



**Presents**

**38<sup>th</sup> edition of the**

**Barry 40**  
**& Marathon**

*{8<sup>th</sup> edition of the Marathon}*

**Incorporating**

**35<sup>th</sup> Welsh Ultradistance Championship**

**For the**

**George Dayantis Memorial Trophy**

**At**

**Jenner Park, Barry**

**On**

**Sunday 3<sup>rd</sup> March 2024**

**Start at 10.00 am**

(Under UK Athletics and WA Rules)

**Supported by**



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WELSH ATHLETICS  
ATHLETAU CYMRU

# Today's Officials

<b>Race Director :</b>	Firouz Mal
<b>Race Referee :</b>	John Griffin
<b>Chief Timekeeper :</b>	John Griffin
<b>Starter :</b>	Keith Matthews
<b>Recorders :</b>	Members of Les Croupiers RC and individual athletes' handlers
<b>Race Day Co-ordinators :</b>	Mick McGeoch, Garry Hyatt, Dave E Williams, David McDonald
<b>Medical Cover :</b>	Tom Carter
<b>Feed station :</b>	Jeff Rees, Garry Hyatt (both Barry 40/ Welsh Ultra Team members)

## Acknowledgements

A race of this type cannot be successfully organised without the help of many people. My sincere thanks to the following:

Don Turner and Andy Milroy for their expert advice

All officials and members of Les Croupiers

Paul Stillman for race photography

Welsh Athletics

Vale of Glamorgan Council

Jenner Park Ground Staff

Tom Carter for provision of medical cover

Caroline and Patrick for putting up with me

To all the athletes, may I wish you an enjoyable weekend in Barry. I hope you all achieve your personal goals in our race. The presentation will take place as soon after 4.00pm as possible.

*Mick McGeoch*

For more information, results, and race histories:

[www.lescroupiersrunningclub.org](http://www.lescroupiersrunningclub.org)

[www.cardiffrunningevents.org/barry-40.php](http://www.cardiffrunningevents.org/barry-40.php)

[www.statistik.d-u-v.org](http://www.statistik.d-u-v.org)

# **Barry 40 and Marathon– The Engine Room**

(otherwise known as "Last of the Summer Wine")

## **Mick McGeoch**

Mick's name is always linked with the Barry 40, a race he created and won in dramatic fashion in 1986. His best performance came two years later winning with 3:58:40, the then 9th fastest ever. He won 3 of his 9 ultras, twice representing Great Britain in the World 100km Championship. He is perhaps better known as a marathon runner, with 40 sub 2:30 performances in 80 starts with a PB of 2:17:58 [London, 1983] and 4 wins. He also won 10 marathon age group titles, including 2 of the World Majors: M40 [London, 1996] and M45 [Berlin, 2001]. Race Director of this event since its inception.

## **John Griffin**

Club chairman since 1993, John's name is synonymous with the organisation of Les Croupiers. Seemingly, no job is either too large or too trivial for him to do. Whether it be collecting the dirty dishes and glasses and returning them to the bar, putting up and taking down the club tent at cross country, giving out finishing discs to close to a thousand runners at parkrun each Saturday, or drawing green arrows on all the junctions throughout the length of Wales for each year's Welsh Castles Relay, John just gets on and does things with the minimum of fuss to ensure events run smoothly. He is also a tireless fundraiser for the local Velindre Hospital.

Six years ago he received the British Empire Medal for services to the athletic and cancer community. Paddington-born, he is a lifelong Chelsea fan, but we try not to hold that against him.

## **Paul Stillman**

Like John, Paul joined the club in the early 1980s and was a tidy athlete, clocking just under 90 minutes for the half marathon, and just over 3 hours for the marathon. However, owning his own furniture business led to extensive travel both in the UK and abroad, and this curtailed his athletic exploits. However, since travelling less Paul has been able to give back to the sport and indulge in a personal passion - photography.

Paul excels at everything he does and this is borne out by his reputation for superb action photos both in South Wales and beyond. This all comes as part of the race package, the photos are free, but with the proviso that you credit him with taking them.

Paul has never needed assertiveness training as you will find out with the photos taken on the day.

**[https://www.flickr.com/photos/les\\_stills/](https://www.flickr.com/photos/les_stills/)**

# 38th Annual Barry 40 Miles Track Race, Sunday 3 March, 2024

## 40 miles – Final Entry List (11)

Race #	Athlete	Age	Club	Lap Scorer
1	Rachel Bowen	46 W L	Lliswerry Runners	Jon Belcher
2	Jen Coleman	49 W L	Les Croupiers	Maria Roberts
3	David Coles	64 W	Les Croupiers	Andy Blair, Jeff Rees
4	Ieuan Griffiths	21 W	Clwb Run Wales	Gary Howells
5	Steve Hooper	57 W	Pontypridd Roadents	
6	Grant Jeans	40	Unattached	William Jeans
7	Ifan Lloyd	64 W	Swansea Harriers	Dafydd Lloyd
8	Jeremy Mower	58 W	Gloucester AC	
9	Stephen Price	57	Totley AC	Chris Finill
10	Daniel Rothwell	36 W	Swansea Harriers	Ian Rothwell
11	Owain Zerilli	29 W	Les Croupiers	Rachel Lammin

Welsh Championship Entry = 9

Ladies Entry = 2

## Marathon – Final Entry List (6)

Race #	Athlete	Age	Club	Lap Scorer
21	Jeff Aston	76	Les Croupiers	John Griffin
22	Darryl Beaver	63	Penarth & Dinas	Lisa Cleary
23	Kelly Crofts	43	Les Croupiers	Firouz Mal
24	Richard Edge	48	CDF Runners	Sarah Pryor
25	Gethin Parker	47	Les Croupiers	Kelly Parker
26	David E Williams	61	Les Croupiers	Gary Bodman, Claire George

Welsh Championship Entry = N/A

Ladies Entry = 1

# Barry 40 Miles: Race Line-Up

## No: 1 Rachel Bowen (Lliswerry Runners)

Age 46. Rachel writes: Rachel's streak of four consecutive Barry 40's was brought to an abrupt end by a surprise diagnosis of Stage 2 breast cancer in November 2022. Despite two cancer surgeries, a course of radiotherapy and a third (more invasive) operation for endometriosis in 2023, she ran Chester Marathon for the Wales Masters team in October 2023, setting a new PB of 3:20:19.

