

Minutes for East Anglian League AGM – Sunday 30th November 2025

Abbeycroft Leisure Centre, Bury St Edmund IP33 3TT

1. Welcome and Apologies

In person attendance:

Fraser Watts EAL Chair (West Suffolk)
Noel Moss EAL Committee Member (C&C)
Graham LeRoy EAL Treasurer
Tony Cheatham EAL Committee Member
Sarah Newman EAL Gen Secretary (Hunts AC)
Yinka Opaleye (Hunts AC)
Taliesin Stevenson (CaTS)

Online attendance:

Elaine Larkins (PaNVAC)
Jim Doran (GYDAC)
Colleen (Ipswich Harriers)
Sarah Blyth (GYDAC)
Mandy Gobold (Ipswich Harriers)
Sarah Thomas (CoNAC)
Rose Fairhurst (CoNAC)

No apologies had been received prior to the meeting.

2. Previous AGM Minutes and Matters Arising

The previous AGM meeting minutes were agreed and accepted to be a true record.

Matters Arising: All matters raised already on the agenda.

3. League Secretary's report

Thanks were extended to Noel Moss for all his support, guidance and expertise during the Secretary's first year in position.

Feedback taken during the year had been supportive of the new format, providing both more competition for athletes and yielding more officials, making the meets more enjoyable for all. It was noted that no penalties had been necessary due to insufficient provision of officials, although there had consistently been a lower number of track officials available across the year.

It was recognised that due to the new format, the venues able to host an EAL meeting were now limited to Peterborough, Cambridge, Bury, Norwich, and Colchester. This has had an implication for clubs to travel further.

4. Treasurer's report and accounts

Graham LeRoy presented the accounts (see attached) and provided the following report:

"The changes to the League's financial structure advised at last year's AGM have helped to streamline our activities and assisted considerably in simplifying the Treasurer's job.

The direct credit of club subscriptions to our bank account and the ability to make direct payments from our account to member clubs and other payees accounts is very useful and was very timely, as there is now NO high street bank branch in the treasurer's home town of Haverhill. The banking hub serving a number of different banks is always rather busy as a result.

The payment of £175 per meeting to host clubs continued and, hopefully, this will encourage others who are able to offer to host next year.

Annual club subscriptions were increased from £160 to £200, and this covered cost increases, mainly those for the Trophy Final in September. However, this season the matches were reduced from 4 dates to 3, reducing the payment to host clubs by a total of £525. Mainly for this reason, the balance on our account has increased by £528.”

It was confirmed that fees and payment arrangements will remain the same for 2026.

5. Election of Officers

There had been no register of interest for the committee roles prior to the meeting. The current committee were proposed and confirmed to remain in position for the forthcoming year.

Chairman: Fraser Watts

League Gen Sec: Sarah Newman

Treasurer: Graham Leroy; notice of retirement given - position vacant from AGM 2026

Results/additional member for appeals: Tony Cheatham

Committee Member: Noel Moss

6. League Implementation of UK Athletics Age Group Changes for 2026

The planned UKA Age Group changes, effective 1st April 2026, were discussed widely.

The age groups for East Anglian League were confirmed as follows:

U12 Girls and Boys

U14 Girls and Boys

U16 Girls and Boys

U18 Girls and Boys (existing restrictions for U17 will apply)

Senior Women and Men (inclusive of the U20 age group)

Under 12s

The committee proposed limiting the number of U12 athletes per club, second year only due to the potential for an increase in the number of athletes.

Clubs recognised the potential for an increased number of athletes and that a limit needed to be in place as the timetable could not accommodate a vast increase, however it was noted that clubs would prefer to choose athletes in either year of U12 age category.

Limits to the number of U12 athletes (Boys / Girls combined) competing per club were agreed as 3 per field event and 5 per track event. All athletes have to be over 10 years old.

It was agreed that U12s would be subject to the same restrictions as the current U11s, namely only participating in 3 events and that the only events offered would be 80m, 600m, shot and long jump. It was noted that the distances of the two track events may be amended based on UKA recommendations.

Under 20s / Senior Combined group

Discussions held around the difficulties during 2025 with the accurate recording of the weight thrown / height hurdled, and the accurate reporting of this on Power of 10. It was raised that Masters athletes had expressed a wish to throw their age group weight as only allowing U20s to throw their specific weight had placed Masters Athletes at a disadvantage within the competition.

It was agreed that all athletes in the combined U20/Senior age group would throw the Senior Implement weight / jump the Senior hurdle height.

Non-Scorers

Discussion held around the benefits of providing non-scoring opportunities to athletes, especially those seeking qualification for National Championships / Schools Competitions. However, it was recognised that an increase in non-scorers had contributed to difficulties keeping the track timetable on schedule.

Amendments to the non-scoring rules were agreed as follows:

100m Maximum of 4 non-scorers – all age groups (U14 +)

200m Maximum of 3 non-scorers – all age groups (U14+)

300m Maximum of 2 non-scorers – all eligible age groups (U16 +)

7. New clubs/Clubs withdrawing:

No new clubs are joining the EAL for the 2026 season.

Jaffa have been unable to meet the requirements agreed with them at the start of 2025 season and have been unable to form a composite so they will not compete in 2026.

Three composite clubs remain in the League:

Ely Composite: Ely Runners & Newmarket Joggers

West Norfolk Composite: West Norfolk, North Norfolk and Dereham

Waveney Composite: Waveney Valley AC + Beccles & Bungay Harriers AC.

8. League structure for 2026

Review of new structure introduced in 2025: 3 rounds for 16 clubs with 2 x 8 club matches per round plus a League Final. Overall feedback was positive, with more competition for athletes and increased provision of officials. It was noted that the field timetable was able to run to schedule although track timetable had ran over time at most meets – with an increase in number of non-scorers and a reduced number of track officials identified as contributing factors.

The required number of officials was discussed and agreed as follows:

1 timekeeper

1 track judge

1 Level 2 Field Judge and 1 Level 1 Field Judge (Minimum) plus a team of qualified officials / unqualified volunteers sufficient to cover allocated duties.

All clubs reminded that from 2026, **all Starters need to hold a Level 2 licence** as per UKA licence regulations. It was recommended that the Start team should consist of a minimum of 2 Starters and 2 Starters Assistants.

Discussion around use of age group implements / heights in Senior Competition.

9. Fixture dates for 2026

Available dates discussed and fixture dates agreed. Clubs invited to host, and the following confirmed. Clubs were encouraged to consider co-hosting or to host at the available tracks. Luton was identified as an 8 lane track in the region that could be hired to host a meet.

19th April 2026 Cambridge and Norwich offered to host

31st May 2026 Peterborough offered to host

12th July 2026

Final 20th September 2026: Bury St Edmunds

Sarah (CoNAC) noted that they had been advised that due to a track issue (delamination in lane 8). UEA Sportspark are actively working with Norfolk and England Athletics to find a solution. At this stage they are unable to confirm hosting during 2026.

10. Any other business

Martins Law:

Talie (CaTS) raised the issue of Martins Law and that currently they are unable to host any events at the track due to regulations imposed by the Military. Discussion was held around the applicability of Martin's Law to EAL athletics events, and the practical implications it presents (e.g. lockdown planning, bag checks) it was agreed that further advice will be sought from England Athletics as EAL meets are permitted events.

Action: Noel Moss to raise issue with England Athletics for further guidance.

Meeting Closed by Chair