

26th Annual Barry 40 Mile Track Race

Sunday 4th March, 2012

Official Result

1. Grant Jeans	Unattached	4:32:43
2. Matt Shone	Woodford Green	4:55:46
3. Jeremy Mower (V45)	Gloucester AC	5:07:42
4. Mark Baker (V45)	Northbrook AC	5:14:28
5. Steve Reading	Fit For Life	5:23:40
6. Robin Gardner (V50)	Road Runners Club	5:31:49
7. Rasmivan Collinson (V40)	Sri Chinmoy AC	5:36:30
8. Charles Brent	Trail Running Association	5:38:40
9. Dave Halford (V50)	Northbrook AC	5:49:23
10. Heather Foundling-Hawker (LV45)	Honiton RC	5:50:44
11. David Proud (V40)	Les Croupiers	6:00:44
12. Alan Mann (V50)	Les Croupiers	6:28:08

Retirements

Garfield Jones (V55)	Islwyn RC	134 laps in 6:00:46
Richard Self (V45)	Les Croupiers	106 laps in 3:48:33
Natasha Doyle	Les Croupiers	106 laps in 3:48:34
Rory Coleman (V50)	100 Marathon Club	Marathon in 3:55:21
Molly Melhuish (LV35)	Unattached	80 laps in 4:00:20
Jack Ricketts	Unattached	61 laps in 2:23:54
Jen Salter (LV35)	Les Croupiers	55 laps in 1:40:50
Loretta Daley (LV45)	Les Croupiers	29 laps in 1:02:52

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Grant Jeans	30:44	1:01:41	1:33:09	2:05:33	2:39:30	3:14:16	3:53:01	4:32:43
2. Matt Shone	35:32	1:10:27	1:45:16	2:21:27	3:01:20	3:39:04	4:18:40	4:55:46
3. Jeremy Mower	36:58	1:14:56	1:52:21	2:31:18	3:09:03	3:47:12	4:26:56	5:07:42
4. Mark Baker	36:19	1:12:07	1:48:37	2:26:08	3:05:25	3:46:07	4:29:27	5:14:28
5. Steve Reading	36:55	1:13:41	1:49:35	2:25:35	3:03:33	3:46:12	4:34:46	5:23:40
6. Robin Gardner	38:04	1:16:48	1:55:24	2:34:10	3:12:58	3:55:05	4:43:45	5:31:49
7. Rasmivan Collinson	37:09	1:17:24	1:55:40	2:34:47	3:15:30	4:01:26	4:49:06	5:36:30
8. Charles Brent	32:20	1:05:10	1:40:38	2:17:00	2:56:58	3:44:20	4:38:32	5:38:40
9. Dave Halford	36:45	1:13:36	1:50:53	2:30:05	3:10:07	3:57:31	4:49:45	5:49:23
10. Heather Foundling-Hawker	36:17	1:12:30	1:50:12	2:29:04	3:12:35	3:59:59	4:53:30	5:50:44
11. David Proud	40:17	1:22:04	2:03:38	2:46:23	3:30:47	4:20:36	5:12:32	6:00:44
12. Alan Mann	43:16	1:28:13	2:15:07	3:02:16	3:52:10	4:43:28	5:36:43	6:28:08
Garfield Jones	45:32	1:32:37	2:21:59	3:15:23	4:13:15	5:22:18		
Richard Self	39:25	1:19:06	2:02:25	2:47:31	3:34:42			
Natasha Doyle	38:46	1:19:18	2:00:40	2:44:40	3:35:41			
Rory Coleman	42:37	1:27:11	2:12:22	2:57:42	3:44:58			
Molly Melhuish	53:23	1:51:30	2:51:54					
Jack Ricketts	42:38	1:30:14	2:22:04					
Jen Salter	36:17	1:13:12						
Loretta Daley	43:36							

25 Entries accepted

20 Starters

12 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 23rd edition of the Welsh Ultradistance Championship, with 10 starters and 5 completing the full distance. Sadly the Welsh Ladies Championship had no finishers for the first time in 10 years.

However, the destiny of the men's title created one of the more remarkable chapters in the history of the race.