Throughout an often miserable 2023, she remained determined to make it to the start line in 2024 Barry 40. Fortunately, her consultant at Llandough Hospital said she only needed to take three days off after each operation and she was able to train throughout all the treatment. As a result, since cancer, Rachel has set PB's at all major distances.

This year, Rachel is using the Barry 40 to raise funds for Llandough Breast Centre, and two other charities. Her goals for Barry are to make the cut off time but also to prove the small number of people she has met along the way who implied she would have to lower her expectations about the times and distances she would be able to run in the future.

## No: 2 Jen Coleman (Les Croupiers)

Age 49. Jen returns for her 7th Barry 40 hoping to finally clock sub 5 hours. She appeared to be well on her way to achieving that last year up until 30 miles. However, such is the nature of ultradistance that she had to be content with successfully defending her Welsh Championship and Ladies title with 5:18:12. Her main goal of last year was the World 24 hours championships in Teipai, but she fell victim to an untimely bout of Covid and had to retire after 156 km. However, Jen returned in typical style with an excellent third place in the Old Father Time 5 miles on New Year's Eve in 32:38.

Jen's first marathon was at London in 2000, where she clocked 4:14:03. She steadily improved over the years, running her fastest time of 2:59:06 in San Sebastian in 2013. However, it's at ultra distance where she really excelled. She ran the Maraton des Sables in 2009, and in all ran 4 successive MDS events, finishing first British lady each time with a best overall position of third lady. She impressed at the Barry 40 in 2010 and 2011, and this led to selection at the Anglo Celtic Plate 100Km, where, with team mate Emily Gelder, Wales won the international team competition at Perth in 2011 and Redwick in 2012.

But better things were to follow as Jen represented GB in the World 24 hrs in 2012 in Katowice, and in December 2013 finished first lady (third overall) in the Barcelona Track 24 hours with 217.753 Kms. She won the UK 100Km title in 2014 with 8:24:53 at Gravesend and, along the way, she set a Guinness World Record of 119 hours 3 minutes and 10 seconds in June 2011 for the 345 miles Malin Head – Mizen Head crossing of Ireland. I'm always reminded of what Jen said when I asked her to write an article for our club newsletter after her first MDS about why she did it, 'Because I can!'

All the above should be put in the following context. Having met Rory Coleman whilst they were competing in the 2009 Marathon Des Sables, they married in 2014, and they are now proud parents of Jack, Charlie and Rose.

## No: 3 Dave Coles (Les Croupiers)

Age 64. Dave started his marathon / ultra journey in South Africa in 1984 at the age of 24. Here the Comrades is the ultimate race to run, and Dave ran it 3 times from 1984-86, collecting 2 silver medals and 1 bronze, with a best time of 7:08:57. In total he ran 11 marathons and 7 ultras. Part two of his

career started when he joined Les Croupiers in 2000. In the meantime, he has been a model of consistency, having now completed 53 marathons (PB 2:50:15 Johannesburg 1985) and 16 ultras (including 5 x Barry 40 with a best of 5:02:17). He has also represented Wales twice in the Anglo Celtic Plate 100 km.

Since turning 60 four years ago, Dave has demonstrated even greater consistency. The week after his 60th birthday he ran an excellent 3:09:30 in the 2019 Amsterdam Marathon, though he had to wait two years to do his next one, 3:11:17 in London followed three weeks later with 3:13:16 in Newport (October 2021). It's been the same story here in Barry, with a 5:18:47 clocking in March 2020 for a new Welsh Over 60 record, which he improved to 5:14:50 in 2021 and 5:06:40 in 2022. He stayed on the track for 6 hours in total, registering 74.000 kms for a new UK age group record. But all this preparation was for an ultimate purpose - to return to South Africa and revisit the Comrades. He achieved this aim in August 2022 with a spectacular 4th M60 (out of 450) in 8:26:36 = almost exactly 9-minute miling. Last year he ran three marathons with a best of 3:22:33 at Abingdon in October. Today's 40 miler is an attempt to replicate the 2022 programme, with this year's Comrades in June being the "Up Run".

### **No: 4 Ieuan Griffiths (Clwb Run Wales)**

Age 21. Ieuan writes: "I started running at 14. After a year or two of racing anything from 800m to 3000m I found what I really enjoyed; long distance. From then I've enjoyed pushing myself to go further while improving my times for the Half Marathon and 10K. I ran my first ultramarathon race in late 2022, but my biggest achievement to date would have to be my St Illtyds 50K course record from last May. I've begun 2024 well so far, with a handful of personal best times in training runs, and ticking off my 50th run at Marathon distance a few weeks ago. I feel that the Barry 40 is the perfect next step for me to continue to gain experience in the world of ultramarathon racing. If it is needed my current PBs are 5K: 15:52 (16:04 race) 10K: 31:52 (35 race) H/M: 1:10:41 (1:18 race) Marathon: 2:50:18 50K: 3:31."

