

22nd Annual Barry 40 Mile Track Race - Split Times Analysis

Sunday 9th March, 2008

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Colin Gell	33:23	1:06:44	1:39:28	2:12:48	2:44:46	3:15:30	3:47:22	4:20:14
2. Dominic Croft	33:18	1:06:30	1:38:44	2:11:19	2:43:39	3:15:35	3:47:32	4:21:06
3. Andrew Farquharson	33:20	1:06:42	1:39:20	2:11:58	2:44:22	3:17:08	3:50:16	4:23:35
4. Stephen Pope	33:33	1:07:17	1:41:12	2:15:15	2:49:51	3:25:02	3:59:10	4:35:02
5. Ian Anderson	33:33	1:06:20	1:38:41	2:11:39	2:45:09	3:19:45	3:57:05	4:36:18
6. Mark Shepherd	33:42	1:08:10	1:41:50	2:15:05	2:48:20	3:23:51	3:59:45	4:38:54
7. Nathan Montague	33:19	1:06:44	1:39:37	2:13:12	2:47:45	3:24:23	4:04:30	4:45:10
8. Chris Finill	33:18	1:06:46	1:40:31	2:14:05	2:47:50	3:22:50	4:02:22	4:45:50
9. Viesturs Dude	33:20	1:06:59	1:40:46	2:15:52	2:53:25	3:33:33	4:14:07	4:50:54
10. Emma Gooderham	35:19	1:11:20	1:47:52	2:23:48	2:59:58	3:36:44	4:14:28	4:52:10
11. Jeremy Mower	34:30	1:10:28	1:47:08	2:26:22	3:02:24	3:42:09	4:27:35	5:11:29
12. Paul Tranter	34:55	1:10:07	1:46:03	2:23:05	3:04:10	3:49:38	4:35:10	5:13:43
13. Mark Baker	35:00	1:10:08	1:46:00	2:22:33	3:01:08	3:43:30	4:28:43	5:14:37
14. Michael Firmstone	35:50	1:13:58	1:52:32	2:31:38	3:16:24	4:00:05	4:43:00	5:25:45
15. David Halford	36:50	1:15:06	1:54:10	2:32:35	3:12:32	3:54:23	4:39:54	5:30:25
16. David Thomas	39:53	1:19:42	1:59:10	2:38:17	3:20:48	4:05:35	4:50:34	5:38:26
17. Alan Mann	44:48	1:29:30	2:13:53	2:59:04	3:43:15	4:26:39	5:06:55	5:47:10
18. Jackson Griffith	40:20	1:22:27	2:04:10	2:47:38	3:31:38	4:18:28	5:07:19	5:55:56
19. Geoff Oliver	39:22	1:19:46	1:59:57	2:40:33	3:23:20	4:11:54	5:08:58	6:02:35
20. Adrian Whalley	39:22	1:19:37	1:59:58	2:42:07	3:31:20	4:23:06	5:22:04	6:17:08
21. Sid Morrison	43:39	1:27:43	2:13:13	2:58:29	3:48:40	4:40:43	5:33:25	6:26:08
22. Malcolm Knight	46:31	1:34:08	2:22:30	3:11:18	4:00:54	4:51:01	5:43:36	6:33:33
23. Loretta Daley	45:26	1:31:55	2:20:30	3:12:49	4:09:35	5:09:04	6:15:55	7:16:13
Gary Hyatt	40:36	1:22:47	2:05:47	2:50:43	3:42:10	4:38:06	5:45:21	
Matthew Lynas	33:18	1:07:20	1:38:44	2:11:19	2:44:09	3:17:28		
Pam Storey	49:19	1:46:57	2:42:50	3:49:51	4:59:28			

