

British Masters 5 km Road Championships 2025 - - LONDON30 Nov 2025

Address: Venue Unspecified
 Date of event: 2025-11-30
 Organiser: BMAF Services Limited
 Contact Name: Benjamin Noad
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 Competition Type: ROAD

Results by Category

This report only shows finishers (excludes DNF, DNS and DQ)

R1 Masters M35-M60 5K - 2025-11-30

M35

Position	Name	Age	Team	Performance
1	Thomas Almond	M35	Veterans AC	15:08
2	Matthew Revier	M35	Southampton Athletic Club	15:13
3	Mark Bolland-Cage	M35	Northern Masters AC	15:35
4	Richard Waldron	M35	South West Veterans AC	15:36
5	Daniel Bradley	M35	Southern Counties Veterans AC	15:43
6	David Wilby	M35	Kingston AC and Poly Harriers	16:00
7	Rob Wigley	M35	Reigate Priory AC	16:18
8	Mark Parker	M35	Ivanhoe Runners	16:26
9	Luke Bishop	M35	Guildford & Godalming AC	16:41
10	Joe Atkinson	M35	Guildford & Godalming AC	16:44
11	Robert Smith	M35	Veterans AC	17:00
12	Nik Darlington	M35	Aldershot Farnham & District	17:06
13	Ross Fripp	M35	Southampton Athletic Club	17:12
14	Michael Caffyn	M35	Veterans AC	17:13
15	Lyndon Marfell	M35	New Zealand	17:22
16	Richard Crump	M35	Dorking & Mole Valley AC	17:26
17	Tim Kerr	M35	Highgate Harriers	17:45
18	Dominic Wood	M35	Epsom Oddballs RC	17:55
19	Scott Brewer	M35	Veterans AC	20:05
20	Darren Woods	M35	Veterans AC	21:11

M40

Position	Name	Age	Team	Performance
1	James Copeland	M40	Southern Counties Veterans AC	15:04
2	James Hurrell	M40	London Heathside	15:31
3	Michael Stone	M40	Newbury AC	15:32
4	Tom Hollis	M40	Lonely Goat RC	16:02
5	Jay Smith	M40	Tonbridge Athletic Club	16:06

6	John Franklin	M40	Herne Hill Harriers	16:14
7	Dean Childs	M40	Wycombe Phoenix Harriers & AC	16:17
8	Tom Shakhli	M40	Dulwich Runners AC	16:21
9	David Sharman	M40	Wimbledon Windmilers	16:22
10	Shahab Ahmad	M40	North Herts Road Runners	16:23
11	Toby Mann	M40	Veterans AC	16:26
12	Matt Coffey	M40	Veterans AC	16:35
13	Luke Davis	M40	Holland Sports AC	16:37
14	Christopher Tizzard	M40	Aldershot Farnham & District	16:43
15	Paul Unseld	M40	Kingston AC and Poly Harriers	16:44
16	Gareth Robbins	M40	Welsh Masters Athletics Limited	16:51
17	Sean Collum	M40	Highgate Harriers	16:54
18	Laurent Shen	M40	Wimbledon Windmilers	16:56
19	Damien Hersey	M40	Epsom & Ewell Harriers	17:03
20	Will Ixton-Jones	M40	Metropolitan Police AC	17:26
21	Nick Barker	M40	Eastern Masters Athletics Club	17:28
22	Nicholas Grobler	M40	Walton AC	17:38
23	Phil Purves	M40	Guildford & Godalming AC	17:48
24	Bruce Thomas	M40	Aldershot Farnham & District	18:14
25	Tristan Sharp	M40	Arena 80 AC	18:24
26	Mark Opie	M40	Highgate Harriers	18:39
27	Adrian Dracup	M40	Kent AC	18:56
28	David Willett	M40	Southern Counties Veterans AC	19:01
28	Des Crinion	M40	Highgate Harriers	19:01
30	Robert Ferguson	M40	Thames Valley Harriers	19:22
31	Adam Lennox	M40	Highgate Harriers	20:03
32	Nicholas Scott	M40	Thames Valley Harriers	20:21
33	Thomas Procter-Legg	M40	Radley Athletic Club	22:32