### **No: 5 Steve Hooper (Pontypridd Roadents)**

Age 57. Steve is a life member of Pontypridd Roadents having joined them in 1987. It is his debut at the Barry 40 but he is continuing a great club tradition set by Sam Richards, Pip Blackburn and Jason Scanlon. In his 37 years as a member he has run in over 50 marathons, including 15 Londons (with a best of 2 hours 47 mins), and 20 ultra marathons (including 2 x 100 milers - the Cotswold 24 hour race in 2015 and Endure 24 hour trail run in 2017). Perhaps one of his best was 4th place in the Brecon to Cardiff 70 km in 2015.

He cites his hobbies as being music, running, running and running so he should feel at home here.

### **No: 6 Grant Jeans (Unattached)**

Age 40. Grant was born in Aberdeen and raised in Elgin, Moray, close to the homes of ultra legends Don Ritchie and Simon Pride. Grant's Dad William worked at Moray College with Don, and like Simon, Grant currently works for Royal Mail.

Grant began taking part in organised running training during a lunchtime cross country club at New Elgin Primary School, but it was not until his fourth year of secondary school during physical education classes that he started to realise he felt more comfortable running longer distances and was able to run further than his classmates. Reading and hearing about Don and Simon's achievements, combined with the fact a few of his friends had started running, inspired a sixteen-year-old Grant to follow structured training programmes with the aim of running competitively.

Despite running a few ten kilometre and cross-country races, Grant started to suffer very badly from peroneal tendonitis. Orthotics made a difference; however, a few tweaks were required as they initially caused severe blisters. Eating disorders would disrupt Grant's running for a while, but after several years away from racing, Grant decided to start his first ultramarathon – a twenty-four-hour track race in Hull – in 2004. It took a long time for Grant to get things right, but he eventually won his first ultra in August 2009 when setting a new course record at the John Lucas Memorial 50 miles Round Strathaven.

Grant was rewarded with his first Scotland vest the following month at the Commonwealth Mountain and Ultra Distance Running Championships in Keswick. Grant finished in sixth place in the 100K road race and anchored Scotland to the bronze team medal. 2010 was a mixed year for Grant as he initially sustained the back injury that would hinder his progress for years to come but still managed to win the Scottish 100K Championship and Scottish Ultra Marathon Series, a title he would retain in 2011. Grant also earned what remains his only Great Britain and Northern Ireland vest at the 2011 IAU World 100K Championships.

Fast forward to 2024 and after many ups and downs, Grant has finished in overall first in twenty-seven ultramarathons within the United Kingdom. Grant believes Don Ritchie holds the record for the most ultra victories on UK soil with thirty and aims to better that mark. Believing he can remain competitive over a variety of distances and terrains for a good few years. Grant aims to win as many ultramarathons as he can manage. Grant has also been selected for Team Scotland to run next month's Cow Shed Backyard Ultra, which incorporates the British Championships.

A big fan of World Wrestling Entertainment (WWE), Grant ticked off some of the goals on his bucket list while attending WrestleMania XXX in New Orleans in 2014 and when witnessing John Cena win the WWE Championship at the 2017 Royal Rumble in San Antonio. Grant is also a huge football fan and supports Rangers and Elgin City. However, Grant was delighted to finally attend a Barry Town United match at Jenner Park on the day before last year's race.

Grant has a Cineworld Unlimited card and uses it a lot. He will watch almost anything at the cinema, but particularly enjoys thrillers and dramas. Grant also loves watching whodunnits and musicals at the theatre.

During the pandemic, as there was not much racing taking place, Grant decided it would be the ideal time to transition to wearing minimalist footwear. As a result, Grant no longer uses orthotics at all and predominately walks everywhere in minimalist and/or zero drop shoes. Grant hopes to design and construct his own brand of running shoes in the future.

Coach in Running Fitness, Leader in Running Fitness and Off Road Leader are the licences Grant has obtained from UK Athletics so far.

Grant holds the record for finishing first in the Barry 40 with the slowest winning time of 4:32:43.

One highlight of the long trip south to Barry for Grant is that he can spend some quality time with his Dad William, who generously drives and keeps count of Grant's laps.

## **No: 7 Ifan Lloyd (Swansea Harriers)**

Age 64. Ifan has been on the Welsh distance running scene for decades yet seems to be training harder than ever, and his performances reflect this. Perhaps best known as a cross country runner, Ifan has been super-consistent in the British & Irish Masters Cross Country Internationals for Wales each November, with three individual age group bronze medals in 2014, 2015 and 2017 and an individual and team silver at the 2023 event in Glasgow.

Still competes regularly on the track at 1500 metres upwards. Enjoyed a wonderful season on the roads in 2021, with a M60 silver medal in the UK 10 km championships at Gravesend in 34:54, and his 77:07 in the Swansea Half marathon was the No:1 M60 time for the year. Ifan won gold medal in the British Masters cross country championships in 2022 and the British Masters 30km Trail running championships in Gravesend on a scorchingly hot day in June 2023.

After several hiccups Ifan managed to be fit and healthy to complete the 2023 London marathon in a time of 2h 55m 27s to finish 5<sup>th</sup> in the 60-64 age category. He will be back in London for the 2024 event in April. With a PB of 2:29:37 in London 1987 Ifan has the ambition to break the 2h50m before joining the 65-age category later this year.

