English Championships 2026

Version: 3 Updated: 20/11/2026

Green Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:10 Start: 14:10 Finish: 15:25	**MASTERS MEN 60-74**	7
Weigh in: 13:55 Start: 15:55 Finish: 17:50	**MASTERS WOMEN 50-69**	11

Green Platform Schedule - 5 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 07:20 Start: 09:20 Finish: 11:25	**MASTERS MEN 50-59**	11
Weigh in: 09:45 Start: 11:45 Finish: 14:00	**MASTERS WOMEN 45-49**	13
Weigh in: 12:30 Start: 14:30 Finish: 16:35	**MASTERS MEN 45-49**	12
Weigh in: 14:55 Start: 16:55 Finish: 18:40	**MASTERS MEN 40-44 65KG-85KG**	10

Green Platform Schedule - 6 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 08:10 Start: 10:10 Finish: 11:20	**MASTERS WOMEN 40-44 53KG-61KG**	6
Weigh in: 09:45 Start: 11:45 Finish: 13:20	**MASTERS MEN 40-44 95KG-110+KG**	9
Weigh in: 11:40 Start: 13:40 Finish: 15:25	**MASTERS WOMEN 40-44 69KG-86+KG**	10
Weigh in: 13:45 Start: 15:45 Finish: 17:00	**MASTERS MEN 35-39 95KG-110KG**	7

All start and finish times are subject to change on the day of the competition subject to the running speed.