

Barry 40 Mile Track Race

Sunday 14th March, 2010

Official Result

1. George Dayantis (V45)	Christchurch Runners	4:31:19
2. Robert Hall-McNair (V40)	Hinckley RC	4:47:46
3. Sean McCormack (V45)	Abergele Harriers	4:52:08
4. Jeremy Mower (V40)	Gloucester AC	5:03:52
5. Emily Gelder	Dulwich Runners	5:04:14
6. Jen Salter (FV35)	Les Croupiers	5:19:21
7. Mark Cockbain	100 Marathon Club	5:45:27
8. Gary Hyatt (V60)	Les Croupiers	5:47:45
9. Loretta Daley (FV40)	Les Croupiers	5:55:15
10. Alan Mann (V50)	Les Croupiers	6:14:03
11. Geoff Oliver (V75)	100 Km. Association	6:32:27

Retirements

Mark Roberts	Swansea Harriers	88 laps in 2:17:50
Andrew Richards (V45)	Road Runners Club	81 laps in 2:51:36
Paul Tranter (V40)	RSPB Staff Association RC	20 Miles in 2:35:29
Sharon Gayter (FV45)	North York Moors AC	44 laps in 1:33:42

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. George Dayantis	31:42	1:03:07	1:35:10	2:07:11	2:40:13	3:14:54	3:53:03	4:31:19
2. Robert Hall-McNair	33:01	1:06:23	1:39:59	2:14:15	2:49:34	3:27:33	4:07:23	4:47:46
3. Sean McCormack	34:50	1:10:13	1:45:53	2:21:38	2:57:49	3:35:58	4:14:36	4:52:08
4. Jeremy Mower	37:35	1:15:31	1:53:59	2:32:12	3:10:57	3:50:12	4:28:57	5:03:52
5. Emily Gelder	36:26	1:13:38	1:49:15	2:24:39	3:00:38	3:41:21	4:23:05	5:04:14
6. Jen Salter	36:26	1:13:38	1:51:16	2:30:37	3:11:10	3:53:17	4:36:40	5:19:21
7. Mark Cockbain	36:47	1:14:27	1:53:04	2:33:32	3:18:44	4:07:39	4:59:52	5:45:27
8. Gary Hyatt	41:26	1:23:35	2:05:59	2:48:22	3:31:01	4:14:08	4:59:58	5:47:45
9. Loretta Daley	42:08	1:24:05	2:07:40	2:53:24	3:40:28	4:25:17	5:10:40	5:55:15
10. Alan Mann	42:30	1:25:47	2:08:15	2:51:07	3:34:36	4:23:30	5:18:08	6:14:03
11. Geoff Oliver	41:06	1:22:24	2:04:02	2:46:38	3:38:54	4:38:43	5:39:06	6:32:27
Mark Roberts	28:52	58:34	1:28:12	2:05:30				
Andrew Richards	39:54	1:21:01	2:02:48	2:50:05				
Paul Tranter	37:32	1:16:30	1:53:53	2:35:29				
Sharon Gayter	41:25	1:25:07						

17 Entries accepted

15 Starters

11 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 21st edition of the Welsh Ultradistance Championship, with 9 entries accepted, 8 of whom started and 7 completed the full distance. The entry of Mark Roberts of Swansea Harriers was a very welcome and interesting one. A former winner of both Cardiff and Snowdonia Marathons, as well as holder of a silver medal from the Comrades Ultra Marathon in 2007, Mark clearly had the potential to both win and post a fast time. He made his intentions clear from the gun, and by 18 miles was over 4 laps clear, when he stopped with a combination of asthmatic and allergy problems. He restarted after receiving attention and continued for 4 further miles, before the same problem intervened. Retiring from the race was the only realistic option, but in doing so he hopes to return in 2011.

This left ultra debutant Sean McCormack leading the Welsh Championship. Sean, from Abergele Harriers, had decided on a conservative strategy, ignoring the leaders and running even seven minute miles. It was a plan which was to serve him well, as he maintained this tempo, and took the championship by ten minutes, as well as finishing third in the race overall.

Jeremy Mower from Gloucester AC was another to run a conservative race, and this also produced a handsome reward of a ten minute PB as well as the Welsh Championship silver medal. The bronze medal went to local man Gary Hyatt from the host club Les Croupiers. Gary took his tally to 9 finishes from 12 starts in the Barry 40, and received the added bonus of a new Welsh Over 60 record for his excellent clocking of 5:47:45.