Matt Shone (Woodford Green) has been an outstanding middle distance athlete and represented Wales at 800 and 1500 metres in the 2002 Commonwealth Games at Manchester. He also is one of only a handful of Welshman to have run a sub 4 minute mile, clocking 3:58.66 at Crystal Palace in 2005. He ran a promising marathon debut of 2:29:44 at London in 2008, but declared himself seriously under prepared for 40 miles on his entry form. However, a smart race strategy saw him move through the field to place second overall and take the Welsh title on his debut in 4:55:46, an outstanding achievement.

Two former Welsh champions showed all their experience to take the silver and bronze medals this time. Jeremy Mower (Gloucester – winner in 2009) and Mark Baker (Northbrook – 2011 champion) both produced solid performances in very tough conditions. Jeremy was hoping to better 5 hours, but had to settle for 5:07:42, whilst Mark set a new personal best by just 9 seconds.

Debutant David Proud (Les Croupiers) came fourth in 6:00:44, showing all the mettle that saw him conquer Marathon des Sables in 2006, and Alan Mann (Les Croupiers) maintained his remarkably consistent record of having competed at Barry for the last ten consecutive editions, only failing to finish once, and clocking 6:28:08.

Welsh Men's 40 Mile Championship

1. Matt Shone	Woodford Green	4:55:46
2. Jeremy Mower (V45)	Gloucester AC	5:07:42
3. Mark Baker (V45)	Northbrook AC	5:37:03
4. David Proud (V40)	Les Croupiers	6:00:44
5. Alan Mann (V50)	Les Croupiers	6:28:08

Open Race

1. Grant Jeans	Unattached	4:32:43
2. Matt Shone	Woodford Green	4:55:46
3. Jeremy Mower (V45)	Gloucester AC	5:07:42

Other recipients of trophies as winners of sub-categories within the event were:
(Eligibility for male trophies is dependent upon finishing outside the first three)

Ladies Race

1. Heather Foundling-Hawker (LV45)	Honiton RC	5:50:44
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Age Categories

M 40 - 44	Rasmivan Collinson	Sri Chinmoy AC	5:36:30
M 45 - 49	Mark Baker	Northbrook AC	5:37:03
M 50 - 59	Robin Gardner	Road Runners Club	5:31:49

In Like A Lion

Ultra distance running is a notoriously tough sport. Simply to prepare for such an event can be a long and tortuous process. However, the one variable you can never take for granted is the weather.

This year's Barry 40 Mile Track Race (held on Sunday 4th March) attracted athletes from all parts of the UK. A large minute surge of entries brought the total up to 25, although there was also a corresponding flurry of withdrawals, as 5 athletes wisely decided that current injuries necessitated recovery rather than 161 circuits of the Jenner Park track. That meant that 20 athletes faced the starter at 10.00AM.

As a prelude, there was a personal tribute to the winner of the last three editions of the Barry 40, George Dayantis of Christchurch Runners, whose untimely death in June last year stunned the ultradistance community. It was both a sobering and emotional moment.

Thankfully, heavy overnight rain subsided almost on cue for the start of the race, and the conditions, whilst not ideal, were better than anticipated. The first lap of so arduous a journey is often a leisurely affair, almost in relief that the anticipated hard work is underway. For Grant Jeans, 28, from Glasgow, however, it signified a declaration of intent. His first circuit, covered in 90 seconds, was 7 seconds quicker than anyone else, and his rangy action provided a stark contrast with the more measured gait of the majority of the athletes. Only Charles Brent, another newcomer to the Barry race from the Trail Running Association, showed any interest in pursuing the leader.

Race strategies began to emerge. It took just 17 circuits for Grant Jeans to lap the entire field, his early pace being metronomic, and he was making running look ridiculously easy. By 5 miles, covered in a nippy 30:44, he held a 1:36 cushion over Charles Brent (32:20), with Matt Shone leading the Welsh Championship in 3rd position overall in 35:32. Shone was a particularly interesting entrant. A Commonwealth Games representative for Wales ten years ago over 800 and 1500 metres, he can also boast a sub 4 minute mile from 2005, still a benchmark of world class standing amongst middle distance ranks. How would the speedster cope in such unfamiliar territory? An interesting personal battle was also shaping up in the ladies race, with Heather Foundling-Hawker (Honiton RC) and Jen Salter (Les Croupiers) stride for stride in 36:17, and debutant Natasha Doyle (Les Croupiers) next in 38:46. Some enthralling personal battles were already beginning to establish themselves.

