Beginner's guide to TVH fixtures

Entries to all league fixtures are included within membership fees.

Southern Athletics League (SAL)

The Southern League is a great opportunity to get involved with competitive athletics in a relaxed atmosphere. All athletes at least 15 on 31st August 2025 can compete but must be a paid up first or higher claim member of the club to compete (however please note there is space for up to 5 second claim members too per match). This is a great league for any range of abilities with a focus on fun but also providing an opportunity for great competition. There is an unlimited number of non-scorers available on the track with some non-scoring field events spots so the more the merrier! There is coach transport available to every non-home match.

Southern Athletics League Dates

All matches include ALL field events, all track events up to and including 1500m, and longer track events on an alternating basis:

Match 1 - Saturday 17th May - Basingstoke RG22 5SN
All field and track events up to 1500m
Women's 2000m steeplechase and 3000m flat
Men's 3000m steeplechase and 5000m flat
Men's and Women's 4x100m relay & 4x400m relay

Match 2 - Sunday 22nd June - Eton SL4 6SW
All field and track to 1500m
Women's 1500m steeplechase and 5000m flat
Men's 2000m steeplechase and 3000m flat
Men's and Women's 4x100m relay & Mixed 4x400m relay

Match 3 - Sunday 13th July - HOME @ Linford Christie Stadium (pending track relaying)
All field and track to 1500m
Women's 2000m steeplechase and 3000m flat
Men's 3000m steeplechase and 5000m flat
Men's and Women's 4x100m relay & 4x400m relay

Match 4 - Saturday 30th August - Woking GU22 0AF
All field and track to 1500m
Women's 1500m steeplechase and 5000m flat
Men's 2000m steeplechase and 3000m flat
Men's and Women's 4x100m relay & Mixed 4x400m relay

Please contact competitions@thamesvalleyharriers.com if interested in competing in the SAL or for further details. Team managers are Daisy Jowers, Nicole Edmunds, Tash Mundell, and Phil Wetton.

National Athletics League (NAL)

The national league is our highest league of senior competition where we compete as a team against the top clubs in the country. Athletes must be at least 15 on 31st August 2025 can compete and either a paid up first claim or higher claim athlete. High competition standard with a brilliant team atmosphere combined. Due to the limited number of slots available per event, athletes are selected based on PBs, current form and commitment to the team.

National Athletics League dates:

All matches include ALL field events, all track events up to and including 1500m, and longer track events on an alternating basis (3k/5k flat and 2k/3k steeplechase). Both 4x100 & 4x400 relays take place at the end of every match:

Match 1 - Saturday 31st May - Eton SL4 6HN
Match 2 - Saturday 5th July - Derby DE24 9HY
Match 3 - Saturday 16th August - Birmingham B42 2LR

Contact Manuel (da_silva_5000@hotmail.com) if interested in competing in the NAL or for further details. Team managers are Manuel Da Silva and Phil Wetton. Team captains are Laurensa Britane, Sophie Mace and Niki Faulkner.

Youth Development League (YDL)

The youth development league is one of our leagues for our junior athletes. Athletes at least 15 on 31st August 2025 can compete up until the competition year that they reach 20 years old (U17s & U20s). All competing athletes must be paid up members. This is a league for any abilities and is a great day of fun athletics in a competitive environment. The team is combined with Ealing athletics club for this competition.

YDL dates:

All matches include ALL field events, all track events up to and including the 800m, and longer events on an alternating basis. 300m flat and hurdles is run rather than the 400m equivalents for U17 women.

Match 1 - Sunday 27th April - Winchester SO23 0QA
All field and track to 800m
U17 women's 300m flat & hurdles distances
Men's and Women's 1500m flat
Women & U17 Men's 1500 steeplechase
U20 Men's 2000 steeplechase
Men's and Women's 4X100 relays & 4x400 relays (4x300 for U17W)

Match 2 - Sunday 25th May - Woking GU22 0AF
All field and track to 800m
U17 women's 300m flat & hurdles distances
Men's and Women's 3000m flat
Women & U17 Men's 1500 steeplechase
U20 Men's 2000 steeplechase
Men's and Women's 4X100 relays & 4x400 relays (4x300 for U17W)

Match 3 - Sunday 6th July - Bournemouth BH7 6JD
All field and track to 800m
U17 women's 300m flat & hurdles distances
Men's and Women's 1500m flat
Women & U17 Men's 1500 steeplechase
U20 Men's 2000 steeplechase
Men's and Women's 4X100 relays & 4x400 relays (4x300 for U17W)

Contact Manuel (da_silva_5000@hotmail.com) if interested in competing for further details.