29 Entries accepted

26 Starters

23 Completed the 40 Miles

Barry 40 Mile Track Race

Sunday 9th March, 2008

Official Result

1. Colin Gell	Sale Harriers	4:20:14
2. Dominic Croft (V40)	Woodstock Harriers	4:21:06
3. Andrew Farquharson (V40)	Kent AC	4:23:35
4. Stephen Pope (V40)	Unattached	4:35:02
5. Ian Anderson	Knavesmire Harriers	4:36:18
6. Mark Shepherd	Team Kennet	4:38:54
7. Nathan Montague	Swindon Harriers	4:45:10
8. Chris Finill (V45)	Harrow AC	4:45:50
9. Viesturs Dude (V45)	Crawley AC	4:50:54
10. Emma Gooderham (FV35)	Malvern Joggers	4:52:10
11. Jeremy Mower (V40)	Gloucester AC	5:11:29
12. Paul Tranter (V40)	Unattached	5:13:43
13. Mark Baker (V40)	Northbrook AC	5:14:37
14. Michael Firmstone	Unattached	5:25:45
15. David Halford (V45)	Northbrook AC	5:30:25
16. David Thomas (V40)	Sarn Helen	5:38:26
17. Alan Mann (V50)	Les Croupiers	5:47:10
18. Jackson Griffith	Road Runners Club	5:55:56
19. Geoff Oliver (V70)	100 Km Association	6:02:35
20. Adrian Whalley (V45)	Hinckley RC	6:17:08
21. Sid Morrison (V65)	100 Km Association	6:26:08
22. Malcolm Knight (V60)	Newbury AC	6:33:33
23. Loretta Daley (FV40)	Les Croupiers	7:16:13

Retirements

Gary Hyatt (V60)	Les Croupiers	35 Miles in 5:45:21
Matthew Lynas (V40)	Thames Hare & Hounds	134 laps in 3:38:50
Pam Storey (FV55)	100 Km Association	106 laps in 5:13:57

Welsh Ultradistance Championship

The race incorporated the 19th edition of the Welsh Ultradistance Championship, with 7 entries accepted, all of whom started and six completed the full distance. Mark Shepherd proved a decisive winner, placing sixth overall and confirming his rapid advance since making his debut at Barry twelve months ago.

The minor medals were occupied by two athletes who both recorded PBs at Barry after several attempts. After two bronzes, Jeremy Mower moved up to take silver this time, a fine effort after a frustrating 2007 with injury. Mark Baker secured his first Welsh Championship medal at his third attempt with a five minute improvement.

Loretta Daley was the only lady entry and showed all her renowned tenacity to secure a hat-trick of titles.

Welsh Mens 40 Mile Championship

1. Mark Shepherd	Team Kennet	4:38:54
2. Jeremy Mower (V40)	Gloucester AC	5:11:29
3. Mark Baker (V40)	Northbrook AC	5:14:37
4. David Thomas (V40)	Sarn Helen	5:38:26
5. Alan Mann (V50)	Les Croupiers	5:47:10

Welsh Ladies 40 Mile Championship

1. Loretta Daley (FV40)	Les Croupiers	7:16:13
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Open Race

1. Colin Gell	Sale Harriers	4:20:14
2. Dominic Croft	Woodstock Harriers	4:21:06
3. Andrew Farquharson	Kent AC	4:23:35

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. Emma Gooderham	Malvern Joggers	4:52:10
2. Loretta Daley	Les Croupiers	7:16:13

Male 40-44

Stephen Pope	Unattached	4:35:02
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Male 45-49

Chris Finill	Harrow AC	4:45:50
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Male 50-59

Alan Mann	Les Croupiers	5:47:10
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Male 60-69

Geoff Oliver	100 Km Association	6:02:35
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The History of the Barry 40 : Race Winners and Survival Rates

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 1986-2008

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	802	589	440 (400 / 40)	75%

Barry 40 Mile Track Race Report

The Barry 40 mile track race is an event with a long and proud history. It has often been dubbed the “Race of Records” – such has been the quality of performances, with no less than 57 world best marks having been set since its inception on the old cinder track in 1986. Added to that, three winners at Barry have gone on to win World titles at the punishing championship distance of 100 kilometres.

This year was a little different. Sifting through the entries it was clear that not only was there no outstanding favourite, but as many as ten of the 29 entrants had a realistic chance of winning. Given the added ingredient of stormy weather, with a forecast of sunshine and hail showers, the only obvious thing to say was that the eventual winner would perhaps have to fight even harder than usual to win the coveted race.

