



New Course Record for Country to Capital

Wendover to Little Venice
16th January, 2010

On a cold damp January day Craig Stewart ran blistering second half to smash the 44 mile course record in 5:30:37 more than half an hour ahead of the previous standard. Second place Kelvin Dickinson and third place Charles Wartnaby were also inside the old record.

The day started in the Shoulder of Mutton pub in Wendover where Ali and his team made us very welcome and laid on bacon rolls, coffee and fruit juice and at 08.30 the field mustered in the pub car park for the start. The course then took the competitors through the Chiltons to Chesham and then onto Horn Hill for the second Pub stop where the publican at the Dumb Bell brought pots of tea to the spectators waiting to see their personal star come through.

This was the venue for CP2 where Craig and Kelvin were already setting the pace with the following group containing Charles, Jeremy Furness, Pascal Hagenbach not far behind and thankfully the rain of the early morning was easing but that didn't avoid the icy water on the semi flooded roads on this stage of the course.

The course is almost exactly split equally between the cross country element of the first half and the Grand Union Canal second half. At CP3 now well onto the tow path at Cowley Peachey, the first three ladies were starting to break clear with Carrie Craig and Margaret Ehrenberg up front but Karin Voller still had the leaders in her sights.

Running on the tow path it was time to worry less about the navigation and more about churning out the miles, Craig was now establishing a clear lead at CPs 4 and 5 and at Alperton with exactly 10k to go he was looking good for his win which he duly did at the canal basin at Little Venice.



New course
record
holder,
**Craig
Stewart**
pictured
centre

The three ladies continued to keep close company right to the end with Margaret Ehrenberg edging out Carrie Craig for the win and Karin Voller in third.

Hot drinks and a warm welcome were waiting for the competitors at the finish a fine achievement for all but especially for our youngest runner Ed Brent who stepped in for his brother at the last minute and at the tender age of just 18 completed his first Ultra in 10:08:30.

Well done to all and from the Go Beyond team thanks for being such a great bunch of people to organise a race for.