



## 5KUOP26 RUNNING ORDER

### March 22<sup>nd</sup>, 2026

| Ring 1                                    | No | Start    | Time allocated | Finish time |
|---|----|----------|----------------|-------------|
| <b>Ring 1 begin at 08.00 AM (UK Time)</b> |    |          |                |             |
| Dan / U40- Female - Final                 | 8  | 08:00:00 | 00:28:00       | 08:28:00    |
| Dan / U40 - Male - Final                  | 3  | 08:28:00 | 00:10:30       | 08:38:30    |
| Dan / U50 - Male - Final                  | 4  | 08:38:30 | 00:14:00       | 08:52:30    |
| Dan / U50 - Female - Final                | 3  | 08:52:30 | 00:10:30       | 09:03:00    |
| Pair / Dan / Under 50 - Final             | 1  | 09:03:00 | 00:03:30       | 09:06:30    |
| Pair / K2 / Under 35 - Final              | 3  | 09:06:30 | 00:10:30       | 09:17:00    |
| <b>Break</b>                              |    | 09:17:00 | 00:05:00       | 09:22:00    |
| K2 / O35 - Female - Final                 | 2  | 09:22:00 | 00:07:00       | 09:29:00    |
| K2 / O35 - Male - Final                   | 2  | 09:29:00 | 00:07:00       | 09:36:00    |
| Pair / K3 / Under 35 - Final              | 1  | 09:36:00 | 00:03:30       | 09:39:30    |
| Team / K2 / Under 35 - Female - Final     | 1  | 09:39:30 | 00:03:30       | 09:43:00    |
| Team / K3 / Junior - Female - Final       | 1  | 09:43:00 | 00:03:30       | 09:46:30    |
| Team / K3 / Over 35 - Female - Final      | 1  | 09:46:30 | 00:03:30       | 09:50:00    |
| Team / K3 / Under 35 - Male - Final       | 1  | 09:50:00 | 00:03:30       | 09:53:30    |
| Dan / U60 - Female - Final                | 3  | 09:53:30 | 00:10:30       | 10:04:00    |
| Dan / U60 - Male - Final                  | 10 | 10:04:00 | 00:35:00       | 10:39:00    |
| <b>Break</b>                              |    | 10:39:00 | 00:05:00       | 10:44:00    |
| Pair / Dan / Under 60 - Final             | 2  | 10:44:00 | 00:07:00       | 10:51:00    |
| Team / Dan / Under 60 - Female - Final    | 1  | 10:51:00 | 00:03:30       | 10:54:30    |
| Team / K3 / Under 35 - Female - Final     | 1  | 10:54:30 | 00:03:30       | 10:58:00    |
| K3 / U35 - Male - Final                   | 1  | 10:58:00 | 00:03:30       | 11:01:30    |
| K3 / U35 - Female - Final                 | 4  | 11:01:30 | 00:14:00       | 11:15:30    |
| K3 / O35 - Male - Final                   | 1  | 11:15:30 | 00:03:30       | 11:19:00    |
| K3 / O35 - Female - Final                 | 1  | 11:19:00 | 00:03:30       | 11:22:30    |
| K3 / O50 - Female - Final                 | 1  | 11:22:30 | 00:03:30       | 11:26:00    |
| K2 / U35 - Male - Final                   | 2  | 11:26:00 | 00:07:00       | 11:33:00    |
| K2 / U35 - Female - Final                 | 6  | 11:33:00 | 00:21:00       | 11:54:00    |
| K3 / Junior - Male - Final                | 2  | 11:54:00 | 00:07:00       | 12:01:00    |
| <b>Lunch Break</b>                        |    | 12:01:00 | 00:30:00       | 12:31:00    |

Ring 1 Livestream at Range Sports UK Ltd.

