

28th Annual Barry 40 Mile Track Race

Sunday 9th March, 2014

Official Result

1. Pieter Vermeesch M37	Garden City Runners (BEL)	4:24:57
2. Jason Dickinson M46	TROTS	4:52:59
3. Zoltan Lesi M36	Unattached (HUN)	5:08:42
4. Tony Hooper M39	Cleethorpes AC	5:13:42
5. Andras Kulcsar M36	Unattached (HUN)	5:16:21
6. Mike Feighan M48	South West Road Runners	5:17:42
7. David Coles M54	Les Croupiers	5:18:26
8. Rasmivan Collinson M45	Sri Chinmoy AC	5:22:38
9. George Nicholls M44	Prestatyn RC	5:27:01
10. Mark Lewis Jones M49	Unattached	5:42:24
11. Tamas Szikszay M36	Unattached (HUN)	5:43:27
12. Richard Harrington M38	Unattached	5:53:57
13. Jayne Angilley F51	Cornwall AC	5:56:33
14. Paul Tranter M48	RSPB Staff Association RC	6:01:23
15. Rory Coleman M52	Les Croupiers	6:19:38

Retirements

Jeremy Mower M48	Gloucester AC	127 laps in 4:09:47
Dave Headon M53	Les Croupiers	Marathon in 3:18:25
Angela Champion F37	Les Croupiers	20 miles in 2:36:20
Robin Gardner M56	Road Runners Club	66 laps in 2:12:58
Loretta Daley F48	Les Croupiers	42 laps in 1:29:20

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Pieter Vermeesch	29:39	59:19	1:29:13	1:59:03	2:31:46	3:07:30	3:45:08	4:24:57
2. Jason Dickinson	35:34	1:12:04	1:49:04	2:24:30	3:00:49	3:37:13	4:14:45	4:52:59
3. Zoltan Lesi	34:17	1:07:36	1:43:13	2:20:55	3:00:08	3:41:14	4:25:31	5:08:42
4. Tony Hooper	38:24	1:16:38	1:54:41	2:32:56	3:12:18	3:51:06	4:32:30	5:13:42
5. Andras Kulcsar	38:49	1:18:05	1:57:19	2:36:32	3:15:37	3:54:47	4:34:54	5:16:21
6. Mike Feighan	37:55	1:16:18	1:53:50	2:30:33	3:05:24	3:44:40	4:33:33	5:17:42
7. David Coles	34:55	1:10:05	1:46:00	2:22:32	3:01:48	3:44:45	4:31:21	5:18:26
8. Rasmivan Collinson	38:19	1:15:50	1:55:03	2:33:09	3:12:26	3:53:46	4:38:37	5:22:38
9. George Nicholls	41:05	1:19:00	1:57:16	2:37:36	3:18:11	3:59:13	4:40:59	5:27:01
10. Mark Lewis Jones	39:53	1:21:45	2:04:20	2:47:33	3:31:01	4:14:43	4:58:53	5:42:24
11. Tamas Szikszay	40:33	1:21:45	2:02:13	2:43:57	3:25:04	4:10:16	4:55:11	5:43:27
12. Richard Harrington	39:53	1:21:45	2:04:20	2:47:33	3:31:01	4:14:55	5:02:55	5:53:57
13. Jayne Angilley	40:40	1:22:19	2:04:42	2:48:26	3:35:30	4:23:33	5:10:34	5:56:33
14. Paul Tranter	37:20	1:15:07	1:54:40	2:36:00	3:32:15	4:28:10	5:16:49	6:01:23
15. Rory Coleman	48:10	1:35:20	2:21:50	3:08:20	3:55:56	4:41:17	5:30:15	6:19:38
Jeremy Mower	35:28	1:11:53	1:48:21	2:25:55	3:05:50	3:53:14		
Dave Headon	35:28	1:11:53	1:46:30	2:24:00	3:07:02			
Angela Champion	35:53	1:13:44	1:53:13	2:36:20				
Robin Gardner	39:09	1:18:02	1:59:59					
Loretta Daley	42:00	1:24:50						

24 Entries accepted

20 Starters

15 Completed the 40 Miles

Welsh Ultra Distance Championship

The race incorporated the 25th edition of the Welsh Ultra Distance Championship, with 8 starters and 5 completing the full distance. The fact that we have now reached 25 years is indeed significant, not only in the partnership with Welsh Athletics whose support throughout the years has helped the race immeasurably, but also in the fact that so many who have started their ultra-distance career at Barry, have gone on to represent Wales in international competition.

It was also pleasing that those who contested this year's championship came from all parts of the principality, and beyond, giving the event a true feel of a national championship.

It's often been stated, but the only predictable thing about ultra-distance is its unpredictability. For a start, who would have thought we'd all be basking in beautiful spring sunshine? Barrybados certainly lived up to its name. In terms of speculating who would win the Welsh title, one might have thought that the experience of Jeremy Mower and David Coles would see them fighting the crown. That was how it appeared in the early stages, but it didn't turn out that way. Jason Dickinson from TROTS, a relative newcomer to running, and competing in the longest race of his career, ran a superbly judged race to come from 5th overall halfway, to place 2nd, and decisively win the championship in 4:52:59, the fastest winning time for four years.

