



Presents

39th edition of the

Barry 40
& Marathon

{9th edition of the Marathon}

Incorporating

36th Welsh Ultradistance Championship

For the

George Dayantis Memorial Trophy

At

Jenner Park, Barry

On

Sunday 2nd March 2025

Start at 10.00 am

(Under UK Athletics and WA Rules)

Supported by



www.cardiffrunningevents.org

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WELSH ATHLETICS
ATHLETAU CYMRU

Today's Officials

Race Director :	Mick McGeoch
Race Referee :	John Griffin
Chief Timekeeper :	John Griffin
Starter :	Keith Matthews
Recorders :	Members of Les Croupiers RC and individual athletes' handlers
Race Day Co-ordinators :	Mick McGeoch, Jenny Martin, Karen Chadwell, David McDonald
Medical Cover :	Tom Carter
Feed station :	Firouz Mal, Garry Hyatt

Acknowledgements

A race of this type cannot be successfully organised without the help of many people. My sincere thanks to the following:

Don Turner and Andy Milroy for their expert advice

All officials and members of Les Croupiers

Paul Stillman for race photography

Welsh Athletics

Vale of Glamorgan Council

Jenner Park Ground Staff

Tom Carter for provision of medical cover

Caroline and Patrick for putting up with me

To all the athletes, may I wish you an enjoyable weekend in Barry. I hope you all achieve your personal goals in our race. The presentation will take place as soon after 4.00pm as possible.

Mick McGeoch

For more information, results, and race histories:

www.lescroupiersrunningclub.org

www.cardiffrunningevents.org/barry-40.php

www.statistik.d-u-v.org

Barry 40 and Marathon– The Engine Room

(otherwise known as "Last of the Summer Wine")

Mick McGeoch

Mick's name is always linked with the Barry 40, a race he created and won in dramatic fashion in 1986. His best performance came two years later winning with 3:58:40, the then 9th fastest ever. He won 3 of his 9 ultras, twice representing Great Britain in the World 100km Championship. He is perhaps better known as a marathon runner, with 40 sub 2:30 performances in 80 starts with a PB of 2:17:58 [London, 1983] and 4 wins. He also won 10 marathon age group titles, including 2 of the World Majors: M40 [London, 1996] and M45 [Berlin, 2001]. Race Director of this event since its inception.

John Griffin

Club chairman since 1995, John's name is synonymous with the organisation of Les Croupiers. Seemingly, no job is either too large or too trivial for him to do. Whether it be collecting the dirty dishes and glasses and returning them to the bar, putting up and taking down the club tent at cross country, giving out finishing discs to close to a thousand runners at parkrun each Saturday, or drawing green arrows on all the junctions throughout the length of Wales for each year's Welsh Castles Relay, John just gets on and does things with the minimum of fuss to ensure events run smoothly. He is also a tireless fundraiser for the local Velindre Hospital.

Six years ago he received the British Empire Medal for services to the athletic and cancer community. Paddington-born, he is a lifelong Chelsea fan, but we try not to hold that against him.

Paul Stillman

Like John, Paul joined the club in the early 1980s and was a tidy athlete, clocking just under 90 minutes for the half marathon, and just over 3 hours for the marathon. However, owning his own furniture business led to extensive travel both in the UK and abroad, and this curtailed his athletic exploits. However, since travelling less Paul has been able to give back to the sport and indulge in a personal passion - photography.

Paul excels at everything he does and this is borne out by his reputation for superb action photos both in South Wales and beyond. This all comes as part of the race package, the photos are free, but with the proviso that you credit him with taking them.

Paul has never needed assertiveness training as you will find out with the photos taken on the day.

https://www.flickr.com/photos/les_stills/

38th Annual Barry 40 Miles Track Race, Sunday 3 March, 2024

40 miles – Final Entry List (13)

Race #	Athlete	Age	Club	Lap Scorer
2	Sam Amend	45 L	Belgrave Harriers	
3	Rachel Bowen	47 W L	Lliswerry Runners	Jon Belcher
4	Paul Bruton	49 W	Lliswerry Runners	Stuart Bruton
5	Matt Field	38	Bad Boy Running Club	Laura-Jayne Field
6	Melissah Gibson	41 L	Ealing Eagles	
7	June Harrison	55 L	Delamere Spartans	
8	James Hauxwell	40	New Marske Harriers	
9	Helen James	52 L	100 Marathon Club	
1	Grant Jeans	41	Moray Road Runners	William Jeans
10	Jeremy Mower	59 W	Western Tempo	
11	Kelsey Price	29 L	RunHead AC	David Price
12	Caroline Turner	42 L	Harrogate Harriers	Lisa Sanderson
13	Owain Zerilli	30 W	Les Croupiers	Rachel Lammin

Welsh Championship Entry = 4

Ladies Entry = 7

Marathon – Final Entry List (1)

Race #	Athlete	Age	Club	Lap Scorer
21	Peter Gillibrand	28	Les Croupiers	

Welsh Championship Entry = N/A

Ladies Entry = N/A

Barry 40 Miles: Race Line-Up

No: 2 Sam Amend (Belgrave Harriers)

Age 45. Sam describes her running journey as being a slow-burner and something that started out as a small challenge until she reached her full potential. She enjoyed being fit even at Great Marlow school where she enjoyed a range of sports, especially cross country where she won at her local league, and she represented her school in track and field. Although maintaining her fitness at the gym after leaving school, it wasn't until 2005 that Sam started to run seriously between the birth of her two children, Emily and Spencer. Having been pursued by some work colleagues to run the Reading Half to raise money for the Outward Bound Charity, Sam went on to run the London Marathon the following month, clocking 3:16:01 on her debut. She thus found she had a natural aptitude for distance running, and this was where the addictive bug started.

