



# Indoor Pentathlon, 3K Championships (and Winter Open events)

Saturday 24 January 2026

## ATHLETE INSTRUCTIONS

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

### VENUE

National Indoor Athletics Centre, Cyncoed Campus, 9 Cyncoed Road, Cardiff, CF23 6XD. Parking is available on site and charged at 50p per day.

### REGISTRATION/DECLARATION & NUMBERS

You need to check-in in advance online via OpenTrack. You will receive an email advising how to do online declaration. It may be possible to check in online via registration on the day. On arrival, collect your numbers from the Registration Desk at least 1 hour before your event. This will be located upstairs, turn left and it will be on the concourse. Late arrival may mean you cannot compete. Please 'un-declare' yourself from an event within 1 hour of the event time in order to ensure seeding is accurate and only those planning to compete are included. You can either do this yourself online or via the registration desk at the venue. Numbers must be worn as issued, on your front and back, in all events, except the High Jump, Triple Jump and Long Jump, where only front number need be worn. **No pins will be available so you should bring your own. Please ensure that one side of the bibs is completed with your medical conditions prior to you competing.**

### IMPLEMENT WEIGHING IN

All personal implements (indoor shots only) should be weighed in at the equipment store located at track level at the far right on entering the arena – almost adjacent to the jump pits.

### WARMING UP/ REPORTING

Please use the warm up area marked out at the front left of the arena. 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 these should gather as per the site plan. Please be aware and respectful, if a previous event is still in progress.

### 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. Open Field Event Competitors will all get 6 trails and Open HJ will progress in line with UKA rules (5cm increments until 3 athletes remain in the competition).

For those competing in the 800m – please note that the breakline rule has now changed. Athletes will commence their race on the 400m start line and break at the end of the second bend. This will be explained to athletes at the start.

### CLUB VESTS & SHOES

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. Spikes in shoes must not exceed 6mm (except High jump where 6mm max are allowed) and any type of spike in the shoe is allowed.

### 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:



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	Bib	Name	CAT	T	CatPos	TEAM	T	#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

Medals will be presented for Championship events only – ie pentathlon and 3000m. This will be undertaken as soon as possible after the events have completed.

#### **ATHLETE SERVICES**

- **Refreshments.** It is hoped that Starbucks adjacent to the arena will be open. However, it is recommended that you bring your own food and drink.
- **Medical Services.** British Masters Medical Services (BMMS) will be providing assistance via chiropractors, sports therapists and physiotherapists to be on hand to help you with your injuries and prepare you for your competition. Charges apply and will need to be paid for by cash although bank transfer on the day may be possible.

#### **GENERAL**

The following general instructions should be adhered to:

- 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 arena.
- Head/earphones etc should not be worn inside the competition area or in the warm up area.
- As per UKA rules, spitting is strictly prohibited and could lead to a conduct warning.
- No unauthorised persons will be allowed onto the centre of the track.
- The decision of the referees shall be final.
- **If anyone is able to assist with officiating – your help would be gratefully appreciated. Please make yourself known to myself. Previous experience is not necessary.**

#### **4 X 200M RELAY**

There is an opportunity to put a team in the 4 x 200m relay. If you want to do that please preferably, email Wendy before the event, otherwise inform registration. There is a charge of £40 per team and this can be paid in cash on the day.

#### **QUERIES**

If you have any queries about this event, please contact Wendy Kane ([wkane@bmaf.org.uk](mailto:wkane@bmaf.org.uk)).

I trust you have a fantastic competition and some excellent performances.

**Wendy Kane**  
**Meeting Organiser**