

British Masters 5km Championships

Battersea Park, London, 1st December 2024



The overall men's and women's winners were City of Leeds's Adam Baker (M35) in 15:00 and Gabriel Carnwath (W40) of Herne Hill Harriers in 17:18, but there were equally significant runs behind.

The older athletes stole the show as the Masters returned to Battersea Park, where many fast 5km times have been set over the years.

Dacorum's Sarah Roberts has already set British road bests this year and here, set a W75 British best of 22:31 with a chip time of 22:29. Her time took over a minute off Angela Copson's 23:47 time from this race in 2023. Her time might well have been faster as despite the wet and windy conditions, Roberts seemed to be gunning for a much quicker time as her first kilometre was close to four minutes. The run here came after a 21:24 parkrun in November whilst she has been running faster in a couple of her recent 10km races. Roberts also headed all the men of the same age group.

The second British age group best came from rock musician Peter Giles, the world Masters 5000m, cross-country and 10km champion, who took 12 seconds off Steve Charlton's 17-year-old UK M80 best. His time was 22:29 and he finished ahead of all the M75s.

In the W60 age group, and the day after winning the Kent Masters cross-country title, Clare Elms continued her unbeaten age group record this year to win the W60 title by two minutes in 18:57. In the W70 age group, marathon runner Yuko Gordon pipped Anna Garnier to take the W70 title in 22:49.

It was in the men's over-60 race that the competition stood out. World champion Andrew Leach won in 16:38 to go equal third all-time, with world 800m and 1500m champion Andrew Ridley second in 16:56. Former world Masters 5000m champion Ben Reynolds, former Masters' International cross country winner Steve Watmough and former Commonwealth Games marathoner fourth-place man David Taylor were also in this battle but out of the medals.

Despite being close to moving up to the M50 class, M45 Kojo Kyereme of Shaftesbury Barnett came fourth in the race behind three M35s and won his age group in 15:32. Adrian Mussett of Colchester Harriers was fifth, winning the M50 title in 15:42 while M55 Mark Symes of AFD won the M55 title in 16:25.

There were 230 finishers.

Here are the [Individual Results Overall](#)

Here are the [Individual Results by Category](#)