M45

Position	Name	Age	Team	Performance
1	Nicholas Browne	M45	Serpentine RC	15:52
2	Stephen Fabes	M45	Victoria Park Harriers and Tower Hamlets AC	16:08
3	Jamie Philip	M45	Scottish Veteran Harriers Club	16:18
4	Duncan Woolmer	M45	Veterans AC	16:19
5	Jeremy Curtis	M45	Southampton Athletic Club	16:26
5	Adrian Russell	M45	Veterans AC	16:26
7	Ben Millar	M45	Veterans AC	16:27
8	Gary Tomlinson	M45	Horsham Joggers	16:28

9	Simon Wade	M45	Hercules Wimbledon AC	16:38
10	Simon Campbell	M45	Kingston AC and Poly Harriers	16:47
11	Emlyn Hughes	M45	Southampton Athletic Club	16:48
12	James Ellis	M45	Holland Sports AC	16:57
13	Steve Aish	M45	Veterans AC	17:07
14	Vincent Warne	M45	Aldershot Farnham & District	17:12
15	Piotr Woloszyn	M45	Southwark Athletics Club	17:16
16	Kit Lau	M45	Southampton Athletic Club	17:20
17	Derrick Milligan	M45	Midland Masters AC	17:23
17	Richard Davidson	M45	South West Veterans AC	17:23
19	James Adams	M45	Veterans AC	17:26
19	Peter McCloskey	M45	Wimbledon Windmilers	17:26
21	Adam Tibbals	M45	Southern Counties Veterans AC	17:28
22	Matthieu Prevot	M45	Serpentine RC	17:31
23	Marco Gazzelloni	M45	Epsom & Ewell Harriers	17:32
24	Lee Savage	M45	Reigate Priory AC	17:40
25	Nick Morrison	M45	Holland Sports AC	17:44
26	Graham Micallef	M45	Aldershot Farnham & District	17:51
27	Richard Guy Smith	M45	Aldershot Farnham & District	17:54
28	Tim Sharp	M45	Veterans AC	18:14
29	Ben Hepden	M45	Tonbridge Athletic Club	18:22
30	Hagop Derian	M45	Kingston AC and Poly Harriers	18:29
31	Jim Laidlaw	M45	Aldershot Farnham & District	18:42
32	Lee Simms	M45	South London Harriers	19:06
33	Peter Robertson	M45	Veterans AC	19:08

M50

Position	Name	Age	Team	Performance
1	Adrian Mussett	M50	Eastern Masters Athletics Club	15:38
2	Will Green	M50	Serpentine RC	15:50
3	Chris Blackburn	M50	Veterans AC	15:56
4	Jeff Prest	M50	Northern Masters AC	16:15
5	Oliver Gosden	M50	Guildford & Godalming AC	16:18
6	Thomas South	M50	Sunderland Strollers	16:23
7	Andy Bond	M50	Veterans AC	16:30
8	Tim Jenns	M50	Veterans AC	16:32
9	Simon Cooper	M50	Aldershot Farnham & District	16:39
10	Edward De Los Rios	M50	Trent Park Running Club	16:42

11	Nick Tearle	M50	Veterans AC	16:46
12	Andrew Parmenter	M50	Eastern Masters Athletics Club	16:54
13	Ben Hurley	M50	Veterans AC	16:56
14	Gary O'Brien	M50	Swindon Harriers	17:06
15	Shaun Mann	M50	Eastern Masters Athletics Club	17:07
16	Paul Gilbert	M50	Veterans AC	17:09
17	Rich Berry	M50	Veterans AC	17:16
18	Simon Perkins	M50	Horsham Joggers	17:29
19	Fabrizio Stefanoni	M50	Southern Counties Veterans AC	17:32
20	Gary Coleman	M50	Epsom & Ewell Harriers	17:58
20	Mark Callaghan	M50	Dulwich Runners AC	17:58
22	Christian Nielsen	M50	Thames Valley Harriers	18:00
23	Jeremy Garner	M50	Veterans AC	18:13
24	James Hodge	M50	Midland Masters AC	18:23
24	Jim Whitworth	M50	Epsom & Ewell Harriers	18:23
26	Jon Hamblen	M50	Veterans AC	18:26
27	Craig Isaac	M50	Arena 80 AC	18:39
28	Steve Hallas	M50	Preston Harriers	18:44
29	Paul Woolley	M50	Veterans AC	18:50
30	Paul Hewitt	M50	Run Academy Worthing	18:53
31	Mark Dowson	M50	Eastern Masters Athletics Club	19:06
32	Nicholas Hickman	M50	Holland Sports AC	19:10
33	Matthew Crocker	M50	Southampton Athletic Club	19:40
34	James Hamilton	M50	Hercules Wimbledon AC	19:47
35	Mark Watson	M50	Highgate Harriers	19:49
36	Ian Durrant	M50	Veterans AC	19:50
37	Xavier Laurent	M50	Oxford University Athletic Club	20:01
38	Jim Bennett	M50	Southern Counties Veterans AC	20:13
39	Robert Banham	M50	Southern Counties Veterans AC	24:22

