

Barry 40 Mile Track Race

Sunday 8th March, 2009

Official Result

1. George Dayantis (V45)	Christchurch Runners	4:22:57
2. Paul Fernandez	Abingdon Amblers	4:39:51
3. Chris Finill (V50)	Harrow AC	4:45:53
4. Jeremy Mower (V40)	Gloucester AC	5:13:39
5. Mark Baker (V40)	Northbrook AC	5:31:29
6. Maria Zubizarreta (FV35)	Les Croupiers	5:41:19
7. Phil Adams (V45)	Neath Harriers / 100 Km. Assoc.	5:42:35
8. Mark Collinson (V40)	Sri Chinmoy AC	5:56:59
9. Andy Smith (V45)	Woking AC	6:00:43
10. Anthony Davis	Brackla Harriers	6:07:35
11. Alan Mann (V50)	Les Croupiers	6:30:51
12. Geoff Oliver (V75)	100 Km. Association	6:39:09

Retirements

Malcolm Knight (V60)	Newbury AC	131 laps in 6:40:55
Abichal Spencer (V45)	Sri Chinmoy AC	130 laps in 6:01:42
Loretta Daley (FV40)	Les Croupiers	91 laps in 3:20:03
Mark Shepherd	Team Kennet	37 laps in 1:02:48

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. George Dayantis	32:47	1:05:09	1:37:24	2:10:14	2:42:25	3:16:17	3:50:18	4:22:57
2. Paul Fernandez	32:57	1:06:05	1:39:33	2:13:06	2:47:05	3:24:53	4:03:09	4:39:51
3. Chris Finill	32:59	1:06:08	1:39:20	2:12:34	2:45:54	3:20:15	4:00:21	4:45:53
4. Jeremy Mower	36:18	1:12:07	1:48:33	2:26:53	3:05:40	3:45:25	4:30:28	5:13:39
5. Mark Baker	36:10	1:11:52	1:48:55	2:27:33	3:07:41	3:52:20	4:42:33	5:31:29
6. Maria Zubizarreta	40:02	1:19:51	1:59:58	2:40:39	3:22:33	4:06:29	4:53:54	5:41:19
7. Phil Adams	39:02	1:19:47	1:59:58	2:41:25	3:24:14	4:09:50	4:58:00	5:42:35
8. Mark Collinson	40:02	1:19:54	2:00:55	2:41:36	3:25:10	4:13:09	5:07:40	5:56:59
9. Andy Smith	43:36	1:26:10	2:09:36	2:53:48	3:41:30	4:26:09	5:09:56	6:00:43
10. Anthony Davis	43:27	1:30:04	2:15:43	3:02:42	3:49:34	4:36:24	5:23:32	6:07:35
11. Alan Mann	42:44	1:25:15	2:09:39	2:54:41	3:42:35	4:37:51	5:35:27	6:30:51
12. Geoff Oliver	42:30	1:25:22	2:08:38	2:50:24	3:36:02	4:39:49	5:40:31	6:39:09
Malcolm Knight	49:06	1:40:21	2:40:45	3:40:37	4:45:41	5:59:40		
Abichal Spencer	47:42	1:34:42	2:26:01	3:21:17	4:23:03	5:30:27		
Loretta Daley	42:57	1:25:14	2:10:17	2:55:42				
Mark Shepherd	33:25							

20 Entries accepted

16 Starters

12 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 20th edition of the Welsh Ultradistance Championship, with 9 entries accepted, all of whom started and six completed the full distance. Last year's champion, Mark Shepherd, was an unfortunate early casualty, retiring after just 9 miles with a back injury.

The battle subsequently became a battle between last year's silver and bronze medalists, Jeremy Mower and Mark Baker. Baker was marginally ahead in the early miles, before Mower moved ahead, though only marginally at first. Jeremy was just 40 seconds ahead at the halfway stage: thereafter he was always going away and came home 18 minutes clear in 5:13:39 – just two minutes slower than last year in vastly inferior conditions. Mark's silver represented his second national medal in four attempts. Phil Adams made a welcome return to Barry after a break of four years to take bronze, his third Welsh ultra medal in six races.

Ultra debutant Maria Zubizarreta was a very composed and impressive winner of the Ladies Championship. Having acted as a lap scorer in 2008 and been captivated by the race, Maria immediately declared her intentions to compete this year and has recently trained specifically for the race. It showed, and she finished as strongly as anyone in 6th position. Champion for the last three years, Loretta Daley, unfortunately had to retire with stomach problems; but knowing her will do battle again in 2010.

