

Thames Trot 2017 Race Report

After the gales of 2016, runners had near perfect weather conditions for the ninth Thames Trot race. With a cold start, the sun was soon shining down on the race and there was no more than a light wind to accompany the runners as they made their way along the Thames Path.

This doesn't mean that it was plain sailing to the finish line on the Thames Trot Boat Race. Muddy conditions made the going very tough on some parts of the course but hopefully the sunshine and the beautiful scenery was some compensation!



There was a great atmosphere at registration as runners made final preparations before heading out to the start line at the Hawkwell House Hotel in Iffley. The race started bang on 08.30 and the journey to the first check point at Culham Lock began.

With the absence of Craig Holgate this year, who led from the start last year and completed the course in an impressive 05:49:19, the top three places were up for grabs. At CP1 the field was led by a group of 4 runners, including Neil Martin who gradually increased his lead over Alex Whearity and Matthew Lynas, finishing in a respectable time of 6:22:37, a clear 17 minutes ahead of second place Alex.



Here you can see Neil with his winner's trophy, flanked to the left by Alex and to the right by Matthew Lynas. Coincidentally, Neil bagged 1st place in the men's 40+ age group and Matthew was first in the men's 50+ age group, so extra congratulations go to both!

Another impressive result goes to Phil Hoy. Phil passed through CP1 in 16th place and then gradually picked his way through the field, coming in 5th overall and taking 1st place in his age group of 55+ with a time of 7:07:44. Congratulations also go to Ken Fancett who crossed the finish line in just under 9 hours giving him first male in the 65+ age category.

What a perfect day for a race!



The battle of the ladies was fought between Rachel Merriman, Charlotte Kirk and Lizzie Currie. Charlotte was first woman through CP1 with Lizzie hot on her heels only 3 minutes behind. Charlotte maintained her lead at CP3 but Rachel was working her way through the field and closing the gap to become lead female through at CP4. In this exciting race for first female, Rachel continued picking off runners finishing first female in a superb time of 8:06:16. Lizzie crossed the finish line as second female in 8:18:35, but took the prize for 1st female in the 45+ age group. Charlotte crossed the line just a few minutes later with a time of 8:22:14.



Top 3 Females - Rachel (centre) with Lizzie to her right and Charlotte to her left

Further prizes go to Shelley Gooch-Smith who came top in the female 40+ age group in a time of 9:02:45 and to Rosina Rowland who crossed the finish line in 10:12:03 to take first 50+female.



And without who....

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.

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

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



The next round of the Scott Ultra Series is **The Shires and Spires Ultra** which is based at **Lampport Hall** in Northamptonshire. The course takes in some stunning scenery and hopefully we should look forward to the beautiful June conditions of the last few years. For more information, please [CLICK HERE](#)

Steve Adams
Race Director