The Welsh Ladies Championship was perhaps the most competitive in the race's history, with Jen Salter (Les Croupiers) and Emily Gelder (Dulwich Runners) running stride for stride through the first 10 miles. On Lap 46 however, Emily took the lead, which she was never to lose. Looking strong throughout, Emily's winning time of 5:04:14 represented a new Championship record, and only Ann Franklin's then world best of 4:47:27 in the inaugural run in 1986 is faster by a Welsh lady.

Jen Salter also maintained a strong tempo throughout, and her silver medal in 5:19:21 must give her great confidence for the Marathon des Sables next month.

Loretta Daley (Les Croupiers) had a marvelous run for the bronze medal, her 5:55:15 representing a new personal best by 10 minutes.

Welsh Mens 40 Mile Championship

1. Sean McCormack (V45)	Abergele Harriers	4:52:08
2. Jeremy Mower (V40)	Gloucester AC	5:03:52
3. Gary Hyatt (V60)	Les Croupiers	5:47:45
4. Alan Mann (V50)	Les Croupiers	6:14:03

Welsh Ladies 40 Mile Championship

1. Emily Gelder	Dulwich Runners	5:04:14
2. Jen Salter (FV35)	Les Croupiers	5:19:21
3. Loretta Daley (FV40)	Les Croupiers	5:55:15

Open Race

1. George Dayantis (V45)	Christchurch Runners	4:31:19
2. Robert Hall-McNair (V40)	Hinckley RC	4:47:46
3. Sean McCormack (V45)	Abergele Harriers	4:52:08

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. Emily Gelder	Dulwich Runners	5:04:14
2. Jen Salter (FV35)	Les Croupiers	5:19:21
3. Loretta Daley (FV40)	Les Croupiers	5:55:15

Age Categories

M 40 - 44	Jeremy Mower	Gloucester AC	5:03:52
M 50 - 59	Alan Mann	Les Croupiers	6:14:03
M 60+	Gary Hyatt	Les Croupiers	5:47:45

Barry 40 Mile Track Race Report

The morning of Sunday 14th March dawned bright and sunny and with cloudless skies. In recent years the race has encountered all manners of rain, wind and even hail, so sunshine was very welcome.

Fifteen of the seventeen entrants reported for competition, and the race got underway promptly at 10.00 AM. Most athletes start a 40 mile race at a relatively sedate pace. Mark Roberts of Swansea Harriers, however, covered the first 400 metre circuit in 82 seconds, which was 13 seconds quicker than anyone else. Early strategies over so long an event reveal much about the athlete's race expectations; and as a former winner of both Cardiff and Snowdonia Marathons, Mark was determined to "go for it". After 10 of the 161 circuits he had lapped the entire field, and he then ran with the second placed athlete and defending champion, George Dayantis from Christchurch Runners for a few minutes, almost as a respite before setting out again.

This established a pattern that was to repeat itself, with Mark seemingly running in bursts. By five miles, reached in 28:52, he had established almost a three minute advantage over George (31:42). In 3rd place at this juncture was Robert Hall-McNair from Hinckley (33:01), who was making his Barry debut and was looking effortless. Sean McCormack from Abergele in North Wales came next, clocking 34:50 and aiming to run at seven minute miling for as long as possible.

The ladies race was much less clear cut. Jen Salter, from host club Les Croupiers was making a brisk start, but was being tracked by Emily Gelder of Dulwich Runners, and their 5 mile split was 36:26. Both ladies are relative newcomers to the world of ultra distance, but both had ambitious plans for more endurance races in the near future. Both also were contesting the Welsh championship incorporated within the event. Sharon Gayter from North York Moors AC followed in 41:25, closely pursued by former triple Welsh ultra champion, Loretta Daley in 42:08.

The second five miles was pretty much a mirror image of the first. Mark Roberts continued to extend his lead over George Dayantis, albeit still running in surges, and his time of 58:34 revealed an advantage of over four and a half minutes, with George on 63:07. Robert Hall-McNair remained in third (66:23) and Sean McCormack in fourth (70:13).

Jen Salter and Emily Gelder were still running together at 10 Miles with Jen always a stride ahead, and both looking ominously comfortable in 73:38 – a very fast pace considering the distance. Loretta Daley had moved into third (84:05) from Sharon Gayter in fourth (85:07). The sun was shining, the weather was benign and everyone was running well. Seemingly, everything was going to plan.