Ever since then, Sam's running record shows an amazing capacity for hard work, and impressive consistency in her results. On the track, she can point to PBs of 17:48 for 5000 metres and 35:37 for 10000 metres, although interestingly she has also competed at 400, 800, 1500 and the 1500 metres steeplechase. On the road, Sam has PBs of 77:09 (Bath Half Marathon, 2011) and 2:42:11 (Frankfurt 2012). However, the fact that Sam has run 19 sub 2:50 marathons shows her greatest asset – spectacular consistency. This has proved invaluable as she has continued to move up in distance.

Having run her first 100km in 2016, Sam has gone from strength to strength. She won the UK 100km title at Redwick, Wales in March 2018 in 7:53:57, which constituted a new Anglo Celtic Plate record by 7 minutes. She came to Barry 6 years ago and recorded an excellent 4:56:17 to win the ladies race - the weather was atrocious with 50 MPH winds throughout.

Athletic highlights since include setting a British 12 hour track record of 140.310 km at Bedford in April 2022 en route to another British record for 100 miles (14;10:41). Three weeks prior to that she improved her 100 km best to 7:48:39 in the Anglo Celtic Plate at Perth.

Sam got married last year, but we'll call her Sam Amend just for today as Sam Hudson dos Santos Figueira won't fit on our numbers!

No: 3 Rachel Bowen (Lliswerry Runners)

Age 47. Rachel writes: Rachel's streak of four consecutive Barry 40's was brought to an abrupt end by a surprise diagnosis of Stage 2 breast cancer in November 2022. One of her goals during the two cancer operations, radiotherapy, and further (more invasive) operation for endometriosis which took place during 2023, was to be back on the Barry 40 start line in 2024.

Thanks to some supportive consultants who were in favour of Rachel being able to return to running with only minimal time off after each operation, she was able to train throughout all the treatment.

She has subsequently set PBs at all distances post-cancer and has also run a marathon and half marathon for the Welsh Masters team. Rachel did indeed make the start line of the 2024 Barry 40. One of her proudest achievements was setting a new 40 mile PB of 5:35:58, as well as winning the Ladies race and Welsh Championship.

During the course of her cancer diagnosis and treatment, she encountered a small amount of people who implied that she wouldn't be able to run the times or distances she had previously.

“Those who say it can not be done, should not interrupt those doing it.”

This year, Rachel is just hoping to achieve a sixth Barry 40 mug. She is grateful to everyone who has helped her make the start line including coach, Josh Griffiths, the team of lap scorers and spectators, Mick McGeoch (for his encouragement and support), and her long-suffering husband, Jon, who faces another 6 hours of being shouted at for bananas and Lucozade Sport.

No: 4 Paul Bruton (Lliswerry Runners)

Age 49. Paul writes: "My season goal this year is Dragon's Back in September, I'm 50 this year so wanted a life affirming challenge, which is big & stupid and that fits the bill. The training effect I'm looking for from your race is building mental resilience. I'm trying to develop that stubbornness to keep going when your body wants you to stop."

In terms of my experience, I've completed multiple Ironman events over the last decade and have transitioned to ultra running in the last two years. I'm most at home out in the hills and on the trails, I'm regularly running 3hrs on consecutive days. However, running on the flat and around and around in circles will be a new challenge for me without the distraction of the changing terrain.

Looking at previous year's results, my pace will be at the back-end of the field. My current 5K time is the high 19's, with a recent deterioration driven by lack of threshold speed work whilst I've been focusing on longer slower volume. The Riegel formula suggests my best potential pace would be around 5hrs. My plan would be to start off at something around 5hrs 30 mins pace and increase if I'm feeling good and everything goes to plan".

No: 5 Matt Field (Bad Boy Running Club)

Age 38. Matt writes: "I competed in road cycling and triathlon as a youth and junior with a specific dislike for running! Injury and life got in the way and I hung up my wheels in 2005. I had occasional periods of running during my 20s, where I found the sport enjoyable. Mostly because speedwork wasn't involved."

In late 2022, I'd been running regularly for a couple of months and decided that I wanted to try running an ultra. This escalated quickly, and a casual hobby soon became an all-encompassing passion. I podiumed at Chester 50, Manchester to Liverpool and the Thames Path 100. My journey into ultra running coincided with Robbie Britton setting a new 24hr record in Turin. The publicity piqued my interest, and I entered Gloucester 24hr. I ran 235km, leaving with sore legs and a dream of achieving GB Selection for 2025.

There was a rocky start to 2024 with disappointing results at Chester 50 and Crawley 24hr. A tune up race at the Bannister 6hr event was problematic and saw me retire early with cramp. However, putting lessons learned to good use to hone hydration, fuelling and temperature management I delivered an exceptional yet unexpected performance to break the British 24hr record at Gloucester, with 281.303 kms.

