



# BDAC Events 2026

19 <sup>th</sup> April	EAL	C&C, Hunts, PANVAC, West Suffolk, Ely, Luton, Royston, Braintree	Cambridge CB3 9AD
26 <sup>th</sup> April	EYAL	Basildon, Bedford, Ipswich, Colchester Harriers, SS Athletics, Brentwood Beagles, Ilford & Southend, Braintree	Basildon SS14 3GR
16 <sup>th</sup> May	SAL	Royston, COBRA, West Suffolk, Southend, Basildon, Thurrock, West Norfolk	Kings Lynn PE30 2NB
31 <sup>st</sup> May	EAL	West Suffolk, CATS, C&C, Ipswich, Great Yarmouth, Attleborough, Waverly, Braintree	Bury St Edmunds IP33 3TT
7 <sup>th</sup> June	EYAL	Watford, Stevenage, Colchester Harriers, Ipswich, Havering, Cambridge & Coleridge, Ilford & Southend, Braintree	Watford WD25 7HH
21 <sup>st</sup> June	SAL	COBRA, Thurrock, Southend, West Norfolk, Royston, Basildon, West Suffolk	Colchester CO2 7SZ
5 <sup>th</sup> July	EYAL	Shaftsbury Barnett, St Albans, Thurrock, Herts Phoenix, Ipswich, Colchester Harriers, Ilford & Southend, Braintree	Barnet NW4 1RL
12 <sup>th</sup> July	EAL	TBA	TBA
19 <sup>th</sup> July	SAL	West Suffolk, Basildon, COBRA, Thurrock, Southend, West Norfolk, Royston	Bury St Edmunds IP33 3TT
8 <sup>th</sup> August	SAL	Thurrock, West Suffolk, Basildon, COBRA, West Norfolk, Royston, Southend	Thurrock RM16 2QT
16 <sup>th</sup> August	EYAL	Norwich, CATS, Chelmsford, Harlow, Colchester Harriers, Ipswich, West Suffolk, Braintree	Norwich NR4 7TJ
September	EAL	FINAL	Bury St Edmunds

EAL U12 / U14 / U16 / U18 / SEN	EYAL U14 / U16 / U18	SAL U18 / SEN
<b>Team Managers</b>		
<b>EAL</b>  U12G / U12B – Mike Hills U14G / U14B – Mike Hills U16B / U18M – Jane Roach U16G / U18W – Mike Hills SW / SM – Mike Hills	<b>EYAL</b>  Mike Hills	<b>SAL</b>  Team COBRA Braintree & Colchester Harriers  Mike Hills