

## Barry 40 Mile Track Race - Split Times Analysis

Sunday 6th March, 2005

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Stephen Pope	33:38	1:07:17	1:41:25	2:14:57	2:48:47	3:22:50	3:55:36	4:27:38
2. Stuart Buchan	31:44	1:03:10	1:34:47	2:06:44	2:41:02	3:13:46	3:52:20	4:29:10
3. Andy Eccles	33:02	1:06:29	1:41:25	2:14:56	2:48:43	3:22:50	3:59:06	4:36:13
4. Andy Farquharson	34:17	1:08:11	1:42:50	2:16:39	2:51:30	3:27:17	4:03:40	4:41:42
5. Andy Cleves	33:04	1:06:43	1:40:28	2:14:32	2:49:29	3:27:18	4:05:40	4:48:22
6. Julian Carter	35:10	1:11:47	1:49:00	2:25:46	3:03:05	3:42:08	4:21:04	5:00:25
7. Phil Adams	36:04	1:13:51	1:47:26	2:22:50	2:59:01	3:37:49	4:19:48	5:01:19
8. Jeremy Mower	37:24	1:13:30	1:49:15	2:26:41	3:05:06	3:46:24	4:29:57	5:12:18
9. Lizzy Hawker	36:17	1:12:44	1:49:53	2:29:26	3:09:09	3:49:10	4:29:54	5:12:46
10. Paul Tranter	36:20	1:13:00	1:50:10	2:28:30	3:09:30	3:55:44	4:38:07	5:21:01
11. Alan Mann	38:00	1:16:32	1:54:53	2:33:24	3:13:30	3:53:30	4:39:00	5:30:10
12. Adrian Whalley	35:50	1:12:40	1:50:39	2:29:40	3:10:20	3:55:32	4:44:50	5:33:27
13. Geoff Oliver	38:49	1:21:51	2:01:36	2:46:28	3:25:43	4:07:42	4:51:45	5:38:19
14. Adrian Stott	42:24	1:25:16	2:08:49	2:53:36	3:37:57	4:23:35	5:10:19	5:57:14
15. Andrew Mason	38:25	1:17:56	1:57:42	2:40:56	3:25:47	4:14:40	5:11:02	6:06:56
16. Tony Holling	36:15	1:13:57	1:54:30	2:44:28	3:37:42	4:31:31	5:16:41	6:08:31
17. Roger Chamberlain	38:38	1:17:37	1:56:20	2:36:26	3:23:40	4:19:28	5:18:54	6:13:48
18. Gil John	43:21	1:27:43	2:12:28	2:57:34	3:44:36	4:32:41	5:22:56	6:14:32
19. Fiona Davies	37:51	1:16:47	1:59:00	2:45:05	3:39:27	4:32:40	5:27:51	6:25:12
Vicky Skelton	37:25	1:14:53	1:52:39	2:30:25	3:09:36	3:49:16		
Garry Perratt *	58:17	1:32:25	2:07:17	2:47:08				
Roy Russell	38:56	1:17:59	1:58:08	2:58:08				
Jeff Rees	35:28	1:12:09	1:50:24	2:42:09				
Sharon Gayter	39:41	1:19:52	2:00:03					

\* It should be noted that Garry Perratt started the race 25 minutes late after a car problem.

**34 Entries accepted**

**24 Starters**

**19 Completed the 40 Miles**

## Barry 40 Mile Track Race

Sunday 6th March, 2005

### Official Result

1. Stephen Pope	Unattached	4:27:38
2. Stuart Buchan (V40)	Kingston-Upon-Hull AC	4:29:10
3. Andy Eccles (V40)	Wigan Phoenix	4:36:13
4. Andy Farquharson	Kent AC	4:41:42
5. Andy Cleves	Les Croupiers	4:48:22
6. Julian Carter	MDC	5:00:25
7. Phil Adams (V40)	Neath Harriers	5:01:19
8. Jeremy Mower	Gloucester AC	5:12:18
9. Lizzy Hawker	Cardiff AAC	5:12:46
10. Paul Tranter	Unattached	5:21:02
11. Alan Mann (V45)	Les Croupiers	5:30:10
12. Adrian Whalley (V40)	Hinckley RC	5:33:27
13. Geoff Oliver (V70)	100 Km. Association	5:38:19
14. Adrian Stott	Sri Chinmoy AC	5:57:14
15. Andrew Mason (V40)	Springfield Striders	6:06:56
16. Tony Holling (V45)	Port Talbot Harriers	6:08:31
17. Roger Chamberlain	Sri Chinmoy AC	6:13:48
18. Gil John (V50)	Les Croupiers	6:14:32
19. Fiona Davies (LV45)	Bridgend AC	6:25:12