In the meantime, Ifan set a new Welsh M60 indoor 3000m record in Cardiff last December recording a time of 10m 21s. More recently he took the gold medal in the men's 60 category at the Welsh cross-country championships in Brecon on 17<sup>th</sup> February finishing 54<sup>th</sup> overall. He competed his first Welsh senior cross-country championships in Cardiff in 1981 aged 21 where he finished 58<sup>th</sup> overall.

The Barry 40 will be a new experience and Ifan's first stab at a true ultra marathon distance. Barry will be a litmus test for the 55-mile Comrades marathon in South Africa this June. He has been experimenting with fuelling strategies and hoping he'll get it right at both Barry and the Comrades.

By profession, Ifan has been working as a large animal veterinary surgeon for 33 years and is often asked for his expert opinion on veterinary and farming issues by Welsh news and countryside television programs.

## **No: 8 Jeremy Mower (Gloucester AC)**

Age 58. Jeremy will be aiming to complete his 13<sup>th</sup> Barry 40-mile Track Race today. Only Bob Emmerson with 16 finishes has completed more and Jeremy would love to equal that score although he says he's finding harder as the years roll on with the longer races. Last year he did compete five times for Welsh Masters at 1500m, 10Km, half-marathon, marathon and cross-country showing his diversity over all distances. He also competed for Gloucester Athletic Club in the steeplechase on four occasions as they won Division 1 of the Midland Track & Field League.

## **No: 9 Stephen Pope (Totley AC)**

Age 57. Stephen's is one of those endearing stories which make this event so special. He first came to Barry in 2003 and placed third in 4:41:00, as part of his training for Comrades that year. He also first met Chris Finill, the champion in 2000. Stephen returned in 2005, winning one of the most dramatic editions of the race in that he overturned a 9-minute deficit at 30 miles to beat Stuart Buchan in 4:27:38. Another very close race followed in 2008 when he finished 4th.

There is a saying that ultra runners become friends for life. That's certainly true for Stephen and Chris, for in 2011, between 17 August and 5 November, they ran across USA from Half Moon Bay, California to Brighton Beach, Brooklyn, New York. It was even timed in 79 days 22 hours so that they could complete the New York Marathon together the following day in 3 hours 38 minutes.

A meeting in a pub after the 2019 London Marathon (completed by Stephen in 2:44:43) indicated his desire to return to our race. This was originally scheduled for the Barry 40 of 2022, but untimely injuries have intervened for the last two years. Chris Finill will also be returning to be his lap scorer.



## **No: 10 Daniel Rothwell (Swansea Harriers)**

Age 36. Dan's ultra career got off to an unfortunate start in April 2022, when after leading for 40 miles in the 50 mile Blacks to Beacons Race, he took a wrong turn and finished third, running an extra 5 miles. However, he subsequently won the Dragon 100 miles from Rhosili to Cardiff by over 3 hours in a course record 19:55:50.

His Barry 40 debut last March was sensational. Running solo virtually throughout, his 3:59:56 was breathtaking and in winning the Welsh title he set a new championship record - the old one having stood for 30 years. But more was to follow a month later in Craigavon, Northern Ireland where he took the bronze medal in setting a new Welsh 100 km road record of 6:43:25 (eclipsing fellow Swansea Harrier Trevor Hawes by 30 seconds, Hawes having won the inaugural UK Champs in 1989) in the Anglo Celtic Plate 100 km.

His shorter distance form is also very impressive. He has track PBs of 15:00.80 (5000 metres) and 9:17.04 (3000 metres steeplechase), both achieved for Swansea in British Athletics League Division 1 in 2019. On the road, he ran 30:38 in the Newport 10 km in 2019 and 67:16 in the Cardiff Half Marathon of March 2022.

## **No: 11 Owain Zerilli (Les Croupiers)**

Age 29. Owain's running career can be split into "pre-Les Croupiers" and "post-joining Les Croupiers". Runners in the club will have seen Owain running on the roads – PB's at 5K (16:09), the half-marathon (74:39) and marathon (2:38:07) in 2022 – and cross country. Owain was "coached" at primary school for cross country by Julian Goater, a man worth reading about if you don't recognise the name – although no one at their schools knew a thing about him or how good a runner he was! Maybe he's part of the reason Owain loves cross country? Owain had a tough year in 2023 but managed to finish the year with training trending upwards and Barry 40 circled on his calendar.

What some may not know is that "pre-Les Croupiers" Owain began running (outside of the odd parkrun) in 2017, with his first race being the 2018 Vale Coastal Ultra, where he finished 6<sup>th</sup> – not sure how wise it was to begin running a 50K? 2018 continued with another 50K, a vertical Kilometre, a couple of 50-mile ultras, and a 100-mile finish in Ireland at a backyard ultra. This was bettered in 2019 with 113 miles in another backyard ultra.

Owain is currently studying for a masters in sport and exercise science at Cardiff Met, and is sure to put some science to use in the build up & day of the race!

## **Marathon Line-Up**

### **No: 21 Jeff Aston (Les Croupiers)**

Age 76. Jeff's story is a wonderfully inspiring one. A multi-talented sportsman, in the winter of 1979-80, Jeff used to play squash at the National Sports Centre, Sophia Gardens. There was significant flooding that winter with the squash courts becoming submerged and unplayable. Jeff's long running journey all stemmed from that.

His first marathon was the Birmingham Peoples on 11 May 1980, covered in 4:21:34, and such was Jeff's rate of improvement that he ran one hour faster, 3:21:29 at the Masters & Maidens Marathon in Guildford on 1 October 1980. By chance, Jeff's discovery of the attraction of marathons coincided with the formation of the club. His love and objectivity regarding statistics has been one of the cornerstones on which Les Croupiers is based.

