



Press Report 1st April 2025

WORLD INDOOR MASTERS ATHLETICS CHAMPIONSHIP

Gainesville, USA

Saturday 30 March

The World Masters Indoor Athletics Championships have continued throughout the week inside the Alachua County Sports & Events Center in Gainesville Florida. On Saturday morning the 10km road race took place on the streets around the stadium. The race was over 2 fast flat laps apart from crossing a bridge, which was a steep climb, over the freeway twice on each lap.

Due to the relatively small number of men in the Great Britain squad for this race Ilford AC's Rob Sargent, along with Andy Murray from Dulwich Runners were moved down to the M55 age category team to join Ian Martin of Vale of York.

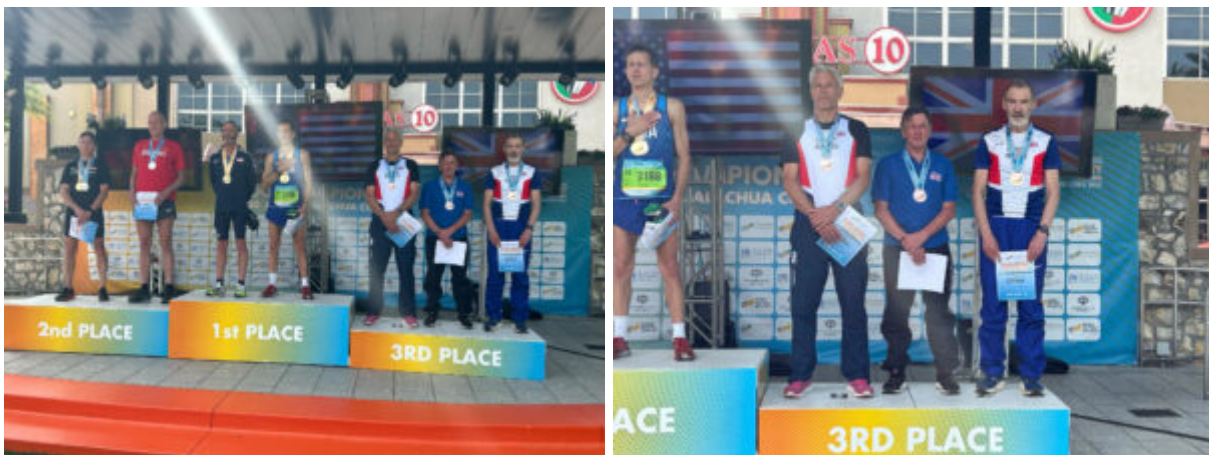
Rob stayed in the M70 age group for the individual, finishing 20th in 66 mins 59 secs, after recording 32 mins 50 secs at the 5km halfway point.

The GB M55 finished 3rd in the team event behind winners and host country USA and Germany and took home a bronze medal each.

On Sunday, the last day of the Championship Rob was asked to step into the M70 4x200m relay after one of the selected team members was injured in an earlier event.

Running the opening leg he pushed hard before passing the baton on.

The team finished 5th in 2 mins 39.16 secs





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