### Retirements

Vicky Skelton (LV35)	North Devon Road Runners	125 laps in 3:57:36
Garry Perratt (V40)	Axe Valley Runners	92 laps in 3:14:02
Roy Russell (V40)	Hinckley RC	88 laps in 3:29:26
Jeff Rees (V50)	Neath Harriers	82 laps in 2:47:11
Sharon Gayter (LV40)	New Marske Harriers	78 laps in 2:44:44

## **Welsh Ultradistance Championship**

The race incorporated the 16th edition of the Welsh Ultradistance Championship. Of the 34 entries, 12 qualified for the Welsh Championship, and eight of these started the race. Despite struggling in the closing stages of the race, Andy Cleves of the host club Les Croupiers ran out a convincing winner in 4:48:22, thereby taking the Welsh title for the third time. Phil Adams made a welcome comeback to the ultra fray after a year out last year to take an excellent silver in 5:01:19. It was good to see a newcomer take the bronze medal – Jeremy Mower from Gloucester AC only made his ultra debut at the Oldbury 30 miles six weeks previously.

In the ladies race, Fiona Davies showed tremendous determination to secure the Welsh Title in her debut at the distance, thereby raising many hundreds of pounds for charity. Very well known in local athletics, we wish Fiona well in her next quest – an Ironman Triathlon.

### **Welsh Mens 40 Mile Championship**

1. Andy Cleves	Les Croupiers	4:48:22
2. Phil Adams	Neath Harriers	5:01:19
3. Jeremy Mower	Gloucester AC	5:12:18
4. Alan Mann	Les Croupiers	5:30:10
5. Tony Holling	Port Talbot Harriers	6:08:31
6. Gil John	Les Croupiers	6:14:32

### **Welsh Ladies 40 Mile Championship**

1. Fiona Davies	Bridgend AC	6:25:12
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### **Open Race**

1. Stephen Pope	Unattached	4:27:38
2. Stuart Buchan	Kingston-Upon-Hull AC	4:29:10
3. Andy Eccles	Wigan Phoenix	4:36:13

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**

Lizzy Hawker	Cardiff AAC	5:12:46
Fiona Davies	Bridgend AC	6:25:12

**Male 40-44**

Phil Adams	Neath Harriers	5:01:19
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**Male 45-49**

Alan Mann	Les Croupiers	5:30:10
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**Male 50-59**

Adrian Stott	Sri Chinmoy AC	5:57:14
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**Male 60-69**

Geoff Oliver	100 Km. Association	5:38:19
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**But finally, performance of the day:**

NB Geoff Oliver's 40 Mile Time of 5:38:19 will be forwarded for consideration for ratification as a New World Best Performance for the MV70 age category.

## Barry 40 Mile Track Race Report

Brrrr! The first Sunday in March can often be cold, but the nineteenth edition of the Barry 40 Miles Track Race was probably the coldest in its history. It was possibly one of the most dramatic too, and the winning margin of just 1 minute 32 seconds made it the closest race ever.

There was drama in the last few days leading up to the race. English ultra international Andy Eccles (Wigan Phoenix) was a last minute addition to the line-up, whilst the recent cold snap and number of winter viruses circulating led to a spate of withdrawals. Eventually, 23 athletes were to face the starter at 10.00 AM in bright, but cold conditions, with a biting northerly wind. Race favourites on paper were thought to be Stuart Buchan (Kingston-upon-Hull) for the men's title, who finished fourth here last year, and Vicky Skelton (North Devon Road Runners), who was a convincing winner of the ladies section of the London-Brighton Road Race last October.

Remarkably, a further athlete, Garry Perratt, turned up at the stadium, 15 minutes after the start, having suffered a car breakdown en route. After a quick change of kit, 23 competitors became 24!

After an opening dash by Tony Holling for the first lap, it was Stuart Buchan who took charge, and by 10 miles had effortlessly opened up a 2 lap lead on the rest of the field. His quarter distance time of 63:10 gave him a useful advantage over a close battle for the minor places: Andy Eccles (Wigan Phoenix) 66:29, heading Andy Cleves (Les Croupiers) 66:43, Stephen Pope (Sheffield) 67:17 and Andy Farquharson (Kent AC) 68:11. These five appeared to be the only realistic contenders for honours.

In the ladies race, the youngest athlete on view, Lizzy Hawker, a 28 year old PhD student in oceanography, had surprisingly taken the lead, and at 10 miles, reached in 72:44, headed the pre-race favourite Vicky Skelton (74:53) by over two minutes. Fiona Davies (Bridgend) led the Welsh challenge in 76:47, with top 24 hour performer Sharon Gayter bidding her time in 79:52.

