

British Masters 5 Kilometre Road Championships

Sunday 30 November 2025

Battersea Park, London SW11 4NJ

Start times (provisional):

Race 1 – 10.45am Men aged 35 to 64 (M35-M65 age groups inclusive)

Race 2 – 11.30am Women and for Men aged 65 and older (M65+ age groups)

PARTICIPANTS' INSTRUCTIONS

From Ben Noad, Race Director

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I hope you are well and excited to race in the British Masters 5k championships on a fast, flat, traffic free, 5k course in London's Battersea Park. The event is on Sunday 30 November and is hosted by Veterans AC. Please read the email below carefully so that you are aware of the timings and the logistics for the day.

If for any reason you can no longer compete do let me know so I can manage the numbers.

Location and Course Map

The race will take place on tarmac roads in Battersea Park, London SW11 4NJ. [Here is a Course Map](#). It shows the Bandstand (Race HQ), Start and Finish points, the designated Toilets, the Rosary Gate and Albert Gate car parks, the Millennium Arena (changing and showers) and the Pear Tree café (medals ceremony). The course consists of 2 anti-clockwise laps plus a finish section. The marshal points are also shown on the map.

Travel

The nearest train station to Battersea Park is Battersea Park station, approximately ten minutes' walk away. Queenstown Road station is an alternative. Victoria mainline railway station is 1.2 miles away, about 30 minutes' walk. The closest tube stations are Battersea Power Station on the Northern Line (15 minutes' walk) and Sloane Square on the District & Circle lines (20 minutes' walk). There are also buses which use Chelsea Bridge Road adjacent to Battersea Park. Check the [Transport for London website](#) for details. Also check the national news sites for information about any planned industrial action by travel providers on the day of the event.

For those driving, there are two car parks within Battersea Park. Charges apply. You can find out the prices and pay using the RingGo App. The biggest car park is accessed via the Rosary Gate. The other is reached via Albert Gate. There should be sufficient spaces if you arrive reasonably early. There is chargeable street parking on the roads on the south side of Battersea Park but check for any restrictions, such as residents parking only. If you want free parking, you will need to go further away from the park.

Please be aware that Battersea Park is **inside TfL's Ultra Low Emission Zone (ULEZ)** which applies all day, every day. You must pay the ULEZ charge (£12.50) online if you enter the zone and your vehicle is in the chargeable category. Battersea Park is **NOT** in **London's Congestion Charge Zone** but if you are driving, please be aware that the boundary is nearby in Lambeth and Westminster. The Congestion Charge applies from midday to 6pm on Sundays. Check [Transport for London's website \(Driving in London\)](#) for information about the ULEZ and Congestion zones and liability for charges.

Facilities

Changing and showering facilities are available at the Millennium Arena in Battersea Park. A charge is made for the use of these facilities, but the BMAF has agreed to pay for each race entrant who uses the facilities. **TELL THE RECEPTIONIST YOUR NAME AND RACE NUMBER**, and you will not be charged. Please come ready to race if possible.

The designated toilets for competitors are close to Race HQ at the Bandstand on Central Avenue. Other public toilets are also available in the park.

Bottles of water will be available at the finish after the races but please consider bringing your own water. Refreshments will be available after the races at the Pear Tree café on Carriage Drive East. This is where the medals ceremonies will be held.

There will be a Baggage Area within the Bandstand. A race marshal will be in attendance nearby but please note that we do not claim that the area is secure. Lockers are available (at an extra charge) in the Millennium Arena for those who are using the changing/showering facilities.

Registration/Race HQ

You must pick up your Race Pack from the Registration Desk at the Bandstand on Central Avenue. It will be open from 9.15am. Please allow plenty of time. The Race Pack will contain your bib number/timing chip (front of vest). You will also be given an Age Group number to be pinned on your back. Safety pins will be available but please consider bringing your own (six pins will be needed). Please remember to complete your emergency contact and medical information on the reverse of your bib number.

Race Logistics

There will be chip timing.

Race One, 10.45am. For Men aged 35 to 64 (M35 - M60 age groups, inclusive).

Race Two, 11.30am. For all Women and Men aged 65 and over (W35 – W100+ and M65+)

On the start line, you will receive a pre-race briefing. This will cover details of the course and instruct you to keep to the left of the carriageways. It will also remind you that we are sharing the park with other park users, for example cyclists, walkers, dogs, children and other runners. Always be courteous, follow marshals' instructions and be prepared to give way to the other users of the park.

First Aid

First aid is provided by a professional company. There will be a medical vehicle parked at the Bandstand. There will be one Medic at the Bandstand and one at the finish. If you are injured or feel unwell at the event, please seek their advice. If you are injured or feel unwell during the race, and need support, please consult a marshal or ask another runner to do so. The marshals can summon help if necessary.

Covid-19

Please do not attend the event if you are testing positive for Covid-19 or showing symptoms. There will be hand sanitiser available at the Registration desk.

Medals

The Medals Ceremony will take place at the Pear Tree café on Carriage Drive East at around 12.30pm (to be confirmed).

All runners are eligible for individual BMAF medals which are awarded to the first three finishers in each five-year age category from 35 to 100+. There are also BMAF men's and women's team competitions for first claim members of UKA clubs with three to score in ten-year age bands (35-44, 45-54, etc) if at least 2 teams finish. The teams will be automatically allocated.

Results

The results will appear soon after the finish of the race at a link to be provided. They will also be shown on the [OpenTrack Competition Page](#) .

The results will be submitted to Po10/Runbritain within 24hrs. Please do not attempt to ask officials or seek paper copies near the finish line.

If you have any questions, do let me know and I look forward to welcoming you to Battersea Park for a fine celebration of Masters' racing.

Kind regards

Ben Noad

Race Director

07547 154352

ben@bennoadcoaching.com