Dave Coles (Les Croupiers) looked fluent and confident early on, but had to draw on all his reserves and tenacity to clinch the silver medal. Having won the bronze medal twelve months ago, George Nicholls returned from Prestatyn to repeat that performance, but in a time 12 minutes quicker. The only other Welshman to finish was Rory Coleman, also from Les Croupiers. In his third attempt at this event, the well-known ultra-distance coach showed immensely accurate pace judgment, (his was the second most evenly paced race of any of the 15 finishers), to record 6:19:38, and he was clearly delighted to do so.

In the ladies championship, two late withdrawals meant that just three athletes toed the starting line. Both Angela Champion and Loretta Daley of the host club Les Croupiers started brightly and were looking good, but sadly both were to withdraw by halfway. Meanwhile Jane Angilley, who had made the long trip north from Redruth, started cautiously, and this policy, increasingly looked the smartest one as other athletes began to slow. Hers was also an excellently judged effort in her first attempt at this event to win in 5:56:33.

Welsh Men's 40 Mile Championship

1. Jason Dickinson M46	TROTS	4:52:59
2. David Coles M54	Les Croupiers	5:18:26
3. George Nicholls M44	Prestatyn RC	5:27:01
4. Rory Coleman M52	Les Croupiers	6:19:38

Welsh Ladies 40 Mile Championship

1. Jayne Angilley F51	Cornwall AC	5:56:33
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Barry 40 Mile Track Race Report

We couldn't believe it! Warm, spring sunshine, and scarcely a breath of wind. After a winter of seemingly endless winds and rain, it was as if all our collective prayers had been answered. However, the first spring like day of the year isn't necessarily all good news. It was certainly great weather for watching, and there were more spectators and helpers than usual, urging on the runners. However, warmer weather does enhance the risks of dehydration, and the feed and drinks station was busy all day long as everyone took the opportunity to replace lost body salts and chemicals.



20 of the anticipated 22 starters toed the line for the 10.00AM start. Whilst many of the regulars were present, there was a welcome sprinkling of newcomers, including three Hungarians, Zoltan Lesi, Andras Kulcsar and Tamas Szikszay, all of whom were experienced ultra-runners; and two well-known Welsh actors, Richard Harrington and Mark Lewis Jones, who were using the race as part of their preparation for next month's Marathon des Sables.

The first lap is always a declaration of intent. Last year's winner, Pieter Vermeesch, covered that lap in just eighty seconds, and even though his pace slackened to something nearer six minute miles thereafter, he still managed to lap the entire field by the eighth circuit. Behind Pieter, Zoltan Lesi, the first of the Hungarian trio had also started aggressively, and was clear in second. After that the field was a mixture of those athletes employing their own tactics, and those running in small groups and using shared strategies. With so long a distance, there was considerable banter and conversation in evidence to make the journey as comfortable as possible.



Pieter Vermeesch – race winner in full flow!

By 5 miles, **Pieter Vermeesch** (Garden City Runners) was almost 5 minutes clear, so barring an injury, the race was over. However, with the clock showing 29:39, it was interesting to watch how hard he was prepared to push the pace.

Zoltan Lesi (below left), had around half a lap advantage over Les Croupiers' **Dave Coles** (below right), in third (34:17 to 34:55), whilst there was a little group of Dave Headon (Les Croupiers), **Jeremy Mower** (Gloucester AC), (below centre), and Jason Dickinson (TROTS) a further 30 seconds back. Angela Champion (Les Croupiers), in her first attempt at the Barry 40, came through in 7th place overall in 35:53 with almost 5 minutes lead in the ladies race from Jayne Angille (Cornwall AC) in 40:40, with Loretta Daley (Les Croupiers) third in 42:00.

Vermeesch was looking effortless in front, and passed 10 miles in 59:19. Perhaps a sub 4 hour run was on the cards, and his best marathon of 2:19:45 (London 2011) suggested that he had the credentials. **Zoltan Lesi** (below left), was moving clear in second (67:36), whilst **Dave Coles** (below right), in third (70:05) was running alongside Dave Headon and **Jeremy Mower** (centre), but was one lap ahead.





Dave Headon and **Jeremy Mower** in contention, followed by **Jason Dickinson** (TROTS)



Angela Champion (above right), remained 7th overall in 73:44, and had an eight and a half minute advantage over **Jayne Angilley** (below left), 82:19, with **Loretta Daley** (below centre), a close third on 84:50. **Tamas Sziksay** is at the right of the picture.



Up until halfway, Vermeesch was relentless, and reached that distance bang on target for sub 4 hours with 1:59:03, and a 22 minute cushion over Zoltan Lesi who clocked 2:20:55. Dave Coles still led the race for the Welsh Championship and lay third overall in 2:22:32, but the closeness of those behind meant that the race for the minor positions was going to be closely fought.