Welsh Mens 40 Mile Championship

1. Jeremy Mower (V40)	Gloucester AC	5:13:39
2. Mark Baker (V40)	Northbrook AC	5:31:29
3. Phil Adams (V45)	Neath Harriers / 100 Km. Assoc.	5:42:35
4. Anthony Davis	Brackla Harriers	6:07:35
5. Alan Mann (V50)	Les Croupiers	6:30:51

Welsh Ladies 40 Mile Championship

1. Maria Zubizarreta (FV35)	Les Croupiers	5:41:19
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Open Race

1. George Dayantis (V45)	Christchurch Runners	4:22:57
2. Paul Fernandez	Abingdon Amblers AC	4:39:51
3. Chris Finill (V50)	Harrow AC	4:45:53

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. Maria Zubizarreta (FV35)	Les Croupiers	5:41:19
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Male 40-44

Jeremy Mower	Gloucester AC	5:13:39
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Male 45-49

Phil Adams	Neath Harriers / 100 Km. Assoc.	5:42:35
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Male 50-59

Alan Mann	Les Croupiers	6:30:51
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Male 60-69

Geoff Oliver	100 Km Association	6:39:09
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Barry 40 Mile Track Race Report

Race day, Sunday 8th March, dawned bright and clear, with cloudless skies and the lightest of westerly winds. Sadly, it wasn't to last. By the race start time of 10.00 AM, the dark clouds were gathering and the winds freshening.

This years Barry 40 Miles Track Race received 20 entries, slightly fewer than normal, from which 16 showed on race day. Whilst the depth of quality was less than in 2008, there still remained the usual subtle blend of hardened experienced campaigners, and newcomers stepping out to challenge a distance never encountered before.

Chris Finill (Harrow AC) was perhaps the man to beat, and certainly the man with experience on his side. London Marathon Everpresent, five times Barry 40 finisher and winner in 2000, and current UK 24 Hour Champion. Paul Fernandez (Abingdon Amblers) looked a likely thread. At 34, he was sixteen years younger than Finill, and still improving. He possessed good speed at shorter distances and had extensive experience of mountain running. Defending Welsh Ultra Champion, Mark Shepherd, was another with sound credentials, having recently won the Elbtunnel Marathon in Hamburg.

Another with a chance, though less experienced, was George Dayantis of Christchurch Runners. George had completed the tough New Forest Marathon several times, but his only previous ultra was a 7th place finish in the very hilly Dartmoor Discovery 32 miles last June.

Two of the starters were ladies, and both from the promoting club, Les Croupiers. Loretta Daley had won the Welsh Ultra title for the last three years, but looked to face a strong challenge from Maria Zubizarreta, whose third place finish in 3:17:31 in the Mallorca Marathon indicated rapid recent improvement.

The first significant development after the race start came after about 10 minutes. It started raining. Heavily. Just as Formula One Racing Drivers suddenly dive for the pit lane to change tyres, so the runners called for an assortment of additional clothing to try and stay dry, but more importantly, to preserve body heat. It was a pattern to be repeated many times throughout the event. The rain also seemed to prompt the first decisive move of the race. Up until then, the above mentioned four athletes had been running together. Suddenly, George Dayantis was breaking clear.

For those watching the race, this appeared to be too early to be making such a decisive move. Caution usually pays dividends in ultra races, and the winner in a close race is often the one who resists the temptation to show their hand. By 5 miles, with the clock registering 32:47, George was 10 seconds clear of Chris and Paul. Sadly, even at this early stage, Mark Shepherd was clearly in discomfort with a back injury. With problems so early in the race, Mark chose the only sensible option open to him, and wisely with retired after 9 miles.

Meanwhile, George was pressing on. By 10 miles, reached in 65:09, he held an advantage of almost a minute from Chris and Paul, who were showing no inclination to chase. Some distance behind these three was Mark Baker from Northbrook AC, closely followed by Jeremy Mower of Gloucester AC. With Mark Shepherd on the sidelines, these two were effectively contesting the honour of being Welsh Ultra Champion.

In the Ladies event at 10 miles, both Maria and Loretta were going well, with Maria showing five minutes ahead in 1:19:51.

