

## Barry 40 Mile Track Race

Sunday 2nd March, 2003

### Official Result

1. Brian Hennessey	Crawley AC	4:13:10
2. Chris Finill (V40)	Harrow AC	4:19:49
3. Stephen Pope	Unattached	4:41:00
4. William Sichel (V45)	Moray Road Runners	4:41:40
5. Walter Hill (V45)	Crawley AC	4:50:25
6. Mikk Bradley (V45)	Watford Harriers	4:54:49
7. Colin Gell	Sale Harriers	5:02:14
8. Jeff Rees (V45)	Neath Harriers	5:02:48
9. Andy Richards (V40)	Tipton Harriers	5:06:47
10. Alan Mann (V45)	Les Croupiers	5:16:04
11. Frank Moritz	LG Hubersdorf (Switzerland)	5:16:56
12. Samantha Bretherick	Chiltern Harriers	5:17:50
13. Terry Caveney (V40)	Les Croupiers	5:22:28
14. Ramona Thevenet-Smith (FV40)	Woking AC	5:23:28
15. Richard Brewer (V45)	Les Croupiers	5:24:25
16. Tony Holling (V45)	Port Talbot Harriers	5:29:53
17. Graeme Donnan (V45)	Les Croupiers	5:31:41
18. Gary Hyatt (V55)	Les Croupiers	5:34:40
19. Adrian Whalley (V40)	Hinckley RC	5:36:31
20. Don Ritchie (V55)	Moray Road Runners	5:38:03
21. Dylan Davies	Sarn Helen	5:44:32
22. Timothy Rainey	Sale Harriers	5:53:30
23. John Crofts (V40)	Les Croupiers	6:05:01
24. Geoff Oliver (V65)	100 Km. Association	6:06:15
25. Gil John (V50)	Les Croupiers	6:18:22
26. John Keogh (V50)	Hunters Bog Trotters	6:28:46
27. Pam Storey (FV50)	Serpentine RC	6:58:18
28. Les Jones (V50)	Unattached	7:07:35

### Retirements

Kevin Moore (V40)	Hinckley RC	139 laps in 4:19:58
Kendra White	100 Km. Association / Quakers	125 laps in 4:08:50
Phil Adams (V40)	100 Km. Association / Neath H.	112 laps in 3:25:05
Hilary Walker (FV45)	Serpentine RC	81 laps in 2:39:30
Paul Carter (V40)	Southampton Running Club	20 Miles in 2:17:39
Sam Moore (V55)	Llanelli AAC	52 laps in 1:33:33

