

## BMAF Throws Pentathlon Championships 2025

### Final Timetable

F01	10:00	Hammer	M35-M50
F02	10:00	Hammer	M65+
F03	10:00	Long Jump	Open
F04	11:10	Hammer	Women W55+
F05	11:10	Hammer	Women W35-50
F06	11:10	Shot	M65+
F07	11:20	Shot	M35-M50
F08	12:10	Shot	Women W35-50
F09	12:30	Hammer	M55-60
F10	12:30	Triple Jump	Open
F11	12:35	Shot	Women W55+
F12	12:40	Discus	M35-M50
F13	13:30	Discus	Women W35-50
F14	13:35	Shot	M55-60
F15	13:40	Discus	M65+
F16	13:40	Javelin	M35-M50
F17	14:45	Javelin	M65+
F18	14:50	Discus	Women W55+
F19	15:00	Discus	M55-60
F20	15:30	Weight	M35-M50
F21	15:40	Javelin	Women W35-50
F22	16:20	Javelin	Women W55+
F23	16:30	Weight	M65+
F24	16:30	Javelin	M55-60
F25	17:20	Weight	Women W35-50
F26	17:40	Weight	Women W55+
F27	17:40	Weight	M55-60

## BMAF 10000m, 1 mile races and Open Events 2025

### 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	All - 3 races
T09	11:35	10000m	M70+ & Female
T10	12:35	10000m	M60 - M65
T11	13:35	10000m	M35-55
T12	14:35	10000m Walk	All
T13	15:50	400m	All - 2 races
T14	16:00	200m	All - 2 races