European Best Female Master Athlete 2017

Angela COPSON

Born on 20-04-1947, at Brixworth, Northants.

Angela only started running late in 2006 when she was 59 years old.

She joined Rugby & Northampton AC in August 2007 and with guidance from running friends she has made significant progress.

In EMACS Aarhus 2017 she won six individual gold medals and two silver medals in the relays. She broke the WR of 800m (2.51.49) less 18 seconds of the previous World Record and she broke also the World Record of 10,000m.

She broke the World record of 1500m (4.46.9) – Nuneaton, GBR.

She broke the 5000m World Record twice this year - 20.56.13sec, Birmingham

She has also set a new World Record for the 3000m, 12.55.3sec, on 7 June, Rugby, GBR.

Angela is a wonderful ambassador for Masters athletes as she demonstrates what is possible for women to achieve aged 70-plus.

She also has a lively, friendly personality and integrates with athletes of all ages.