Very often a very consistent pattern is maintained to halfway, with all the drama occurring in the second half. However, it was some surprise to see the first retirement of the day in the person of Sharon Gayter, a victim of cold-induced asthma. Sharon's frustration was evident for all to see, but it was just too cold for her to breathe.

Thus by 20 miles Stuart Buchan had opened an eight minute advantage over the others. The main interest lay in the intriguing battle for second, with local Andy Cleves seemingly having his best ever run in the event. His halfway time of 2:14:32 was 24 seconds faster than Pope and Eccles, who were alternating the pace for third, and with Farquarson just a lap down in fifth in 2:16:39. All five appeared to be going well.

In the ladies race, Lizzy Hawker (2:29:26) was still ahead, but Vicky Skelton had reduced the arrears to a minute. Fiona Davies looked to be finding it tough going in third.

In front, Buchan was forced to make a couple of “pit-stops” but was still going away from the field. By 30 miles he looked all over a winner and held a nine minute advantage over Pope and Eccles, who were still helping each other along, but who looked resigned to fighting for silver and bronze. Andy Cleves was clearly beginning to pay for his aggressive opening and had just been caught for fourth by Farquharson, who was still going well.

The ladies race was getting ever closer! Hawker and Skelton still both looked good, with the former enjoying a meagre six second lead. Fiona Davies still held third, and looked determined to hold on to secure the Welsh title.

Watching ultra distance can be agonising at times. Shortly after 30 miles, Pope broke away from his shadow Eccles, and suddenly started to make an impression on the long time leader. The pursuit was relentless, and the excited spectators wondered if there might actually be time for a dramatic victory. As the deficit reduced, so Pope’s spirits began to soar, and Buchan appeared powerless to respond. Suddenly, the impossible appeared possible, and even probable. The fateful moment occurred on Lap 156, with just five laps to go. For Stephen Pope, who came third here two years ago, it was a tremendous success, and his time of 4:27:38 was 13 minutes faster than that of 2003. His winning margin of 1 minute 32 seconds was the closest in the 19 year history of the event. Poor Stuart Buchan looked absolutely shattered, and yet the Hull man produced an excellent performance and certainly deserves huge praise for setting up such a fantastic race.

Eccles hung on well for third in 4:36:13, Farquharson also maintained his form well for fourth (4:41:42), whilst Andy Cleves has to call on all his considerable resources just to finish, and thereby secure his third Welsh ultradistance title in 4:48:22.

In the ladies event, the prospect of a further close finish did not materialise, as Vicky Skelton retired after 50 kilometres, deciding instead to save herself for a 100 Kilometre international competition in Dublin in four weeks time. This enabled Lizzy Hawker an untroubled final quarter. Hawker’s final time of 5:12:46 was hugely impressive and was the fastest ladies winning time for four years. Her composure throughout was superb and she certainly is one to watch for the future.

Fiona Davies showed tremendous resilience to battle all the way to the line and take the runners-up spot and Welsh title in 6:25:12. She raised many hundreds of pounds and her next major task will be an Ironman Triathlon in August.

In the Welsh men’s championship, Andy Cleves eventually prevailed by 13 minutes from Phil Adams (Neath – 5:01:19) with newcomer Jeremy Mower (Gloucester) in third in 5:12:18.

However, the biggest drama of all was provided by the oldest competitor in the event. Geoff Oliver from Hinckley is 71 years old and has run this race many times before. Geoff knew what the intermediate world best performances for athletes over 70 were, and looked to have a good chance of securing them. His 30 mile time of 4:07:42 was just 1 minute 45 seconds outside the existing mark, and he was even closer at 50 kms, his time of 4:16:54 being just 42 seconds shy of the record. Undeterred, he set about attacking the 40 mile mark set by Max Jones of 5:49:50 in Portland, Oregon in 1997. Geoff was relentless and never looked like not breaking it, eventually coming home in 5:38:19. It was a tremendous performance and a very emotional one to witness.

All in all, 19 of the 24 starters managed to complete the full distance, a fantastic tribute both to the physical and psychological commitment of all concerned.

A final note of thanks. Whilst everyone present was hugely instrumental in the success of the day, two people deserve special praise. Pip Hyatt has been supplying refreshments to all the helpers for many years now, and her efforts have always been hugely appreciated. And finally, a big thank you to groundsman, Bill Cooke. He opened the stadium at 7.30 AM, helped throughout the day, and was last man to lock up some ten hours later. It's that kind of unsung commitment that is the backbone of success of the Barry 40. Thanks, Bill.