



10th Anniversary Event!

Ultra Series Race 1 - Country to Capital 45

13th January 2018

Saturday morning marked the 10th year of this superb race. Runners old and new to this event were joined by some of the original trailblazers who took part in the inaugural race in 2009, including Anna Finn, Kevin Mowat (who took 1st in MV60) and Quentin Somerset. For Drew Sheffield, also one of the trailblazers, there was an additional celebration as he has taken part in every Country to Capital Race! You cannot deny the popularity of this race with people coming back year after year to take part.



Well done to Drew Sheffield for taking part in every Country to Capital event since 2009. To help celebrate his 10th year of running this race he thought that he would also throw in a PB, completing the course in 5:58:50 in 11th place! Here you can see Drew with Steve Adams collecting his well-earned prize!

So; the 2017 Ultra Series commenced on an overcast Saturday morning with the usual sea of runners racing their way down the high street in Wendover to head out across 45 miles of hills, dales and canal towpath to the finish line at Little Venice. With near perfect race conditions there was a great mood amongst the competitors as lined up at the start for what would be 45 miles across hill, dale and canal towpath, with a small diversion on the route courtesy of HS2!



The standard of the field is usually outstanding and this year was certainly no exception. Five runners reached the first check point within an hour, with Ed Fisher leading the way followed closely by Scott Filmer, Rob Payne, Barry Miller and Nick Steel. Ed continued his lead to check point 2, a couple of minutes ahead of Rob and Scott, but by check point 3 he was losing ground and it was Barry and Rob who went through ahead of the field.

Barry Miller began to dig deep and secured his lead through check points 4 and 5 to come in first with a time of 05:30:39. Rob Payne secured second place with 05:35:24, followed by Rahil Sachak-Patwa who held on strongly and gradually worked his way through the field to take third.

Our podium winners!

Winner Barry Miller (centre) with 2nd Place Rob Payne (right of picture) and 3rd Place Rahil Sachak-Patwa (left of picture).



And to the ladies' race. The first three ladies to reach the first check point were Gemma Carter, just a few seconds ahead of Cat Simpson, followed by Susan McCartney. Gemma had a superb race, gradually increasing her lead to take first lady home with a time of 05:53:55 and taking 5th place overall. Cat also had a strong, steady race, increasing her lead over Susan to take second lady in 06:05:29 and 13th overall. Susan McCartney took third lady with a time of 06:36:42, 28th overall and first in the F40 category.



The winning Girls!

First place Gemma Carter (right) with her winner's trophy, joined by 2nd place Cat Simpson.

Male age group category winners worthy of a mention are Ben Shirley (M40), Jamie Goodhead (M45) Anthony Low (M50), Simon Danciger (M55) and Kenneth Fancett (M65). To complete the list of female age group winners we have Nicky Haynes (F45), Ute Baird (F50) and Elaine Dean (F55).

Runners taking the opportunity to top up with water and cake!



Taking on those hills!



Rob Payne still smiling!

Spectators gathering on the bridge at the finish

With 10 years of running Country to Capital, runners continue to praise our enthusiastic marshals and this year cleaned out every check point of the famous Go Beyond fruit cake on offer! The usual fare of food was supplemented with energy gels and electrolyte tablets from [GU Energy](#).

Our thanks go out once again to [Adrian Howes Photography](#) for capturing your achievements.

Of course, special thanks go to our sponsors and retail partners [Apex Sports](#) for helping to make sure the event can take place.

Our Charity Partners



	Male	HH:MM:SS
1	Barry Miller	05:30:39
2	Rob Payne	05:35:24
3	Rahil Sachak-Patwa	05:38:18

	Female	HH:MM:SS
1	Gemma Carter	05:53:55
2	Cat Simpson	06:05:29
3	Susan McCartney	06:36:42