



HAVERING A.C. DAVE NAYLOR MEMORIAL OPEN

on Sunday 29th March 2026

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX

(UKA Level 1 Licence OUT 26/073. Under UKA Rules)

DRAFT 2 TIMETABLE

TRACK (with photo finish / electrical timing)

11.15 a.m.	200m hurdles	T1: U14 Girls & Boys
11.30 a.m.	300m hurdles	T2: U16, U18, U20 & Senior Men & Women
11.50 a.m.	100m	T3: U14 & U16 Girls & Boys
12.35 p.m.	100m	T4: U18, U20 & Senior Men & Women
1.05 p.m.	1500m	T5: U14 & U16 Girls & Boys
1.20 p.m.	1500m	T6: U18, U20 & Senior Men & Women
1.40 p.m.	300m	T7: U16 Girls & Boys
2.00 p.m.	400m	T8: U18, U20 & Senior Men & Women
2.20 p.m.	Sprint Hurdles	T9: All age groups – U14s and above
3.05 p.m.	Sprint Hurdles	T10: All age groups – U18s and above
3.25 a.m.	200m	T11: U14 & U16 Girls & Boys
4.15 p.m.	200m	T12: U18, U20 & Senior Men & Women
4.35 p.m.	800m	T13: U14 & U16 Girls & Boys
4.50 p.m.	800m	T14: U18, U20 & Senior Men & Women

FIELD

11.00 a.m.	F1: Hammer	All age groups – U14s and above
11.00 a.m.	F2: Long Jump	Pool 1 – Under 14s and Under 16s
12.00 p.m.	F3: Shot Put	All age groups – U14s and above
12.00 p.m.	F4: Pole Vault	All age groups – U14s and above
1.00 p.m.	F5: Discus	All age groups – U14s and above
1.00 p.m.	F6: Long Jump	Pool 2 – Under 18s and above
2.00 p.m.	F7: High Jump	Pool 1 – PBs under 1.40m
2.15 p.m.	F8: Javelin	Pool 1 – Under 14s and Under 16s
3.00 p.m.	F9: Triple Jump	U16s and above
3.30 p.m.	F10: Javelin	Pool 2 – Under 18s and above
3.30 p.m.	F11: High Jump	Pool 2 – PBs 1.40m and above

PRE-ENTRY ONLY - NO ON-THE-DAY ENTRIES

HAVERING AC MEMBERS PRIORITY ENTRY - CLOSES Sunday 15th March 2026

£7.50 first event - £5.00 additional events.

**OPEN ENTRY (including Havering AC): - £10.00 first event - £5.00 additional events.
Monday 16th March 2026 - closes Monday 23rd March 2026 (or when entry limits reached)**

Enter online at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=6071>



PLEASE NOTE:

All entrants shall be deemed to have made themselves familiar with, and agreed to be bound by, the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the meeting date 29th March 2026, whether or not the entrant is a citizen of, or resident in, the UK.

All events will be at the even age groups and technical specifications effective from 1st April 2026.

Where necessary races may be combined ages and genders. For track events (apart from hurdles, 800m & 1500m) – female races will be held first from youngest upwards, then male. Under 14s and Under 16s may only compete in either 800m or 1500m, but not both. Throws and horizontal jumps – FOUR trials. Event entries will be closed early if maximum permitted numbers in each event are reached.

NO REFUNDS WILL BE MADE UNLESS ANY EVENT IS CANCELLED BY HAVERING AC