

Thames Trot 2014 Race Report

The course and flooding conditions in the week leading up to the race were changing as fast as Jenson Button on a good day.

With everyday seeing another chunk of the Thames Path going under water the race was on to find as many alternatives as possible without resorting to the road. It did make the race something of an urban adventure but enough trail was found or retained to at least give the race a decent mix of terrain and at 46 miles it proved to be a tough Ultra challenge.

Country to Capital's recent winner Ed Cutmur shot off from the start at close to 6 minute mileing. A bit quick?, well maybe because between the first and second checkpoints he was easing back, allowing Craig Holgate to catch and pass him. Ed wasn't giving up though and closed the gap between 3 and 4. From then in though, Craig was into a rhythm and finished around 18 minutes ahead in 5:23:16. Dan Western and Mark Perkins also finished strongly in



Winner Craig Holgate proving there was still plenty of trail

third and fourth respectively

For once the weather gods had smiled on us and for race day, other than being a bit breezy, it was really good for distance running and kept dry



Streaming through Iffley at the start



Now that's showing off!

for the whole day – a blessing for both runners and crew alike. The sun shone on the runners as they headed out of the Prince of Wales pub in Iffley heading north past the Iffley Blue Restaurant who kindly sponsored the race tops this year.



Personal thanks to Will and Abby Naylor for their fundraising for Teach Africa

Although not running together Sarah Perkins and Emily Canvin eventually closed down on Mark Perkins with all three crossing the line in 6:38:05. So not only were Sarah and Emily equal top placed ladies but also the highest placed ladies in the history of the event in 5=. Bonnie van Wilgenburg who was a top three finisher at Country to Capital earned a place on the podium again in 7:04:49.

I must thank all of the runners for their patience as we tried to find a track that they could run rather than swim, our amazing crew who did a

fantastic job from the last minute marshalling of the start route to the slick baggage reclaim at the finish as well as our shirt sponsors, Iffley Blue, Apex Sports and Scott Running.

Let's hope next year we get to run the Thames Path!

Steve Adams
Race Director