As a relative newcomer to the sport, 2025 will see me attempt the 40miles and 100km distance for the first time. I'm looking forward to testing myself before returning to 24hr racing in the Autumn".

No: 6 Melissah Gibson (Ealing Eagles)

Age 41. Melissah's story is truly inspiring. She came to the UK from Australia in 2011 and it wasn't long before she fell in love with running and the Ealing Eagles Running Club. At the age of 28 she switched from being a heavy smoker chained to a desk to a run commuter.

She ran her first marathon the following year in Rome, clocking 3:24:11 on 18 March 2012. She has now completed over 100 marathons and is the current leader in the 2025 UK rankings with 2:37:48 in winning the Murcia Marathon on 2 February 2025.

But it is in ultradistance where Melissah's progress is even more remarkable. Last year she was second lady in the UK 100 kms Championships in Perth with 7:13:23 on 24 March. She placed 14th lady in the Comrades with 6:36:13 on 9 June. And on 7 December in the heat of Bangalore and the World 100 km she came fifth in 7:35:27, helping Team GB to the team bronze medals. And all this after a marathon PB in Seville with 2:36:48 on 18 February and a total of 7 marathons in the year.

No: 7 June Harrison (Delamere Spartans)

Age 55. The earliest results I could find for June were from 2017 - in the last eight years she has competed in many multi-terrain events, particularly over 50 miles and 100 miles. The North and South Downs Way both figure prominently, as does the Wendover Woods 50 miler and the Arc of Attrition completing both the 50 and 100 miler. June is also a regular at the Lakeland 50 and 100 events completing 4 so far.

Last year she completed the Summer Spine Challenger North and the Orsieres-Champex-Chamonix 57 kms in Switzerland.

Track races are something of a rarity, but June did run the Crawley Track 24 hours last April, placing 9th with 168.817 kms and a Cockbain track 100 miler previously in 21h21m.

No: 8 James Hauxwell (New Marske Harriers)

Age 40. James writes: "my name is Jamie Hauxwell and I live in sunny (I wish) Redcar on the North Yorkshire coast with my wife and 2 daughters. In my late teens and early 20s I played professional rugby union and league but retired early due to a repeated head injury. My running journey began in 2011 when my beautiful daughter Nancy was born 7 weeks premature and quite poorly. I decided to raise money for the neonatal unit that helped her so much by running the Hardmoors 110 mile race and although I didn't finish I was bitten by the ultra running bug!

Since then I have completed some of the UK's toughest races and I have been lucky enough to win quite a few along the way including The Lyke Wake race 2x, Hardmoors 60, Goathland marathon, White Rose 60 miles and 30 miles, Hardwick park 6 hour 2x, Trail attack 24 hour race, the Smugglers Trod, Oswius Revenge and The Lap. I have also been on the podium at Tooting Bec 24 hour track race (222.575 Kms), Lakeland 50 and the Hardmoors 200. My favourite running memory to date is completing the Bob Graham round with my good friend Tom.

I am really looking forward to making the trip south to Barry to see what I can do in one of the most respected races in the UK".

No: 9 Helen James (100 Marathon Club)

Age 52. Helen has been a member of the 100 Marathon Club since 2012 and has now completed over 200 marathons / ultras in total. In her only previous appearance at Barry 5 years ago she ran a brilliantly judged race to win in 5:41:34. Her best running years were 2013/14 where she set most of her PBs and represented England in the Anglo Celtic Plate 100km twice (best position 5th in 9:11:49 in Perth in 2013). In that same year she ran 3:12:21 in London and 213.576 km in Basel (Sui) 24 hr where she was first lady and third overall.

Last year she ran marathons at Milton Keynes (3:22:18) and Chester (3:17:00) as well as 83.650 kms in the Crawley track 12 hours and 10:25:06 in the Gloucester track 100 kms
Helen is also an Economics and Business Studies teacher and plays the violin.

No: 1 Grant Jeans (Unattached)

Age 40. Grant was born in Aberdeen and raised in Elgin, Moray, close to the homes of ultra legends Don Ritchie and Simon Pride. Grant's Dad William worked at Moray College with Don, and like Simon, Grant currently works for Royal Mail.

Grant began taking part in organised running training during a lunchtime cross country club at New Elgin Primary School, but it was not until his fourth year of secondary school during physical education classes that he started to realise he felt more comfortable running longer distances and was able to run further than his classmates. Reading and hearing about Don and Simon's achievements, combined with the fact a few of his friends had started running, inspired a sixteen-year-old Grant to follow structured training programmes with the aim of running competitively.

Despite running a few ten kilometre and cross-country races, Grant started to suffer very badly from peroneal tendonitis. Orthotics made a difference; however, a few tweaks were required as they initially caused severe blisters. Eating disorders would disrupt Grant's running for a while, but after several years away from racing, Grant decided to start his first ultramarathon – a twenty-four-hour track race in Hull – in 2004. It took a long time for Grant to get things right, but he eventually won his first ultra in August 2009 when setting a new course record at the John Lucas Memorial 50 miles Round Strathaven.

