

# British Masters 5 km Road Championships 2023 - London - 03 Dec 2023

## Individual Awards Summary

### 1 5 km Road

#### M35

Place	Name	Team	Performance
1	Chris Loudon	Veterans AC	15:20
3	James Hurrell	London Heathside	15:29
4	Daniel Bradley	Southern Counties Veterans AC	15:33

#### M40

Place	Name	Team	Performance
2	Richard McDowell	Veterans AC	15:22
5	Craig Halsey	Southern Counties Veterans AC	15:47
8	Alex Winchester	Dulwich Runners AC	15:58

#### M45

Place	Name	Team	Performance
12	Thomas South	Veterans AC	16:12
15	James Lawler	Eastern Masters AC	16:19
16	David Lipscomb	Veterans AC	16:20

#### M50

Place	Name	Team	Performance
6	Simon Coombes	Eastern Masters AC	15:52
9	Jeff Prest	Northern Masters AC	16:05
11	Ben Paviour	Veterans AC	16:10

### M55

Place	Name	Team	Performance
16	Mark Symes	Southern Counties Veterans AC	16:20
51	Mike Nolan	Northern Masters AC	17:33
52	Darren Atkins	Camberley & District AC	17:34

### M60

Place	Name	Team	Performance
37	Philip Parry	Midland Masters AC	17:03
54	Mark Tennyson	Veterans AC	17:37
58	Jonathan Burrell	Southern Counties Veterans AC	17:42

### M65

Place	Name	Team	Performance
85	Tony Pamphilon	Veterans AC	18:37
94	Jonathan Haynes	Eastern Masters AC	18:51
115	Simon Bean	Southern Counties Veterans AC	19:42

### M70

Place	Name	Team	Performance
106	Bob Bradbury	Southern Counties Veterans AC	19:19
111	John Skelton	Eastern Masters AC	19:33
134	David Oxland	Midland Masters AC	20:18

### M75

Place	Name	Team	Performance
160	Peter Giles	Veterans AC	21:41
177	Chas Taylor	Veterans AC	23:55
182	Mike Smith	Hardley Runners	24:12

### M80

Place	Name	Team	Performance
188	David Moorekite	Southern Counties Veterans AC	25:05
199	Michael Conway	Southern Counties Veterans AC	27:17
207	Peter Torre	Veterans AC	42:28

### W35

Place	Name	Team	Performance
38	Sarah Winstone	Southampton Athletic Club	17:04

Place	Name	Team	Performance
53	Jenny Bannerman	Inverness Harriers AAC	17:35
58	Emily Hilliar	Poole AC	17:42

### W40

Place	Name	Team	Performance
50	Helen Gaunt	Tonbridge AC	17:30
67	Niki Densley	Camberley & District AC	17:59
77	Nichola Evans	Southern Counties Veterans AC	18:20

### W45

Place	Name	Team	Performance
70	Zoe Oldfield	Eastern Masters AC	18:04
72	Zoe Doyle	Veterans AC	18:06
88	Gina Galbraith	Veterans AC	18:45

### W50

Place	Name	Team	Performance
69	Nikki Sturzaker	Veterans AC	18:03
109	Victoria Carter	Veterans AC	19:25
122	Jo Singer	Victoria Park Harriers and Tower Hamlets AC	19:51

### W55

Place	Name	Team	Performance
134	Julie Wilson	Edinburgh Athletic Club	20:18
139	Kay Noyce	South West Veterans AC	20:29
143	Susan Dixon	Cambridge Harriers	20:39

### W60

Place	Name	Team	Performance
101	Monica Williamson	Midland Masters AC	19:08
149	Lucy Woolhouse	Veterans AC	20:55
156	Christine Anthony	Eastern Masters AC	21:26

### W65

Place	Name	Team	Performance
153	Jill Harrison	South West Veterans AC	21:08
187	Margaret Connolly	Southern Counties Veterans AC	24:59
203	Janice Moorekite	Southern Counties Veterans AC	28:10

### W70

Place	Name	Team	Performance
169	Sarah Roberts	Southern Counties Veterans AC	22:21
193	Ros Tabor	Veterans AC	25:51

**W75**

Place	Name	Team	Performance
176	Angela Copson	Midland Masters AC	23:52
195	Susan Garner	Veterans AC	26:06

**W80**

Place	Name	Team	Performance
204	Penny Elliott	Veterans AC	28:36

**2 5km Road (Non-Scoring)****W65**

Place	Name	Team	Performance
1	Avril Riddell	Veterans AC	24:18

# Team Awards Summary

## W35-44

### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
1	TONB-A	54:17	50: Helen Gaunt 77: Nichola Evans 80: Harriet Woolley
2	SOTON-A	55:09	38: Sarah Winstone 78: Sarah Kingston 114: Lucy Short
3	NHERT-A	1:06:30	119: Natasha Pitman 119: Jane Clarke 198: Karen Dodsworth

## M35-44

### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
1	GUERN-A	51:26	31: Toby Mann 43: Christian Gillman 48: Nick Mann
2	GG-A	51:50	19: Nick Tearle 49: Luke Bishop 71: Michael Garnett
3	SOTON-A	52:08	7: Matt Ridsen 34: Andrew Lewis 104: Andy Morgan-Lee

## W45-54

### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
1	HHH-A	1:03:37	69: Nikki Sturzaker 157: Helen Oldfield 180: Ellen Walsh
2	SLH-A	1:06:14	151: Alice Smith 165: Pippa Major 172: Shun-Lai Chan
3	DUL-A	1:07:03	131: Clare Norris 154: Nicola Richmond 193: Ros Tabor

## M45-54

### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
1	HHH-A	48:23	6: Simon Coombes 11: Ben Paviour 18: Ben Millar
2	DUL-A	49:14	12: Thomas South 20: Adrian Russell 24: Andrew Inglis
3	AFD-A	50:18	16: Mark Symes 29: Simon Cooper 42: Darren Bradley

## W55+

### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
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## M55+

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### Team Scores

Pos	Team	Time	Athletes (Absolute race place, points in brackets)
1	HOJ-A	57:38	90: Dean Angell 93: Bryan Camfield 133: Pete O'Connell
2	SOTON-A	1:00:33	118: Peter Costley 125: Jonathan Grainger 148: Scott Augur
3	HHH-A	1:04:28	60: Jonathan Ratcliffe 173: Mark Bebbington 175: Mark Standing