



## Race Report

### Thames Trot 50 6<sup>th</sup> February, 2010

#### Oxford to Henley

A field more than twice the size of inaugural 2009 race squeezed into the Prince of Wales pub just to the south of Oxford to prepare for 50 miles of running to the green at Henley on the bank of the Thames. The race follows the very picturesque Thames Path and provides some great trails.



Pre race favourites Steve Pope and Wouter Hamelinck were looking in good shape being the 2009 winners of Country to Capital and Thames Trot respectively but neither could have counted on the sustained speed of Harry Johnston who set a new course record of 6:26:21. Not that Wouter had slowed down any in fact he took 53 minutes of his previous performance although admittedly in better conditions.

Sarah Lloyd (below) was first lady home in an impressive 7:54:29 which again was a significant improvement on her 8:39:12 from 2009.



Although the second running of this event did not have to cope with the snow and ice of last year, conditions under foot were muddy and sticky although thankfully no flooding on the course.

At check point one Harry was obviously going to try and run this one from the front and in fact was first in with Graham Booty the only competitors in under 1:10 Steve and Wouter were in close company. The leading ladies were also in close company with Sara

and Carrie Craig coming through within a minute of each other and both looking strong and relaxed

By CP2 Harry had opened up a 10 minute lead ahead of Wouter and Graham now running in close company with Steve in close contention. Sarah had also opened up a 10 minute lead on her rivals and the front runners were starting to emerge.

CP3 gives competitors the opportunity to top up on energy gels and bars, sports drinks and savoury food as well as the usual jelly babies, cake and water and is just over half way. Harry now had a 12 minute lead and Wouter had broken clear of Graham who was still holding a 7 minute lead over Steve. Sarah was also now stretching her lead and Carrie had lost second place to Lorna Emerson.

Wouter was having a great run and was really starting to motor and had slashed Harry's lead to 4 minutes as they arrived at CP4 and Steve had closed right in on Graham and arrived at the checkpoint together. Also moving through the field from a fairly conservative start was Kristien Morgan who was now getting himself close to the leaders. While Sarah continued to stretch her lead Carrie had recaptured second spot and was going well.

At CP5 Wouter had closed the gap even more on Harry, Steve had moved into a solid 3<sup>rd</sup> Graham was still looking good in 4<sup>th</sup> but Kristien was now only 11 minutes off the leading four. Harry obviously had bit still left in the tank and really kicked in for the last section from Sonning to Henley as he opened his winning margin to 7 minutes from Wouter who was still running strongly, Steve finished less than six minutes later followed by Graham Booty who just failed to join the top 3 in the sub 7 hour club. Kristien continued his strong second half running to finish 5<sup>th</sup>



Left to right Steve, Harry and Wouter

The ladies race like the men's was led from start to finish by the winner Sara Lloyd; Carrie consolidated her second position with Lorna running strongly for third.