

## BMAF 5k Road Championships 2022 Race Report

### 4<sup>th</sup> December, London



With the postponement and then the cancellation of the Horwich 5k another venue had to be found for 2022. Horwich was a very popular event for Masters and a new venue to match Horwich would be hard to find.

However, the move to Battersea Park in London was a total success and even the weather was kind to us in December. The success of the event was very much down to VAC who promoted the Championships at short notice. Perfection is hard to achieve but this Sunday it was realised due to some amazing volunteers.

The full results can be found at <https://bmaf.org.uk/british-masters-5k-road-championships/> but I must highlight some very versatile Masters:

Both the men and women's fastest times were recorded by athletes who had represented Great Britain in Spain at the European 50k this year.

- Andrew Davies M40 Stockport Lead Coach Steve Vernon in a time of 15:01
- Elizabeth Renondeau F40 Vale Royal/Northern Masters in a time of 17:50.

Not far behind the first male was Simon Baines M50 Thames Hare and Hounds/VAC who finished in the 5<sup>th</sup> fastest time of the day in 15:43.

In the older age groups, Yuko Gordon F70 Fairlands Valley Spartans finished in an outstanding time of 22:09, now ranked 1<sup>st</sup> W70 for 2022. With David Oxland M70 Notts AC/Midland Masters in a time of 19:34 now ranked 2<sup>nd</sup> M70 for 2022. There were many more with an age-graded percentage in excess of 90%

Can I thank once more VAC who promoted a Masters Championships of the highest standard.

Walter Hill BMAF Road Race Sec.