

Age Group Changes From 1st April 2026

The competition year for U10s to U18s will run from 1st October to 30th September. On the 1st October 2026, all U10 to U18 athletes will move up a year and will remain in that age category for cross country, road and track and field until the 30th September 2027. The U20 age group will move up on the 1st January 2027.

Current School Year**	Date of Birth	2026 UKA Age Group
Year 3	September 2017 – August 2018	U10
Year 4	September 2016 – August 2017	U10
Year 5	September 2015 – August 2016	U12
Year 6	September 2014 – August 2015	U12
Year 7	September 2013 – August 2014	U14
Year 8	September 2012 – August 2013	U14
Year 9	September 2011 – August 2012	U16
Year 10	September 2010 – August 2011	U16
Year 11	September 2009 – August 2010	U18
Year 12	September 2008 – August 2009	U18
Year 13	January – December 2008	U20
Year 14	January – December 2007	U20

**Although aligned to School Years with a cut-off date of 31st August, the age UKA age category is determined by the athlete's date of birth therefore an athlete who is in a different school year group to their peers will compete according to their date of birth and not their School year group.

U10's are not covered by UKA Rules but must be registered with England Athletics with an EA URN licence number. They will **not** pay the EA affiliation fee. Performance will not be shown of Po10.

U12's are not covered by UKA Rules but must be registered with England Athletics with an EA URN Licence and **must** pay the EA Affiliation Fee. Performances will not be shown on Po10

U20's remain unchanged with a 31st December cut off. Those born in September, October, November and December will only have one year in the UKA U20 age group.

Records - All U15/U17 records and rankings on Power of 10 will be preserved and frozen. New U16/U18 records will be formed from historic data and results going forward. No past performances will be deleted from Po10.

Further information can be found on the England Athletics website under 'Age Group Changes'.

World Athletics Age Groups

The age groups outside the UK and applied to all International Competition are determined by the calendar year of birth i.e. 1st January to 31st December. The new UKA age groups look similar now they have changed to 'even' years but are determined by the athletes age on the 31st August. This means athletes born in September, October, November & December will be mis-aligned so a second year UKA U16 will become a first year World U18 and similarly a second year U18 will be a first year in the World U20 age group.

Year of Birth	WA Age Group 2026
2010	U18
2009	U18
2008	U20
2007	U20