



BRITISH MASTERS 5 km CHAMPIONSHIP

Battersea Park

The British Masters 5 km Championship was held over the fast flat Battersea Park course for the 3rd consecutive year. On a cloudy damp morning Ilford AC had 8 competitors in action in a field of over 225.

The race was won by Adam Baker of Leeds City in 15 minutes exactly, with Sam Rahman leading the Ilford Challenge in 53rd spot with 17 mins 31 secs.

Joel Denning came home 110th in 19 mins 20 secs, just 1 second off his personal best for the distance. Dave Thomas placed 123rd with 19 mins 52 secs and Andy Catton was 6th in the M70 category recording 23 mins 04 secs in 182nd overall Rob Sargent completed the men's team for the club in 220th .

Pauline Tester led the Ilford Ladies home in 199th overall and 1th in the F60 group in 24 mins 28 secs while Bev Thomas was 6th in the F65 category and 213th with 28 mins 18 secs on her return from injury. Launa Broadley completed the team with 30 mins 15 secs and 10th in the F55 grouping. The ladies combined in the F55-64 category in the team event and took home the silver medals.



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