\* YouTube: <https://www.youtube.com/channel/UCjvPhJR-7IALRPcjHGpEQiA>

\* Facebook: <https://www.facebook.com/RangeSports>

Ring 2 Livestream at JC United Kingdom

\* YouTube: [https://www.youtube.com/channel/UCbFmjwium3RUWxKKWU\\_ZOEw](https://www.youtube.com/channel/UCbFmjwium3RUWxKKWU_ZOEw)

\* Facebook: <https://www.facebook.com/worldtkdpoomsaenews>

**Important Note:** All times are approximate and subject to change. We always aim to adhere to the advertised schedule, but sometimes unforeseen circumstances will require adjustments to the schedule on competition day.

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## 5KUOP26 RUNNING ORDER

### March 22<sup>nd</sup>, 2026

| Ring 1 Cont.                                 | No | Start    | Time allocated  | Finish time |
|--|----|----------|-----------------|-------------|
| <b>Ring 1 continue at 12.31 AM (UK Time)</b> |    |          |                 |             |
| Dan / U65 - Female - Final                   | 1  | 12:31:00 | 00:03:30        | 12:34:30    |
| Dan / Junior - Female - Final                | 9  | 12:34:30 | 00:31:30        | 13:06:00    |
| Pair / Dan / Junior                          | 1  | 13:06:00 | 00:03:30        | 13:09:30    |
| K2 / Junior - Female - Final                 | 2  | 13:09:30 | 00:07:00        | 13:16:30    |
| K1 / Junior - Female - Final                 | 4  | 13:16:30 | 00:14:00        | 13:30:30    |
| K3 / Junior - Female - Final                 | 3  | 13:30:30 | 00:10:30        | 13:41:00    |
| <b>Break</b>                                 |    | 13:41:00 | 00:05:00        | 13:46:00    |
| Dan / Junior - Male - Final                  | 6  | 13:46:00 | 00:21:00        | 14:07:00    |
| Dan / U65 - Male - Final                     | 2  | 14:07:00 | 00:07:00        | 14:14:00    |
| Dan / U70 - Female - Final                   | 1  | 14:14:00 | 00:03:30        | 14:17:30    |
| Dan / U75 - Male - Final                     | 1  | 14:17:30 | 00:03:30        | 14:21:00    |
| Dan / U80 - Male - Final                     | 1  | 14:21:00 | 00:03:30        | 14:24:30    |
| Pair / Dan / Over 60 - Final                 | 1  | 14:24:30 | 00:03:30        | 14:28:00    |
| K1 / U35 - Female - Final                    | 3  | 14:31:30 | 00:10:30        | 14:42:00    |
| Dan / U30 / Female - P20                     | 1  | 14:28:00 | 00:03:30        | 14:31:30    |
| Dan / O30 / Male - P20                       | 1  | 14:42:00 | 00:03:30        | 14:45:30    |
| Dan / O30 / Female - P50                     | 1  | 14:45:30 | 00:03:30        | 14:49:00    |
| Kup / U15 / Male - P20 - Final               | 1  | 14:49:00 | 00:03:30        | 14:52:30    |
| Kup / U30 / Male - P20 - Final               | 1  | 14:52:30 | 00:03:30        | 14:56:00    |
| Kup / U30 / Female - P20 - Final             | 1  | 14:56:00 | 00:03:30        | 14:59:30    |
| <b>End of Ring 1</b>                         |    |          | <b>14:59:30</b> |             |

