

Go Beyond Country to Capital 45 17th January, 2009

On a blustery morning nearly 50 hardy souls met at Wendover Railway station for the first running on the Go Beyond Country to Capital 45.

Despite heavy overnight rain which continued into the morning by the start time of 09.00 the skies began to clear and competitors were being treated to some sunshine which lasted throughout the day.

From Wendover the course went cross country through the village of Ballinger Bottom to Chesham for the first check point and continued cross country to the village of Latimer before starting to head due south close to Chorleywood and the second checkpoint at Horn Hill



Shortly after this checkpoint competitors crossed the M25 and continued south to the pretty village of Denham before joining the Grand Union canal path and on to London. A group led by Stephen Pope was starting to break away at the front which also contained Mark Brayley, Jeremy Furniss and Pete Summers. Emily Gelder, in her first Ultra was also in touch and first lady.



Rob Green, Micky Sutton, Emily Gelder and Drew Sheffield approaching CP2 – these 4 stayed in pretty close company throughout the race

The tow path provided something of a welcome relief from the map reading for some and took the field past Uxbridge to the third check point at the Marina at Cowley Peachey. By this time Stephen Pope was starting to really settle into his running and was opening up a gap on the field.

Due to a rail bridge repair the tow path was closed at Southall so the runners were offered the dubious pleasure of a detour into Southall and the throng of the Saturday shoppers before rejoining the path and heading to the fourth check point at Greenford and then onto Alperton and the final checkpoint with only 10k to go.



Stephen Pope's form held and he arrived at the finish looking fresh having set a course record standard of 6:05:02 which will take some beating. Emily Gelder completed her impressive Ultra debut finishing first lady in a time of 7:28:31 and sixth overall.



There was more of the fruitcake that went down so well at the checkpoints along with hot drinks and savouries at the finish in Little Venice and judging by the feedback from the runners this was an enjoyable event and one that will now be a permanent feature on the Ultra calendar

Emily Gelder – First Lady

Position	Time	Name	Surname
1	06:05:02	Stephen	Pope
2	06:31:52	Mark	Braley
3	06:58:10	Jeremy	Furniss
4	07:07:07	Pete	Summers
5	07:20:00	Tim	Charles
6	07:28:31	Emily	Gelder
7	07:32:35	MICHAEL	SUTTON
8	07:44:06	Drew	Sheffield
9	07:44:06	rob	green
10	08:04:47	David	Gifford