

25th Annual Barry 40 Mile Track Race

Sunday 27th February, 2011

Official Result

1. George Dayantis (V45)	Christchurch Runners	4:24:17
2. Paul Fernandez	Abingdon Amblers	4:31:47
3. Colin Gell	Sale Harriers	4:47:41
4. Adela Salt (FV35)	Trentham RC	4:47:59
5. Karen Rushton (FV40)	South West Vets AC	4:59:29
6. Eamonn Dorling (V55)	Thorney RC	5:01:14
7. Alan Ryder (V45)	Erme Valley Harriers	5:05:12
8. Jen Salter (FV35)	Les Croupiers	5:09:15
9. Rasmivan Collinson (V40)	Sri Chinmoy AC	5:28:13
10. Mark Baker (V45)	Northbrook AC	5:37:03
11. Mike Feighan (V45)	Exeter Harriers	5:40:50
12. Robert Treadwell (V40)	Headington RR	5:42:13
13. Anth Courtney	Serpentine RC	5:42:53
14. Loretta Daley (FV45)	Les Croupiers	5:50:48
15. Edward Otto (V45)	Road Runners Club	5:53:46
16. Alan Mann (V50)	Les Croupiers	6:21:37

Retirements

Geoff Oliver (V75)	100km Association	149 laps in 6:00:10
Garfield Jones (V50)	Islwyn RC	133 laps in 6:00:24
Mark Shepherd (V40)	Team Kennet	108 laps in 3:14:04
Rory Coleman (V45)	ULTRArace Ltd	Marathon in 3:44:25
Mike Robbins (V45)	Wrexham AAC	84 laps in 2:23:05
Gary Hyatt (V60)	Les Croupiers	58 laps in 2:04:44

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. George Dayantis	31:58	1:04:02	1:35:52	2:08:11	2:40:18	3:14:25	3:48:59	4:24:17
2. Paul Fernandez	32:24	1:04:17	1:37:29	2:11:06	2:43:58	3:17:51	3:53:46	4:31:47
3. Colin Gell	32:06	1:05:34	1:38:21	2:12:36	2:47:52	3:26:13	4:04:28	4:47:41
4. Adela Salt	34:20	1:08:57	1:43:32	2:18:12	2:55:10	3:30:44	4:08:30	4:47:59
5. Karen Rushton	36:26	1:13:02	1:49:21	2:25:53	3:02:54	3:41:29	4:20:42	4:59:29
6. Eamonn Dorling	35:09	1:10:59	1:47:12	2:23:50	3:00:47	3:39:17	4:19:28	5:01:14
7. Alan Ryder	30:18	1:01:54	1:33:59	2:06:43	2:41:45	3:29:58	4:19:49	5:05:12
8. Jen Salter	36:54	1:14:32	1:51:56	2:29:16	3:07:04	3:47:03	4:27:49	5:09:15
9. Rasmivan Collinson	35:27	1:11:35	1:48:25	2:26:04	3:05:30	3:50:57	4:42:02	5:28:13
10. Mark Baker	36:50	1:14:33	1:53:06	2:33:20	3:14:41	3:58:31	4:45:42	5:37:03
11. Mike Feighan	33:47	1:08:43	1:43:46	2:22:25	3:05:46	3:59:19	4:51:27	5:40:50
12. Robert Treadwell	37:04	1:15:07	1:53:36	2:36:02	3:19:34	4:08:58	4:56:10	5:42:13
13. Anth Courtney	41:14	1:21:17	2:03:58	2:46:30	3:29:40	4:14:33	5:00:19	5:42:53
14. Loretta Daley	41:38	1:22:10	2:03:45	2:47:19	3:31:11	4:16:54	5:04:28	5:50:48
15. Edward Otto	40:19	1:20:14	2:02:15	2:46:03	3:31:46	4:18:16	5:07:46	5:53:46
16. Alan Mann	41:59	1:24:44	2:08:18	2:51:40	3:39:41	4:33:59	5:30:17	6:21:37
Geoff Oliver	41:36	1:22:30	2:05:10	2:49:06	3:33:54	4:18:45	5:29:59	
Garfield Jones	41:57	1:24:52	2:11:20	3:04:11	3:59:37	5:18:52		
Mark Shepherd	33:45	1:08:16	1:42:03	2:16:38	2:52:29			
Rory Coleman	41:10	1:22:30	2:04:26	2:51:30	3:34:01			
Mike Robbins	34:35	1:08:17	1:41:52	2:16:38				
Gary Hyatt	42:08	1:25:06						