Jeff's profile on the club website says it all. He has served on every Les Croupiers committee since our formation. Two examples of Jeff's experience are the Handicap 10 miles held every year since day 1, and the Race of Truth - Jeff devises a 3 to score team event specifically designed on known form as to give every team an equal chance of victory.

He likes sequences, and 36 years of competing in and completing every Gwent League is testament to that. The fact that he then spent the rest of his weekend producing the senior results for the fixture demonstrate his unwavering commitment to the sport. He remains one of just 6 runners to have completed every one of the 43 London Marathons to date, with a best of 2:29:34 from 1983. There are other examples, but these are the best known!

Naturally all this has taken its toll, but Jeff is philosophical about what his body can now produce in competitive terms. Survival and enjoyment at finishing is now the name of the game!

## **No: 22 Darryl Beaver (Penarth & Dinas)**

Age 63. Darryl modestly writes: "Only started running in 2017 (Barry Island parkrun) aged 57.

I am now retired, so more time for training.

First marathon was around Bryn Bach lake with Infinity running events in 4:41 (October 22), second marathon was 2 weeks later (Snowdonia Eryri in 4:56)

Ran 12 marathons last year including Copenhagen, Chicago, and Valencia in 4:31.

Hoping to qualify for the 2025 Boston marathon when I go up an age group.

## **No: 23 Kelly Crofts (Les Croupiers)**

Age 43. Kelly writes: "I took up running in 2012 after thinking it would be a cheaper alternative to joining the gym. Little did I know my 'hobby' would turn out more expensive due to an array of races as well as a love for parkrun tourism.

I continued running alone for the next few years and was curious about the running clubs in my area. In 2016 Les Croupiers advertised a 5K+ group which I joined along with 3 other people. Since joining, my running has dramatically improved due to the support and training provided by Les Croupiers.

The last 2 years I watched the Barry 40 and marathon and found it a fascinating race. There are not many races where a back of the pack runner can 'run alongside' the speedy runners. This race provides the opportunity for every type of runner to challenge themselves regardless of their ability.

I'm normally a person who loves hills, mud and trails therefore, I am keen to face the mental and physical challenge of completing 20 miles on the track".

## **No: 24 Richard Edge (CDF Runners)**

Age 48. Richard writes: "Despite an early start to his running in the 1980s as a schoolboy regularly taking part in 10-mile fun runs, Richard only returned to regular running in his thirties in 2013. In 2015 Richard completed his first marathon at Tenby in 3:40:52, before improving his PB to 3:15:08 at Newport in 2018. Currently running with local Cardiff club CDF Runners, this is Richard's first marathon in 5 years."

## **No: 25 Gethin Parker (Les Croupiers)**

Age 47. Gethin writes: "I'm a plumbing and heating engineer running my own company which I bought 13 yrs ago after working for the company for a number of years the company has been in business for over 70 years in total.

I was into rugby and most sports while studying in Llanishen High School played for the rugby team for many years.

Started doing a lot of circuit training in Llanishen Leisure Centre, where a good few of our club members also trained then Mark Joyce introduced me to the running club which I thought I wasn't good enough but loved it from the start.

I completed the 6 majors in 2022 which was a great achievement and also had some great holidays while pounding the pavements. (The fastest time I found for Gethin is 3:22:15 from London 2017)

I really enjoy the running with different people and making new friends at the club and getting their history and stories.

## **No: 26 Dave E Williams (Les Croupiers)**

Age 60. Dave writes: "I have been a member of Les Croupiers since November 2009, until the day they lay me down to rest!

21 marathons pb 3:16:49 (Paris 2013); Half marathon pb 1:29:14 (Great North Run 2013)  
1 ultra marathon Grand2Grand ultra USA 172 miles in 6 stages, over 7 days. And the last day was just 10 miles. Make no mistake, it's tough 69:15:01 minutes

Joined Les Croupiers Running Club in 2009 and has a huge variety of races on various terrains including the Grand to Grand Ultra, Great Wall marathon and the Petra Desert Half Marathon, where I was lucky to see the Temple of Petra. I was on the Les Croupiers committee for 8 years, before stepping aside for the younger members to carry on the good work.

I organised the annual trip for the South Wales running clubs to the London Marathon for 12 years until handing it over this year.

I'm one of the flying marshals for the Welsh Castles Relay having been trained in Traffic Management. And live the dream every first weekend in June, as it's one of my favourite events in the running calendar.

As well as being on the Welsh Castles Relay committee as the course assistant manager and looking after the flying marshals teams."



## Great Legends from the Barry 40 - Bob Emmerson

Bob came to our inaugural race in 1986 and finished 4th in 4:44:59. He obviously enjoyed himself because he proceeded to complete the first 16 editions of the race in amazingly consistent times, setting world age group records of 4:37:39 for M55 in 1988 (which he improved to 4:31:36 at Crawley in 1991), 4:48:25 for M60 in 1995 and 4:57:49 for M65 in 1998. These marks remain global best performances to this day. I am particularly fond of Bob as he used to come to stay with my Dad each year (Dad was 20 years older but pretty active himself).

Bob only lost his "streak" because he had an artificial hip fitted. Since then, he's had the other hip fitted, but it hasn't dampened his enthusiasm. He is a regular at Northampton parkrun each Saturday and still drives to the event, where he has over 500 performances - he turned 91 on 23 February.

He remains a legend at Jenner Park, and, I suspect, everywhere he goes.