M55

Position	Name	Age	Team	Performance
1	Mark Symes	M55	Southern Counties Veterans AC	16:28
2	Matt Weaver	M55	Highgate Harriers	16:52
3	James Allan	M55	North East Masters AA	16:58
4	Terry Booth	M55	Veterans AC	17:02
5	Joseph Gonzalez-Armas	M55	Veterans AC	17:25
6	Sion Parry	M55	Highgate Harriers	17:58
7	Richard Preston	M55	Tonbridge Athletic Club	18:08
8	Adrian Haines	M55	Veterans AC	18:10
9	Norman Urquia	M55	Veterans AC	18:15

10	Darren Atkins	M55	Aldershot Farnham & District	18:19
11	Chris Beecham	M55	Highgate Harriers	18:27
12	Dennis Earl	M55	Dorking & Mole Valley AC	18:47
13	Duncan Ward	M55	South West Veterans AC	18:50
14	Philip Pryke	M55	Guildford & Godalming AC	19:00
15	John Broom	M55	Penistone Footpath Runners & Athletic Club	19:34
16	Mark Havenhand	M55	Northern Masters AC	19:55
17	Barry Blackwell	M55	Veterans AC	20:03
18	Ian Harpur	M55	Southampton Athletic Club	20:16
19	Andrew Cornish	M55	Holland Sports AC	20:21
20	Terry Worton	M55	Camberley & District AC	20:24
21	Tom Cheetham	M55	Veterans AC	20:41
22	Simon Evans	M55	Epsom & Ewell Harriers	20:51
23	Andy Morgan-Lee	M55	Southampton Athletic Club	20:56
24	Scott Augur	M55	Southampton Athletic Club	21:10
25	Peter Collins	M55	Hercules Wimbledon AC	21:26
26	Paul Thomson	M55	Elmbridge RRC	23:04

M60

Position	Name	Age	Team	Performance
1	Andrew Leach	M60	Eastern Masters Athletics Club	16:42
2	Chris Upson	M60	Scottish Veteran Harriers Club	17:01
3	David Williams	M60	Welsh Masters Athletics Limited	17:13
4	Andrew Ridley	M60	Veterans AC	17:32
5	Philip Parry	M60	Midland Masters AC	17:39
6	Jonathan Burrell	M60	Southern Counties Veterans AC	17:52
7	David Taylor	M60	Herne Hill Harriers	17:53
8	Ben Reynolds	M60	Veterans AC	17:58
9	Steve Corfield	M60	Veterans AC	18:19
10	Andrew Grime	M60	Midland Masters AC	18:25
11	Koji Miyazaki	M60	Aldershot Farnham & District	18:27
12	Philip York	M60	South West Veterans AC	18:30
13	Aziouz Lammali	M60	Holland Sports AC	18:34
14	Stephen Watmough	M60	Northern Masters AC	18:39
15	Steve Roberts	M60	Welsh Masters Athletics Limited	18:46
16	Alan Rowe	M60	Guernsey Athletics Club	18:54

17	Andrew Noble	M60	Southern Counties Veterans AC	19:22
18	Nigel Herron	M60	Veterans AC	19:32
19	Phil Grabsky	M60	Southern Counties Veterans AC	19:45
19	Russell Parkin	M60	Midland Masters AC	19:45
21	Nadi Jahangiri	M60	Veterans AC	19:48
22	Jonathan Grainger	M60	Welsh Masters Athletics Limited	20:08
23	Antony Fullbrook	M60	Tonbridge Athletic Club	20:09
24	Paul Ramsier	M60	Holland Sports AC	20:17
25	Paul Walters	M60	Reigate Priory AC	20:23
26	Duncan Haughey	M60	Veterans AC	20:42
27	Gary Taylor	M60	Veterans AC	20:51
28	Andrew Russell	M60	Highgate Harriers	21:08
29	Stephen Goulding	M60	Swindon Striders	21:16
30	Chris Bailey	M60	Highgate Harriers	21:44
31	Martin Black	M60	Highgate Harriers	23:39
32	Karl Corpes	M60	Veterans AC	24:14

