

**BRITISH MASTERS TRACK & FIELD CHAMPIONSHIPS 2026**  
**11 - 13 SEPTEMBER 2026**  
**DRAFT TIMETABLE**

**Friday 11 September - Track**

No	Time	Event	Age
	11:00	110mH	Men (M35-40)
	11:04	110mH	Men (M45)
	11:08	1500m	Men (M60-65)
	11:16	100mH	Men (M50-55)
	11:31	1500m	Men (M55)
	11:37	100mH	Women (W35)
	11:42	100mH	Men (M60-65)
	11:46	1500m	Men (M50)
	11:52	80mH	Women (W40-45)
	11:55	1500m	Men (M45)
	12:02	80mH	Women (W50-55)
	12:06	80mH	Men (M70+)
	12:10	1500m	Men (M35-40)
	12:16	80mH	Women (W60+)
	12:19	1500m	Women (W55-65)
	12:25	1500m	Women (W45-50)
	12:31	1500m	Women (W35-40)
	12:37	1500m	Women (W70+)
	12:47	1500m	Men (M70+)
	13:00	400m	Men (M80+)
	13:05	400m	Men (M75)
	13:10	400m	Men (M70)
	13:20	400m	Men (M65)
	13:25	400m	Men (M60)
	13:35	400m	Men (M55)
	13:50	400m	Men (M50)
	14:00	400m	Men (M45)
	14:15	400m	Men (M40)
	14:20	400m	Men (M35)
	14:25	400m	Women (W70+)
	14:30	400m	Women (W65)
	14:35	400m	Women (W60)
	14:40	400m	Women (W55)
	14:45	400m	Women (W50)
	14:55	400m	Women (W45)
	15:00	400m	Women (W40)
	15:10	400m	Women (W35)
	15:20	100m	Men (M85)
	15:25	100m	Men (M80)
	15:30	100m	Men (M75)
	15:35	100m	Men (M70)
	15:40	100m	Men (M65)
	15:45	100m	Women (W75+)
	16:00	100m	Women (W70)
	16:05	100m	Women (W65)
	16:15	3000m	Women (W35-50)
	16:30	3000m	Women (W55+)
	16:45	3000m	Men (M35-45)
	17:00	3000m	Men (M50-60)
	17:15	3000m	Men (M65-70)
	17:30	3000m	Men (M75+)

**Friday 11 September - Field**

No.	Time	Event	Age
	11:00	Weight	Women (W65+)
	11:00	Discus	Men (M65)
	12:15	Weight	Men (M50-55)
	12:15	High Jump	Men (M70+), Women (W70+)
	12:15	Discus	Men (M70+)
	13:30	Weight	Women (W35-50)
	13:30	Long Jump	Men (M35-45)
	14:30	Weight	Women (W55-60)
	14:30	Shot	Men (M70+)
	14:30	Javelin	Men (M45-50)
	15:30	Weight	Men (M60)
	15:30	Discus	Women (W65+)
	15:30	Long Jump	Women (W35-45)
	16:30	Weight	Men (M65+)
	16:30	Shot	Women (W35-40)
	16:30	High Jump	Women (W50-55)
	16:30	Javelin	Women (W55-60)
	17:30	Weight	Men (M35-45)
	17:30	Discus	Women (W60)
	17:30	Shot	Men (M55-60)

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Saturday 12 September - Track			
No	Time	Event	Age
	10:00	400mH	Men (M35)
	10:05	400mH	Men (M40-45)
	10:20	400mH	Men (M50)
	10:25	400mH	Men (M55)
	10:35	400mH	Women (W35-45)
	10:45	300mH	Men (M60-65)
	10:50	300mH	Women (W50-55)
	11:00	300mH	Men (M70-75); Women (60-65)
	11:15	200mH	Men (M80+); Women (W70+)
	11:25	100m	Men (M60)
	11:35	100m	Men (M55)
	11:45	100m	Men (M50)
	11:55	100m	Men (M45)
	12:10	100m	Men (M40)
	12:20	100m	Men (M35)
	12:30	3000m Walk	Women
	12:55	3000m Walk	Men
	13:20	100m	Women (W60)
	13:25	100m	Women (W55)
	13:35	100m	Women (W50)
	13:40	100m	Women (W45)
	13:50	100m	Women (W40)
	13:55	100m	Women (W35)
	14:05	3k Steeplechase	Men (M35-55)
	14:25	2k Steeplechase	Women (All) & Men (M60+)
	14:55	100m	Finals from this point onwards - details to be defined after entries close
	16:00	800m	Men (M75+)
	16:05	800m	Men (M70)
	16:15	800m	Men (M65)
	16:20	800m	Men (M60)
	16:30	800m	Men (M55)
	16:40	800m	Men (M50)
	16:45	800m	Men (M45)
	16:50	800m	Men (M40)
	16:55	800m	Men (M35)
	17:00	800m	Women (W70+)
	17:05	800m	Women (W65)
	17:10	800m	Women (W55-60)
	17:15	800m	Women (W45-50)
	17:25	800m	Women (W40)
	17:30	800m	Women (W35)