25 Entries accepted

22 Starters

16 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 22nd edition of the Welsh Ultradistance Championship, with 10 entries accepted, 8 of whom started and 4 completed the full distance. The Welsh Ladies Championship saw two exceptional personal performances in what was an outstanding ladies field. For the first time ever, it was a lady who was the first athlete to finish, and by a decisive margin. Jen Salter made an excellent Barry 40 debut last year, recording 5:19:21 for the runners-up spot behind Emily Gelder. This year she maintained her rhythm significantly better, and her reward was a 10 minute PB for the gold medal. This should give great confidence for her debut in the Anglo Celtic Plate 100 km next month.

Loretta Daley (Les Croupiers) has built up a great record in this event, with 5 finishes in 6 starts, including a hat-trick of Welsh titles 2006-08. This year she took silver in a personal best of 5:50:48, thereby bettering her 2010 time by 5 minutes.

Mark Baker (Northbrook AC) has been a staunch supporter of this race, previously winning silver and bronze in four finishes. It was therefore just reward that his persistence earned him his first Welsh title in 5:37:03. Alan Mann (Les Croupiers) is another remarkably consistent athlete who has competed at Barry for the last nine consecutive editions of the race, only failing to finish once. His clocking of 6:21:37 saw him collect his second Welsh Championship silver, matching the performance of his debut in 2003.

Welsh Mens 40 Mile Championship

1. Mark Baker (V45)	Northbrook AC	5:37:03
2. Alan Mann (V50)	Les Croupiers	6:21:37

Welsh Ladies 40 Mile Championship

1. Jen Salter (FV35)	Les Croupiers	5:09:15
2. Loretta Daley (FV45)	Les Croupiers	5:50:48

Open Race

1. George Dayantis (V45)	Christchurch Runners	4:24:17
2. Paul Fernandez	Abingdon Amblers	4:31:47
3. Colin Gell	Sale Harriers	4:47:41

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. Adela Salt (FV35)	Trentham RC	4:47:59
2. Karen Rushton (FV40)	South West Vets AC	4:59:29
3. Jen Salter (FV35)	Les Croupiers	5:09:15

Age Categories

M 40 - 44	Rasmivan Collinson	Sri Chinmoy AC	5:28:13
M 45 - 49	Alan Ryder	Erme Valley Harriers	5:05:12
M 50 - 59	Eamonn Dorling	Thorney RC	5:01:14

Race Report

The Barry 40 Miles Track Race is a cult event. Born exactly 25 years ago on the Jenner Park cinder track, it has developed into an international class endurance race that is known around the world in ultradistance circles. It is a major trial for international team selection. Three athletes who have triumphed at Barry have gone on to win the World 100 km crown. And in the past 24 editions of the event, 57 world best performances have been set. That was a figure that was to be revised yet again.

An excellent field of 25 athletes from all parts of the UK entered, of whom 22 toed the line. However, the one factor that can never be determined is the weather. As the gun went at ten o'clock, the heavens opened. This wasn't quite what the runners were hoping for. Temperature-wise, 8 degrees is pretty much ideal, but the other deterrent was the energy-sapping blustery wind that seemed to be snapping at the heels of the athletes all the way through.

The first circuit of so arduous an event is always revealing, for it displays each athletes' intentions of how they plan to tackle the race. Most start conservatively. Alan Ryder (Erme Valley Harriers) started fast, making a statement of intent to the rest. His first lap took just 1 minute 28 seconds, and his next lap was only marginally slower. The other race favourites appeared content to let him go. A chasing group of three formed, comprising defending champion George Dayantis (Christchurch Runners), 2008 champion Colin Gell (Sale Harriers) and Paul Fernandez (Abingdon Amblers).

Alan Ryder continued to maintain his fast early pace. As a past winner of the very tough Dartmoor Discovery 32 mile race from 2009, his credentials were certainly sound enough. By 5 miles, which he reached in 30:18, he had already lapped the entire field. The chasing group had also split up, leaving each athlete with a personal battle with the elements. George Dayantis was now 1 minute 40 seconds in arrears on 31:58, with Colin Gell just behind with 32:06 and Paul Fernandez 32:24.