Grant was rewarded with his first Scotland vest the following month at the Commonwealth Mountain and Ultra Distance Running Championships in Keswick. Grant finished in sixth place in the 100K road race and anchored Scotland to the bronze team medal. 2010 was a mixed year for Grant as he initially sustained the back injury that would hinder his progress for years to come but still managed to win the Scottish 100K Championship and Scottish Ultra Marathon Series, a title he would retain in 2011. Grant also earned what remains his only Great Britain and Northern Ireland vest at the 2011 IAU World 100K Championships.

Grant has finished in overall first in thirty-one ultramarathons within the United Kingdom. Believing he can remain competitive over a variety of distances and terrains for a good few years. Grant aims to win as many ultramarathons as he can manage.

A big fan of World Wrestling Entertainment (WWE), Grant ticked off some of the goals on his bucket list while attending WrestleMania XXX in New Orleans in 2014 and when witnessing John Cena win the WWE Championship at the 2017 Royal Rumble in San Antonio. Grant is also a huge football fan and supports Rangers and Elgin City.

Grant has a Cineworld Unlimited card and uses it a lot. He will watch almost anything at the cinema, but particularly enjoys thrillers and dramas. Grant also loves watching whodunnits and musicals at the theatre.

During the pandemic, as there was not much racing taking place, Grant decided it would be the ideal time to transition to wearing minimalist footwear. As a result, Grant no longer uses orthotics at all and predominately walks everywhere in minimalist and/or zero drop shoes. Grant hopes to design and construct his own brand of running shoes in the future.

If Grant has managed to make it to Barry today, it will be somewhat of a minor miracle as he is due to undergo surgery for Haglund's deformity in the near future. He has been struggling with Haglund's deformity since June, and also dislocated his right knee and fractured his left ankle towards the end of last year, but is going to try and defend the Barry 40 male title for the first time. Last year's race saw Grant clinch first place for the third time, but he has been unsuccessful when trying to retain in the past. An interesting statistic is that Grant has won the Barry 40 in Wales, the 50K Canalathon Ultra in Sowerby Bridge, England and a two-race event of a marathon and six-hour race in East Kilbride, Scotland, all within the same calendar month.

One highlight of the long trip south to Barry for Grant is that he can spend some quality time with his Dad William, who generously drives and keeps count of Grant's laps.

No: 10 Jeremy Mower (Western Tempo)

Age 59. Jeremy will be aiming to complete his 14th Barry 40-mile Track Race today. Only Bob Emmerson with 16 finishes has completed more and Jeremy would love to equal that score although he says he's finding harder as the years roll on with the longer races. Last year he competed for Welsh Masters at distances ranging from 1500 metres to the marathon, and his performances are showing little sign of slowing down (2:53:44 at London Marathon and 2:58:08 at Chester Marathon). Super-consistent.

No: 11 Kelsey Price (RunHead AC)

Age 29. Kelsey Price is a management consultant in healthcare, a running coach with Camino Ultra, and a passionate long-distance runner. But more than chasing personal goals, she finds the greatest joy in helping others unlock their own potential as a coach. She is particularly fascinated by the female athlete and how female physiology can be a superpower.

In 2024, she ran 231km in 24 hours at Crawley, placing ninth on the GB&NI all-time list for the distance, and has won races like the 145-mile Grand Union Canal Race. But what drives her is the pure joy of movement and the outdoors, the deep connections running brings and the curiosity to see what's possible.

This year, she will represent England in the Anglo Celtic Plate. But today, she's especially excited to run Barry. Not only because she loves Wales, having gone to Uni in Cardiff and getting married in Wales next year, but she will have her amazing Dad as her lap counter. He is the one who first sparked her love for ultras, gifting her a marathon for her 18th birthday and an ultra for her 21st. He was her biggest cheerleader back then, and has been ever since.

No: 12 Caroline Turner (Harrogate Harriers)

Age 42. The earliest result I could find for Caroline was Man v Horse 22 miler in 2011, where she was 10th lady. She has come on leaps and bounds since then. She ran Marathon Des Sables in 2018, finishing 15th lady. The Dartford Midnight Marathon in June 2019 saw her win the ladies race in 3:04:54.

More recently she has excelled in all events both at home and abroad. In 2021 she finished second overall and first lady in the Dales Highway Ultra 90 miles on 8/9 May. She was first lady in the Ilkley Half Marathon on 11 July in 81:56, more than three minutes faster than in 2019. She finished second overall and first lady in the Skiddaw Ultra, breaking the course record.

On 10-19 September 2021 she finished third overall and first lady in the Volcano Ultramarathon Iceland multi-stage race, 280 kms in 6 stages over 7 days. Then on 12 December she recorded a major breakthrough with 12th placed lady in the Malaga Marathon in 2:48:51.

2022 got off to a great start with third place in the UK 100 kms champs at Perth in 7:51:35, improving to 7:45:42 in the World 100 kms champs in Bernau, Germany and placing 15th. In 2023 she clocked a very solid 2:49:54 in London and then placed 35th in the Comrades (down run) with 7:14:35.

Last year she was first lady in the Country to Capital 43 miler before winning the Sri Chinmoy 100 kms road race in Paris outright and improving her best to 7:41:51.

