

National Junior Athletics Championships 2025

University of Warwick Athletics Track

Saturday 5 and Sunday 6 July

**activity
alliance**

disability
inclusion
sport



www.activityalliance.org.uk

#JuniorAthletics25



Message from Activity Alliance

A huge warm welcome to National Junior Para Athletics here in Coventry.

This is one of the biggest events of the year for Activity Alliance, and we're so thrilled you're all here. Whether you're an athlete, coach, family member or friend, this weekend is about more than medals. It's about making new friends, discovering what you can do, and growing your love for athletics together.

Over the years, this junior event has helped launch Paralympic stars like Hannah Cockroft, Kare Adenegan and Aled Davies. This year we've added adult track races too – so our amazing para-athletes get even more chances to compete and inspire the next generation.

A massive shout-out to our incredible army of volunteers, especially the Lions Club International team. Your energy, passion and support make all of this possible and ensure we all feel like we belong. We literally couldn't do it without you.

And to every athlete, push your limits, and give it your all. Go out there, have fun, make memories and celebrate every moment. Make this the best weekend ever.



Adam Blaze
Chief Executive

Message from Lions International

For over 100 years, Lions have served with uncommon kindness, putting the needs of our neighbours, our communities and our world first. Through the incredible work of our Lion and Leo members, and the support of our association and our global foundation, we are serving a world in need together.

The Lions are proud of their long association with the Junior Para Athletics Championships. By raising funds and mobilising volunteers we enable the event to take place here in Coventry; helping create the opportunities for young disabled people to achieve their personal bests, make friends and be active for life.

We welcome you to the Championships and encourage you to come and find out more about the Lions.



About Activity Alliance

Activity Alliance is a national charity and leading voice for disabled people in sports and activities. Established in 1998 as the English Federation of Disability Sport, we are proud of our work through successful programmes and partnerships.

Our vision is a future where all disabled people feel they belong in sports and activities.

Our mission is to improve opportunities to be active, empowering disabled people to get involved in sport and activities in the way they choose.

We will work with disabled people and an alliance of committed partners to do this and build a movement for change.

It is not right or fair that disabled people are the least active in our society and twice as likely as non-disabled people to be physically inactive.

We are dedicated to closing the gap between disabled and non-disabled people's inactivity levels because we know there are so many benefits to being active. It improves our physical and mental wellbeing, increases independence, and supports our economy.

Activity Alliance pushes for inclusion to be at the heart of all plans in sport and activity and disabled people to be prioritised, locally and nationally.

We work closely with many organisations, groups and individuals, and are at the centre of influential programmes for disabled people. Our leading research and insight help us to understand the barriers to sport and activity for disabled people.

Our teams use this insight to support organisations across various sectors to embed inclusive practices into their work and change attitudes towards disabled people in sports and activities for the better.

Read more about our work on our website www.activityalliance.org.uk

Supporting us

As a charity, we rely on our supporters, like you, to continue our work. No matter how big or how small, your fundraising efforts go a long way in helping us reach our goals. You can make a difference whichever way suits you. Please ask our team how you can help.

Find out more about fundraising and sponsorship here:

<https://www.activityalliance.org.uk/get-involved/fundraise>

Timetable

Saturday 5 July 2025 – Track Programme					
Time	Event no.	Event	Gender	Age	Group
800m					
10:00	T01	800	F	All	20
10:10	T02	800	F	U12-18	34/54
10:20	T03	800	F	Open	34/54
10:30	T04	800	M	U12-Open	20/36/37/38
10:40	T05	800	M	U14/16	34/54
10:50	T06	800	M	U18/20	34/54
60m					
11:00	T07	60	All	U12	35/37/40
11:05	T08	60	F	U14	35
11:10	T09	60	F	U12/14	54/72
11:15	T10	60	M	U12	20/38
11:20	T11	60	M	U12/14	40
11:25	T12	60	M	U12/U14	34/54
11:30	T13	60	M	U14	72
100m					
11:40	T14	100	F	U12	20/35/37/38/42
11:45	T15	100	F	U12/14	34/54
11:50	T16	100	F	All	72
11:55	T17	100	F	U14	13/35/37
12:00	T18	100	F	U16	35/38/64
12:05	T19	100	F	U18/20/Open	15/20
12:10	T20	100	F	U16/18/20/Open	34/54
12:15	T21	100	M	U12/14	20/38/42
12:20	T22	100	M	U12/14	34/54
12:25	T23	100	M	U14	72
12:30	T24	100	M	U16/18	20/36/37
12:35	T25	100	M	U16/18	34/54
12:40	T26	100	M	U20	20/37
12:45	T27	100	M	U20	34/54
12:50	T28	100	M	Open	20
12:55	T29	100	M	Open	36/38/44
Lunch					
400m					
14:55	T30	400	F	U12/14	34/54

15:05	T31	400	F	U16/20/Open	15/20
15:15	T32	400	F	All	72
15:25	T33	400	F	U16/18/20/Open	34/54
15:35	T34	400	M	U14/16	34/54
15:45	T35	400	M	U14/U18/U20	20/38
15:55	T36	400	M	U18/U20	34/54
16:05	T37	400	M	Open	20/36/44
Sunday 6 July 2025 – Track Programme					
09:45	T38	MWS	All	All	All
1500m					
10:10	T39	1500	F	U18/20	20
10:20	T40	1500	F	U14/16	34/54
10:30	T41	1500	M	U16/Open	20
10:40	T42	1500	M	U18/20	54
200m					
11:05	T43	200	F	All	72
11:10	T44	200	F	U12/14	20/35/37/42
11:15	T45	200	F	U14/16	34/54
11:20	T46	200	F	U16	20/35/38/64
11:25	T47	200	F	U18/20	15/20
11:30	T48	200	M	U14	72
11:35	T49	200	M	U14	54
11:40	T50	200	M	U12/14/16	20/37/42
11:45	T51	200	M	U18/20/Open	20/36/44
11:50	T52	200	M	Open	20