Middlesex Young Athletes League

The Middlesex Young Athletes League is a local athletics league for our junior athletes starting from U11 to U17 age groups. Competing at other London tracks against local clubs this is a perfect opportunity for our young athletes to get their early experiences of competing in a welcoming and fun environment. All members are welcome to compete.

Middlesex Young Athletes League dates:
Events available depend on the athlete's age group.

Match 1 - Saturday 3rd May - Perivale UB6 8TJ
Field events available: Long Jump (all), High Jump (U13+), Pole Vault (U15+), Vortex (U11 only), Shot put/Discus/Javelin (U13+)
Track events available: Sprint hurdles (U13&U15), 150 (U11 only), 200 (U13+), 600 (u11 ONLY), 800 (u13+)
4x100 Relays (all ages)

Match 2 - Sunday 1st June - Finsbury Park SE1 7PB
Field events available: Long Jump (all), High Jump (U13+), Pole Vault (U15+), Vortex (U11 only), Shot put/Discus/Javelin (U13+)
Track events available: Sprint hurdles (U13&U15), 75 (U11 only), 100 (U13+), 800 (u11 only), 1500 (u13+)
4x100 Relays (all ages)

Match 3 - Saturday 28th June - Harrow HA3 6SW
Field events available: Long Jump (all), High Jump (U13+), Pole Vault (U15+), Vortex (U11 only), Shot put/Discus/Javelin (U13+)
Track events available: Sprint hurdles (U13&U15), 150 (U11 only), 100 (u15+), 200 (U13+), 600 (u11 only), 800 (u13+)

Match 4 - Sunday 20th July - Parliament Hill NW5 1QR
Field events available: Long Jump (all), High Jump (U13+), Pole Vault (U15+), Vortex (U11 only), Shot put/Discus/Javelin (U13+)
Track events available: Sprint hurdles (U13&U15), 150 (U11 only), 200 (U13+), 300/400 (U15+), 800 (u11 only), 1500 (u13+)

Contact team managers Suzanna Harding (se-harding@hotmail.co.uk) and Julian Gandemer (gandemer.julien@gmail.com) if interested in competing for further details.

Southern Counties Veterans League (SC Vets League)

This is a league exclusively for our masters athletes over the age of 35 (with no upper age limit) to compete against other masters athletes at local London clubs. All masters athletes that are paid up members are welcome to compete in this friendly and inclusive team league.

Match 1 - Monday 19th May - Battersea SW11 4NJ
Match 2 - Monday 2nd June - Hillingdon UB8 1ES
Match 3 - Monday 16th June - Tooting Bec SW17 8AR
Match 4 - Wednesday 2nd July - Perivale UB6 8TJ

Please contact Tamas Joo on +44 7480333778 for further details or to express interest.

Championships

Please see below a selection of key Championship dates. There are other championships around for multi-eventers and representing your counties. Please chat with your coach if this may be relevant to you.

Sat 3 - Mon 5 May **British University and Colleges T&F Championships** Manchester

- University students
- Speak to your university athletics society about entries.
- Entry standards only in pole vault, triple jump and 5000m: see BUCS website for details https://www.bucs.org.uk/events-page/athletics-outdoor-championships-2024-25.html

Sat 10 – Sun 11 May **Middlesex County Championships** Lee Valley

- All age-groups starting from U13
- Sat 10th May - EVENTS SENIOR & U20 100m, 400m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT U17 100m, 300m/400m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT U15 100m, 300m, 1500m, Sprint Hurdles, HJ, TJ, SP, DT U13 100m, 1500m, Sprint Hurdles, HJ, SP, DT
- Sun 11th May - EVENTS SENIOR & U20 200m, 800m, 5000m, 400m Hurdles, LJ, PV, HT, JT U17 200m, 800m, 3000m, 300m/400m Hurdles, LJ, PV, HT, JT U15 200m, 800m, 3000m, LJ, PV, HT, JT U13 200m, 800m, LJ, JT
- You will need to enter yourself into this event via this link https://data.opentrack.run/en-gb/x/2025/GBR/middxtfo (Closing date for entries: **Sun 27th April)**
- Seniors £12 per Event, Other Age Groups £10 per Event

