

BMAF Throws Pentathlon Championships 2024

Final Timetable

F01	10:00	Hammer	M35-40 & M50
F02	10:00	Hammer	M65+
F03	11:10	Shot	M35-40 & M50
F04	11:10	Hammer	Women W55+
F05	11:10	Shot	M65+
F06	11:10	Hammer	Women W35-50
F07	12:20	Discus	M35-40 & M50
F08	12:25	Shot	Women W55+
F09	12:30	Hammer	M45, M55-60
F10	12:35	Shot	Women W35-50
F11	13:35	Discus	M65+
F12	13:35	Shot	M45, M55-60
F13	13:35	Javelin	M35-40 & M50
F14	13:40	Discus	Women W55+
F15	14:45	Javelin	M65+
F16	14:45	Discus	Women W35-50
F17	14:50	Weight	M35-40 & M50
F18	15:00	Discus	M45, M55-60
F19	15:00	Javelin	Women W55+
F20	16:05	Weight	M65+
F21	16:10	Javelin	Women W35-50
F22	16:20	Javelin	M45, M55-60
F23	16:20	Weight	Women W55+
F24	17:35	Weight	Women W35-50
F25	17:40	Weight	M45, M55-60

BMAF 10000m and 1 mile races 2024

Final Timetable

T01	10:00	1 mile	M70+, W45+
T02	10:10	1 mile	M55-65; W35-40
T03	10:20	1 mile	M35-50
T04	10:30	1 mile walk	All
Track Break			
T06	11:15	10000m	M70+; W45+
T07	12:15	10000m	M55-65; W35-40
T08	13:15	10000m	M35-50
T09	14:00	10000m walk	All