

SCOTT Ultra Series – Race One
Country to Capital 45
16th January 2016

For the eighth consecutive year ultra-runners of all abilities toed the line outside the Shoulder of Mutton in Wendover to start Country to Capital. Record holders and first timers stood together in the cold winter sunshine awaiting the gun. And then, at 08:45, they were off for the mad dash down Wendover High Street.



The standard of racing in this year's Country to Capital was exceptional with the field as a whole being the fastest in the race's history. For the first time all of the top 20 finishers (in fact the top 27) were under 6 hours and this included the top three ladies. In the men's race things were pretty close early on with James Elson, Jon Ellis, David Hellard, Svein Ove Risa and Chris Brookman taking check points 1, 2 and 3 within a minute of each other. From CP3 onwards Elson pushed on with Ellis and Hellard battling on behind. At the finish Elson became only the third ever runner to go under 5 hours for Country to Capital in 4:59:19. It is starting to look like Ed Catmur's 4:48:10 course record will stand for a while. Ellis came in 2nd, one place and over 6 minutes better than in 2015, with a time of 5:07:18. Hellard completed the podium in a time of 5:12:43.

In the ladies race Samantha Amand set a blistering pace from the start going through CP1 among the leading men. Amand held her lead and went on to set a new course record in 5:36:42. Behind Samantha Jess Gray and Susie Chesher battled for 2nd and 3rd place. Chesher came from behind take 2nd place and, in the second half of the race, was closing in on Amand. Susie finished in 5:40:43 – a massive 28 minute improvement on last years' time. Jess Gray completed the ladies podium in 5:42:16, making this the fastest ladies podium in the race's history.

The Podiums

Men



1st: James Elson (centre), 2nd: Jon Ellis (right), 3rd: David Hellard (left).

Women



1st: Samantha Amand (centre), 2nd: Susie Chesher (left), 3rd: Jess Gray (right).

Behind the speed demons at the front of the pack the rest of the 2016 Country to Capital field also put in some record breaking performances - for the first time all finishers were well inside the race cut off of 11 hours. Pictured right (number 310) is Drew Sheffield. Drew completed his 8th Country to Capital, the only person to have run and finished every Country to Capital race.



As is the norm at Go Beyond races particular praise was voiced for the enthusiastic marshals and the fruit cake on offer at all aid stations, where the usual fare of food was supplemented with energy gels and electrolyte tablets from [GU Energy](#).



Our thanks go out to [Sussex Muscle Mechanics](#) 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 [Apex Sports](#) for helping to make sure the event can take place.

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Results

	Male	HH:MM:SS
1	James Elson	04:59:19
2	Jon Ellis	05:07:18
3	David Hellard	05:12:43

	Female	HH:MM:SS
1	Samantha Amend	05:36:42
2	Susie Chesher	05:40:43
3	Jess Gray	05:42:16

Vet 40	Svein Ove Risa	05:17:17	Vet 35	Samantha Amend	05:36:42
Vet 50	Robert Soutar	05:41:40	Vet 45	Caroline Hall	06:22:38
Vet 60	Michael Kendall	08:11:26	Vet 55	Yvonne Olney	10:10:50