



Presents

40th edition of the

Barry 40
& Marathon

{ 10th edition of the Marathon }

Incorporating

37th Welsh Ultradistance Championship

For the

George Dayantis Memorial Trophy

At

Jenner Park, Barry

On

Sunday 1st March 2026

Start at 10.00 am

(Under UK Athletics and WA Rules)

Supported by



Today's Officials

Race Director :	Mick McGeoch
Race Referee :	John Griffin
Chief Timekeeper :	John Griffin
Starter :	Keith Matthews
Recorders :	Members of Les Croupiers RC and individual athletes' handlers
Race Day Co-ordinators :	Mick McGeoch, Jenny Martin, Richard Edge and Firouz Mal
Medical Cover :	Tom Carter
Feed station :	Firouz Mal, Garry Hyatt, Jeff Rees

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

www.cardiffrunningevents.org/barry-40.php

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 faster 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 1995, 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/

40th Annual Barry 40 Miles Track Race, Sunday 1 March, 2026

40 miles – Final Entry List (6)

Race #	Athlete	Age	Club	Lap Scorer
1	Rachel Bowen	48 W L	Lliswerry Runners	Jon Belcher
2	Max Costley	31	Southampton AC	Peter Costley
3	Fiona Davies	70 W L	Pontypridd Roadents	Sam Richards
4	Ben Fish	43	Blackburn Harriers	Richard Edge
5	Sam Hudson Dos Santos Figueira	46 L	Belgrave Harriers	
6	John Ross	58 W	Les Croupiers	Lisa Cleary

Welsh Championship Entry = 3

Ladies Entry = 3

Marathon – Final Entry List (4)

Race #	Athlete	Age	Club	Lap Scorer
21	Gemma Carter	38	Serpentine	
22	David Coles	66	Les Croupiers	Ben Farag
23	Grant Jeans	42	Unattached	William Jeans
24	Chris Pratt	55	Ogmore Pheonix Runners	Nick Harris

Barry 40 Miles: Race Line-Up

No: 1 Rachel Bowen (Lliswerry Runners)

Age 48. Rachel writes: "I first heard of the Barry 40 when Marathon des Sables legend, Rory Coleman, suggested it to my husband Jon, Whilst he wasn't enthused, I was completely sold on the idea on the basis that you can't get lost, there are toilets every 400 metres and you don't have to carry anything!

This is now Rachel's 7th Barry 40 (thereby equalling Hilary Walker's ladies record), having taken part every year since 2019, other than 2023 when the streak was interrupted by treatment for breast cancer.

She's very much looking forward to being part of the 40th Barry 40 and is grateful to her lap counters, and everyone involved in organising such a fantastic event especially Mick McGeoch. Diolch".

No: 2 Max Costley (Southampton Athletic Club)

Age 31. Max writes: "I have enjoyed running for the best part of 20 years now, having raced on the track, cross country and road, and am now stepping up to ultras. In the past I enjoyed racing steeplechase on the track, posting bests of 6:01:3 for 2 km (Southampton 2019, which is an Isle of Man National Record), and 9:21.81 for 3 km (BAL, Leigh, 2019).

I have enjoyed racing cross country over the years with top 100 finishes at both the National (94th Wollaton Park 2020) and Inter-Counties (97th Loughborough 2022). Some of my best races have probably been on the road though: 51:27 for 10 miles (6th Deby 2022), 1:49:30 for 20 miles (4th at Essex 2022) and 2:26:01 for marathon (8th at Manchester 2022).

Last year I did my first ultra, the British 50km champs at Mallory Park, placing third in 3:15:38. I have since bettered that with 3:05:06 winning at Goodwood on 8 February 2026. Just to add, my mum is Karen Rushton who won the Barry 40 in 2013, as well as clocking 4:59:29 in 2011. It would be great to replicate her fantastic results.

No: 3 Fiona Davies (Pontypridd Roadents)

Age 70. Fiona writes: "My running career started at age 13, when I joined my school's orienteering club. Finding that I was quite good at map reading, I quickly realised that if I could run a bit faster I might win something - so I started running 2 or 3 miles a couple of times a week. The wins did start happening, culminating in becoming British Universities Women's Orienteering Champion in 1975. After graduating though, various life changes meant that running took a back seat in my life, until I was inspired by the first London Marathon to attempt longer distances. My first marathon was the Birmingham People's Marathon in 1981, much of it on the yet-to-be-opened M42, where I finished in 3 hours 56 minutes 44 seconds. By 1987 I had reduced my marathon PB to 2:52:39, this was at the Bristol Marathon, 3 weeks before my wedding to fellow runner Gareth. Having arranged to borrow a Victorian wedding dress from a friend who collected vintage clothing, high mileage training was a must to ensure that the dress would be returned with all seams intact.