R2 Masters WALL and M65+ 5K - 2025-11-30

M65

Position	Name	Age	Team	Performance
1	Paul Reddaway	M65	South West Veterans AC	18:27
2	David Ogden	M65	Veterans AC	18:30
3	Kevin McDonald	M65	Hillingdon AC	18:47
4	Alan Nesbit	M65	Veterans AC	20:04
5	Pete O'Connell	M65	Veterans AC	20:11
6	Stanley Ogden	M65	Warrington Athletic Club	20:18
7	Peter Tullett	M65	Eastern Masters Athletics Club	20:20
8	Simon Bean	M65	Southern Counties Veterans AC	20:24
9	Gary Hymns	M65	Serpentine RC	20:26
10	David Thomas	M65	Ilford Athletic Club	20:27
11	Christopher Purse	M65	Welsh Masters Athletics Limited	20:35
12	Peter Hall	M65	Veterans AC	20:44
13	Alan Buckle	M65	Tonbridge Athletic Club	20:47
14	John Straiton	M65	Chippenham Harriers	20:51
15	Steven Doxey	M65	Northern Masters AC	21:02
16	Mike Jurd	M65	Wimborne AC	21:17
17	David Norman	M65	Northern Masters AC	21:27
18	Colin Oxlade	M65	Southern Counties Veterans AC	22:08
19	Paul Jeggo	M65	Eastern Masters Athletics Club	22:20

20	Adrian Cornford	M65	South West Veterans AC	22:28
21	David Gill	M65	Southern Counties Veterans AC	22:44
22	Warren Marks	M65	Horsham Joggers	23:09
23	Graham Laylee	M65	Veterans AC	23:12
24	Peter Wirtzfeld	M65	Southern Counties Veterans AC	23:41
25	Clive Walker	M65	Veterans AC	24:06
26	Cain Bradley	M65	Tonbridge Athletic Club	27:11

M70

Position	Name	Age	Team	Performance
1	Jonathan Haynes	M70	Eastern Masters Athletics Club	19:24
2	Peter Hough	M70	Midland Masters AC	20:01
3	Ged Ruffle	M70	Veterans AC	20:12
4	Mike Forder	M70	Veterans AC	20:27
5	David Bedwell	M70	Midland Masters AC	20:41
6	David Pitt	M70	Veterans AC	20:52
7	Paul Sanderson	M70	Veterans AC	21:55
8	Robert Holloway	M70	Windle Valley Runners	22:28
9	Christopher O'Neill	M70	Guernsey Athletics Club	22:34
10	Stewart Thorp	M70	Southern Counties Veterans AC	23:07
11	Alan Newman	M70	Southern Counties Veterans AC	23:25
12	Graham Shaw	M70	Veterans AC	23:29
13	John Barron	M70	Veterans AC	23:52
14	Michael Nutt	M70	South West Veterans AC	24:02
15	Bernard Johnson	M70	Eastern Masters Athletics Club	24:08
16	Martin Garrett	M70	Veterans AC	24:32
17	Richard Brown	M70	Eastern Masters Athletics Club	25:45
18	Keith Brown	M70	Veterans AC	27:30
19	Peter Kennedy	M70	Veterans AC	30:08
20	Anthony Austin	M70	Veterans AC	31:37
21	Robert Sargent	M70	Veterans AC	32:19

M75

Position	Name	Age	Team	Performance
1	Frank Brennan	M75	Veterans AC	22:57
2	Desmond Michael	M75	Southern Counties Veterans AC	23:46
3	David Jones	M75	Midland Masters AC	24:39
4	Chas Taylor	M75	Veterans AC	25:11
5	Mike Bruce	M75	Veterans AC	25:40
6	Andrzej Warhaftig	M75	Metros RC	26:43

7	Alan Rich	M75	Veterans AC	28:48
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M80

Position	Name	Age	Team	Performance
1	Peter Giles	M80	Veterans AC	24:13
2	Tony Rea	M80	Southern Counties Veterans AC	25:46
3	Edward Thorpe	M80	Veterans AC	31:52
4	Bill O'Connor	M80	Southern Counties Veterans AC	37:58