Saturday 12 September - Field			
No	Time	Event	Age
	10:00	Hammer	Women (W35, W55)
	10:00	Discus	Men (M60)
	10:00	Long Jump	Men (M65+)
	10:00	Javelin	Men (M35-40)
	10:00	Shot	Women (W65+)
	11:00	Pole Vault	Women (All) & Men (M65+)
	11:30	Javelin	Women (W45-50)
	11:30	Discus	Men (M45-50)
	11:45	Long Jump	Women W55-65)
	11:45	Long Jump	Men (M50-65)
	11:45	Hammer	Men (M70+)
	11:45	Shot	Men (M65)
	13:00	High Jump	Women (W35-45)
	13:30	Hammer	Women (W65+)
	13:45	Long Jump	Women (W50, W70+)
	15:30	Hammer	Men (M35-45)
	16:15	Triple Jump	Women (W35-45)
	16:15	Triple Jump	Men (M35-45)
	16:15	High Jump	Men (M55)

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**Sunday 13 September - Track**

Ref.	Time	Event	Age
	10:00	5000m Walk	Women (All)
	10:45	5000m Walk	Men (All)
	11:30	5000m	Men (M70+)
	12:10	5000m	Women (W35-55)
	12:35	5000m	Men (M65)
	13:05	200m	Men (M80+)
	13:10	200m	Men (M75)
	13:15	200m	Men (M70)
	13:20	200m	Men (M65)
	13:30	200m	Men (M60)
	13:40	200m	Men (M55)
	13:45	200m	Men (M50)
	13:55	200m	Men (M45)
	14:10	200m	Men (M40)
	14:20	200m	Men (M35)
	14:30	5000m	Men (M55-60)
	14:50	5000m	Men (M40-45)
	15:20	200m	Women (W75+)
	15:25	200m	Women (W70)
	15:30	200m	Women (W65)
	15:35	200m	Women (W60)
	15:40	200m	Women (W55)
	15:50	200m	Women (W50)
	16:00	200m	Women (W45)
	16:10	200m	Women (W40)
	16:30	200m	Women (W35)
	16:35	5000m	Men (M35, M50)
	17:00	5000m	Women (W60+)
	17:35	200m	Finals from this point

**Sunday 13 September - Field**

No.	Time	Event	Age
	10:00	Hammer	Women (W45-50)
	10:00	Discus	Men (M35-40)
			O/S
	10:00	Triple Jump	Women (W70+); Men (M70+)
	10:00	Shot	Men (M45-50)
	10:00	High Jump	Men (M35-50)
	10:00	Javelin	Men (M55-60)
	11:15	Pole Vault	Men (M35-50)
	11:30	Javelin	Women (W65+)
	11:30	Discus	Men (M55)
			O/S
	11:30	Hammer	Women (W40); Men (M65)
	12:00	Shot	Women (W45-50)
	12:15	Triple Jump	Women (W55-65)
	13:30	High Jump	Men (M60-65)
	13:30	Discus	Women (W35 & W55)
			O/S
	13:30	Hammer	Men (M60)
	14:15	Shot	Men (M35-40)
	14:15	Pole Vault	Men (M55 -60)
	14:15	Triple Jump	Women (W50 & W65)
	15:00	Javelin	Men (M65, M80+)
	15:00	Hammer	Men (M50-55)
	15:00	Discus	Women (W40-50)
			O/S
	15:00	High Jump	Women (W60-65)
	15:45	Shot	Women (W55-60)
	15:45	Triple Jump	Women (W50), Men (M55)
	16:45	Hammer	Women (W60)
	16:45	Javelin	Women (W35-40); Men (M70-75)