

British Masters 5km Championships

Battersea Park, London, 30th November 2025



The start of the main men's race showing race winner, James Copeland (96). Photo by Cliff Hide.

An entry limit of 500 had been placed on the event and the championship was well over-subscribed, Martin Duff reports. This year, there were two races, fifty minutes apart, to allow more entries. The first race was for men aged 35 to 64. The second was for all the women and the men aged 65 and older. There were 360 finishers (177 in Race 1 and 183 in Race 2).

Despite the clash with the previous day's South of England Cross-Country championship at Horsenden Hill, Greenford, there were many top-class performances headed by W65 Monica Williamson's British all-time mark.

The Main Men's Race (Men 35-64)

The first race of the day saw M40 James Copeland cope best with the congested park environs by sprinting clear in the final kilometre to win in 15:04, three seconds outside his lifetime best after a good 2025 campaign where he has set a 10km best of 30:41 and 68:51 for half-marathon. New M35 Thomas Almond took second overall with 15:08 to take the M35 gold while Adrian Mussett in ninth place retained his M50

title with 15:38 and finished clear of M45 winner Nicholas Browne's 15:50.

Double World masters indoors middle-distance champion Mark Symes also retained his title by annexing the M55 gold by 24 seconds with 16:28.

The best quality competition of the day was in the M60 age group where Andrew Leach's 16:42 defended his title from double European Masters 5,000m and 10,000m champion Chris Upson with 17:01. World Masters indoor 1500m silver medallist David Williams was third with 17:13. M60 multi-World record holder Andrew Ridley could only finish fourth, while other noted names, Commonwealth Games marathon fourth-placer David Taylor and Ben Reynolds were well out of it.

The Women's Race

In the second race, the winner, Rebecca Piggott, the South of England Southern Inter-counties 5000 metres senior champion, stole the show in her first major masters race to finish in 17:24 and win W35 Gold. She was well clear of W35 Sarah Winstone with 17:44.

W50 Carole Coulon was third with 17:49, ahead of the W40 and W45 champions Nicola Sutton and Zoe Oldfield. Kate Ramsey continued her 2025 improvement by clocking 18:33 to win the W55 category. The Charnwood runner had won her age group in the Masters Cross Country International at Roundhay Park earlier in November, as had W60 Clare Elms, who clocked 18:39 here to follow up her 18:15 age group best in Cheshire back in August.

Monica Williamson had also won her age group in the Masters CC International and here improved the British W65 age-group all-time best to 19:53. European Masters W70 800m and 1500m champion Anna Garnier and W75 Anne Dockery won their age groups along with W80 Janice Newman, whose 28:20 went second on the all-time lists.

Men 65 and over

The older men's age groups ran with the Women. Paul Reddaway, the BMAF 5000m champion, won M65 gold with 18:27 as Masters International CC third placer Jonathan Haynes won the M70 title with 19:24 and Frank Brennan the M75s with 22:57. Further back, multi-world champion, Peter Giles, who won his fourth Masters International CC title at Roundhay Park, dominated the M80s while David Moorekite, with 26:31, added M85 Gold to go second on the all-time M85 UK list.