

SSAA Competition Age Groups

Dates of Births for 2025/26 Championships

Road Race Championships (October)*

Race 1/2	P6 & P7
Race 3/4	Born between 1/03/13 & 28/02/14
Race 5/6	Born between 1/03/12 & 28/02/13
Race 7	Para event P6 to U20 in education
Race 8/9	Born between 1/03/10 & 29/02/12
Race 10/11	Born before 28/02/10

*These dates are school years

Cross Country Championships (March)**

Group D (Under 14)	Born on or after 1/09/12
Group C (Under 15)	Born between 1/09/11 and 31/08/12
Group B (Under 17)	Born between 1/09/09 and 31/08/11
Group A (Under 20)	Born between 1/09/06 and 31/8/09

**These dates are as previous years for 2026 only

Indoor Championships (February), Relays & Pentathlon Championships (June)

Track & Field Championships (June)

Age in year of competition

Group D (Under 14)	Born in 2013, 2014,
Group C (Under 16)	Born in 2011, 2012
Group B (Under 18)	Born in 2009, 2010
Group A (Under 20)	Born in 2007, 2008