It may be a well worn phrase, but the only predictable thing about ultra distance is its unpredictability. Of the fifteen starters, Sharon Gayter came to the race with the most experience. She had been the UK No: 1 lady at 24 hours for 13 seasons, and was No: 4 in the world in 2009 at that event having won the Commonwealth Games Gold at Keswick last September. Just four weeks previously Sharon had won the Trans Slovenia Four Day Race, a distance of 220 kms in the snow. Surely 40 miles wasn't going to provide a challenge? Normally not, but only when the race got underway did Sharon realise that she still hadn't fully recovered from Slovenia. Tough situations call for tough decisions, and with the World Championship 24 Hour event in May an obvious priority, Sharon opted for a "strategic withdrawal".

The second unpredictable event occurred after 18 miles. By now Mark Roberts was over a mile ahead, but unbeknown to most observers had recently been suffering from asthma brought on by tree pollen. Breathing and running at six minute miling was becoming an issue. Lap 72 saw Mark having to stop to receive attention from paramedic Rhodri Thomas, which cost him five minutes. Although Mark was to resume running, his advantage over George Dayantis had been cut from four laps to just one, and his rhythm compromised.

The halfway mark was reached by Mark in 2:05:30, with George now looking a real danger on 2:07:11. Robert Hall-McNair was still third and looking good in 2:14:15, with Sean McCormack maintaining his early pace well and still fourth in 2:21:38.

By 20 miles the position in the ladies race had changed considerably. Emily Gelder had taken the lead on Lap 46 and had sped up as a result. She was looking very smooth and comfortable, and

perhaps more importantly, confident. Her time of 2:24:39 had created a six minute advantage over Jen Salter (2:30:37). By contrast, Jen had found the second ten miles tougher, and a stitch had interrupted her earlier rhythm. Loretta Daley was maintaining well in third place and a halfway split of 2:53:24 indicated that a sub six hour clocking was possible.

Fourteen of the fifteen starters had made it to halfway, but there were to be more withdrawals soon after. Sadly but not unexpectedly, Mark Roberts' breathing difficulties were to re-emerge, and a withdrawal after 22 miles became the only realistic and safe option. Mark has since declared that he intends to return next year, and we wish him well. Andrew Richards and Paul Tranter also both retired around this juncture, leaving eleven athletes to continue running. Both have completed the Barry 40 in the past and we hope both will return to do so again.

After the disappointment of the withdrawals, attention switched to the new leader and defending champion, George Dayantis. George had impressed everyone last year with his bold front-running tactics and gun to tape victory, and yet twelve months on he was 3 minutes quicker at halfway. Could he hold on? During the third quarter all looked well. He continued to extend his lead and his time at the marathon mark of 2:48:20 represented a new personal best. His time of 3:14:54 at 30 miles meant that his lead had increased to over 12 minutes and in doing so he revised his Greek national record for this distance, which he set last year. A further Greek record came at 50 km, with the clock showing 3:22:50, again eclipsing his 2009 time, which was set when surpassing the previous national best, set by ultra legend Yiannis Kouros.

However, the distance and pace were beginning to take their toll. George began to slip outside the time he'd run last year. Also, the northerly wind, which had been a gentle breeze at the start, was freshening. It wasn't strong, but when you're pushing yourself to the limit for so long, it's an irritation you can do without. Whilst his advantage was still lengthening, you could sense that the business end of the race was becoming a struggle. Having said that, George was still a magnificent winner in 4:31:19, and it will take a very talented and determined athlete to deny him a hat-trick in 2011.

The battle for second and third was interesting. Robert Hall-McNair and Sean McCormack had run virtually solitary races from the off, and had both judged their effort well. They ran together, although actually four laps apart for a time, and it became apparent that Sean was beginning to look the better of the two, even though the gap was never going to close sufficiently for their positions to change. Robert came home a very impressive runner-up in 4:47:46, with Sean an excellent third in 4:52:08, with a Welsh ultra distance championship an added bonus.

There was a flurry of excitement concerning the fourth athlete to finish. For a long time it looked as if it was going to be Emily Gelder, who had run her heart out to win the ladies race. You don't often see a sprint finish in an ultra race, but sprinting was an accurate description of Jeremy Mower as he caught and passed Emily with just 300 metres to go. Jeremy's time of 5:03:52 earned him an excellent Welsh silver medal, and was a personal best time by 8 minutes.

