

SCOTT Ultra Series 2016 – Race THREE

Northants “Shires and Spires” Ultra 35

5th June 2016



At 8:30 am sharp on Sunday 5th June 2016 one hundred and eighty one runners took on the 8th “Shires and Spires” ultramarathon with just shy of 35 miles of beautiful rolling Northamptonshire countryside ahead of them. Weather wise it was a race of two halves. The day started off a little overcast, and pleasantly cool, but by 12pm it was clear that the majority of the field were in for a gloriously hot afternoon.

One of the highlights of this year’s race was the quality men’s field. The top 3 men from this year now hold 3 of the top 5 fastest times for the course. Stephen Marks from Rugby & Northampton AC smashed his time from last year by a massive 22mins 43secs to take the win and set a new course record with a time of 4:12:29secs. In second place overall Keith MacIntosh from Wimbledon Windmilers took the V40 win and set the 3rd fastest time ever recorded at Shires and Spires - 04:14:48, just 1 second behind the old course record. Jon Ellis from Ealing rounded off the podium places in 3rd with the 5th fastest time ever 04:16:52. Top quality ultra running guys.

Top 5 Times for Shires & Spires

Men

Year	Name	Time
2016	Stephen Marks	4:12:29
2014	Jonathan Albon	4:14:47
2016	Keith MacIntosh	4:14:48
2012	Craig Holgate	4:16:07
2016	Jon Ellis	4:16:52

Women

Year	Name	Time
2013	Philippa Taylor	4:43:40
2015	Maree Jesson	4:56:32
2011	Philippa Taylor	4:58:32
2015	Susie Chesher	5:04:18
2012	Philippa Taylor	5:06:16



3rd Jon Ellis, 1st Stephen Marks, 2nd Keith MacIntosh

3rd Rachel Dench, 1st Amy Sarkies, 2nd Sally Baker

In the ladies race Amy Sarkies and Sally Baker (also V40 winner) finished together at the head of the field in 05:12:41. This was turning out to be a pretty good day for their club, Rugby & Northampton AC. Rachel Dench from Tri King was the third lady to cross the line, in 29th place overall, with her time of 05:33:15.

The team race this year was hotly contested between Rugby & Northampton AC and Wellingborough and District AC, with just 2 points in it. In the end there is little doubt that the podium finishes just pipped it for Rugby & Northampton giving them a clean sweep on the prizes front. Wellingborough and District AC came in second, one place better than in 2015. Next year’s team race should be a good one.

Northants “Shires and Spires” Ultra 35 is a perfect race for those taking their first tentative steps into the world of ultra-running and, as with every year, there were plenty of first timers treading the same trails as the seasoned runners and racing snakes. This year we had our first ‘Joggler’ participating in the race which added to the flavour of the event. No doubt many runners made new friends, conquered personal goals, raised money for good causes and gained new stories to tell. As always immense praise and thanks was voiced for the enthusiastic Go Beyond Events Team and, of course, for the legendary Go Beyond Fruit Cake on offer at all of the aid stations.



Our thanks go out to the estate team at [Lampport Hall and Gardens](#) who have, as always, been very supportive and I feel privileged that we get to base the race in such stunning surroundings. We also thank [Boston Therapeutic Massage](#) who worked tirelessly at the finish working their own particular brand of magic on tired and aching legs and [Adrian Howes Photography](#) for capturing your achievements. Of course special thanks go to our sponsors and retail partners [SCOTT Sports](#) and [The Running Shop Northampton](#) for helping to make sure the event can take place.

Our Charity Partner



Results

	Male	HH:MM:SS
1	Stephen Marks	04:12:29 CR
2	Keith MacIntosh	04:14:48
3	Jon Ellis	04:16:52

Female	HH:MM:SS
Amy Sarkies	05:12:41
Sally Baker	05:12:41
Rachel Dench	05:33:15

Vet 40	Keith MacIntosh	04:14:48
Vet 50	Ned Lammas	04:58:07
Vet 60	Andy Robinson	05:34:21

Sally Baker	05:12:41
Denise James	06:43:43
Rita Williams	07:40:11