## World All-Time 40 Mile Track Rankings as of 31st December, 2023 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:45:07	Ollie Garrod (Belgrave Harriers)	Barry	2023
2. 3:48:35	Don Ritchie (Forres Harriers)	Barnet	1982
3. 3:49:32	Joe Keating (Ealing & Southall)	Ewell	1973
4. 3:49:49	Alastair Wood (Aberdeen)	Pitreavie	1969
5. 3:49:56	Lynn Hughes (Thames Valley)	Cardiff	1970
6. 3:52:17	Cavin Woodward (Leamington)	Ewell	1978
7. 3:53:04	Michael Taylor (St Neots Riverside/RAF)	Barry	2020
8. 3:53:36	Jeff Julian (New Zealand)	Auckland	1969
9. 3:53:42	Tom O'Reilly (Small Heath)	Crystal Palace	1976
10. 3:53:55	Simon Pride (Keith & District)	Barry	1999
11. 3:54:41	Aleksandr Sorokin (Lithuania)	Bedford	2022
12. 3:54:52	Steve Way (Bournemouth AC)	Barry	2016
13. 3:54:53	Phil Hampton (Royal Navy)	Cardiff	1970
14. 3:55:21	Erik Seedhouse (City of Hull)	Barry	1990



48.	4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
49.	4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
50.	4:12:40	Martin Thompson (Australia)	Ewell	1978
51.	4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
52.	4:13:32	George Kay (Stafford AC)	Ewell	1979
53.	4:13:50	Herman Mulder (London Irish)	Barry	2004
54.	4:14:05	Tom Malone (South Africa)	Walton	1966
55.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
56.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
57.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
58.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
59.	4:14:47	Grant Jeans (Unattached)	Barry	2023
60.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

### World All-Time 40 Mile Track Ladies Rankings as of 31st December, 2023 (to 5:00)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>	
1.	4:26:43	Carolyn Hunter-Rowe (Pudsey & Bramley)	Barry	1993
2.	4:34:54	Ann Trason (United States)	Nantes	1996
3.	4:35:10	Dominika Stelmach (Poland)	Bedford	2022
4.	4:35:29	Norimi Sakurai (Japan)	Verona	2003
5.	4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002
6.	4:42:42	Valentina Liakhova (Russia)	Nantes	1996
7.	4:42:50	Donna Perkins (United States)	Nantes	1996
8.	4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
9.	4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
10.	4:47:59	Adela Salt (Trentham RC)	Barry	2011
11.	4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
12.	4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
13.	4:51:52	Linda Meadows (Australia)	East Burwood	1994
14.	4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008

15.	4:52:14	Camille Herron (United States)	Bedford	2022
16.	4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
17.	4:54:48	Huguette Jouault (France)	Nantes	1996
18.	4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
19.	4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
20.	4:59:29	Karen Rushton (South West Vets)	Barry	2011
21.	4:59:34	Monika Kuno (Germany)	Vogt	1983
22.	4:59:58	Livina Petrie (Australia)	East Burwood	1993

## A Glimpse into the past.....

People are often surprised that the initial world record set for 40 miles occurred as long ago as 1879. Indeed, the history books show that the 1880s were an incredible era for ultra distance running (thereby pre-dating the modern Olympic era), and many of the marks recorded during that decade still compare very favourably with performances today. Wales has played an important part in the event, with two male world records set at Maindy Stadium, Cardiff during the 1960s, as well as the performances by Ann Franklin and Carolyn Hunter-Rowe here in Barry in the evolution of the ladies' record. Twelve months ago Ollie completed a remarkable hat-trick of wins here and was hugely impressive in lowering Don Ritchie's 41 year old record by clocking 3:45:07 (splits of 55:41, 55:23, 56:08 and 57:55). It was a privilege to watch.

### Male Record Progression

Time	Athlete	Year	Venue
5hr:33mins:40.0secs	James Squire (GB)	1879	Stamford Bridge
4hr:50mins:12.0secs	George Dunning (GB)	1879	Stamford Bridge
4hr:46mins:54.0secs	John Fowler-Dixon (GB)	1884	Lower Aston, Birmingham
4hr:19mins:20.4secs	Derek Reynolds (GB)	1952	Motspur Park
4hr:18mins:14.0secs	Jackie Mekler (SA)	1954	Deville
4hr:04mins:34.0secs	Gerald Walsh (SA)	1957	Walton
4hr:04mins:09.0secs	Alan Phillips (GB)	1966	Walton
4hr:03mins:28.0secs	John Tarrant (GB)	1966	Maindy, Cardiff
3hr:58mins:53.2secs	Lynn Hughes (GB)	1967	Maindy, Cardiff
3hr:53mins:36.0secs	Jeff Julian (NZ)	1969	Auckland
3hr:49mins:49.0secs	Alastair Wood (GB)	1969	Pitreavie
3hr:49mins:32.0secs	Joe Keating (GB)	1973	Ewell
3hr:48mins:35.0secs	Don Ritchie (GB)	1982	Barnet
3hr:45mins:07.0secs	Ollie Garrod (GB)	2023	Barry

### Female Record Progression

Time	Athlete	Year	Venue
5hr:49mins:51.0secs	Eileen Waters (USA)	1973	Santa Monica, USA
5hr:42mins:30.0secs	Donna Gookin (USA)	1975	Santa Monica, USA
5hr:18mins:04.0secs	Judy Ikenberry (USA)	1977	Santa Monica, USA
5hr:12mins:13.0secs	Lynn Fitzgerald (GB)	1982	Barnet
4hr:55mins:17.0secs	Eleanor Adams (GB)	1982	Bingham
4hr:47mins:27.0secs	Ann Franklin (GB)	1986	Barry
4hr:26mins:43.0secs	Carolyn Hunter-Rowe (GB)	1993	Barry

