

Country to Capital 45

12th January 2013

Runners at the traditional opening race in the 2013 UK ultra race calendar were rewarded with idyllic views across the Chilterns as almost 300 runners started the journey to London. The race started under light drizzle but this was quickly replaced by a clear crisp winter's morning and some spectacular countryside trails.



Nearly 300 runners take to a fast start down Wendover high street.

5 runners arrived together at the 8 mile mark shortly after this Ian Symington made his move and opened up a 5 minute lead across the Chiltern Hills. Donald Campbell, Paul Adams and Andrew Fergus arriving together some 5 minutes later. The leading 4 runners continued to stretch away from the field over the next few miles as the muddy conditions under foot slowed everyone, and by halfway Ian's lead was hovering around 10 minutes.

As the terrain changed, with the race taking to the firmer footing of the Grand Union Canal Donald Campbell started to make inroads, recording the fastest time to the third Checkpoint and slowly closing the gap to our early leader. Danny Kendall was also making serious inroads into the leading four.



Runners enjoyed the Chiltern trails

Donald Campbell took the lead within the last couple of miles finishing just 24 seconds ahead in 5:26:56, well outside the course record but a respectable time given the conditions. Paul Adams held on to take the final podium place, a position he had occupied since the start of the day. David Ross finished in 5:59:58 as the only veteran inside 6 hours. With Derek Ivens first Vet V50 in 6:24:55. Peter Hanson had the distinction of being the

eldest finisher in a highly respectable 8:41:35 but was beaten in the sprightly V60 age category by Harry Hunter retaining his title in 7:57:43.

Despite the conditions the ladies race proved to be a fast affair with Zoe Salt taking 16 minutes from the previous course record. Leading from start to finish her time of 6:08:01 was good enough for a top 10 finish overall in addition to being the first lady home. Zoe was followed home by Isabel Knox in second and FV50 winner Jane Laws believing her years to come home third and first veteran lady.

Behind the racing snakes a record number of 256 runners completed the challenging 45 mile course. The vast majority enjoying their time out in Buckinghamshire. Particular praise was voiced for the enthusiastic marshals and the fruit cake on offer at all Gu Aid stations, a new feature of the 2013 race where the usual fare of food was supplemented with energy gels and electrolyte tablets courtesy of Gu energy.



Men's Podium :Paul Adams, Donald Campbell, & Ian Symington



Ladies Winner Zoe Salt set a new course record of 6:08:01



Our thanks go out to Pal Therapies who worked tirelessly at the finish working their own particular brand of magic on tired and aching legs, Richer Sea sports photography for capturing your achievements and of course our race partners local specialist running store Apex Sports, Scott Running, 9 bar and DB Apparel.



Finally I hope to welcome you to the highlight of our race calendar. The 6 day multi stage ultra in September known as TRANS BRITAIN.

Past experience shows that this is a race Country to Capital runners love with nothing to interrupt 6 days of running the best trails we can find in the UK.

Spectacular trails, Great food cooked by our travelling chef and the most amazing race week of your life. , http://gobeyondultra.co.uk/events/trans_britain_2013



2012 Runner Chris l'Anson taking a break mid race, at the top of Helvellyn