

BMAF Throws Pentathlon Championships 2026

Draft Timetable

	10:00	Hammer	M35-M50
	10:00	Hammer	M65+
	10:00	Long Jump	Open
	11:10	Hammer	Women W55+
	11:10	Hammer	Women W35-50
	11:10	Shot	M65+
	11:20	Shot	M35-M50
	12:10	Shot	Women W35-50
	12:30	Hammer	M55-60
	12:30	Triple Jump	Open
	12:35	Shot	Women W55+
	12:40	Discus	M35-M50
	13:30	Discus	Women W35-50
	13:35	Shot	M55-60
	13:40	Discus	M65+
	13:40	Javelin	M35-M50
	14:45	Javelin	M65+
	14:50	Discus	Women W55+
	15:00	Discus	M55-60
	15:30	Weight	M35-M50
	15:40	Javelin	Women W35-50
	16:20	Javelin	Women W55+
	16:30	Weight	M65+
	16:30	Javelin	M55-60
	17:20	Weight	Women W35-50
	17:40	Weight	Women W55+
	17:40	Weight	M55-60

BMAF 10000m, 1 mile races and Open Events 2026

Draft Timetable

	10:00	1 Mile	M70+
	10:10	1 Mile	W50+
	10:20	1 Mile	M55-65
	10:30	1 Mile	W35-45
	10:40	1 Mile	M45-50
	10:50	1 Mile	M35-40
	11:00	1 Mile Walk	All
	11:20	100m	All
	11:35	10000m	M70+ & Female
	12:35	10000m	M60 - M65
	13:35	10000m	M35-55
	14:35	10000m Walk	All
	16:40	400m	All
	17:05	200m	All