

Country to Capital 45

11th January 2014



Runners at the traditional opening race in the 2014 UK ultra-race calendar were rewarded with idyllic views across the Chilterns as, in near perfect running conditions, nearly 350 competitors began the journey to London.

With only 38 seconds separating the first 2 runners at Checkpoint 1, we knew this was going to be a fiercely contested race. Shortly after leaving the Checkpoint Edward Catmur made his move and overtook the race leader

Danny Kendall. These runners continued to stretch away from the field over the next few miles as the muddy conditions under foot slowed everyone, and by halfway they had a 10 minute lead on Adrian Berry, who was in 3rd position.

The battle between the leading two runners continued along the firmer footing of the Grand Union Canal, with neither runner giving any quarter, but Edward retained the race lead throughout, finishing in 4:48:10 breaking the course and eking out a lead of 11 minutes from Danny, who became the 3rd person to break the 5 hour barrier, finished in 4:59:39. 3rd place went to Stephen Hodges, who despite leaving CP 1 in 7th, made steady progress through the field, battling the last 10km with fellow runner Stephen James to produce a split of 44:34.



Stephen, Ed and Danny



Julia, Edwina and Bonnie

Not to be outdone by the male competitors, the ladies race was an equally blistering affair with Bonnie Van Wilgenburg leading the race out of CP1. By the time the ladies had got to CP 2, Edwina Sutton had moved into 1st place in the ladies race but continued to overtake the male runners until she finished just outside of the overall podium in 4th, finishing in 5:42:30, and setting a new course record. Bonnie was second lady in 6:15:59 and Julia Donovan in 3rd in 6:32:36.



Behind the racing snakes a record number over 300 runners completed the challenging 45 mile course in under 11 hours underlying just how high the standard of Ultra Running has become.

Everyone finished in good form and received the usual good cheer and sustenance at the check point, a good quality top and a specially cast Go Beyond Ultra medal. In addition competitors can expect to see their free finisher picture dropping into their inbox any time soon.

Particular praise was voiced for the enthusiastic marshals and the fruit cake on offer at all GU Aid stations and the additional savouries at the midpoint and the efficient baggage service at the finish where hot drinks and food were waiting.



Despite all the dire weather predictions this was the best Country to Capital yet and may the sun continue to shine on this now established annual curtain raiser

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 and DB Apparel.