M85

Position	Name	Age	Team	Performance
1	David Moorekite	M85	Southern Counties Veterans AC	26:31
2	Doug Milsom	M85	Southern Counties Veterans AC	31:13

W35

Position	Name	Age	Team	Performance
1	Rebecca Piggott	W35	London Heathside	17:24
2	Sarah Winstone	W35	Southampton Athletic Club	17:44
3	Stephanie Giles	W35	Southern Counties Veterans AC	18:23
4	Jemima Renfer	W35	Highgate Harriers	18:35
5	Abby Curtis	W35	Aldershot Farnham & District	18:37
6	Lucy Berryman	W35	Holland Sports AC	18:45
7	Anna Godfrey	W35	Reading AC	18:49
8	Briony Walsh	W35	Ashford AC	18:52
9	Robyn Matson	W35	Havering AC	19:09
10	Anna Crawley	W35	Ilford Athletic Club	19:37
11	Marie Kane	W35	Scottish Veteran Harriers Club	19:55
12	Kirsty Cutting	W35	Holland Sports AC	20:12
13	Wenjia Chen	W35	Hercules Wimbledon AC	20:31
14	Gemma Hall	W35	Holland Sports AC	20:42
15	Philippa Goodhew	W35	Dulwich Runners AC	20:50
16	Sarah O'Neill	W35	Holland Sports AC	20:54

W40

Position	Name	Age	Team	Performance
1	Nicola Sutton	W40	Northern Masters AC	17:53
2	Nichola Evans	W40	Tonbridge Athletic Club	17:56
3	Maria Kowal	W40	Welsh Masters Athletics Limited	18:32
4	Ginte Bailey	W40	Havering AC	18:34
5	Lucy Marlow	W40	Cambridge Harriers	19:07

6	Lucy Wright	W40	Aldershot Farnham & District	19:13
7	Ruth Wallace	W40	Aldershot Farnham & District	19:28
8	Amanda Miles	W40	Southampton Athletic Club	19:30
9	Sarah Holmes	W40	Reading AC	19:49
10	Anastasia Hancock	W40	Hercules Wimbledon AC	20:03
11	Anna Cleary	W40	Dartford Harriers AC	20:50
12	Daisy Rae	W40	Aldershot Farnham & District	21:02
13	Michelle Tafili	W40	Veterans AC	21:43
14	Simone Gubbins	W40	Grange Farm & Dunmow Runners	23:49

W45

Position	Name	Age	Team	Performance
1	Zoe Oldfield	W45	Eastern Masters Athletics Club	18:16
2	Niki Densley	W45	Camberley & District AC	18:31
3	Alexa King	W45	Hart Road Runners	19:00
4	Zoe Doyle	W45	Veterans AC	19:02
5	Sharon Gordon	W45	Crawley AC	19:45
6	Heather Tanner Hill	W45	Highgate Harriers	19:48
7	Kate Carter	W45	Veterans AC	19:53
8	Rebecca Pickard	W45	Veterans AC	20:03
9	Maria Shaw	W45	Eastern Masters Athletics Club	20:14
10	Amanda Ruks	W45	Walton AC	20:37
11	Cat Neave	W45	Clapham Chasers	20:40
12	Laura Quayle	W45	Guernsey Athletics Club	20:54
13	Anushka Cross	W45	Highgate Harriers	21:26
14	Kate Fitton	W45	Oxford City AC	21:31
15	Grace Henderson	W45	Run Academy Worthing	22:03
16	Amy Hickman	W45	Holland Sports AC	25:26

W50

Position	Name	Age	Team	Performance
1	Carole Coulon	W50	Southern Counties Veterans AC	17:49
2	Nikki Sturzaker	W50	Veterans AC	18:30
3	Elinor Skinner	W50	Veterans AC	18:33
4	Helen Pool	W50	Veterans AC	19:29
5	Rachel Smith	W50	Camberley & District AC	19:45
6	Yvette Dore	W50	Dulwich Runners AC	20:00
7	Sarah Swift	W50	South West Veterans AC	20:12
8	Valerie Woodland	W50	Midland Masters AC	20:14
8	Nicolette Hutton	W50	Dorking & Mole Valley AC	20:14

