

## Thames Trot 27<sup>th</sup> October 2018 Race Report

**So we are back again this year to try out the race in a new calendar position with the goal of more daylight, better conditions and the Thames inside its banks!**

This is an amazing route with beautiful scenery to take the runner's minds off the enormity of the task in hand. After registration in the cosy Hawkwell House hotel, Iffley Village the runners were herded outside for the race briefing and then at 8.30, in bright sunshine the race was started with the traditional dash down to Iffley Lock.



With great running conditions the field started to spread out as they made their way to the first check point at Culham Lock. At the front a group with local runner Harry Geddes, the boys from Belfast, Ciaran and Martin Rea, and Philip Kynaston from London City were seconds' apart



They were closely followed by Betty Bohane from Royston Runners only about 2 minutes behind the lead! By CP3 she had joined the lead group with Philip dropping back out of contention for a podium finish. By CP4 Harry started to make his move and opened up a 6 minute gap to cement his first place finish with a finishing time of 6 hours, 18 minutes. There was a wait of 22 minutes before we saw the second place finisher Ciaran Rae with a time of 6 hours, 39 minutes, closely followed by Martin Rae just 50 seconds later.



**Above you can see Harry with his winner's trophy, flanked by Ciaran and Martin.**

For the ladies it was Betty Bohane who triumphed with a fantastic time of 6 hours 40 minutes, a full course record and 4<sup>th</sup> overall. In second place was Anna Troup back again for the second time this year with an impressive 6 hours 53 minutes and equal 5<sup>th</sup> placing overall. Completing the ladies podium was Alison

Caldwell from Clapham Chasers with a time of 7 hours 54 minutes.

**Top 3 Females pictured above – Betty (centre) with Anna on the right and Alison on the left (as pictured).**

## What a great day for a race!



By mid afternoon the sunshine had given way to showers but nothing dampened the runners efforts. The course conditions were spot on, the race making a great season closer for the runners. Lots of things happen during a race this long and there are some special mentions to be had: all the people who asked why it would be tough running on a path (not understanding that it is a trail), the runner who crossed the line and said to me wow that was a long way! The two runners how hadn't worked out how they were getting home from Henley on Thames (rescued by the kindness of the marshals!) and the gang from East End Road Runners trying to spot one of their runners in the dark by the shape of their head torch!



So there we have it, the final competitor was in after 10 hours 41 minutes and the race was complete. A great effort by all, medals were hung around necks, hands shaken and an occasional hug given along with a hot cup of tea.



**And finally...**

As always, a very big thank you goes out to the crew out on the course, the baggage handlers, medal awarders, the tea and coffee makers and the guys in the vans and mini buses getting the supplies out to the check points, getting people safely to the start from the station and picking up injured runners at the CPs and taking them back to the finish to where their bags had been safely delivered for their collection. Not forgetting Adrian Howes for the great photos of the event.

To the staff and management of the Hawkwell House Hotel who provided such a great venue to start the race from.

Henley Town Council for allowing us the use of Mill Meadows



Lastly and by no means least our sponsors Apex Sports who have been our apparel sponsor for the last few years, Mike and the guys have also been participants in the event and their support has been invaluable. Please check them out at [www.apex-sports.co.uk](http://www.apex-sports.co.uk)

The next event on our Ultra Calendar is **Country to Capital**, on the 12<sup>th</sup> January 2019, this coming year with a team from Runner's World Magazine taking part. Please don't leave it too long as the race always sells out. For more information, please [CLICK HERE](#)

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**Go Beyond**