

## Go Beyond Ultra Thames Trot

7<sup>th</sup> February, 2009

In the week leading up to the Race Britain was in the grip of a winter freeze so the decision as to whether or not the race would go ahead was held right up to the day before the race.

Happily to decision to “Go” proved to be the correct one and despite some tricky conditions under foot for the first 16 miles the clear blue skies and the thaw that continued throughout the day created soft rather than icy conditions.

At the start Sky Sports News were on hand to record the event reporting that “when many sports were cancelling their fixtures, it was going to take more than a bit of snow to stop these hundred Ultra runners from enjoying their sport”



*The Thames Trot video starts with the sky Sports cameraman at the Prince of Wales Pub in Iffley before the start*

Following the start at 09.00 in Iffley just south of Oxford, the field tip toed down to the lock which they crossed before heading south on the Thames Path with the finish in Henley in mind.



Initially to the Thames Path heads due south to Abingdon before winding west and then east to the first checkpoint at Culham Lock where the path continues East to lifton Hampden to Shillingford and then onto the second checkpoint at Benson where competitors could again replenish their drinks and pick up some fruitcake and jelly babies

As the ground thawed Wouter Hamelinck was heading the field and looking strong but closely followed by Riel Carol and Pascal Hagenbach. The two lead ladies, Sarah Cass and Sarah Lloyd were also mixing it up with the lead men and going very well.



The course then headed south through Wallingford via Moulsoford and onto Streatley for the third checkpoint before crossing the river into Goring and onto Pangbourne and checkpoint 4 at Purley-on-Thames. The route through Reading is the only time the route feels in any way urban and this is quickly followed by a delightful run into Sonning and Check point 5.



By this point Wouter Hamelinck (*pictured here at the start with Willem Mutze*) had established a commanding lead of over 30 minutes and was running very strongly as were the two Sarahs, still in close company as they neared the last section of the course

In the end Wouter finished ahead in an incredibly impressive time of 7:26:36, especially given the weather conditions. Sarah Cass and Sara Lloyd continued their battle right up to the finish and were still within 2 minutes of each other after 50 miles of running!

The feedback on the race was positive and the course is stunning so having got its inaugural running out of the way this race is set to becoming a firm favourite in the Ultra calendar

<b>Time</b>	<b>POSITION</b>	<b>NUMBER</b>		<b>FIRST NAME</b>		<b>SURNAME</b>	<b>NOTE</b>
7.26.36	1	73		Wouter		Hamelinck	
8.10.35	2	74		Riel		Carol	
8.13.43	3	45		Pascal		Hagenbach	
8.33.17	4	81		John		Dooley	
8.37.30	5	58		Sarah		Cass	1st Lady
8.37.33	6	21		Mark		Cockbain	
8.37.43	7	68		Matt		Bartram	
8.39.12	8	22		Sarah		Lloyd	2nd Lady
9.07.29	9	2		Andy		Crump	
9.10.19	10	37		Sean		Matthews	