10	Rachel Berry	W50	Veterans AC	20:16
10	Gisela Hoppe	W50	Southampton Athletic Club	20:16
12	Sasha Humphries	W50	Southern Counties Veterans AC	20:21
13	Emma Pearson	W50	Aldershot Farnham & District	20:38
14	Nadia Whittaker	W50	Thames Valley Harriers	21:09
15	Joanne Burkett	W50	Serpentine RC	21:25
16	Adrianne Gibbins	W50	Holland Sports AC	22:03
17	Claire Cameron	W50	Highgate Harriers	23:01
18	Vicky Henderson	W50	South West Veterans AC	23:11
19	Lisa Monagle	W50	Oxford City AC	23:23
20	Maree Jesson	W50	Wootton Road Runners	25:45

W55

Position	Name	Age	Team	Performance
1	Kate Ramsey	W55	Midland Masters AC	18:34
2	Anna Critchlow	W55	Veterans AC	19:15
3	Deborah Jeffery	W55	Southern Counties Veterans AC	19:28
4	Nicola Audhlam Gardiner	W55	Highgate Harriers	20:42
5	Colleen Renihan	W55	Veterans AC	21:44
6	Elaine Smith	W55	Ely Runners	21:51
7	Dorothy Wilkinson	W55	Elmbridge RRC	22:08
8	Miranda Clark	W55	Run Academy Worthing	22:41
9	Jodie Farrell	W55	Eastern Masters Athletics Club	22:56
10	Miranda Huisman	W55	Horsham Joggers	23:20
11	Paula Parkin	W55	Midland Masters AC	27:32
12	Launa Broadley	W55	Veterans AC	29:12
13	Barbara Molony-Oates	W55	Elmbridge RRC	30:38

W60

Position	Name	Age	Team	Performance
1	Clare Elms	W60	Veterans AC	18:39
2	Sabina Russell	W60	Highgate Harriers	20:22
3	Lucy Woolhouse	W60	Veterans AC	21:00
4	Lynn Chislett	W60	Veterans AC	21:09
5	Janet Smith	W60	Eastern Masters Athletics Club	21:16
6	Dawn Broom	W60	Northern Masters AC	21:25
7	Maureen Noel	W60	Veterans AC	21:56
8	Lisa Webb	W60	Veterans AC	22:29
9	Pippa Major	W60	Veterans AC	23:18
9	Phyl Weston	W60	Horsham Joggers	23:18
11	Caroline Helder	W60	Veterans AC	23:23
12	Pauline Tester	W60	Ilford Athletic Club	24:42

13	Elizabeth Aryeetey	W60	Veterans AC	25:39
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W65

Position	Name	Age	Team	Performance
1	Monica Williamson	W65	Midland Masters AC	19:53
2	Pamela Whitter	W65	Veterans AC	21:26
3	Sian Davies	W65	Midland Masters AC	21:28
4	Linda Tyler	W65	Veterans AC	21:36
5	Maxine Minchella	W65	North East Masters AA	21:43
6	Barbara Wenman	W65	Canterbury Harriers	21:46
7	Karen Brooks	W65	Eastern Masters Athletics Club	22:35
8	Marian Grace	W65	Midland Masters AC	23:38
9	Penny Barron	W65	Horsham Joggers	23:48
10	Carol Dutton	W65	Eastern Masters Athletics Club	24:11
11	Val Purnell	W65	Veterans AC	24:37
12	Annette Morris	W65	Veterans AC	25:19
13	Joy Noad	W65	Southern Counties Veterans AC	25:33
14	Beverley Thomas	W65	Ilford Athletic Club	26:07
15	Karen Samuel	W65	Southern Counties Veterans AC	26:18
16	Janice Moorekite	W65	Southern Counties Veterans AC	28:46

W70

Position	Name	Age	Team	Performance
1	Anna Garnier	W70	Veterans AC	22:50
2	Sara Anne Ellen	W70	Eastern Masters Athletics Club	25:04
3	Gloria Bullen	W70	Eastern Masters Athletics Club	26:34
4	Jane Georgiou	W70	Veterans AC	26:55

W75

Position	Name	Age	Team	Performance
1	Anne Dockery	W75	Welsh Masters Athletics Limited	24:23
2	Naomi Stanford	W75	Serpentine RC	27:15
3	Heather Allen	W75	Veterans AC	30:51

W80

Position	Name	Age	Team	Performance
1	Janice Newman	W80	Metros RC	28:20
2	Pauline Rich	W80	Veterans AC	33:56