly useful and rewarding for all-day programmes. That way, people can lean on each other for being aware/organized throughout the day, plus the athletes have each other for company for what can be a long (but enjoyable!) day.

Be weather-prepared! All other preparations get undermined if you aren't ready for all eventualities. Recommendations are:

- coats
- umbrellas (for rain and strong sun)
- change of clothes / additional layers
- suncream
- towels
- For all-day events, a proper tent is a great idea in case of downpours (or just to relax!)

Also bear in mind that not all venues have a full-range of facilities and even those that do may be subject to opening times and the availability of volunteers. Having your own supply of food and drink is always a good idea, as well as first aid essentials such as plasters.

Running spikes are permitted for U10/U12s but not essential. Any spikes must conform to UKA rules (no longer than 6mm in length). It's also recommended that the athlete has tested them out prior to competing, just to gain experience so they feel comfortable and confident in them on the day. Just before or after training sessions would be a good time to do so.

U10/U12s do not require a UKA competition licence to compete, nor are they required to wear a club vest while competing (although they are free to do so if they wish!).

VENUES

Venue	Location	Postcode	Parking	Stand	Facilities
Exeter Arena	Exeter	EX4 8NT	Free, on-site, plentiful, shared with other facilities	Yes, large, covered	Toilets, showers, lockers, refreshments
Bill Whistlecroft Athletics Arena	Yeovil	BA21 3DS	Free, on-site, plentiful	Yes, small, covered	Off-site toilets and refreshments
Millfield School	Street	BA16 0ST	Free, on-site, plentiful	No	Toilets
North Devon Athletic Track	Braunton	EX33 2BT	Free, on-site, good size but can fill up, shared with other facilities	Yes, small, covered	Toilets, refreshments
Brickfields Sports Centre	Plymouth	PL1 4NE	Free, off-site at Plymouth Albion Rugby Club (PL1 4NE)	Yes, small, covered	Toilets, refreshments
Bath University Sports Training Village	Bath	BA2 7AY	Paid, on-site, plentiful	No	Toilets, showers, lockers, refreshments
Par Athletics Track	Par	PL24 2PB	Free, on-site, can fill up quickly	No	Toilets, showers, lockers, refreshments
Tavistock Community College Athletics Track	Tavistock	PL19 8DD	Free, on-site, can fill up quickly	No	Toilets

COMPETITIONS

Event	Organiser	Venue	When
YOAC Spring Open - Day 1	Yeovil Olympiads	Bill Whistlecroft Athletic Arena	Saturday 4 th April 2026
Spring Warm Up	City of Plymouth	Brickfields Sports Centre	Easter Sunday, 5 th April 2026
YOAC Spring Open - Day 2	Yeovil Olympiads	Bill Whistlecroft Athletic Arena	Easter Monday, 6 th April 2026
Clive Marsh Spring Warm-Up	Newquay & Par	Par Athletics Track	Saturday 11 th April 2026
Great West Open (Ken Trickey Memorial)	Exeter Harriers	Exeter Arena	Saturday April 18 th 2026
Devon Open	Devon Athletics Association	Various	Exeter: Sunday 26th April 2026 Braunton: Sunday 24 th May 2026 Tavistock: Sunday 12 th July 2026 Plymouth: Sunday 9 th August 2026
Exeter Open (Last Tuesday of every month)	Exeter Harriers	Exeter Arena	All starting at 18:10: Tuesday 28 th April 2026 Tuesday 26 th May 2026 Tuesday 30 th June 2026 Tuesday 28 th July 2026 Tuesday 25 th August 2026 Tuesday 29 th September 2026
Natasha Lewis Open	Team Bath	Bath University Sports Training Village	Usually mid-May, yet to be announced
YOAC Open (Last Thursday of every month)	Yeovil Olympiads	Bill Whistlecroft Athletic Arena	Thursday 28 th May 2026 Thursday 25 th June 2026 Thursday 30 th July 2026 Thursday 27 th August 2026
Duchy Open	Cornwall Athletic Club	Par Athletics Track	Saturday 27 th June 2026
5 Star	Newquay & Par	Par Athletics Track	Saturday 25 th July 2026
Newquay & Par Graded Open	Newquay & Par	Par Athletics Track	Saturday 15 th August 2026
Yeovil Games	Yeovil Olympiads	Bill Whistlecroft Athletic Arena	TBC – provisionally Sunday 13 th September 2026
Young Athletes Open Medal Meeting	Cornwall Athletics Academy	Par Athletics Track	Saturday, mid-September (yet to be announced)

County Championships

An athlete can choose to qualify for a county by either birth or residency, but not both in the same year.

Somerset host medal events for U10s and U12s at their County Championships. Devon and Cornwall currently only have U12 events on their programme. Unlike in older age groups, there is no progression onto regional and national competition.

Event	Organiser	Venue	When
Cornwall County Championships	Cornwall Athletics Association	Par Athletics Track	Saturday 9 th May 2026
Somerset County Championships	Somerset Athletics Association	Bill Whistlecroft Athletic Arena	Saturday 9 th & Sunday 10 th May 2026
Devon County Championships	Devon Athletics Association	Exeter Arena	Sunday 10 th May 2026

British Milers Club

BMC PB Classic – annual race held at Millfield School with a focus on younger athletes. U12s can compete in the 800m, for which there is no minimum entry standard. Yet to be announced.

Regional BMC 800m and 1500m races also follow directly after every Exeter Harriers Open (see dates above). I imagine that U12 that meet the entry standard would be permitted to race, although this would need to be confirmed with the organiser.

For more info, [see BMC website](#).

Schools

Track & field school competitions begin at county level for U14 upwards. The Somerset Combined Event competition at the end of April includes a Yr7 quadrathlon.

South West Athletics League (SWAL)

Taunton AC compete as a club in the South West Athletics League (SWAL) but teams begin from U14 upwards.

Club Championships

In recent years, TAC has held its own Club Championships (for TAC members only) at the track. This has previously happened at the end of April on a Saturday. Although this has still to be confirmed for this year, look out for possible emails or notices in the clubhouse on the subject.

Other

Other fixtures may come up during the year, or dates to above may potentially change. Here are some resources for keeping an eye on upcoming events:

[Power of 10](#)

[City of Plymouth AC](#)

[Exeter Harriers AC](#)

[Mendip AC](#)

[Newquay & Par AC](#)

[North Devon AC](#)

[South West Athletics Academy](#)

[Taunton AC](#)

[Team Bath AC](#)

[Yeovil Olympiads AC](#)

[Somerset Athletics Association](#)

[Devon Athletics Association](#)

[Cornwall Athletics Association](#)

[British Milers Club](#)

Noticeboard in the Clubhouse

Your Coach

Lastly, if you have any questions on the above (or anything else!), feel free to contact me directly (ashleydean33@hotmail.co.uk).