Jeans, meanwhile, was pulling inexorably away. His 10 mile time of 61:41 gave notice of a potentially quick overall time, especially given his background of having already won 10 ultras, a significant statistic given his relative youth. Brent remained an isolated second (65:10) and Shone followed in third (70:27). The next few positions were being extremely closely fought, and it was clear that many of the wiser heads were playing a waiting game. In the ladies race, Foundling-Hawker had opened up a half lap advantage over Salter, the two athletes passing 10 miles in 72:30 and 73:12 respectively. Sadly, one of the most loyal supporters of the Barry 40, Loretta Daley, a triple Welsh champion in this event, had to withdraw after 7 miles due to the pain from a recently sustained rib injury.

The second quarter of the race, as is often the case, was pretty much a mirror image of the first. Fatigue was beginning to become a factor, though was not yet being significantly reflected in athletes' times. Most athletes were still comfortable enough to be involved in occasion banter, and the concentration was occasionally punctuated with requests for food, drinks or change of clothing.

Jeans halfway time was an impressive 2:05:33, and he was now six laps clear and still looked good. Brent remained second in 2:17:00, but was now being closed down marginally by Shone who passed through in 2:21:27. In the ladies race, Jen Salter had to withdraw after 14 miles with knee problems, which meant that Foundling-Hawker now led Natasha Doyle by 15 minutes.

During all this time, it had remained thankfully dry, but significantly, the wind was beginning to pick up. This was particularly evident watching athletes running down the back straight. Everyone was now developing a forward lean into the wind, making any sort of rhythm, so important in an event of this nature, extremely difficult. This was in turn being reflected in the lap times. Being able to run fast enough to maintain body heat becomes increasingly a factor in this scenario, and many of the athletes were grabbing additional clothing to protect themselves.

Even Grant Jeans was slowing a little. He passed the marathon mark with the clock showing 2:47:43, and reached 30 miles in 3:14:16. This meant he now had a 25 minute advantage over Matt Shone, who had now moved into second in 3:39:04 from Brent, who now lay third in 3:44:20. In the ladies race, Foundling-Hawker was clearly finding the wind extremely tough, and had slipped to ninth place in 3:59:59. However, the conditions were such that she was now the only lady of the 5 starters who was still running.

The final quarter was torrid. This period always is tough, but this year it was especially so. This was a battle for simple survival – and it was only raw courage that was keeping athletes going. Even Grant Jeans, who had looked effortless for so long, was now taking the occasional walk into the teeth of the wind.

The outcome was never in doubt, but the manner of the win was incredibly hard-fought. Such was the ferocity of the conditions that it was the slowest winning time in the history of the race, but the margin of victory was most emphatic. Grant Jeans won a lot of friends and admirers, and his win maintained an impressive Scottish record at the race, following in the footsteps of Simon Pride (1997-99), Alan Reid (2001) and Andy Farquharson (2007).

Matt Shone looked as composed as anyone as he even raised his pace in the final mile for an excellent second place in 4:55:46 on his ultra debut, with the Welsh title an added bonus. Following Shone in third and fourth were Jeremy Mower (Gloucester AC) and Mark Baker (Northbrook), two former Welsh champions who should loads of grit and determination to secure the silver and bronze medals in this year's national championship.

Heather Foundling-Hawker found the final quarter very tough, but drew loads of support from the crowd. In pulling on more clothing she had accidentally caught a zip against her face, leading to extensive bleeding. If this had been a football or rugby match, she'd have been sent from the pitch, but Heather wasn't going to stop for anyone. Her time of 5:50:44 may have been disappointing for an athlete of her pedigree, but a win was a win, and her determination was relentless.