26 of the entries duly toed the line at a little after 10.00AM. As predicted, the start was decidedly cagey. This was a sign of both the huge mutual respect between the athletes, but also recognition of the potential variability in the weather. You can't win an ultradistance race in the opening laps, but over-ambition can contribute hugely to your downfall. This was no time for heroics. In fact, the early laps resembled a leisurely pack training run, with much talking and discussions of race strategy. 5 miles came up in 33:18 with just 24 seconds covering the first ten, with Dominic Croft (Woodstock Harriers) and Matt Lynas (Thames Hare & Hounds) together, followed by 2000 winner Chris Finill (Harrow AC), debutant Nathan Montague (Swindon Harriers), defending champion Andrew Farquharson (Kent AC), Colin Gell (Sale Harriers), Latvian-born Viesturs Dude (Crawley AC), 2005 winner Stephen Pope (Unattached), Irishman Ian Anderson (Knavesmire Harriers) and leading Welshman Mark Shepherd (Team Kennet) keeping the supporters amused with his jovial banter.

Of the three lady starters, debutant Emma Gooderham (Malvern Joggers) was moving effortlessly as she cruised through in 35:19, followed by defending Welsh Champion Loretta Daley (Les Croupiers) and Pam Storey (100 Km Association).

The next few miles were similar. The only variations were for the occasional “pit stop” or for athletes slowing to grab food and / or drinks. Fuel for the long journey ahead was the order of the day – this was a field that knew all about the dangers of dehydration or simply becoming over - committed. The same ten athletes remained in contention up to the quarter distance mark, except that Ian Anderson, twice runner-up in 2000 and 2001 and making a welcome re-appearance had now gone to the front and was beginning to press the accelerator just a little. The pace at 10 miles of 66:20 was still relatively sedentary, but the gaps were beginning to appear as athletes began to make individual decisions as to whether to cover the break or to let the Irishman go.

Emma Gooderham continued with her relatively aggressive start, clocking 71:20 at 10 miles, with coach Norman Wilson keeping a close watch on the lap times and offering the occasional cautionary word.

After about an hour and a quarter's running there was a sudden hail shower. This was really disconcerting, and there was a collective dash to the side of the track, whilst still running, for protective clothing. Getting too cold and wet can play a huge part in endurance running, and for a few minutes the race took on a similarity to Formula One where drivers dash into the pit lane to change their tyres. Adaptability can be really critical and play a significant part in the eventual outcome. Fortunately the shower was relatively brief.

Anderson looked good in front, but Dominic Croft and Matt Lynas in particular looked ominously comfortable in pursuit. They had run several previous ultras together and knew

each other's capabilities well. It was no surprise therefore when they assumed the lead on Lap 66.

The relative positions at 20 miles had changed little, with the same 10 athletes covered by a little over 4 minutes. There was absolutely no clue as to which of the ten might come out on top, as the following halfway times indicate: Croft and Lynas 2:11:19, Anderson 2:11:39, last year's winner Farquharson biding his time in 2:11:58, Colin Gell 2:12:48, Nathan Montague 2:13:12, Chris Finill 2:14:05, Mark Shepherd 2:15:05, Stephen Pope 2:15:15 and Viesturs Dude 2:15:52.

Emma Gooderham was still going really well and clocked 2:23:48 at this point, and was beginning to catch some of the faster men.

A pit-stop on Lap 83 cost Lynas a share of the lead, but Croft still looked totally untroubled. Andrew Farquharson was increasingly looking to be the danger man, and closed Croft's lead to just nine seconds by the end of Lap 89, before he too had to take a swift break. There were so many fluctuations that knowledgeable observers were wondering which way the race would swing next. The next major milestone came up on lap 106, which signified the completion of a Marathon. There was still just 50 seconds covering the four leaders, with Dominic Croft still leading on 2:51:36, from Lynas 2:52:00, Gell 2:52:17 was beginning to move through, and Farquharson was still in contention on 2:52:26. Nine of the athletes were inside 3 hours. In the London Marathon, 3% of athletes last year broke three hours; here 35% of the field were inside it and all still had almost 14 miles to run.

The 30 Mile mark is often the critical stage of this race, as the exertions of the previous three hours begin to take their toll both physically but sometimes more importantly, psychologically. Having led the race since lap 66, Croft surrendered it to Colin Gell on Lap 118. At this stage the change in leadership did not look decisive, as both athletes looked in control. However, the 30 mile split time of 3:15:30 revealed that Colin had covered the third quarter in 62:42, compared to previous segments of 66:44 and 66:04. He was applying the pressure.

There was further heavy rain for about ten minutes at this juncture, potentially more significant than earlier because the athletes were more fatigued. There was again hasty kit changes to preserve body heat, but the relentless race for honours continued.

