

## BRITISH MASTERS 10-MILE CHAMPIONSHIPS

(held within the BUNTINGFORD YEAR END 10 Hertfordshire, 29 December)

The British Masters were slightly out of the limelight in the younger age groups as Alex Milne won overall in 51:29 and Tabitha Woodhouse took the female race in 58:45. but the older runners came to the fore in their championships

The first M35 Master was fourth placed Mark Sampson, with 54:36 and then Matthew Bennett down in ninth overall spot in the open race with 55:56.

One the best of the leading men on an age graded basis was Kevin Sambridge, whose 57:34 took the BMAF M50 title but his rating was headed by top M65 Paul Mingay whose 62:52 notched up 91.53 on the age graded tables.

It was a similar story in the women's section where, whilst the top veteran was Katy Woodward's 61:02 that took the British Masters W40 title.

The best of the women on an age graded basis was top W65 Lynda Hembury with a 96.06 per cent rating for her 73:00 to go second on the 2024 ranking lists.

Top W60 Sarah Gee, however, ran 67:06 to go top of her British rankings for the year and scored 93.55 percent on the tables and the time ranks third on the all-time W60 lists. The Reading Road Runner is a former double London Marathon W45 age group winner with a best of 2:38:14, who spent 14 years out of the sport to raise a family and pursue a technical writing career before returning in September 2024.

Gee said: "I came 9th woman, with only 45-years-old or younger runners ahead of my 67.06, which is my official time, although my own watch was three seconds quicker as I took three seconds to cross start. "I was very pleased as it was my first 10-mile for a long time, but the course was hillier than I thought it would be and very twisty through a housing estate for one mile both out and back. "I felt good at six-miles and I am better over 10km and 10-miles than shorter distances so I really enjoyed the latter half of the race. However, I did need the end when it came."

Men	Women
<b>M35:</b> 1 M Sampson (Hunts) 54:36	<b>W35:</b> 1 R Doherty (Higham, W35) 62:56
<b>M40:</b> 1 D Magalela (L Eaton) 57:22	<b>W40:</b> 1 K Woodward (Wat J) 61:02
<b>M45:</b> 1 S Prosser (Herts P) 57:11	<b>W45:</b> 1 H Turner (Dac) 65:58
<b>M50:</b> 1 K Sambridge (Wat J) 57:34	<b>W50:</b> 1 A Farrell (Tun W) 69:09
<b>M55:</b> 1 J Armas (26.2RRC) 60:08	<b>W55:</b> 1 V Simpson-Thomas (B Stort) 70:46
<b>M60:</b> 1 A Jordan (St Alb) 64:14	<b>W60:</b> 1 S Gee (Read RR) 67:06
<b>M65:</b> 1 P Mingay (Col H) 62:52	<b>W65:</b> 1 L Hembury (Tring) 73:00
<b>M70:</b> 1 P Hough (S&SH) 71:33	<b>W70:</b> 1 D Kesterton (Steel) 77:47
<b>M75:</b> 1 R Bloom (Herts P) 83:31	