Sat 7 - Sun 8 June **South of England U13/U15/U17 Championships** Location TBC

- U13/U15/U17 athletes
- You will need to enter yourself into this event once entries open
- There will be further details near the time on the SEAA website: http://www.seaa.org.uk/index.php

Sat 28 - Sun 29 June **South of England Senior / U20 Championships** Chelmsford

- U20 and senior athletes
- You will need to enter yourself into this event once entries open
- There will be further details near the time on the SEAA website: http://www.seaa.org.uk/index.php

Fri 11 - Sat 12 July **English Schools Athletics Championships** Birmingham

- You will need to qualify through school events: your school or the English Schools website are the best sources of further information

Fri 25 - Sun 27 July **England Athletics Senior & U20 Championships** Birmingham

- Senior and U20 age groups
- There are qualifying standards to reach before you can enter which can be done through the England athletics website when entries open closer to the time

Sat 2 – Sun 3 August **UK Athletics Championships** Birmingham

- U17 to senior athletes who achieve the qualifying standard are then invited to compete
- Invited athletes can then accept invitations

Fri 8 to Sun 10 August **England age group open track and field championships** Birmingham

- U13/U15/U17 athletes
- There are qualifying standards to reach before you can enter which can be done through the England athletics website when entries open closer to the time

Thank you to Tash Mundell for authoring this document.

TVH Track Fixtures Summary 2025

DATE	EVENT	VENUE
APRIL		
Sat 12	National Road Relays - Men 12 Stage & Women 6 Stage	Sutton Park
Sat 26	London Mini Marathon	London
Sun 27	London Marathon	London
Sun 27	YDL U17/U20, Team West London, Southern Division 1A	Winchester
MAY		
Sat 3	Middlesex Young Athletes League U11 to U17 Match 1	Perivale
Sat 3 – Mon 5	BUCS Outdoor Championship	Manchester
Sat 10 – Sun 11	Middlesex County Championships	Lee Valley
Sat 17	Southern Athletics League (SAL) Division 1, Match 1	Basingstoke
Sun 18	Loughborough International	Loughborough
Mon 19	SC Veterans League, Mid-London Division, Match 1	Battersea
Sun 25	YDL U17/U20, Southern Division 1A, Match 2	Woking
Sat 31	National Athletics League, Premiership Match 1	Eton
JUNE		
Sun 1	Middlesex Young Athletes League U11 to U17 Match 2	Finsbury Park
Mon 2	SC Veterans League, Mid-London Division, Match 2	Hillingdon
Sat 7 - Sun 8	South of England U13/U15/U17 Championships	TBC
Sat 14	London Schools Athletics Championships	Battersea
Sat 14	Middlesex Schools Athletics Championships	Lee Valley
Mon 16	SC Veterans League, Mid-London Division, Match 3	Tooting Bec
Sun 22	Southern Athletics League (SAL) Division 1, Match 2	Eton
Sat 28	Middlesex Young Athletes League U11 to U17 Match 3	Harrow
Sat 28 - Sun 29	South of England Senior / U20 Championships	Chelmsford
JULY		
Weds 2	SC Veterans League, Mid-London Division, Match 4	Perivale
Sat 5	National Athletics League, Premiership Match 2	Derby
Sun 6	YDL U17/U20, Southern Division 1A, Match 3	Bournemouth
Fri 11 - Sat 12	English Schools Athletics Championships	Birmingham
Sun 13	Southern Athletics League (SAL) Division 1, Match 3	Linford Christie Stadium
Thurs 17	Track Academy Open Meeting	Willesden
Sat 19	London Athletics Meet	London Stadium
Sun 20	Middlesex Young Athletes League U11 to U17 Match 4	Parliament Hill
Fri 25 - Sun 27	England Athletics Senior & U20 Championships	Birmingham
AUGUST		
Sat 2 – Sun 3	UK Athletics Championships	Birmingham
Fri 8 – Sun 10	England age group open track and field championship	Birmingham
Sat 16	National Athletics League, Premiership Match 3	Birmingham
Sat 30	Southern Athletics League (SAL) Division 1, Match 4	Woking
Sat 30	Manchester International	Manchester