No: 13 Owain Zerilli (Les Croupiers)

Age 29. Owain's running career can be split into "pre-Les Croupiers" and "post-joining Les Croupiers". Runners in the club will have seen Owain running on the roads – PB's at 5K (16:09), the half-marathon (74:39) and marathon (2:38:07) in 2022 – and cross country. Owain was "coached" at primary school for cross country by Julian Goater, a man worth reading about if you don't recognise the name – although no one at their schools knew a thing about him or how good a runner he was! Maybe he's part of the reason Owain loves cross country? Owain had a tough year in 2023 but managed to finish the year with training trending upwards and Barry 40 circled on his calendar.

What some may not know is that "pre-Les Croupiers" Owain began running (outside of the odd parkrun) in 2017, with his first race being the 2018 Vale Coastal Ultra, where he finished 6th – not sure how wise it was to begin running a 50K? 2018 continued with another 50K, a vertical Kilometre, a couple of 50-mile ultras, and a 100-mile finish in Ireland at a backyard ultra. This was bettered in 2019 with 113 miles in another backyard ultra. In last year's Barry 40 Owain retired after 123 laps, having passed 30 miles in 3:15:07. In retrospect, that may have been a little ambitious, and he is keen to make the necessary adjustment this time.

Owain is currently studying for a masters in sport and exercise science at Cardiff Met, and is sure to put some science to use in the build up & day of the race!

Marathon Line-Up

No: 21 Peter Gillibrand (Les Croupiers)

Age 28. Peter ran this race 3 years ago and clocked 4:52:39. Whilst he would be the first to admit that he is the ultimate social runner, he is gradually chipping away the minutes and in his last marathon (his 24th) in Marrakech he clocked a 3 minute PB with 4:18:11. His ideas and social skills have endeared him to everyone at Les Croupiers Running Club, and he frequently organises club trips to major races abroad.

Originally from Bangor, North Wales, Peter started as a journalist with BBC Wales News in 2022, and has been involved in many projects since - currently broadcasts at lunchtime on Newsbeat

GREAT MEMORIES FROM THE BARRY 40



Three years ago Ollie Garrod and Paul Martelletti enjoyed a titanic struggle here, which Ollie narrowly won, clocking 4:01:01 to Paul's 4:04:04. Twelve months later he returned to not only complete a hat trick of wins, but his amazing 3:45:07 shattered Don Ritchie's 41 year old world best by almost three and a half minutes. His 10 mile splits of 55:41, 55:23, 56:08 and 57:55 tell their own story. It was a privilege to watch!

World All-Time 40 Mile Track Rankings as of 31st December, 2024 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:45:07	Ollie Garrod (Belgrave Harriers)	Barry	2023
2. 3:48:35	Don Ritchie (Forres Harriers)	Barnet	1982
3. 3:49:32	Joe Keating (Ealing & Southall)	Ewell	1973
4. 3:49:49	Alastair Wood (Aberdeen)	Pitreavie	1969
5. 3:49:56	Lynn Hughes (Thames Valley)	Cardiff	1970
6. 3:52:17	Cavin Woodward (Leamington)	Ewell	1978
7. 3:53:04	Michael Taylor (St Neots Riverside/RAF)	Barry	2020
8. 3:53:36	Jeff Julian (New Zealand)	Auckland	1969
9. 3:53:42	Tom O'Reilly (Small Heath)	Crystal Palace	1976
10. 3:53:55	Simon Pride (Keith & District)	Barry	1999
11. 3:54:41	Aleksandr Sorokin (Lithuania)	Bedford	2022
12. 3:54:52	Steve Way (Bournemouth AC)	Barry	2016
13. 3:54:53	Phil Hampton (Royal Navy)	Cardiff	1970
14. 3:55:21	Erik Seedhouse (City of Hull)	Barry	1990
15. 3:58:40	Mick McGeoch (Les Croupiers)	Barry	1988
16. 3:59:24	Martin Daykin (Hereford Couriers)	Barry	1989
17. 3:59:56	Daniel Rothwell (Swansea)	Barry	2023

18.	4:00:20	Mike Hartley (Cannock & Stafford)	Barry	1993
19.	4:01:28	Stephen Moore (Hertford & Ware)	Barry	1994
20.	4:03:28	John Tarrant (Salford Harriers)	Cardiff	1966
21.	4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
22.	4:04:04	Paul Martelletti (Victoria Park / Tower Hamlets)	Barry	2022
23.	4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
24.	4:04:34	Gerald Walsh (South Africa)	Walton	1957
25.	4:04:42	Mike Newton (South London Harriers)	Ewell	1976
26.	4:05:35	Arthur Keily (Derby & County)	Walton	1957
27.	4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
28.	4:06:12	Peter Sugden (Reading)	Barnet	1982
28.	4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
30.	4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
31.	4:07:19	Adam Stokes (Bristol & West)	Barry	2020
32.	4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
33.	4:07:52	Norbert Mihalik (Northampton RR/Hungary)	Barry	2023
34.	4:08:07	Alan Smith (Burton)	Cobham	1980
35.	4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
36.	4:08:16	Brian Cole (Royal Marines)	Barry	2004
37.	4:08:31	Ken Young (United States)	Chicago	1972
38.	4:08:59	Peter Vermeesch (Belgium)	Barry	2013
39.	4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
40.	4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
41.	4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
42.	4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
43.	4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
44.	4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
45.	4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
46.	4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
47.	4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
48.	4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
49.	4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
50.	4:12:40	Martin Thompson (Australia)	Ewell	1978
51.	4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
52.	4:13:32	George Kay (Stafford AC)	Ewell	1979
53.	4:13:50	Herman Mulder (London Irish)	Barry	2004
54.	4:14:05	Tom Malone (South Africa)	Walton	1966
55.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
56.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
57.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
58.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
59.	4:14:47	Grant Jeans (Unattached)	Barry	2023
60.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