**Almost 50 years ago, Joe Keating set a world record at the Ewell 40 miles.**

**It remains the third fastest of all time.**

**Joe was 24 at the time, today he still runs at Gladstone parkrun most weeks.**

**And about recovery - Joe set his marathon PB of 2:21:46 the following weekend.**

**Why not watch his epic run?**

**You Tube: Ewell 40**

**World Age Group Track Records as at 31st December, 2023**

**30 Miles**

<b>Sex / Age</b>	<b>Holder</b>	<b>Time</b>	<b>Venue</b>	<b>Year</b>
M18-39	Jeff Norman (UK)	2:42:00	Timperley	1980
M40-44	Tim Johnston (UK)	2:48:37	Barnet	1982
M45-49	Stephen Moore (UK)	2:58:12	Barry	1994
M50-54	Stephen Moore (UK)	2:59:04	Barry	1999
M55-59	Otho Perkins (USA)	3:11:01	Worthington	1986
M60-64	Alec Dunn (UK)	3:27:29	Barry	1997
M65-69	Bob Emmerson (UK)	3:36:52	Barry	1998
M70-74	Geoff Oliver (UK)	4:02:43	Barry	2007
M75-79	Geoff Oliver (UK)	4:18:45	Barry	2011
M80-84	Geoff Oliver (UK)	5:10:21	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:12:25	Barry	1996
F35-39	Ann Trason (USA)	3:21:29	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:30:00	Sao Paulo	2000
F45-49	Eleanor Robinson (UK)	3:31:29	Barry	1994
F50-54	Lavinia Petrie (Australia)	3:40:44	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:21:09	Nantes	1996
F60-64	Shirley Young (Australia)	4:19:07	East Burwood	1992
F65-69	Shirley Young (Australia)	4:27:17	Moe (Aus)	1999

**50 Kilometres**

M18-39	Jeff Norman (UK)	2:48:06	Timperley	1980
M40-44	Tim Johnston (UK)	2:55:07	Barnet	1982
M45-49	Stephen Moore (UK)	3:04:48	Barry	1994
M50-54	Stephen Moore (UK)	3:05:45	Barry	1999
M55-59	Otho Perkins (USA)	3:17:26	Worthington	1986
M60-64	Alec Dunn (UK)	3:35:11	Barry	1997



M65-69	Bob Emmerson (UK)	3:44:53	Barry	1998
M70-74	Geoff Oliver (UK)	4:13:44	Barry	2007
M75-79	Geoff Oliver (UK)	4:29:29	Barry	2011
M80-84	Geoff Oliver (UK)	5:23:00	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:18:52	Barry	1996
F35-39	Ann Trason (USA)	3:28:33	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:37:22	Sao Paulo	2000
F45-49	Eleanor Robinson (UK)	3:39:37	Barry	1994
F50-54	Lavinia Petrie (Australia)	3:50:15	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:30:46	Nantes	1996
F60-64	Shirley Young (Australia)	4:28:45	East Burwood	1992
F65-69	Shirley Young (Australia)	4:36:49	Moe (Aus)	1999

#### 40 Miles

M18-39	Ollie Garrod (UK)	3:45:07	Barry	2023
M40-44	Steve Way (UK)	3:54:52	Barry	2016
M45-49	Stephen Moore (UK)	4:01:28	Barry	1994
M50-54	Stephen Moore (UK)	4:03:37	Barry	1999
M55-59	Bob Emmerson (UK)	4:31:36	Crawley	1991
M60-64	Bob Emmerson (UK)	4:48:25	Barry	1995
M65-69	Bob Emmerson (UK)	4:57:49	Barry	1998
M70-74	Geoff Oliver (UK)	5:38:19	Barry	2005
M75-79	Heinrich Gutbier (Germany)	6:03:39	Ottweiler	2000
M80-84	Geoff Oliver (UK)	7:51:26	Tooting Bec	2014
F18-39	Carolyn Hunter-Rowe (UK)	4:26:43	Barry	1993
F35-39	Ann Trason (USA)	4:34:54	Nantes	1996
F40-44	Maria Venancio (Brazil)	4:46:44	Sao Paulo	2000
F45-49	Eleanor Robinson (UK)	4:50:11	Barry	1994
F50-54	Rita Banks (UK)	5:28:17	Barry	1994
F55-59	Paulette Echevarne (France)	5:56:35	Nantes	1996
F60-64	Shirley Young (Australia)	5:52:34	East Burwood	1992
F65-69	Shirley Young (Australia)	6:11:35	East Burwood	1995

# The History of the Barry 40 miles Track Race

## When did it start? Why 40 miles?

Les Croupiers Running Club were formed in May 1980, and one of the many reasons for its success was that it all happened months before the first London Marathon in March 1981. London provoked massive interest in marathon running and many members of the new club were very much influenced by this.

The club became a strong endurance force very rapidly on both an individual and team front. Some notable personal best times were achieved, but after a time some of the more ambitious runners, ultra distance became an attraction, and Sandy Johnston, Howard Brown and Mick McGeoch decided to enter Britain's most famous ultra, London to Brighton (53 miles 540 yards) in 1985. In the event, Sandy Johnston and Howard Brown acquitted themselves well, placing 14<sup>th</sup> and 16<sup>th</sup>, whilst for McGeoch, potentially the fastest of the three, there was disappointment as he withdrew after 32 miles with dehydration.

