ENGLAND ATHLETICS

England Athletics 2026 Outdoor Senior Para Championships Entry Standards

- Entry standards must have been achieved in a licensed **competition**.
- Performances from 1*st* January 2025 – closing date will only be accepted.
- Entry standards must be achieved by the closing date for each competition.
- Entries will not be accepted without a standard.
- Wind assisted times will not be accepted.

Track events

Men			Women	
Entry Standard	**Class**	**Event**	**Class**	**Entry Standard**
12.90	T11	**100 m**	T11	15.50
12.75	T12	**100 m**	T12	15.00
12.20	T13	**100 m**	T13	14.80
26.00	T33	**100 m**	T33	25.00
23.30	T34	**100 m**	T34	24.50
16.10	T35	**100 m**	T35	19.50
14.20	T36	**100 m**	T36	18.00
13.80	T37	**100 m**	T37	17.50
13.50	T38	**100 m**	T38	16.00
15.30	T42	**100 m**	T42	20.00
13.00	T43	**100 m**	T43	14.36
13.00	T44	**100 m**	T44	14.36
11.60	T45-47	**100 m**	T45-47	15.00
28.00	T51	**100 m**	T51	32.00
20.50	T52	**100 m**	T52	24.50
16.30	T53	**100 m**	T53	24.00
17.85	T54	**100 m**	T54	22.00
14.39	T61	**100 m**	T61	17.14
11.94	T62	**100 m**	T62	15.10
15.30	T63	**100 m**	T63	20.00
13.25	T64	**100 m**	T64	18.00
32.10	T71	**100 m**	T71	32.00
26.00	T72	**100 m**	T72	24.50
25.31	T11	**200 m**	T11	32.00
23.63	T12	**200 m**	T12	30.00
23.91	T13	**200 m**	T13	33.00
35.00	T35	**200 m**	T35	44.00
26.90	T36	**200 m**	T36	39.00
27.50	T37	**200 m**	T37	34.00
24.91	T38	**200 m**	T38	33.00
27.40	T42	**200 m**		
27.40	T43	**200 m**		
27.40	T44	**200 m**	T44	31.20
25.25	T45-47	**200 m**	T45-47	31.00
25.23	T61	**200 m**		
23.11	T62	**200 m**		

Men		Women		
Entry Standard	**Class**	**Event**	**Class**	**Entry Standard**
26.39	T63	**200 m**		
26.00	T64	**200 m**	T64	33.00
58.93	T71	**200 m**	T71	01:41.15
40.55	T72	**200 m**	T72	53.00
65.00	T11	**400 m**	T11	01:22.00
63.00	T12	**400 m**	T12	01:14.00
58.00	T13	**400 m**	T13	01:11.00
55.00	T20	**400 m**	T20	01:09.00
1.23.03	T33	**400 m**	T33	01:24.68
01:07.00	T34	**400 m**	T34	01:16.00
01:17.43	T35	**400 m**		
01:07.00	T36	**400 m**	T36	01:21.00
01:00.00	T37	**400 m**	T37	01:25.00
58.00	T38	**400 m**	T38	01:17.00
01:22.08	T43	**400 m**		
58.59	T44	**400 m**		
55.00	T45-47	**400 m**	T45-47	01:19.50
01:25.56	T51	**400 m**		
01:04.00	T52	**400 m**	T52	01:23.23
57.00	T53	**400 m**	T53	01:18.50
56.50	T54	**400 m**	T54	01:18.50
52.42	T61	**400 m**		
51.50	T62	**400 m**		
01:25.00	T63	**400 m**		
01:24.73	T64	**400 m**	T64	01:14.17
02:04.00	T71	**400 m**	T71	02:57.90
01:19.00	T72	**400 m**	T72	01:51.00
02:08.00	T20	**800 m**	T20	02:55.00
02:47.00	T33	**800 m**	T33	03:02.86
02:14.00	T34	**800 m**	T34	02:55.00
03:18.60	T51	**800 m**		
02:17.00	T52	**800 m**	T52	03:21.00
01:54.00	T53	**800 m**	T53	02:29.00
01:49.50	T54	**800 m**	T54	02:28.50
05:10.00	T11	**1500 m**	T11	06:20.00
04:40.00	T12	**1500 m**	T12	05:47.00

04:40.00	T13	**1500 m**	T13	05:35.00
04:17.00	T20	**1500 m**	T20	05:45.00
04:20.99	T33	**1500 m**	T33	05:15.41
03:33.00	T34	**1500 m**	T34	04:54.41
05:16.00	T36	**1500 m**		
05:28.50	T37	**1500 m**		
05:28.50	T38	**1500 m**		
04:25.00	T45/46	**1500 m**		
06:24.84	T51	**1500 m**		
05:20.00	T52	**1500 m**		
03:42.00	T53/54	**1500 m**	T53/54	04:23.00