World All-Time 40 Mile Track Ladies Rankings as of 31st December, 2024 (to 5:00)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>	
1.	4:26:43	Carolyn Hunter-Rowe (Pudsey & Bramley)	Barry	1993
2.	4:26:50	Sarah Webster (Isle of Man)	Gloucester	2024
3.	4:34:54	Ann Trason (United States)	Nantes	1996
4.	4:35:10	Dominika Stelmach (Poland)	Bedford	2022
5.	4:35:29	Norimi Sakurai (Japan)	Verona	2003
6.	4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002

7.	4:42:42	Valentina Liakhova (Russia)	Nantes	1996
8.	4:42:50	Donna Perkins (United States)	Nantes	1996
9.	4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
10.	4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
11.	4:47:59	Adela Salt (Trentham RC)	Barry	2011
12.	4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
13.	4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
14.	4:51:52	Linda Meadows (Australia)	East Burwood	1994
15.	4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008
16.	4:52:14	Camille Herron (United States)	Bedford	2022
17.	4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
18.	4:54:48	Huguette Jouault (France)	Nantes	1996
19.	4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
20.	4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
21.	4:59:29	Karen Rushton (South West Vets)	Barry	2011
22.	4:59:34	Monika Kuno (Germany)	Vogt	1983
23.	4:59:58	Livina Petrie (Australia)	East Burwood	1993

A Glimpse into the past.....

People are often surprised that the initial world record set for 40 miles occurred as long ago as 1879. Indeed, the history books show that the 1880s were an incredible era for ultra distance running (thereby pre-dating the modern Olympic era), and many of the marks recorded during that decade still compare very favourably with performances today. Wales has played an important part in the event, with two male world records set at Maindy Stadium, Cardiff during the 1960s, as well as the performances by Ann Franklin and Carolyn Hunter-Rowe here in Barry in the evolution of the ladies' record. Twelve months ago Ollie completed a remarkable hat-trick of wins here and was hugely impressive in lowering Don Ritchie's 41 year old record by clocking 3:45:07 (splits of 55:41, 55:23, 56:08 and 57:55). It was a privilege to watch.

Male Record Progression

Time	Athlete	Year	Venue
5hr:33mins:40.0secs	James Squire (GB)	1879	Stamford Bridge
4hr:50mins:12.0secs	George Dunning (GB)	1879	Stamford Bridge
4hr:46mins:54.0secs	John Fowler-Dixon (GB)	1884	Lower Aston, Birmingham
4hr:19mins:20.4secs	Derek Reynolds (GB)	1952	Motspur Park
4hr:18mins:14.0secs	Jackie Mekler (SA)	1954	Deville
4hr:04mins:34.0secs	Gerald Walsh (SA)	1957	Walton
4hr:04mins:09.0secs	Alan Phillips (GB)	1966	Walton
4hr:03mins:28.0secs	John Tarrant (GB)	1966	Maindy, Cardiff
3hr:58mins:53.2secs	Lynn Hughes (GB)	1967	Maindy, Cardiff
3hr:53mins:36.0secs	Jeff Julian (NZ)	1969	Auckland
3hr:49mins:49.0secs	Alastair Wood (GB)	1969	Pitreavie
3hr:49mins:32.0secs	Joe Keating (GB)	1973	Ewell
3hr:48mins:35.0secs	Don Ritchie (GB)	1982	Barnet
3hr:45mins:07.0secs	Ollie Garrod (GB)	2023	Barry

Female Record Progression

Time	Athlete	Year	Venue
5hr:49mins:51.0secs	Eileen Waters (USA)	1973	Santa Monica, USA
5hr:42mins:30.0secs	Donna Gookin (USA)	1975	Santa Monica, USA
5hr:18mins:04.0secs	Judy Ikenberry (USA)	1977	Santa Monica, USA

5hr:12mins:13.0secs	Lynn Fitzgerald (GB)	1982	Barnet
4hr:55mins:17.0secs	Eleanor Adams (GB)	1982	Bingham
4hr:47mins:27.0secs	Ann Franklin (GB)	1986	Barry
4hr:26mins:43.0secs	Carolyn Hunter-Rowe (GB)	1993	Barry

**Over 50 years ago, Joe Keating set a world record at the Ewell 40 miles.
It remains the third fastest of all time.**

**Joe was 24 at the time, today he still runs at Gladstone parkrun most weeks.
And about recovery - Joe set his marathon PB of 2:21:46 the following weekend.**