The next 5 miles saw Alan continue to pull away, though not as fast. At 10 miles the clock showed 61:54, with George 2:08 adrift on 64:02. A short pit stop meant that Colin Gell had conceded third place to Paul Fernandez and they came through in 65:34 and 64:57 respectively. It was still very much anyone's race. Mark Shepherd (Team Kennet) and Mike Robbins (Wrexham AC) came through together next in 68:16, thereby contesting the Welsh Ultradistance Championship which was again incorporated into the event. Mike Robbins is an athlete with local connections – in his entry he mentioned that his first ever race whilst at Cadoxton Junior School was at Jenner Park, and his grandfather played soccer for Barry Town prior to the outbreak of the First World War.

Meanwhile, the ladies race was shaping up very nicely too. Adela Salt (Trentham RC) who had placed 16th lady in the 2006 London Marathon in an outstanding 2:47:41, led through in 68:57. However, Karen Rushton (South West Vets) was still close in 70:59, as was Jen Salter (Les Croupiers), who'd finished runner-up in 2010, clocking 74:32. Loretta Daley (Les Croupiers) completed a very impressive quartet of ladies on 82:10, and all looked very comfortable.

Shortly after this juncture Alan Ryder took a tumble whilst taking a drink at the feeding station. He quickly regained his composure and was straight back into his running, but such misfortunes can be disconcerting. The early rain had by now thankfully relented, but the wind remained a nuisance.

By lap 78 (of the total of 161) the first major psychological turning point occurred. Having been a lap and a quarter ahead for quite some time, Alan found that George was beginning to eat into his lead, and on this lap George reduced the deficit to exactly one circuit. This meant that the two athletes were actually running shoulder to shoulder, so that each could sense the relative strength or weakness of the other. These moments can prove critical. Whilst ultradistance can often see

many swings and roundabouts in fortunes, it was clear the George was the man with the momentum, at least for now.

By halfway Alan still held the lead with 2:06:43, though his lead over George was slowly shrinking and was now down to 1:28. George's clocking of 2:08:11 meant that he had extended his advantage over Paul Fernandez (2:11:06) to almost three minutes, with Colin Gell by no means out of the picture on 2:12:36. Realistically, these were the only athletes with a chance of still winning. Mark Shepherd and Mike Robbins were still locked together in equal fifth and thereby contesting the Welsh Championship with 2:16:38.

Meanwhile, the relative positions in the ladies race remained unchanged, with all four athletes going really well. Adela Salt had moved up to 7th overall and clocked a superb 2:18:12. Karen Rushton had actually speeded up marginally and came through in 2:25:53, and Jen Salter was now ahead of her 2010 schedule in 2:29:16, as was Loretta Daley on 2:47:19. With so many of the athletes still going so well it was obvious that there were some hugely significant personal performances being recorded.

However, for now the focus remained on the ongoing battle up front. The difference between the relative momentum of Alan and George was becoming increasingly apparent and by lap 99 George swept into the lead. He is a relentless athlete and was showing no signs of letting up. George actually passed the 20 miles point a minute quicker in this event last year, but it was evident that he was actually judging this effort significantly better. Passing the marathon in 2:48:58, he went on to post 3:14:25 for 30 miles, thereby revising his own Greek National record (set in Barry last year) for this distance by 29 seconds. Just a few minutes later he posted his second national record, this time for 50 kms, with the clock showing 3:21:43.

Nevertheless, as a race, the outcome still wasn't settled. Paul Fernandez had now moved into second and was still only 3:26 behind (approximately 2 circuits). Athletes have reached 30 miles with much larger leads than this and still lost. The race was still on! Colin Gell had moved into third with 3:26:13, whilst Alan Ryder was still fighting hard, even though he was losing ground, and was 4th in 3:29:58.

Meanwhile, the ladies were all still going superbly. Adela clocked 3:30:44 at 30 miles and looked assured of a very high ranking on the World All-Time lists. She had improved to 5th position. Karen came through in 3:41:29 and was up to 7th. Jen lay 8th in 3:47:03 and Loretta 14th in 4:16:54. As is often the case, the ladies' pace judgment and overall control was superior to the men, and they were all coping wonderfully well.

