



EYAL: Eastern Young Athletes League

SAL: Southern Athletics League

EAL: East Anglian League

See www.conac.org.uk/track-field for more information about the leagues

T&F league fixtures 2026

Sat	Sun	Event	Venue	Entry	U12	U14	U16	U18	U20	Sen
	19th Apr	EAL	Norwich	Team	✓	✓	✓	✓	✓	✓
	26th Apr	EYAL	Cambridge	Team		✓	✓	✓		
16th May		SAL	Woodford	Team				✓*	✓	✓
	31st May	EAL	Peterborough	Team	✓	✓	✓	✓	✓	✓
	7th Jun	EYAL	Thurrock	Team		✓	✓	✓		
	21st Jun	SAL	Mile End	Team				✓*	✓	✓
	5th Jul	EYAL	Sandy	Team		✓	✓	✓		
	12th Jul	EAL	TBC	Team	✓	✓	✓	✓	✓	✓
	19th Jul	SAL	Gillingham	Team				✓*	✓	✓
8th Aug		SAL	Bromley	Team				✓*	✓	✓
	16th Aug	EYAL	Norwich	Team		✓	✓	✓		
	6th Sep	EYAL (final)	TBC	Team		✓	✓	✓		
	20th Sep	EAL (final)	TBC	Team		✓	✓	✓	✓	✓

* U18s may only compete in the SAL with their coach's agreement

T & F League & Team Managers 2026

T&F Competition Coordinator: Rose Fairhurst	tfcompetition@conac.org.uk
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Age group	League	Team Manager	Email
Under 12 girls	EAL	Sophie Street	sophiestreet@conac.org.uk
Under 14 girls	EAL & EYAL	Victoria Mardle	victoriamardle@conac.org.uk
Under 16 girls	EAL & EYAL	Victoria Mardle	victoriamardle@conac.org.uk
Under 18 women	EAL & EYAL	Jackie Hibbett	jackiehibbett@conac.org.uk
U20/Senior women	EAL & SAL	Rose Fairhurst	rose@conac.org.uk

Age group	League	Team Manager	Email
Under 12 boys	EAL	Sophie Street	sophiestreet@conac.org.uk
Under 14 boys	EAL & EYAL	Lyndsay Yellop	lyndsayyellop@conac.org.uk
Under 16 boys	EAL & EYAL	Greta Sutton	gretasutton@conac.org.uk
Under 18 men	EAL & EYAL	Mark Lupton	marklupton@conac.org.uk
U20/Senior men	EAL & SAL	Chris Marshall	chrismarshall@conac.org.uk