



Outdoor Pentathlon, 5000m Championships and Open Events

Sunday 24 August 2025
ATHLETE INSTRUCTIONS

Thank you for your entry to this BMAF Competition. Below is the information that you need for the day.

VENUE

Pingles Stadium, Avenue Road, Nuneaton CV11 4LX

Please note that there is a carnival taking place in Nuneaton on Sunday and the carnival procession will go past the end of Avenue Road around 12 noon, so please plan this into your journey.

REGISTRATION/DECLARATION & NUMBERS

Online registration is possible but on arrival your numbers will still need to be collected from the Registration Desk. The registration desk will be found in the cabin positioned near to the finish line. Please ensure that you have collected your number at least one hour prior to your first event.

Numbers must be worn as issued, on your front and back, in all events, except the High Jump and Long Jump, where only one number needs to be worn. Pins will not be provided, although you can purchase these from registration at 50p per 8 pins.

Please note that there is a restriction of 2 implements per athlete per event. Implement check in will be located in the white marquee near to the finish line. Implements need to be checked in at least 1 hour before your event.

WARMING UP/ REPORTING

Be respectful of events that are taking place around the track when undertaking your warm up.

All athletes should report to the event site at least 15 minutes before start of their event – no call room is in operation. For track races please gather near to your start line.

COMPETITION RULES

The competition is run under UKA/WMA rules. Normal rules apply for the Pentathlon - three field attempts except the High Jump. Please also note that Pentathlon event times are a guide only and as usual may change. Please also make yourself aware we will be applying the WMA (not WA/UKA) shoe rules. This may be checked by the Start Team.

CLUB VESTS

Competitors must compete in the colours of their UKA Club, Masters Area Club or national vest under which they entered with the addition of appropriate shorts. If inappropriately dressed, you will not be allowed to compete.

RESULTS

Results will be available soon after each event online in OpenTrack. They will not be displayed in the normal way as hard copies. To access results – go onto OpenTrack and you will see this:

ID	Event	Gender	People	Check-in	Status	Records	Time
F01	Javelin FALL	F	11	09:55	complete	1	10:00
F02	Long Jump M/Su	M	14	09:55	complete	1	10:00
F04	Hammer MALL	M	18	09:55	complete	2	10:00
T02	Shot M/MSU, F/MSU	M	7	09:55	complete	1	10:00
T03	Shot M/MSU, F/MSU	M	6	09:55	complete	1	10:00
T04	Shot M/MSU	M	7	09:55	complete	1	10:00

Click on the result button and the list of events will appear as follows

Choose the event you want the result for by clicking on the red event title. You will then see the result as follows:

Place	IBb	Name	CAT	Y	CatPos	TEAM	Y	#1	#2	#3	#4	#5	#6	Best
1	419	Paul GUEST	M60	1	SWVAC	5.15	x	5.12	5.25	-	-	-	-	5.25
2	406	Andrew WADDINGTON	M55	1	SCVAC	4.57	3.35	4.66	4.57	-	-	-	-	4.66
3	402	Vincent TAYLOR	M55	2	BOURN	4.42	x	x	4.42	-	-	-	-	4.42
4	407	Derek WARN	M55	3	SOTON	4.39	x	4.38	x	-	-	-	-	4.39
5	446	Ian THOMSON	M65	1	SCVAC	x	x	3.97	x	-	-	-	-	3.97
6	452	Adrian ESSEX	M70	1	SCVAC	3.76	3.69	3.66	3.91	-	-	-	-	3.91

GENERAL

The following general instructions should be adhered to:

- If you think you may break a record – whatever level – please let me know beforehand so that we can ensure we have the appropriate officials in place to ensure the record stands.
- All mobile phones carried adjacent to the track side must be switched off, in mute mode or turned down so as not to distract other athletes or officials. Mobile phones must not be used in the competition area and any athlete found doing so could be issued with a conduct warning.
- Head/earphones etc should not be worn inside the competition area or in the warm up area.
- No unauthorised persons will be allowed onto the centre of the track.
- The decision of the referees shall be final.

- There will be a massage facility available from 10am. There will be a small charge for this. Payment can be made via exact cash or by card. Cost will be £15 for 20 mins. It may be possible for longer treatment sessions. Appointments will be on a first come first served basis. Please note that this is not the usual BMAF Medical Team as they are not available but a reputable company instead that has worked at other masters events in the Midlands

QUERIES

If you have any queries about this event, please contact me (wkane@bmaf.org.uk) in advance of the day or via this mobile number on the day - 07932021122.

Wendy Kane
Event Organiser