**Why not watch his epic run?
You Tube: Ewell 40**

World Age Group Track Records as at 31st December, 2023

30 Miles

Sex / Age	Holder	Time	Venue	Year
M18-39	Jeff Norman (UK)	2:42:00	Timperley	1980
M40-44	Tim Johnston (UK)	2:48:37	Barnet	1982
M45-49	Stephen Moore (UK)	2:58:12	Barry	1994
M50-54	Stephen Moore (UK)	2:59:04	Barry	1999
M55-59	Otho Perkins (USA)	3:11:01	Worthington	1986
M60-64	Alec Dunn (UK)	3:27:29	Barry	1997
M65-69	Bob Emmerson (UK)	3:36:52	Barry	1998
M70-74	Geoff Oliver (UK)	4:02:43	Barry	2007
M75-79	Geoff Oliver (UK)	4:18:45	Barry	2011
M80-84	Geoff Oliver (UK)	5:10:21	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:12:25	Barry	1996
F35-39	Ann Trason (USA)	3:21:29	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:30:00	Sao Paulo	2000
F45-49	Sarah Webster (UK)	3:18:35	Gloucester	2024
F50-54	Lavinia Petrie (Australia)	3:40:44	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:21:09	Nantes	1996
F60-64	Shirley Young (Australia)	4:19:07	East Burwood	1992
F65-69	Shirley Young (Australia)	4:27:17	Moe (Aus)	1999

50 Kilometres

M18-39	Jeff Norman (UK)	2:48:06	Timperley	1980
M40-44	Tim Johnston (UK)	2:55:07	Barnet	1982

M45-49	Stephen Moore (UK)	3:04:48	Barry	1994
M50-54	Stephen Moore (UK)	3:05:45	Barry	1999
M55-59	Otho Perkins (USA)	3:17:26	Worthington	1986
M60-64	Alec Dunn (UK)	3:35:11	Barry	1997
M65-69	Bob Emmerson (UK)	3:44:53	Barry	1998
M70-74	Mike Sheridan (UK)	3:56:19	Gloucester	2022
M75-79	Geoff Oliver (UK)	4:29:29	Barry	2011
M80-84	Geoff Oliver (UK)	5:23:00	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:18:52	Barry	1996
F35-39	Ann Trason (USA)	3:28:33	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:37:22	Sao Paulo	2000
F45-49	Sarah Webster (UK)	3:24:13	Gloucester	2024
F50-54	Lavinia Petrie (Australia)	3:50:15	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:30:46	Nantes	1996
F60-64	Shirley Young (Australia)	4:28:45	East Burwood	1992
F65-69	Shirley Young (Australia)	4:36:49	Moe (Aus)	1999
<u>40 Miles</u>				
M18-39	Ollie Garrod (UK)	3:45:07	Barry	2023
M40-44	Steve Way (UK)	3:54:52	Barry	2016
M45-49	Stephen Moore (UK)	4:01:28	Barry	1994
M50-54	Stephen Moore (UK)	4:03:37	Barry	1999
M55-59	Bob Emmerson (UK)	4:31:36	Crawley	1991
M60-64	Bob Emmerson (UK)	4:48:25	Barry	1995
M65-69	Bob Emmerson (UK)	4:57:49	Barry	1998
M70-74	Geoff Oliver (UK)	5:38:19	Barry	2005
M75-79	Heinrich Gutbier (Germany)	6:03:39	Ottweiler	2000
M80-84	Geoff Oliver (UK)	7:51:26	Tooting Bec	2014
F18-39	Carolyn Hunter-Rowe (UK)	4:26:43	Barry	1993
F35-39	Ann Trason (USA)	4:34:54	Nantes	1996
F40-44	Maria Venancio (Brazil)	4:46:44	Sao Paulo	2000
F45-49	Sarah Webster (UK)	4:26:50	Gloucester	2024
F50-54	Jen Coleman (UK)	5:24:22	Barcelona	2024
F55-59	Paulette Echevarne (France)	5:56:35	Nantes	1996
F60-64	Shirley Young (Australia)	5:52:34	East Burwood	1992
F65-69	Shirley Young (Australia)	6:11:35	East Burwood	1995

The History of the Barry 40 miles Track Race

When did it start? Why 40 miles?

Les Croupiers Running Club were formed in May 1980, and one of the many reasons for its success was that it all happened months before the first London Marathon in March 1981. London provoked massive interest in marathon running and many members of the new club were very much influenced by this.

The club became a strong endurance force very rapidly on both an individual and team front. Some notable personal best times were achieved, but after a time some of the more ambitious runners, ultra distance became an attraction, and Sandy Johnston, Howard Brown and Mick McGeoch decided to enter Britain's most famous ultra, London to Brighton (53 miles 540 yards) in 1985. In the event, Sandy Johnston and Howard Brown acquitted themselves well, placing 14th and 16th, whilst for McGeoch, potentially the fastest of the three, there was disappointment as he withdrew after 32 miles with dehydration.

McGeoch's rationale was that the leap from 26 to 53 miles was too ambitious, and that an intermediate distance might be more feasible and more inviting to other ultra aspirants. There weren't, however, too many such events on the calendar, so he decided to set up his own.