Saturday 5 July 2025 – Field Programme							
Time	Event no.	Event	M/F	Age	Group	Area	Trials
10:00	F01	Discus	M	All	20/35/37/38/40	1	1+4
10:00	F02	Seated Javelin	All	All	34/54/55/56	3	1+4
11:00	F03	Discus	F	All	All	1	1+4
12:00	F04	Long Jump	M	U14-U20	20/37/64/46	7	1+4
12:00	F05	Javelin	M	All	35/37/38/40	4	1+4
14:00	F06	Long Jump	F	All	13/20/35/37/38/42/64	7	1+4

14:00	F07	Javelin	F	All	35/37/38	3	1+4
15:15	F08	Seated Shot	F	All	33/54/55/56	4	1+4
15:15	F09	Shot	F	All	13/20/35/38/40 35-40	2	1+4
Sunday 6 July – Field Programme							
Time	Event no.	Event	M/F	Age	Group	Area	Trials
09:30	F10	Shot	M	U16- U23	20	2	1+4
09:30	F11	Seated Shot	M	All	20	4	1+4
11:00	F12	Seated Discus	All	All	All	4	1+4
11:00	F13	Shot	M	All	35/36/37/38/40	2	1+4

England Athletics

At England Athletics we are always on the lookout for the next generation of para athletes.

The [England Athletics talent pathway](#) aims to increase the number of talented athletes/para athletes who have the skills, competencies, knowledge, and resilience to progress to the UK Athletics World Class Programme, succeed at Senior Championships, share knowledge and to gain a positive experience throughout the journey.

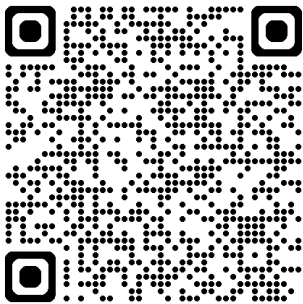
To find out more about the Paralympic Talent Programme, please contact Jake Foster, Para Talent Officer.

jfoster@englandathletics.org

07435 182801



Scan the code below to find out more about the England Athletics Paralympic Talent Programme including eligibility and national classification:



Power of 10

The Power of 10 mission has inspired and motivated improved standards of performance since its inception in 2006. The Power of 10 is instilling a real sense of purpose and value that has witnessed greater depth and higher standards in the vast majority of events across all age groups.

National Disability Sports Organisations

The National Disability Sports Organisations (NDSOs) are a good starting point for many disabled people who want to be more active. They provide advice, support, and opportunities for people of all ages with specific impairments.

They are: British Blind Sport, Cerebral Palsy Sport, Dwarf Sports Association UK, LimbPower, Special Olympics Great Britain, UK Deaf Sport and WheelPower.

British Blind Sport (britishblindsport.org.uk)

The charity enables blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

Cerebral Palsy Sport (cpsport.org)

CP Sport is the national disability sports organisation supporting people with cerebral palsy to be able to access and enjoy being physically active throughout their lives.

Dwarf Sports Association UK (dsauk.org)

The charity promotes and provides regular sporting opportunities for people with dwarfism and restricted growth conditions.

LimbPower (limbpower.com)

LimbPower support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social, and mental well-being.

Special Olympics Great Britain (specialolympicsgb.org.uk)

Special Olympics Great Britain (GB) is a non-profit organisation and largest provider of year-round sports training and athletic competition in summer and winter sports for children and adults of all abilities with intellectual disabilities also known as learning disabilities.

UK Deaf Sport (ukdeafsport.org.uk)

UK Deaf Sport's vision is for every deaf person to be active and inspired by sport and physical activity. They lead opportunities for more deaf people to participate in sport throughout their lives and more deaf athletes to perform on the world stage.

WheelPower (wheelpower.org.uk)

WheelPower provides opportunities for disabled people to get into sport and lead active lives. They have provided opportunities for people with physical impairments to take part in sport for nearly 70 years. Based in Stoke Mandeville, the home of the Paralympic movement, WheelPower is at the heart of wheelchair sport.

Event timetable

Saturday 5 July

9:50	Opening ceremony
10:00	Competition commences
13:00	Lunch
14:00	Competition resumes
16:30	Competition finishes on day 1
16:40	Male and Female and Anthony Hughes Memorial Trophies

Sunday 6 July

09:30	Competition commences
12:15	Competition closes
12:30	Lions Endeavour Trophy

Map of venue and events

National Junior Athletics Championships – map



Area 1 – discus

Area 2 – shot

Area 3 – javelin

Area 4 – seated javelin and shot

Area 5 – precision events

Area 6 – power chair slalom

Area 7 – long jump

Activity Alliance area:

Registration

VIPs

Medals

First aid

Lions

Be active Be safe

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- ◆ Are you being heard?
- ◆ Is something worrying you?
- ◆ Are you keeping it to yourself?
- ◆ Need someone to listen?
- ◆ Contact us in confidence



Your Contact

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For more information visit www.activityalliance.org.uk

NSPCC Child Protection Helpline: 0800 800 500

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Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity No. 1075180.