The weather continued to do its best to destroy the best-laid plans. Occasionally sunny, sometimes raining with the odd hail shower, and the wind an energy-sapping gusting nuisance. The athletes continued to change clothes with each shower, and the outcome of the race threatened to become who had brought the most extensive wardrobe!

George Dayantis was maintaining his early pace remarkably well. His second ten miles were marginally faster than the first, and his halfway time of 2:10:14 looked fast given the conditions. But could he sustain it? Chris Finill had now broken away from Paul Fernandez, and was 2:20 behind the leader in 2:12:34, with Paul still looking good just half a minute further back. Over such a long distance, such margins can be quickly overturned.

Jeremy Mower had by now overtaken Mark Baker for fourth, and hence was leading the Welsh Championship. However, there was still just 40 seconds between them. Maria had completed her second quarter only marginally slower than the first, her time of 2:40:39 being quick enough for sixth overall. She now led Loretta by 15 minutes.

The race conditions were being to tell on some of the runners. In the 23rd mile Loretta Daley became the second athlete to retire from the race, suffering stomach problems. Meanwhile, the athlete who was most conscious about time was Geoff Oliver. In recent years, Geoff had set world best performances for 30 miles, 50 kilometres and 40 miles for the Male 70-74 age category. This year he was attempting to repeat that process in the new category of 75-79 years. His 20 mile time of 2:50:24 gave him a great chance. But the key to success in ultras is rhythm. The gusting winds were very disrupting. Sadly, Geoff's chances were being literally blown away.

If the cracks were going to appear in the leader's armory, now was the time. His pursuers were beginning to struggle. Chris was having problems with a longstanding hamstring injury and Paul was having to stop and stretch occasionally. But George hadn't read the script. He was still going away.

His 30 mile time of 3:16:17 was now four minutes faster than Chris, with Paul nearly as far again away in third. Jeremy was now seven minutes clear in the race for the Welsh title, and Maria, moving as smoothly as anyone, was sixth overall and simply had to keep going to take the Ladies race and Welsh Championship at her first attempt.

Despite the ferocious conditions, there were to be no last-gasp collapses, at least for the leaders. George and Maria looked imperious as they completed their tasks, to warm applause from a growing crowd of supporters. For George it was a most impressive debut, and his son Alex had recorded every one of his father's laps, as well as providing much-needed change of clothing. His final time of 4:22:57 showed that he had barely slowed at all in the second half, and remarkably had recorded a marathon PB of 2:50:11 en route.

But there was drama for the minor placings. Chris's hamstring problems were slowing him to barely more than a jog. Ironically, in many previous ultra races Chris has received massage from friend and mentor, Andy Smith. But here Andy was also running! So spectators were treated to the extraordinary sight of one runner receiving massage from another whilst lying prone on the track. In its own way it epitomised the spirit of ultra running, with one athlete being prepared to compromise his own race to help a friend. Meanwhile, Paul was encountering problems of his own, with increasing need to stop and stretch. However, Paul's problems were the less restricting of the two. By lap 150, he had moved into second, and, as if encouraged, managed to finish with a flourish to take the runners up spot in 4:39:51. Chris came home a painful third in 4:45:53, but although struggling "not finishing was not an option". The Welsh championship resulted in a comprehensive victory for Jeremy Mower, who thereby won his first national title. Having won the bronze medal twelve months ago, Mark Baker improved to silver this time. Third place went to the hugely experienced Phil Adams, who was using this event as part of his build-up for further "Race the Planet" exploits.

Maria Zubizarreta rarely looked in trouble as she completed her run in 5:41:19, and was greeted by many members of her family, who had come to support her in the toughest race of her career. It was an emotional scene.

Spare a thought for Geoff Oliver. Having seen all chance of world best performances disappear, he plugged on gamely to be the final finisher of twelve, in 6:39:09. The man just doesn't know when to quit, and new British best performances for 30 miles, 50 kilometres and 40 miles were some consolation. For 12 of the 16 runners to complete the 40 miles (75%) in such conditions speaks volumes for the preparation and dedication of all.

After such an event, many thanks are due. Gary and Pip Hyatt kept the army of officials going with refreshments, and, as ever, groundsman Bill Cooke was first man to arrive and last to leave the stadium. Everyone, in whatever capacity, was a hero. Most of all, it was a day in which the natural elements did their utmost to destroy, yet human spirit withstood everything.

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

08 Mar 2009	4:22:57	George Dayantis	5:41:19	Maria Zubizarreta
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 1986-2009

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	822	605	452 (411 / 41)	75%