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## 5KUOP26 RUNNING ORDER

### March 22<sup>nd</sup>, 2026

| Ring 2                                    | No | Start           | Time allocated | Finish time |
|---|----|-----------------|----------------|-------------|
| <b>Ring 2 begin at 08.00 AM (UK Time)</b> |    |                 |                |             |
| Dan / Pee wee - Male - Final              | 3  | 08:00:00        | 00:10:30       | 08:10:30    |
| Dan / Pee wee - Female - Final            | 4  | 08:10:30        | 00:14:00       | 08:24:30    |
| K1 / Pee wee - Male - Final               | 1  | 08:24:30        | 00:03:30       | 08:28:00    |
| K1 / Pee wee - Female - Final             | 3  | 08:28:00        | 00:10:30       | 08:38:30    |
| K2 / Pee wee - Female - Final             | 1  | 08:38:30        | 00:03:30       | 08:42:00    |
| K2 / Pee wee - Male - Final               | 1  | 08:42:00        | 00:03:30       | 08:45:30    |
| K2 / Mini Pee wee - Female - Final        | 1  | 08:45:30        | 00:03:30       | 08:49:00    |
| K3 / Mini Pee wee - Male - Final          | 5  | 08:49:00        | 00:17:30       | 09:06:30    |
| K3 / Pee wee - Male - Final               | 2  | 09:06:30        | 00:07:00       | 09:13:30    |
| Break                                     |    | 09:13:30        | 00:05:00       | 09:18:30    |
| K3 / Mini Pee wee - Female - Final        | 4  | 09:18:30        | 00:14:00       | 09:32:30    |
| K3 / Pee wee - Female - Final             | 6  | 09:32:30        | 00:21:00       | 09:53:30    |
| Pair / K3 / Mini Pee wee - Final          | 1  | 09:53:30        | 00:03:30       | 09:57:00    |
| Pair / K3 / Pee wee - Final               | 2  | 09:57:00        | 00:07:00       | 10:04:00    |
| Pair / K2 / Pee wee - Final               | 2  | 10:04:00        | 00:07:00       | 10:11:00    |
| Team / K3 / Pee wee - Female - Final      | 1  | 10:11:00        | 00:03:30       | 10:14:30    |
| K1 / Cadet - Female - Final               | 3  | 10:14:30        | 00:10:30       | 10:25:00    |
| K1 / Cadet - Male - Final                 | 1  | 10:25:00        | 00:03:30       | 10:28:30    |
| K2 / Cadet - Female - Final               | 3  | 10:28:30        | 00:10:30       | 10:39:00    |
| Break                                     |    | 10:39:00        | 00:05:00       | 10:44:00    |
| K2 / Cadet - Male - Final                 | 2  | 10:44:00        | 00:07:00       | 10:51:00    |
| K3 / Cadet - Male - Final                 | 2  | 10:51:00        | 00:07:00       | 10:58:00    |
| K3 / Cadet - Female - Final               | 6  | 10:58:00        | 00:21:00       | 11:19:00    |
| Dan / Cadet - Female - Semi Final         | 12 | 11:19:00        | 00:42:00       | 12:01:00    |
| Lunch Break                               |    | 12:01:00        | 00:30:00       | 12:31:00    |
| Dan / Cadet - Female - Final              | 8  | 12:31:00        | 00:28:00       | 12:59:00    |
| Team / K3 / Cadet - Male - Final          | 1  | 12:59:00        | 00:03:30       | 13:02:30    |
| Dan / Cadet - Male - Final                | 4  | 13:02:30        | 00:14:00       | 13:16:30    |
| Dan / U30 - Male - Final                  | 4  | 13:16:30        | 00:14:00       | 13:30:30    |
| K1 / U35 - Male - Final                   | 2  | 13:30:30        | 00:07:00       | 13:37:30    |
| Break                                     |    | 13:37:30        | 00:05:00       | 13:42:30    |
| Dan / U30 - Female - Semi Final           | 11 | 13:42:30        | 00:38:30       | 14:21:00    |
| Dan / U30 - Female - Final                | 8  | 14:21:00        | 00:28:00       | 14:49:00    |
| Family Poomsae - Kup - Final              | 1  | 14:49:00        | 00:03:30       | 14:52:30    |
| Family Poomsae - Mixed - Final            | 1  | 14:52:30        | 00:03:30       | 14:56:00    |
| End of Ring 2                             |    | <b>14:56:00</b> |                |             |

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