Sadly, we also saw the early withdrawals from the race - history tells us that invariably anything less than a 100% healthy athlete won't finish an ultra. Loretta Daley, ladies race winner in 2006 and three times Welsh champion withdrew after 42 laps and **Robin Gardner** (below), men's race winner in 1995 stepped off the track after 66 laps. Next, at half distance, Angela Champion, ladies race leader retired with breathing difficulties after a heavy cold.



Just to make things a little less than comfortable, the temperature was still climbing and a nagging southerly breeze had sprung up. Even Pieter Vermeesch began to drop off the pace, and the four hour target began to look doubtful. The athlete to watch at this stage became Jason Dickinson. Whilst still only fifth at 20 miles, he was maintaining his pace while others were beginning to struggle. One by one he picked off the early leaders, until he caught Zoltan Lesi on lap 104. Jason was gaining 10 seconds a lap, and what was particularly impressive was that he was the least experienced of those fighting for honors.



The athletes' faces said it all. The banter had stopped, and those still running were now fighting. If it wasn't hard enough already, 30 miles is pretty much the toughest part of the race; the fatigue is gripping the whole body, but there are many miles still to run. The number of laps to go seems to decrease ever more slowly. Pieter Vermeesch now led by half an hour (30 mile = 3:07:30), but his aim had switched to simply winning the race, which certainly wasn't in doubt. **Jason Dickinson** (left), was now looking like the most fluent athlete on the track, and had a four minute advantage over Zoltan Lesi (3:37:13 to 3:41:14). After, running with Pieter Vermeesch for several laps, **Mike Feighan** (right), had suddenly moved into contention in 4th, in 3:44:40, with Dave Coles, just behind.



Meanwhile, **Jayne Angilley** (left), had stayed right away from the early pace and maintained a consistent rhythm throughout. She was now the only lady on the track, but her race experience was invaluable. So often ultra-races are won by those who know themselves, and can execute a strategy with self-control. The pain was obvious, but more importantly, so was the determination. Jayne passed 20 miles in 2:48:26 and 30 in 4:23:33.

Dave Headon retired at the marathon distance, whilst more surprisingly, defending Welsh champion Jeremy Mower stopped after 127 laps, complaining of feeling unwell. That left 15 of the 20 starters still running. One or two slowed for an occasional walk, but most were still plugging away, intent on finishing.



The athletes' demeanor spoke volumes. The helpers became more vocal, in recognition of the obvious suffering. For the runners, there was little more than deep concentration, apart from the odd wry smile from **Vermeesch** (left), who said "I just love running" which actually meant "I've had enough now". Whilst 4:24:57 probably wasn't the time he'd been looking for, it was hard to feel anything but admiration for a man who'd led from gun to tape and who immediately stated that he'd like to return next year and bid for a hat-trick. With 5 sub 7 hour 100km runs to his name, he clearly has the attributes to break 4 hours, given perhaps a closer race.

Pieter Vermeesch - race winner

Jason Dickinson (below), looked stronger than anyone, and given that he'd only been running for five years his performance is all the more remarkable. His 4:52:59 was an excellent effort and in the end he finished 15 minutes ahead of third-placed Zoltan Lesi. Perhaps more importantly he was Welsh Ultra-distance champion at his first attempt.



Jason Dickinson – en route to Welsh Ultra Distance Champion



Dave Coles (above) – second Welshman home



George Nicholls (right) – third Welshman home

Zoltan Lesi was by now very tired but determined not to get caught for third place. Another of the less experienced athletes, **Tony Hooper** (below left), from Cleethorpes AC came through the field really strongly in the final 10 miles for 4th place, whilst the second Hungarian, **Andras Kulcsar** (below right), did likewise for 5th.



In the ladies race, **Jayne Angille** (right), maintained her pace well to win the ladies title and Welsh championship at her first attempt – an outstanding achievement. However, this was not so much about athletes' battles with each other, as personal battles with themselves.



It was fascinating to watch **Mark Lewis Jones** (below left), and **Richard Harrington** (below right), who ran together for the first 30 miles before Mark started to inch away. Both are experienced marathon men, but neither had done anything like this before. Although clearly fatigued, not finishing was never an option.



Rasmivan Collinson (above) - en route to an 8th place overall

That statement was particularly true of the final finisher, **Rory Coleman** (below right), who was responsible for persuading several of the participating athletes to enter. He started cautiously, but his pace was unfaltering. After more than six hours immersed in a private battle, his pleasure at completing the challenge was obvious to all. The event is all about mutual respect, regardless of the finishing position or time.



Paul Tranter (above) – en route to a 14th place overall

Although ultra-running is ultimately about the athletes, the support crew, in all their different roles, were just as important. Thanks therefore also go to all the lap recorders, timekeepers and officials, feed station helpers, paramedic Martyn Morgan, Gary and Pip Hyatt for refreshments, ground staff Mike Dodds and Nick Collins and the Vale of Glamorgan Council, photographer Paul Stillman, and everyone else who gave their time and their support.



John Griffin & Derek Williams

Helpers & Spectators