Gell led Croft by just 5 seconds at thirty miles. Farquharson was now 1:38 back, and Lynas 1:58 in arrears. Such margins, as regular observers of this race will readily testify, are negligible. Three years ago Stephen Pope won from being 9 minutes down at 30 Miles. There were at least four athletes in with a shout of the destiny of the title.

The race was now increasingly looking to be between Gell and Croft, but having assumed the lead, Colin appeared unable to build upon it. In a break for drinks Dominic actually regained the lead albeit briefly, but with just five miles to go there was just 10 seconds between them. By now both athletes were becoming increasingly aware of the proximity of the finish, as well as the slender nature of the margin. Neither appeared able to make any more impression on the other. The laps ticked away, but both athletes were still moving remarkably well considering they were now into their fifth hour of continual racing. Which athlete would prevail? Gell at 28 was by thirteen years the younger, but Croft had comfortably the more fluent action. It was a war of wills. There was constant looking at each other for any sign of weakness. None was forthcoming.

Sprinting is not a word you normally associate at the end of an ultradistance race, but sprint is what Colin Gell most certainly achieved on the 161st and final lap. His time of 4:20:14 was remarkable in that it was achieved with a faster second half than the first – amazing control

over such a distance. The final winning margin of just 52 seconds meant that this was the closest Barry 40 ever. And, just two minutes after Dominic Croft's second placed time of 4:21:06 came defending champion Andrew Farquharson – his time of 4:23:35 being nearly five minutes quicker than last year.

Further down the field was a glut of quality performances. Pride of place was that of Emma Gooderham's tenth place overall in the superb time of 4:52:10. Emma displayed great control throughout and was rewarded by becoming the 12th fastest lady in the world all-time over the distance. It was also the fastest winning ladies time here in Barry since 1999.

After so many world best performances in the past, it is perhaps surprising to note that none were recorded this time. But it wasn't for the want of trying. 74 year old Geoff Oliver decided that his new 30 mile and 50 kilometre marks from last year for the M70 age group were beatable, and for two and a half hours he was inside schedule to do just that. But conditions were not as conducive as last year, and over such a long distance the elements are crucial. However, 2009 sees Geoff assume a new age category so don't bet against him!

The race again incorporated the Welsh Ultradistance Championship, with athletes not just competing for the honour of national gold, silver and bronze medals, but also the potential of representing Wales in the Home Countries 100 Km International, which this year is on home soil in Bute Park, Cardiff on May 18. The overall entry for the Welsh Championship was one of the few disappointing features – just seven athletes. Mark Shepherd from Team Kennet made his Barry debut last year and took silver. This year he moved to the top of the podium, placing 6th overall in a very high class field in 4:38:54, and in a time 17 minutes faster than in 2007. The battle for the minor medals was hard-fought and very close throughout, with both athletes recording PBs. Jeremy Mower (Gloucester AC) placed 11th overall in 5:11:29, and just prevailed over Mark Baker (Northbrook), who was 13th in 5:14:37.

Given the less than favourable conditions, there was a remarkably low drop-out rate. 23 of the 26 starters completed the 40 miles, a survival rate of 88% which is testament to the fitness and determination of all. That figure is actually the highest survival rate since the race began 22 years ago. Sadly one of the few athletes not to complete was local man Gary Hyatt. Gary celebrated his 60th birthday recently, and it was his ambition to better the existing M60 Welsh record set a few years ago by Syd Wheeler of Chepstow Harriers of 6:01:26. Sadly that ambition was not to be, and, becoming increasingly cold, Gary wisely decided to strategically withdraw after 35 miles. It should be noted that Gary's wife Pip, together with daughters Sally and Kate, provided the welcome refreshments that kept the army of officials nourished on a tough day.

Loretta Daley of Les Croupiers was another athlete to find it tough going. She had recently been ill, but her finishing time of 7:16:13 ensured her a hat-trick of Welsh ultra titles.

It was a day for great teamwork and endeavour and everyone played their part. Groundsman Bill Cook was, as ever, first man into the stadium and last man to leave, almost ten hours later. A day that will last long in the memory of everyone present as the closest and most intriguing of all the amazing series of Barry 40 Miles Track races – the race where everyone is a hero.

