

Throws Pentathlon, 10000m and 1 mile Championships and Open Events



Saturday 30 May 2026 - Oxford

ATHLETE INSTRUCTIONS

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

VENUE

Horspath Athletic Ground, Oxford Road, Horspath, Oxford OX4 2RR.

There is ample parking at the track, a small, covered stand and small café.

Please note that the Rugby Club next door – has an event on which it expects a high footfall. Even though the car park is large if you cannot find a space please use the Mini/BMW car park a short walk away from the stadium.

EVENT START TIMES

These are published on the final timetable available on OpenTrack.

REGISTRATION/NUMBERS

On arrival, collect numbers - and any other information - from the Registration Desk in the portacabin, at least 1 hour before your first event. Numbers must be worn as issued. **Please note that there will be no pins and you will need to provide your own.** There is no electronic check in. If you are unable to attend the event, please let us know as soon as possible, using the email address below. Implement weigh in will be at the garage area. There will be a table outside for you to complete a form and leave equipment.

WARMING UP/ REPORTING

Please use the grassed area surrounding and outside of the track or the track areas that are not in use. Warm ups using implements should be conducted at the event site only and supervised by officials. All field athletes should report to the event site approx. 30 minutes before start of their event. Track athletes should report 10 mins prior to the start of their race. Please be aware and respectful, if a previous event is still in progress. Warm up times are tight due to a large entry so please be ready and conduct these promptly.

COMPETITION RULES

The competition is run under UKA/WMA rules. Normal rules apply for a Throws Pentathlon - three trials at each event. Some flexibility on the timetable will be required as always with Combined events. Please note that the timetable is very tight and we need athletes and officials to work together and I am sure that you will move promptly from one event to the next.

VESTS & SHOES

Competitors must compete in the colours of their UKA Club or Master's Area Club under which they entered with the addition of appropriate shorts/trousers. National vests are also acceptable. If inappropriately dressed, you will not be allowed to compete. Please ensure that your footwear complies with current rules and regulations.

GENERAL

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. Head/earphones etc should not be worn inside the competition area. No unauthorised persons will be allowed onto the centre of the track. The decision of the referees shall be final. Could anyone who has weights please bring them (BMAF no longer hold any weights).

It is forecast to be warm so please ensure that you bring a hat and use plenty of suncream.

RESULTS

We do not plan to post results up – but they will be available for you to access in OpenTrack soon after the event. Results will be announced where possible and practical to do so. Presentations for championships events will be made as soon as possible after events have concluded. Please note that there are no medals for 'Open' events.

CATERING

Refreshments will be available to purchase throughout the day from the Club Room on the first floor of the building. There are various supermarkets nearby (but not walking distance). Please remember your water bottles as it could be a tad warm and we don't want dehydrated athletes!

ASSISTANCE

If you have anyone travelling with you that is willing to help with officiating that would be most gratefully received. Happy for them to be helping in the same group that you are participating in. Also if you are in one of the earlier finishing groups and can help on the field – your assistance again would be greatly appreciated. Please notify Wendy of any help as soon as possible. We are absolutely desperate for officials – so any support that you or members of your ‘fan club’ can provide would be much appreciated. In particular, we will need some folks to hand out water and sponges to the athletes in the 10000m on the back straight – so help there would be appreciated if only for the race that you are in. We also need help on the field.

QUERIES

If you have any queries about this event, please contact Wendy Kane (wkane@bmaf.org.uk), Meeting Organiser.