## Barry 40 Mile Track Race - Split Times Analysis

Sunday 2nd March, 2003

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Brian Hennessey	31:11	1:02:44	1:34:30	2:05:13	2:36:28	3:08:08	3:40:26	4:13:10
2. Chris Finill	31:28	1:03:22	1:35:31	2:07:19	2:39:28	3:11:56	3:45:37	4:19:49
3. Stephen Pope	31:58	1:04:44	1:38:11	2:12:03	2:45:44	3:22:30	4:00:50	4:41:00
4. William Sichel	33:57	1:08:23	1:43:19	2:19:40	2:54:33	3:30:09	4:05:45	4:41:40
5. Walter Hill	34:23	1:09:16	1:44:06	2:19:16	2:54:57	3:31:49	4:10:34	4:50:25
6. Mikk Bradley	31:48	1:03:38	1:36:07	2:10:47	2:47:58	3:35:46	4:13:28	4:54:49
7. Colin Gell	36:21	1:10:56	1:47:19	2:22:40	2:58:33	3:41:15	4:21:12	5:02:14
8. Jeff Rees	34:23	1:09:16	1:44:06	2:19:16	2:54:58	3:33:55	4:16:49	5:02:48
9. Andy Richards	35:25	1:11:04	1:46:14	2:22:17	3:00:00	3:40:02	4:22:22	5:06:47
10. Alan Mann	37:51	1:16:14	1:54:32	2:33:46	3:13:30	3:53:16	4:33:25	5:16:04
11. Frank Moritz	34:23	1:09:16	1:44:06	2:19:16	2:58:11	3:42:18	4:29:21	5:16:56
12. Samantha Bretherick	37:40	1:16:51	1:55:32	2:33:59	3:14:13	3:53:33	4:35:01	5:17:50
13. Terry Caveney	37:38	1:16:52	1:55:32	2:33:59	3:12:16	3:52:15	4:35:58	5:22:28
14. Ramona Thevenet-Smith	40:10	1:20:28	2:00:10	2:40:08	3:19:50	3:59:45	4:41:58	5:23:28
15. Richard Brewer	37:41	1:17:15	1:56:19	2:35:43	3:15:45	3:57:53	4:39:44	5:24:25
16. Tony Holling	36:35	1:14:55	1:57:08	2:39:32	3:23:23	4:05:02	4:46:01	5:29:53
17. Graeme Donnan	37:41	1:17:12	1:56:18	2:35:44	3:15:46	3:58:18	4:43:27	5:31:41
18. Gary Hyatt	38:15	1:17:07	1:55:59	2:35:39	3:16:48	4:01:27	4:47:37	5:34:40
19. Adrian Whalley	35:55	1:12:53	1:50:49	2:29:22	3:10:26	3:56:48	4:46:34	5:36:31
20. Don Ritchie	37:01	1:15:44	1:55:08	2:36:40	3:18:03	4:03:43	4:49:50	5:38:03
21. Dylan Davies	37:28	1:15:55	1:54:51	2:35:32	3:22:00	4:09:04	4:57:23	5:44:32
22. Timothy Rainey	43:04	1:26:50	2:11:00	2:54:33	3:37:50	4:23:56	5:08:31	5:53:30
23. John Crofts	37:43	1:17:22	1:56:20	2:35:46	3:16:55	4:08:22	5:05:30	6:05:01
24. Geoff Oliver	39:02	1:19:13	1:59:26	2:44:59	3:30:15	4:20:26	5:14:28	6:06:15
25. Gil John	43:04	1:26:49	2:11:40	2:56:27	3:43:43	4:32:49	5:24:59	6:18:22
26. John Keogh	43:37	1:28:36	2:14:58	3:03:20	3:53:18	4:46:15	5:39:04	6:28:46
27. Pam Storey	45:48	1:32:58	2:22:03	3:12:56	4:08:39	5:05:08	6:03:22	6:58:18
28. Les Jones	43:22	1:28:22	2:17:23	3:10:14	4:07:09	5:07:05	6:08:04	7:07:35
Kevin Moore	34:36	1:09:07	1:44:32	2:20:48	2:58:00	3:37:27		
Kendra White	39:27	1:19:28	1:59:40	2:40:22	3:20:20	4:00:39		
Phil Adams	34:58	1:10:16	1:45:19	2:22:12	2:59:04			
Hilary Walker	39:11	1:18:35	1:57:56	2:38:21				
Paul Carter	34:02	1:08:15	1:42:13	2:17:39				
Sam Moore	35:47	1:11:28						

**55** Entries accepted

**34** Starters

**28** Completed the 40 Miles

Provisional Date for 18<sup>th</sup> Annual Barry 40 Miles Track Race: **Sunday 7<sup>th</sup> March, 2004**

## Welsh Ultradistance Championship

The race incorporated the 14th edition of the Welsh Ultradistance Championship. With a record entry of 21 athletes, this championship continues to go from strength to strength, with 13 starters, eleven of whom completed the full distance. It was particularly pleasing to see Sam Bretherick in the race, the first Welsh lady to take part since Dawn Kenwright in 1998. Sam ran a superbly judged race to provide the first Welsh Lady winner since Kay Pritchard in 1990, and only the third Welsh Lady winner ever.

The men's championship provided Jeff Rees with his third Welsh Ultradistance Championship in six years, though he had to fight hard in the closing stages. Two newcomers to ultradistance, Alan Mann and Terry Caveney, both from the host club, Les Croupiers, took silver and bronze, which bodes well for the sport in Wales.

