

BMAF 10 Mile Championships 2022 Race Report



We had 110 entries for the BMAF 10 mile Championships yesterday with athletes prepared to travel some distance to Cyclopark at Gravesend.

The number of finishers at the BMAF 10 mile Champs over the last 5 years has been 50, 37, 91, 70 and 42 last year. This year we witnessed another 91 finishers which is a pleasing outcome.

Cyclopark is an A1 venue and although the rain eased the course is challenging but with a perfect surface to race on. Athletes are safe as the course is traffic free and are only a few meters from a hot shower, a mug of coffee or their cars which are parked adjacent to the track.

The times and age group medallists are to be found at <https://bmaf.org.uk/british-masters-10-mile-championships/> but I must highlight a couple of performances.

The first athlete to finish was Thomas Beedell M35 Woodford Green AC with Essex Ladies in a very respectable time of 54:20. However, the best performance of day came from Simon Baines M50 Thames Hare & Hounds in an outstanding 54:27, only 7 seconds behind the winner, with Simon being chased home by Anthony Webb M45 Medway and Maidstone AC in 54:40.

The ladies ran to form with Gemma Collier W35 Gloucester AC first home in a time of 1:02:09 followed by Kerstin Sung W45 Maidstone Harriers in 1:05:33 and in third position Sasha Humphries W50 Tonbridge AC in a time of 1:08:40 who had an amazing battle to be first W50 with Deborah Gilman Hatton Darts only 12 seconds behind in a time of 1:08:52 to come 4th lady to finish.

As this was a Championship all the winners times are Gun times not Chip times.

Can I personally thank our President Arthur Kimber and Bridget Cushen Honorary Secretary for their help on the day.

Walter Hill BMAF Road Race Sec.