McGeoch's rationale was that the leap from 26 to 53 miles was too ambitious, and that an intermediate distance might be more feasible and more inviting to other ultra aspirants. There weren't, however, too many such events on the calendar, so he decided to set up his own.

During the 1960's there had been a number of 40-mile track races held on the cinder track at Maindy Stadium, Cardiff. Indeed, two world best performances had been set, 4:03:28 by John Tarrant in 1966 and 3:58:53 by Lynn Hughes a year later, thereby becoming the first man to break 4 hours for the distance. These events were organised by Bernard Baldwin in conjunction with the Road Runners Club. Bernard is more famous for creating the Nos Galan Road Races in Mountain Ash in 1958 – a cult race which became a huge "people's event" long before mass participation was prevalent in the UK. He was in many ways a man ahead of his time. Like McGeoch, Bernard Baldwin was Barry-born, so a 40-mile track race at Jenner Park in Barry fitted the bill perfectly. A lot of local interest was created, and a local hotelier, Wyn Pryse-Jones, kindly agreed to accommodate the travelling runners and officials in his hotel, the Mount Sorrel in Barry, free of charge.

This helped enormously. Two of the visiting officials were Don Turner and Andy Milroy, and their advice and guidance was an immeasurable help in making that first race such a success. In addition, one of the local late entries, Ann Franklin from Mynyddwr de Cymru (herself a 3-time winner of London to Brighton), stole the show and set four outright ladies world best performances at 25 miles, 30 miles, 50 kilometres and 40 miles. Her finishing time of 4:47:27 puts her 8<sup>th</sup> on the current world all-time list.

This re-birth of 40-mile track running in Wales showed that the record-breaking feats of the athletes in the 1960's could not only be maintained, but surpassed. 38 years on, a total of 24 of the top 60 (40%) of male global all-time performances have been set here, as well as 7 of the top 22 (31%) of female ones. In addition, three Barry 40-mile champions have gone on to win global 100 Km titles (Carolyn Hunter-Rowe 1993, Simon Pride 1999, and Lizzy Hawker 2008).

Viewing the list of past winners is interesting, but doesn't give the whole story. Hilary Walker of Serpentine stands head and shoulders ahead of the opposition with six wins 1988-2002. However, it's the 2001 race which I remember best. It was well known that Hilary was a high-ranking civil servant. At the start of the race, Hilary stood on the side of the track in earnest telephone conversation. It clearly was important because 35 minutes elapsed before she started running. During the race Hilary stopped several times for further phone calls. In the event, a 40-mile race turned into a 20-mile training run. It was top secret and I never found out the nature of those calls. We always have a good laugh about it. Today Hilary is still heavily involved in the sport, being General Secretary of the International Association of Ultrarunners. You will also often see her as Referee at major events.

Carolyn unter-Rowe was outstanding at Barry, not only with her world record 4:26:43 in 1993 but also 4:35:42 in 1999. She would sometimes use the race for speedwork, including a world track record 3:18:52 for 50 kms in 1996 (a mark which still stands), which was an ideal preparation prior to winning the European 100Km title that year (as well as global titles at the same distance in 1993 and 1998). Eleanor Robinson was another all-time great who excelled here. Her one performance of 4:50:11 in winning the 1994 race remains a world best for the F45 age group.

Three men can claim hat-tricks of wins. Simon Pride dominated 1997-99, twice breaking four hours, with a best of 3:53:55 which remained an event record for 21 years. This last victory was the prelude to him winning the World title in Chavagnes en Pailles (France) in a UK record 6:24:05.

George Dayantis won 2009-11. I remember him with great affection as he used to visit his son Alex at university the previous day, with Alex lap scoring during the race. George was much older than the other multiple winners, but his running was impressively consistent, as he would methodically wear down the opposition. Sadly, George died just three months after his final win, aged just 49, from atrial fibrillation. Today's winner's trophy respects the contribution George made here.

Finally, Ollie Garrod won 2021-23. The 2022 race was nail-biting after a race long dual with Paul Martelletti. However, last year Ollie came to Barry on a crest of a wave, having set a new English road 50 Km best of 2:51:26 at Goodwood just three weeks previously. That said, to run 3:45:07 was breathtaking and a privilege to witness.

I have mentioned the remarkable contribution of Bob Emmerson elsewhere in the programme. Equally remarkable was Bob's great friend and rival Geoff Oliver, who set numerous world age group marks at 30 miles, 50 Kms and 40 miles. Everyone present will remember Geoff's impeccable manners as well as his outstanding running. If Geoff thought that he would be unable to complete the distance in the allotted time, he would approach me after 6 hours with the explanation "I've taken quite enough of your time, thank you!". His final run here was in 2018, when he completed the marathon in 4:55:37, aged 84!

The decline in race numbers did become a bit of an issue a few years ago, hence the introduction of the track marathon. This enabled runners who could no longer complete the distance in the cut-off time to still be able to come and compete, as well as ensuring the event's financial viability.

The race philosophy is as simple as it always was. Relatively few people enter a track race over so arduous a distance, so that means those who do are special in our eyes. Hence the personal bios in this programme; we want to know all about you and we want everyone else to know too. But what you divulge is your affair – your personal piece of advertising space, if you like. We love a bit of photography, and have the best in the business in Paul Stillman. The photos are all part of the race package, though you may think we make more fuss of you than if you were at a wedding!

From 1986-2023 the Barry 40 miles has continued to inspire and frustrate in equal measure. The weather, for example, can never be taken for granted, but if you want to succeed at Barry, never underestimate the importance of personal preparation. In the past 37 races, 76% of the starters have completed the 40 miles, an amazing testament to both preparation and determination.