### Welsh Ladies 40 Mile Championship

1. Samantha Bretherick	Chiltern Harriers	5:17:50
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### Welsh Mens 40 Mile Championship

1. Jeff Rees	Neath Harriers	5:02:48
2. Alan Mann	Les Croupiers	5:16:04
3. Terry Caveney	Les Croupiers	5:22:28
4. Richard Brewer	Les Croupiers	5:24:25
5. Tony Holling	Port Talbot Harriers	5:29:53
6. Graeme Donnan	Les Croupiers	5:31:41
7. Gary Hyatt	Les Croupiers	5:34:40
8. Dylan Davies	Sarn Helen	5:44:32
9. John Crofts	Les Croupiers	6:05:01
10. Gil John	Les Croupiers	6:18:22

### Open Race

1. Brian Hennessey	Crawley AC	4:13:10
2. Chris Finill	Harrow AC	4:19:49
3. Stephen Pope	Unattached	4:41:00

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. Samantha Bretherick	Chiltern Harriers AC	5:17:50
2. Ramona Thevenet-Smith	Woking AC	5:23:28
3. Pam Storey	Serpentine RC	6:58:18

### Male 40-44

Andy Richards	Tipton Harriers	5:06:47
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### Male 45-49

William Sichel	Moray Road Runners	4:41:40
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### Male 50-59

Gary Hyatt	Les Croupiers	5:34:40
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### Male 60-69

Geoff Oliver	100 Km. Association	6:06:15
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## Barry 40 Miles Track Race Report

In spite of the recent unsettled weather, the 17<sup>th</sup> annual staging of the Barry 40 Miles Track Race at Jenner Park on 2<sup>nd</sup> March was again blessed with spring-like temperatures and near cloudless skies. One could almost sense the collective relief of the 34 starters who lined up for their 161-lap journey. 55 athletes had originally registered for the race, but the usual spate of last minute withdrawals through illness or injury accounted for some of the likely race contenders, including Dennis Walmsley in the Men's event, and Carolyn Hunter-Rowe, Jackie Leak, and Vicky Skelton in the Ladies. Athletes traveled to the race from the Orkney Isles and Switzerland.

There was still plenty of class still on view, and after a brief foray in the lead by Tony Holling (Port Talbot Harriers), Brian Hennessey of Crawley AC assumed control. This was not unexpected, as Brian had emphatically won both the Two Bridges and the London-Brighton events last autumn. However, in the early stages both Chris Finill (Harrow AC and Barry 40 Winner, 2000) and Mikk Bradley (Watford Harriers and Barry 40 defending champion) kept him in their sights. Another less well-known athlete, Stephen Pope from Sheffield was also well in contention. The times at 5 Miles were Hennessey 31:11, Finill 31:28, Bradley 31:48, and Pope 31:58. Despite the proximity of the four, it was clear that each was pursuing their individual race strategy rather than being concerned about the others.

In the ladies event there was a record entry of nine athletes, of whom five started. Four of these had extensive ultradistance experience, one athlete was competing beyond the marathon distance for the first time. Samantha Bretherick, from Haverfordwest is a Welsh international endurance athlete on the roads, country and hills. In last year's London Marathon she placed an excellent 23<sup>rd</sup> in 2:50:33. From the outset, although taking the lead from the start, Sam concentrated on conserving energy and passed the 5 mile mark in 37:40, followed by six times Barry 40 champion Hilary Walker (Serpentine RC) 39:11, Kendra White (Quakers RC - Darlington) 39:27, Ramona Thevenet-Smith (Woking AC) 40:10 and Pam Storey (Serpentine RC) 45:28.

By 10 miles the individual strategies had become clear, and the positions remained unchanged: Hennessey 62:44, Finill 63:22, Bradley 63:38, and Pope 64:44 in the Men's race and Bretherick 76:51, Walker 78:35, White 79:28, Thevenet-Smith 80:28, and Storey 92:58 in the Ladies.