Watching an ultra is like seeing a number of sub-plots unravel simultaneously, and it's difficult to know who to concentrate on at times. It's something like a soap opera. The star of the show, just as he has been many times in the past, was just beginning to emerge. Step forward, Geoff Oliver. Having demolished three world bests for the M70-74 age group in two visits to the Barry 40 in 2005 and 2007, Geoff had subsequently made two unsuccessful attempts on the M75-79 records in 2009 and 2010. Surely, at 77, and in such unfavourable weather, he couldn't better them this time. Part of the battle is knowing what the records are, and planning specifically to better them. Heinrich Gutbier's 30 mile time of 4:21:02, set at Ottweiler, Germany in 2000 was the target. At 20 miles the record was a possibility, but that's the time when the going starts to get hard. By 25 miles Geoff was still ahead of schedule. The word began to get round. The record was "on", Geoff knew it, the other athletes knew it, the supporters knew it, the whole stadium knew it. The countdown continued lap by lap. Three quarters of the way around lap 121, with the clock showing 4:18:45, Geoff took the record by 2 minutes and 17 seconds. A gentle wave of the hand, and then head down once again. The 50 km mark lay just over a mile away, and the chance of another record. Gutbier's time for that mark was 4:30:51; Geoff clocked 4:29:29. However, the difference between the two times

was now just 1:22 – a sure sign that Geoff was fading. He had given his all, but two more world bests were his. That makes Geoff's tally 5 world bests at Barry, and the event can now boast 59!!

After that flurry of excitement, the focus returned to George Dayantis. He came home in splendid isolation in 4:24:17, marginally outside his 2009 time, but a decisive winner by seven and a half minutes. He also completed a hat-tick of titles, only the second athlete to do so (the first being Simon Pride 1997-99). In many ways it was a triumph for pace judgment and clinical execution. Paul Fernandez came next, repeating his runner-up position from 2009, but his time of 4:31:47 was eight minutes faster. The battle for third was very exciting. Colin Gell was third at 30 miles, but it was evident that he was being closed down by Adela Salt. Having been four and a half minutes ahead at 30 miles, by 39 miles the gap was down to 11 seconds. With 3 laps to go it was 8 seconds. The prospect of a sprint finish was looming large. Colin dug in. Adela was still chasing. Both athletes were being cheered all the way as they emptied every last ounce of effort. Colin looked a very relieved man as he clung on in 4:47:41. Adela's reward for a brilliant 4:47:59 was that she had just put herself No:9 on the All Time World ladies lists for 40 miles. 5 of the fastest 13 times have been recorded in Barry, including the outright best mark of 4:26:43 by Carolyn Hunter-Rowe in 1993.

Meanwhile, Karen Rushton was posting a super-fast time of her own, clocking 4:59:29 for 5th place. This was also remarkable as it was the longest race of her career, and she judged it brilliantly. For the first time ever two ladies had bettered 5 hours at Barry. Third lady in an equally brilliantly judged effort was Jen Salter, 8th place overall and a personal best by ten minutes in 5:09:15. This won Jen the Welsh Ultra championship, and for the first time, the fastest Welsh lady also beat the fastest Welsh man. Loretta Daley also recorded a personal best of 5:50:48, this time by five minutes in taking silver.

Mark Baker (Northbrook AC) took the Welsh Men's title in 5:37:03, a triumph for persistence as he had previously won silver and bronze in four attempts. Alan Mann (Les Croupiers) was another athlete showing amazing consistency, and he matched his debut in 2003 by taking silver.

From a total of 25 entries, 22 started and 16 completed the 40 miles, a remarkable achievement. Unfortunately one of those not to make it was local man, Gary Hyatt, who has been one of the staunchest supporters of the race over the years. Gary will now concentrate on the London Marathon next month, which will be his 30th consecutive run in the event, an amazing sequence. Thanks are due to team Hyatt, that includes wife Pip and daughters Kate and Sally for the catering that kept the army of supporters going on a bitterly cold day. Thanks also are due to ground staff Bill Cooke and Mike Dodds for all their help and support on the day.

Twenty five years is a long time for any event to survive, and survival is very much the name of the game in a race of this duration. Life is, in many ways, a game of survival, so perhaps of the most abiding memory should be for the athlete who has survived longest. Geoff Oliver, at 77, remains an inspiration, and it was a privilege to watch yet another master class.

Mick McGeoch

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

27 Feb 2011	4:24:17	George Dayantis (GRE / ENG)	4:47:59	Adela Salt (ENG)
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 1986-2011

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	864	642	479 (431 / 48)	75%