

**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)                | O/S |
|     | 12:15 | Weight    | Men (M50-55)             |     |
|     | 12:15 | High Jump | Men (M70+), Women (W70+) |     |
|     | 12:15 | Discus    | Men (M70+)               | O/S |
|     | 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+)             | O/S |
|     | 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)              | O/S |
|     | 17:30 | Shot      | Men (M55-60)             |     |

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

| 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)                | O/S |
|                               | 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)             | O/S |
|                               | 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)                |     |

**BRITISH MASTERS TRACK & FIELD CHAMPIONSHIPS 2026**

**11 - 13 SEPTEMBER 2026**

**DRAFT TIMETABLE**

**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 (W55-60)               |     |
|     | 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 | Men (M50), Men (M55)         |     |
|     | 15:45 | Triple Jump | Men (60 - 65)                |     |
|     | 16:45 | Hammer      | Women (W60)                  |     |
|     | 16:45 | Javelin     | Women (W35-40); Men (M70-75) |     |