Patience and conservation of effort is the name of the game in ultra distance running. Sometimes little changes for a long time, followed by a flurry of activity. The leaders in the men's race still looked well in control at the halfway stage, with Hennessey (2:05:13) now over a lap clear of Finill (2:07:19). Bradley had by now begun to experience problems and was losing ground (2:10:47), which was something of a surprise to observers who'd witnessed his thrilling victory twelve months ago. Stephen Pope was still going well and closing the gap with 2:12:03.

Sam Bretherick still led the Ladies race at 20 Miles and was also looking remarkably comfortable (2:33:59). She had extended her advantage to more than four minutes by this stage, but surprisingly, Hilary Walker, passed through in 2:38:21, but suffering from a heavy cold, elected to call it a day. This promoted the ultra-consistent Thevenet-Smith to second (2:40:08), closely followed by White (2:40:22).

The pattern of ultras at Barry in the past has been for the relative positions to start to change once the second half of the race gets underway. This year, however, very little did. Huge credit for this must go to the athletes; everyone who competed had clearly trained very hard, and coupled with an abundance of personal determination. The other notable factor was the weather, which was appreciated by athletes and lap scorers, drinks attendants and supporters alike.

Brian Hennessey, if anything, looked better and more assured the further he went. Both his final time of 4:13:10 and the manner of his victory impressed everyone. Aged 37, he is relatively new to ultradistance and he showed a maturity and control way beyond his years. Whilst this was his debut at Barry, it is hoped he will return in 2004 to defend his title. In finishing second, Chris Finill also looked amazingly strong and has now placed first, second and third in this race in three starts. His final time of 4:19:49 also represents a new personal best.

There was a late flurry of excitement for third place. Stephen Pope held a seven and a half minute advantage at the 30 mile point, but the final quarter saw a late charge by William Sichel (Moray Road Runners) who is perhaps best known over 24 hours. Sichel's strength began to show, but would it become a decisive factor quickly enough as both men headed for the finish? The answer was no, as Pope prevailed by just 40 seconds, clocking 4:41:00 to Sichel's 4:41:40. The ever-consistent Walter Hill (Crawley AC) moved through to fifth place to record 4:50:25, which Mikk Bradley, despite a number of problems, hung on to finish sixth in 4:54:49.

Sam Bretherick showed remarkable maturity to win on her ultra debut. She never looked like being caught, and in clocking 5:17:50 became the first Welsh lady winner since 1990, and only the third in the history of the race. Ramona Thevenet-Smith chased her all the way to the finish, but the six-minute cushion built up in the first half of the race was maintained throughout the remainder. Kendra White retired at the 50 Km. mark, which promoted Pam Storey to third spot in 6:58:18.

As ever, the race incorporated the Welsh Ultradistance Championship, which was a very exciting affair. Jeff Rees clinched his third Welsh ultradistance title in six attempts, though he had to fight very hard in the closing laps. Jeff's time in placing eighth overall was 5:02:48. The scrap for second and third places provided a close tussle between two popular Les Croupiers teammates, Alan Mann and Terry Caveney. In the end it was Alan Mann who proved the stronger, but both were applauded all the way to the line by scores of supporting clubmates. In fact, a special mention should be made of Les Croupiers, who were not only the promoting club, but who also fielded eight athletes (including Frank Moritz who now lives in Switzerland) and all eight completed the distance.

First local man was again Gary Hyatt, who also took the Over 50 award. Gary had an excellent run to place 18<sup>th</sup> in 5:34:40. In fact the Hyatt family contributed hugely to the success of the day, as Gary's wife Pip provided the refreshments and daughter Kate recorded her dad's lap times. Amazingly 28 of the 34 athletes completed the distance, which speaks volumes for the dedication of the athletes. One sad note though, was the absence through injury of Bob Emmerson (Leamington C & AC), who had completed all previous sixteen editions of the race. A special mention was made of Bob at the race presentation and it is hoped he will soon be fully restored and able to return to Barry in twelve months to the race he loves so much.