A total of 12 athletes completed the 40 miles, just 60% of the total starters, the second lowest percentage in the 26 year history of the race. That was the measure of the conditions. As ever, huge numbers of thanks are due. All the lap scorers and feeders were a constant source of encouragement and brilliant on the day. Thanks to Gary Hyatt and family for the provision of refreshments. Thanks also to the patience and support of Bill Cooke and Mike Dodds, stadium groundstaff, and to Martyn Morgan for paramedic cover. Distance running may be thought of as a solitary sport, but the Barry 40 remains a team game. And the post-race plaudits suggest that this team is pretty good.

The History of the Barry 40 : Race Winners and Survival Rates

04 Mar 2012	4:32:43	Grant Jeans (SCO)	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb 2011	4:24:17	George Dayantis (GRE / ENG) - 3	4:47:59	Adela Salt (ENG)
14 Mar 2010	4:31:19	George Dayantis (GRE / ENG) - 2	5:04:14	Emily Gelder (WAL)
08 Mar 2009	4:22:57	George Dayantis (GRE / ENG) - 1	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar 2008	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar 2007	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar 2006	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar 2005	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar 2004	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar 2003	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr 2002	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar 2001	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar 2000	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar 1999	3:53:55	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar 1998	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar 1997	3:54:24	Simon Pride (SCO)-1	5:05:58	Hilary Walker (ENG)-3
03 Mar 1996	4:10:35	Stephen Moore (ENG)-2		No Lady Finishers
05 Mar 1995	4:17:46	Robin Gardner (ENG)		No Lady Finishers
06 Mar 1994	4:01:28	Stephen Moore (ENG)-1	4:50:11	Eleanor Robinson (ENG)
07 Mar 1993	4:00:20	Mike Hartley (ENG)-2	4:26:43	Carolyn Hunter-Rowe (ENG) -1
01 Mar 1992	4:04:01	Mike Hartley (ENG)-1	5:18:10	Hilary Walker (ENG)-2
07 Jul 1991	4:27:34	Paul Belcher (WAL)	5:14:12	Marianne Savage (ENG)
04 Mar 1990	3:55:21	Erik Seedhouse (ENG)	6:14:49	Kay Pritchard (WAL)
05 Mar 1989	3:59:24	Martin Daykin (ENG)		No Lady Entries
06 Mar 1988	3:58:40	Mick McGeoch (WAL)-2	5:04:30	Hilary Walker (ENG)-1
09 Mar 1986	4:11:32	Mick McGeoch (WAL)-1	4:47:27	Ann Franklin (WAL)

Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2012

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
04 Mar 2012	25	20	12 (11 / 1)	60%
27 Feb 2011	25	22	16 (12 / 4)	73%
14 Mar 2010	17	15	11 (8 / 3)	73%
08 Mar 2009	20	16	12 (11 / 1)	75%
09 Mar 2008	29	26	23 (21 / 2)	88%
11 Mar 2007	31	23	18 (15 / 3)	78%
12 Mar 2006	30	23	14 (13 / 1)	61%
06 Mar 2005	34	24	19 (17 / 2)	79%
07 Mar 2004	36	28	22 (18 / 4)	79%
02 Mar 2003	55	34	28 (25 / 3)	82%
03 Mar 2002	48	33	27 (25 / 2)	82%
04 Mar 2001	52	33	23 (21 / 2)	70%
05 Mar 2000	50	35	24 (22 / 2)	69%
07 Mar 1999	48	33	25 (23 / 2)	76%
01 Mar 1998	42	28	19 (16 / 3)	68%
02 Mar 1997	44	39	22 (21 / 1)	56%
03 Mar 1996	31	26	17 (17 / 0)	65%
05 Mar 1995	35	17	13 (13 / 0)	76%
06 Mar 1994	38	28	23 (19 / 4)	82%
07 Mar 1993	29	24	17 (16 / 1)	71%
01 Mar 1992	30	27	19 (18 / 1)	70%
07 Jul 1991	19	14	10 (8 / 2)	71%
04 Mar 1990	35	27	22 (21 / 1)	81%
05 Mar 1989	29	25	21 (21 / 0)	84%
06 Mar 1988	33	27	23 (20 / 3)	85%
09 Mar 1986	24	15	11 (10 / 1)	73%
TOTALS	889	662	491 (442 / 49)	74%