During the 1960's there had been a number of 40-mile track races held on the cinder track at Maindy Stadium, Cardiff. Indeed, two world best performances had been set, 4:03:28 by John Tarrant in 1966 and 3:58:53 by Lynn Hughes a year later, thereby becoming the first man to break 4 hours for the distance. These events were organised by Bernard Baldwin in conjunction with the Road Runners Club. Bernard is more famous for creating the Nos Galan Road Races in Mountain Ash in 1958 – a cult race which became a huge “people's event” long before mass participation was prevalent in the UK. He was in many ways a man ahead of his time. Like McGeoch, Bernard Baldwin was Barry-born, so a 40-mile track race at Jenner Park in Barry fitted the bill perfectly. A lot of local interest was created, and a local hotelier, Wyn Pryse-Jones, kindly agreed to accommodate the travelling runners and officials in his hotel, the Mount Sorrel in Barry, free of charge.

This helped enormously. Two of the visiting officials were Don Turner and Andy Milroy, and their advice and guidance was an immeasurable help in making that first race such a success. In addition, one of the local late entries, Ann Franklin from Mynyddwr de Cymru (herself a 3-time winner of London to Brighton), stole the show and set four outright ladies world best performances at 25 miles, 30 miles, 50 kilometres and 40 miles. Her finishing time of 4:47:27 puts her 8th on the current world all-time list.

This re-birth of 40-mile track running in Wales showed that the record-breaking feats of the athletes in the 1960's could not only be maintained, but surpassed. 38 years on, a total of 24 of the top 60 (40%) of male global all-time performances have been set here, as well as 7 of the top 22 (31%) of female ones. In addition, three Barry 40-mile champions have gone on to win global 100 Km titles (Carolyn Hunter-Rowe 1993, Simon Pride 1999, and Lizzy Hawker 2008).

Viewing the list of past winners is interesting, but doesn't give the whole story. Hilary Walker of Serpentine stands head and shoulders ahead of the opposition with six wins 1988-2002. However, it's the 2001 race which I remember best. It was well known that Hilary was a high-ranking civil servant. At the start of the race, Hilary stood on the side of the track in earnest telephone conversation. It clearly was important because 35 minutes elapsed before she started running. During the race Hilary stopped several times for further phone calls. In the event, a 40-mile race turned into a 20-mile training run. It was top secret and I never found out the nature of those calls. We always have a good laugh about it. Today Hilary is still heavily involved in the sport, being General Secretary of the International Association of Ultrarunners. You will also often see her as Referee at major events.

Carolyn Hunter-Rowe was outstanding at Barry, not only with her world record 4:26:43 in 1993 but also 4:35:42 in 1999. She would sometimes use the race for speedwork, including a world track record 3:18:52 for 50 kms in 1996 (a mark which still stands), which was an ideal preparation prior to winning the European 100Km title that year (as well as global titles at the same distance in 1993 and 1998). Eleanor Robinson was another all-time great who excelled here. Her one performance of 4:50:11 in winning the 1994 race remains a world best for the F45 age group.

Three men can claim hat-tricks of wins. Simon Pride dominated 1997-99, twice breaking four hours, with a best of 3:53:55 which remained an event record for 21 years. This last victory was the prelude to him winning the World title in Chavagnes en Pailles (France) in a UK record 6:24:05.

George Dayantis won 2009-11. I remember him with great affection as he used to visit his son Alex at university the previous day, with Alex lap scoring during the race. George was much older than the other multiple winners, but his running was impressively consistent, as he would methodically wear down the opposition. Sadly, George died just three months after his final win, aged just 49, from atrial fibrillation. Today's winner's trophy respects the contribution George made here.

Finally, Ollie Garrod won 2021-23. The 2022 race was nail-biting after a race long dual with Paul Martelletti. However, last year Ollie came to Barry on a crest of a wave, having set a new English road 50 Km best of 2:51:26 at Goodwood just three weeks previously. That said, to run 3:45:07 was breathtaking and a privilege to witness.

I have mentioned the remarkable contribution of Bob Emmerson elsewhere in the programme. Equally remarkable was Bob's great friend and rival Geoff Oliver, who set numerous world age group marks at 30 miles, 50 Kms and 40 miles. Everyone present will remember Geoff's impeccable manners as well as his outstanding running. If Geoff thought that he would be unable to complete the distance in the allotted time, he would approach me after 6 hours with the explanation "I've taken quite enough of your time, thank you!". His final run here was in 2018, when he completed the marathon in 4;55:37, aged 84!

The decline in race numbers did become a bit of an issue a few years ago, hence the introduction of the track marathon. This enabled runners who could no longer complete the distance in the cut-off time to still be able to come and compete, as well as ensuring the event's financial viability.

The race philosophy is as simple as it always was. Relatively few people enter a track race over so arduous a distance, so that means those who do are special in our eyes. Hence the personal bios in this programme; we want to know all about you and we want everyone else to know too. But what you divulge is your affair – your personal piece of advertising space, if you like. We love a bit of photography, and have the best in the business in Paul Stillman. The photos are all part of the race package, though you may think we make more fuss of you than if you were at a wedding!

From 1986-2023 the Barry 40 miles has continued to inspire and frustrate in equal measure. The weather, for example, can never be taken for granted, but if you want to succeed at Barry, never underestimate the importance of personal preparation. In the past 37 races, 76% of the starters have completed the 40 miles, an amazing testament to both preparation and determination.