



Outdoor Pentathlon and 5000m Championships and Open Events

Nuneaton – 24th August 2025

Final Timetable

Colour coded for ease of reference

PENTATHLON & FIELD OPEN EVENTS			
F1	1000	Long Jump	Men M55, M60
F2	1000	Long Jump	Men M65+
F3	1000	Weight Throw	Open (Pool 1) Women
T1	1000	100m Hurdles	Women W35
T2	1010	80m Hurdles	Women W40 + W45
T3	1020	80m Hurdles	Women W50 + W55
T4	1030	80m Hurdles	Women W60+
F4	1050	High Jump	Women W35, W40, W50, W55
F5	1110	High Jump	Women W45, W60+
F6	1110	Weight Throw	Open (Pool 2) Men
F7	1235	Shot	Women W35, W40, W50, W55
F8	1245	Javelin	Men M55, M60
F9	1305	Shot	Women W45, W60+
F10	1315	Long Jump	Men M50
F11	1345	Long Jump	Women W35, W40, W50, W55
T5	1345	200m	Men M55, M60
F12	1350	Javelin	Men M65+
F13	1415	Long Jump	Men M35, M40, M45
F14	1425	Discus	Men M55, M60
F15	1440	Long Jump	Women W45, W60+
F16	1450	Javelin	Men M50
T6	1500	200m	M65+
F17	1500	Shot	Open (Pool 1) Women
T7	1515	800m	Women W35, W40, W50, W55
T8	1525	800m	Women W45, W60+
F18	1530	Shot	Open (Pool 2) Men
F19	1540	Discus	Men M65+
F20	1555	Javelin	Men M35, M40, M45
T9	1600	200m	Men M50
T10	1630	1500m	Men M55, M60
F21	1640	Discus	Men M50
T11	1700	200m	Men M35, M40, M45
T12	1720	1500m	Men M65+
T13	1750	1500m	Men M50
F22	1745	Discus	Men M35, M40, M45
T14	1915	1500m	Men M35, M40, M45

5000m RUNS and WALK & TRACK OPEN EVENTS			
	Event		
X01	1045	5000m Walk	Male and Female
X02	1130	5000m	M55 & M60 (24)
X03	1200	5000m	M65 (11)
X04	1230	100m Open	Open (5 races)
X05	1300	2000m Steeplechase Open	Women and M60+ (8)
X06	1315	5000m	M35 & M50 (15)
X07	1355	5000m	M40 & M45 (14)
X08	1425	200m Open	Open (5 races)
X09	1535	5000m	Women (22)
X10	1610	5000m	Men M70+ (9)
X11	1635	3000m Steeplechase Open	M35-M55 (8)
X12	1650	4 x 800m Relay Open	Open (4 teams)

The timetable will, as always, be flexible for the combined events.