

Southend-on-Sea Athletic Club

Age group information:

Under 13 – birthdays between 1st September 1997 and 31st August 1999

Under 15 – birthdays between 1st September 1995 and 31st August 1997

Under 17 – birthdays between 1st September 1993 and 31st August 1995

Under 20 – born in 1991, 1992 and birthdays up to 31st August 1993

Seniors – born before 1st January 1991

Vet 35 – born in or before 1975

Vet 40 – born in or before 1970

Vet 45 – born in or before 1965

Vet 50 - born in or before 1960