Field Events

Men			Women	
Entry Standard	**Class**	**Event**	**Class**	**Entry Standard**
19.00	F31	**Club Throw**	F31	11.50
23.00	F32	**Club Throw**	F32	11.50
18.00	F51	**Club Throw**	F51	12.00
25.00	F11	**Discus**	F11	18.00
36.20	F12	**Discus**	F12	22.98
34.34	F13	**Discus**	F13	24.58
13.20	F32	**Discus**	F32	8.10
17.02	F33	**Discus**	F33	10.47
22.68	F34	**Discus**	F34	12.47
32.64	F35	**Discus**	F35	18.60
31.09	F36	**Discus**	F36	19.00
39.94	F37	**Discus**	F37	18.00
37.02	F38	**Discus**	F38	23.00
17.89	F40	**Discus**	F40	14.00
27.89	F41	**Discus**	F41	19.00
26.16	F42	**Discus**	F42	21.93
30.00	F43/44	**Discus**	F43/44	18.00
37.85	F46	**Discus**	F46	27.15
8.00	F51	**Discus**	F51	4.20
10.00	F52	**Discus**	F52	5.00
10.00	F53	**Discus**	F53	6.00
20.00	F54	**Discus**	F54	9.50
22.00	F55	**Discus**	F55	13.00
25.00	F56	**Discus**	F56	13.00
30.00	F57	**Discus**	F57	19.00
		Discus	F61	15.00
20.43	F62/F61	**Discus**	F62	15.00
26.16	F63	**Discus**	F63	15.00

Men		Women		
Entry Standard	**Class**	**Event**	**Class**	**Entry Standard**
30.00	F64	**Discus**	F64	15.00
37.50	F12	**Javelin**	F12	19.00
37.50	F13	**Javelin**	F13	19.00
14.00	F33	**Javelin**	F33	7.00
20.00	F34	**Javelin**	F34	7.00
36.37	F35	**Javelin**	F35	15.21
30.00	F37	**Javelin**	F37	14.66
35.00	F38	**Javelin**	F38	26.09
29.00	F40	**Javelin**	F40	16.34
29.00	F41	**Javelin**	F41	13.84
42.00	F42	**Javelin**	F42	22.92
42.00	F43/44	**Javelin**	F43/44	15.46
41.00	F45/46	**Javelin**	F46	21.00
18.25	F52	**Javelin**	F52	4.94
13.80	F53	**Javelin**	F53	7.00
13.80	F54	**Javelin**	F54	7.00
19.00	F55	**Javelin**	F55	8.00
18.65	F56	**Javelin**	F56	8.00
22.00	F57	**Javelin**	F57	8.00
42.00	F61	**Javelin**		
42.00	F62	**Javelin**	F62	18.00
42.00	F63	**Javelin**		
42.00	F64	**Javelin**	F64	15.18
4.50	T11	**Long Jump**	T11	3.60
5.80	T12	**Long Jump**	T12	4.00
5.00	T13	**Long Jump**	T13	4.00
5.80	T20	**Long Jump**	T20	4.10
4.39	T35	**Long Jump**	T35	2.56
4.50	T36	**Long Jump**	T36	2.70
4.00	T37	**Long Jump**	T37	3.50

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England Athletics 2026 Outdoor Senior Para Championships Entry Standards

Men		Women		
Entry Standard	Class	Event	Class	Entry Standard
4.50	T38	**Long Jump**	T38	3.80
4.40	T42	**Long Jump**	T42	3.30
4.60	T43	**Long Jump**	T43/44	3.80
5.55	T45-47	**Long Jump**	T45-47	4.50
4.40	T61	**Long Jump**	T61	3.50
5.70	T62	**Long Jump**	T62	3.50
4.40	T63	**Long Jump**	T63	3.50
5.70	T64	**Long Jump**	T64	3.50
9.00	F11	**Shot Put**	F11	7.00
10.00	F12	**Shot Put**	F12	8.00
10.00	F13	**Shot Put**	F13	9.00
10.00	F20	**Shot Put**	F20	8.70
5.50	F32	**Shot Put**	F32	3.00
6.00	F33	**Shot Put**	F33	4.00
7.50	F34	**Shot Put**	F34	4.50
8.50	F35	**Shot Put**	F35	5.50
9.00	F36	**Shot Put**	F36	5.00
10.55	F37	**Shot Put**	F37	6.50
9.00	F38	**Shot Put**	F38	10.32
7.10	F40	**Shot Put**	F40	4.50
8.20	F41	**Shot Put**	F41	6.00
11.20	F42	**Shot Put**	F42	6.00
11.05	F43/44	**Shot Put**	F43/44	6.50
11.50	F45/46	**Shot Put**	F46	8.50
5.10	F52	**Shot Put**	F52	2.80
5.10	F53	**Shot Put**	F53	5.39
7.47	F54	**Shot Put**	F54	4.50
7.00	F55	**Shot Put**	F55	4.60
7.00	F56	**Shot Put**	F56	4.60
7.00	F57	**Shot Put**	F57	4.60
		Shot Put	F61	6.70
8.25	F62	**Shot Put**	F62	5.55
11.00	F61/63	**Shot Put**	F63	6.70
10.38	F64	**Shot Put**	F64	6.50