

British Masters Road Relay, Sutton Park, Saturday 28th April

Many congratulations to our W35 team and W65 team for excellent performances at a very damp and cold Sutton Park on Saturday.

Our W35 team were first away with our customary leg one runner Rachael Alexander taking on the task of getting our team off to a good start, handing over to debut runner Sarah Davies to run our quickest leg of the day. Gill Jubb took on leg three to keep the team rolling on handing over to Karen Holland who ran a really strong fourth leg to pull back places and bring the team home to a national twenty-second place.

The WAC women 65 team really excelled with a team silver medal. Liz Bowers another road relay debut runner got the team off to a good start bringing the team home in first place which also earned Liz a BMAF gold medal for fastest W65 run of the day. Carole Clark took on the task of keeping the team in contention running a very strong second leg despite having run at the London Marathon the week before. With the weather getting colder and wetter by the minute Maggie Crosswell ran the third and final leg to bring our team home to a well-deserved national second place.

Thanks to all our ladies for supporting the club at the relays and also thanks to our standby reserves Becky and Cath.

A full list of results (and photographs of first leg runners) can be found on the SportSoft site at www.race-results.co.uk