For Emily, losing the sprint finish was a minor detail. Hers was a brilliant run, and a new championship record in 5:04:14 and gold medal will delight her. Having only run her first ultra just over a year ago, she is clearly improving rapidly. Jen Salter, in finishing in sixth place and second lady, should take great pride in an excellent Barry debut in 5:19:21. It certainly bodes well for her assault on Marathon des Sables next month. Loretta Daley had a fantastic run to finish third lady, and scarcely slowed at all in the second half. Her clocking of 5:55:15 represented a huge improvement of 10 minutes over her previous best run at Barry.

Whilst technically a race, ultra distance athletes tend to be chasing very personal goals. This was certainly the case with local athlete Gary Hyatt who was contesting the event for the twelfth time. A recent increase in training mileage paid handsome dividends as Gary recorded 5:47:45, his fastest time for 6 years, and a bronze medal in the Welsh Championship. Now 62, a very welcome personal landmark came in establishing new Welsh age 60 records at 30 miles, 50 kms and 40 miles, the final time being 15 minutes quicker than Syd Wheeler's mark in 2002. Not only that, team Hyatt (wife Pip and daughters Kate and Sally) were on hand throughout the day to provide much needed refreshments for the army of officials, as well as recording Gary's lap by lap progress.

The performances of Geoff Oliver continue to amaze and inspire. Now 76, Geoff's obvious intentions were to set new world best marks for the Age group 75-79, and for a long time this was a realistic plan. Geoff first two 10 mile segments were covered in 82:24 and 84:14, meaning that he could slow by a minute a mile and still set a world best for 30 miles. Sadly, it wasn't to be. A pit stop after 22 miles cost 5 minutes, and Geoff never seemed quite able to recover his earlier rhythm. Having said that, his remarkable determination shone through and he still completed the distance in 6:32:27. This meant that he had to settle for merely revising his own British best marks for his age group for 30 miles, 50 kms and 40 miles.

All in all, it was another fascinating chapter in what has become an iconic event. Many thanks are due to all who came, but a special mention must go to ground staff Bill Cooke and Mike Dodds whose help and support was greatly appreciated.

Les Croupiers Perspective

I'm running out of superlatives. I always get anxious about this race, for very understandable reasons. Because it's such a specialist event, you have to get things right first time – you can't ask people to come back next week and try again. I always try to envisage what could go wrong and have a contingency plan to cope with it. Having said that, the clock stopping after four minutes scared the hell out of me – thankfully this was quickly resolved.

I thought the performances of all our four athletes was magnificent. It's been a very tough winter, and the snow and ice coincided with the time when the highest mileage for this event was needed. Jen's was a terrific effort, especially after recent ankle problems in Bilbao. She also seems to have recovered very quickly which bodes well for her return to the Marathon des Sables.

Gary looked fitter than for many years. He's been able to train more this year, and a recent four hour training run proved that he was ready. However, being ready and actually delivering are two different things. Gary set his first Welsh record at this event in 1998 (M50 category), which has since been beaten, so it was great to witness him eclipse Syd Wheeler's Welsh Over 60 best of 6:01:26 by 14 minutes.

Loretta Daley and Alan Mann have been amongst the staunchest supporters of the race for many years. Loretta looked even more determined than usual, and her pace judgment throughout was exemplary, which was surely the key to her 10 minute PB. Alan ran 15 minutes quicker than last year and was a deserved winner of the Over 50 title. However, perhaps the most remarkable fact of all was that the New Year saw a major upheaval in their lives when their house caught fire, and they've subsequently had to move. Triumph over adversity is often the name of the game in our sport, and Loretta and Alan certainly proved that!

I always stress that whilst I may be the front man for this event, I couldn't possibly stage it without the support and expertise of the greatest club on the planet. It's having that support which gives you confidence. Not only that, the feedback from the athletes, telling me how they enjoyed the race, and more importantly how friendly everyone was – these are things which inspire me.

Numbers have been down a little for the last two editions. However – I'm now one of three ultra organizers in the club; Derek has organized three 100 km championship races, and now Jen Salter is co-organiser of ULTRArace Ltd, which has really taken off. Jen has kindly promised to share her ultra contacts, which should prove invaluable. One further point, entering the Barry 40 doesn't necessarily mean you have to run 40 miles. We record intermediate distances throughout, including the marathon mark. So if you're looking to optimize your marathon ambitions, you could do a lot worse than consider Jenner Park next March.

Mick

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

14 Mar 2010	4:31:19	George Dayantis (GRE / ENG)	5:04:14	Emily Gelder (WAL)
08 Mar 2009	4:22:57	George Dayantis (GRE / ENG)	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 1986-2010

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	839	620	463 (419 / 44)	75%