



Epsom and Ewell Harriers return with gold aplenty

23 October 2025



A number of **Epsom & Ewell Harriers** travelled to the beautiful island of Madeira for the European Masters Athletics Championships and returned with a big haul of medals. In total, Harriers athletes brought home seven gold and three silver medals to help GB to its most successful ever championships as the team topped the medal table with 129 gold medals, 20 clear of Germany with France a long way back in third place on 65 golds.

Most of the medals were won in the sprints. Helen Godsell claimed three golds and a silver in the W70 100m, 200m and relays while Anne Nelson was also part of the winning W70 4x100m team. Lisa Boland almost matched Helen with another 100m / 200m double, winning the 200m in a W40 British record of 25.27 seconds and anchoring the W40 team to silver in the sprint relay.

Steve Winder had a busy championships running a total of 37K across four events and capped off an exciting and enjoyable championships with an individual silver and team gold in the M50 Half Marathon on the final day.

Well done to all the Harriers and GB athletes on a memorable championships.

See below for a summary of E&E results and full results here:

<https://data.opentrack.run/en-gb/x/2025/PRT/emacs/>

Helen Godsell W70:

- ☐ 100m 15.34
- ☐ 200m 32.29 (31.94 in Heat)
- ☐ 4x100m GB Team 1st
- ☐ Mixed 4x400m GB Team 2nd

Anne Nelson W70:

100m 6th Final 17.66 (17.48 in Heat)



200m 5th Heat 2 37.31

□ 4x100m GB Team 1st

Stacey Gonzalez W50:

Hammer Throw 10th 36.62

Shot Putt 21st 7.99

Discus 14th 24.47

Steve Winder M50:

3000m s/c 12th 10:58.99

8K XC 10th 30:24

5,000m 17:10.36

□ Half Marathon (GB Team□) 1:18.53

Stuart Flack M50:

1500m 9th Heat 3 4:44.41

Lisa Boland W40:

□ 100m 12.49

□ 200m 25.27 (W40 British Record)

□ 4x100m GB Team 2nd

Ashley Reid M40:

100m 7th Semi Final 12.35 (12.31 in Heat)

200m 3rd Heat 7 25.05

4x100m GB Team 5th

Stuart Flack

The prefix **W** stands for *Women* and **M** for *Men*.

- The number indicates the **age category** of the athlete in Masters athletics (veterans' competition).
- So **W70** means *Women aged 70-74*, **W40** means *Women aged 40-44*, **M50** means *Men aged 50-54*, etc.

These age brackets allow athletes to compete fairly against others of similar age at international Masters events.

Photo: W40 100M final - Epsom and Ewell Harriers YouTube

Since 1890, Epsom and Ewell Harriers has been bringing together athletes of all abilities at its home in Epsom. Whether you dream of breaking records or simply want to stay active, you'll find a place at Epsom and Ewell Harriers. Join [HERE](#)