

BMAF Throws Pentathlon Championships 2026

Final Timetable

F1	10:00	Hammer	M35-M50
F2	10:00	Hammer	M65+
F3	10:00	Long Jump	Open
F4	11:15	Hammer	Women W55-60
F5	11:15	Hammer	Women W35-45, W70, W90
F6	11:15	Shot	M65+
F7	11:20	Shot	M35-M50
F8	12:20	Hammer	Women W50&65
F9	12:20	Hammer	M55-60
F10	12:25	Shot	W55-60
F11	12:30	Triple Jump	Open
F12	12:35	Shot	Women W35-45, W70, W90
F13	12:35	Discus	M35-M50
F14	13:30	Discus	Women W55&60
F15	13:35	Shot	Women W50&65
F16	13:35	Shot	M55-60
F17	13:35	Discus	M65+
F18	13:35	Discus	Women W35-45, W70, W90
F19	13:55	Javelin	M35-M50
F20	14:40	Discus	Women W50&65
F21	14:40	Javelin	Women W55&60
F22	14:50	Discus	M55-60
F23	15:15	Javelin	M65+
F24	15:50	Weight	Women W55&60
F25	15:55	Javelin	Women W35-45, W70, W90
F26	16:05	Weight	M35-50
F27	16:30	Javelin	Women W50 & 65
F28	17:00	Weight	Women W35-45, W70, W90
F29	17:00	Javelin	M55-60
F30	17:25	Weight	M65+
F31	18:05	Weight	Women W50&65
F32	18:35	Weight	M55-60

BMAF 10000m, 1 mile races and Open Events 2026

Final Timetable

T01	10:00	1 Mile	M70+
T02	10:10	1 Mile	W50+
T03	10:20	1 Mile	M55-65
T04	10:30	1 Mile	W35-45
T05	10:40	1 Mile	M45-50
T06	10:50	1 Mile	M35-40
T07	11:00	1 Mile Walk	All
T08	11:20	100m	1 race
T09	11:35	10000m	M70+ & Female
T10	12:35	10000m	M60 - M65
T11	13:35	10000m Walk	All
T12	14:55	10000m	M35 - 55
T13	15:50	400m	1 race
T14	16:00	200m	1 race