Running has continued to be a key part of my life, keeping me healthy both physically and mentally. Looking for a memorable event for my 50th birthday, in 2004 I took up triathlon, and my birthday was duly celebrated by completing Ironman UK in Sherborne. Fog over the lake led to a late start, and it was after midnight before I could finish and blow out my candles! In 2005, I completed my first Barry 40 (6 hours 25 minutes) as part of my preparation for this event.

In 2013, I retired from full-time work and had more time to train, so I started doing some ultra distance events on both road and trail, finding I really enjoyed them. Triathlon was beginning to lose its appeal - however hard I training on my swimming, I was always too close to the cut-off for comfort, and bike training, for an uncoordinated scaredy-cat who only learnt to cycle as an adult, was just too stressful! So over the last 10 years I've run some

amazing ultras such as the West Highland Way, South Wales 100, and Skye Trail; DNF'd on others such as Cake or Death and Lon Las Cymru; and worked hard on mastering the demands of 24 hour racing, finally leading to a PB of 102.1 miles at Crawley in April 2025 (Bronze Medal in UK Champs).

Since turning 70 in August Fiona has lowered the Welsh F70 marathon record twice - 4:14:01 in Helsinki and 4:10:18 in New York, and subsequently placed sixth in the British and Irish Masters Cross Country International in Leeds.

No: 4 Ben Fish (Blackburn Harriers)

Age 43. Ben writes: "Initially came from a track background, specialising in 5,000m and 10,000m with pbs of 14:14 and 29:45 (29:38 road). I moved up to marathon and most of my best results came in my early to mid 30's with 65:16 for the half (Bath 2017), 1hr 43:19 for 30 miles (Bramley 2012) and 2hr 19:22 for the marathon (Rotterdam (2012). I ran 2hr 22:52 as a V40 in 2023. This year is my venture into ultra racing".

No: 5 Sam Hudson Dos Santos Figueira (Belgrave Harriers)

Age 46. Sam returns to Barry for her third Barry 40 appearance, bringing with her some ultra-running pedigree. A previous Barry 40 champion and top-three finisher in 2025, she came the first time to Barry 7 years ago and recorded an excellent 4:56:17 to win the ladies race – the weather was atrocious with 50mph winds throughout. Sam is widely regarded as one of a few accomplished long-distance runners on the circuit in the UK.

She is a former winner of the Grand Union 145, claiming outright victory in 2022 during its diversion year, making the course even longer (what's a couple of miles amongst friends) in a remarkable time of 25:45, a performance that still stands as the course record. With numerous ultra wins to her name, 100-mile races remain her true strength, where her experience, resilience, and consistency shine.

Sam is also a former GB 100-mile track record holder and has represented Great Britain internationally, first at 50 km in 2016 before progressing through 100 km to 24-hour format over the last few years. She has also been part of a regular England team selection for the ACP 100k and a former champion at Redwick, Wales in March 2018 in 7:53:57.

Following hip surgery last summer, Sam is making a highly anticipated return to ultra-distance racing. Last year she successfully completed and won the Goring 52 km before her hip surgery, and now looks to rediscover her comfort zone of long miles and lap-based racing.

This return carries deep personal significance. After the tragic loss of her husband in September 2025, this race marks not only her first ultra since surgery, but also a powerful step forward on her journey back to the sport she loves. With such a long surname now we have to shorten the bib to Sam H Figueira.

We are delighted to welcome Sam back to Barry and look forward to seeing her once again on the start line.

No: 6 John Ross (Les Croupiers)

Age 58. John was a late starter to running, beginning his journey in early 2010 at the age of 43. Cardiff parkrun was his first ever run, which he completed in 30:42, and it soon became his 'spiritual home of running'. At the time he admits he was out of shape and struggles to run even a single mile, but that moment became the quiet spark for a long endurance journey.

His first official race came in September 2011 at the Cardiff 10k, which he completed in 48:24. One month later he completed his first half marathon at the Cardiff Half in October 2011 in 1:54:25, the first of 40 half marathons and the beginning of years of steady progression, eventually leading to a personal best of 1:28:02 at Wokingham in 2023.

In 2014, John ran his first marathon, the Neolithic Marathon from Avebury to Stonehenge, completing the challenging trail event in 4:31:00. Later that year he took on the Snowdonia Marathon, also known as Marathon Eryri, finishing in 4:04:05 and discovering the event that would become central to his running identity. Marathon Eryri is the highlight of his running calendar and by far his favourite event. He has now completed Eryri ten times.

John's first running club was San Domenico RC, which he completed with from 2013 to 2019 before a long stretch of recurring injuries forced a change. In 2019, after the setbacks kept piling up, he decided to step away from racing and became, in his own words, 'a plodder'. To remove any temptation to return to racing too soon, he left San Domenico RC and focused simply on running for enjoyment.

A significant turning point came in March 2021 when John retired early. With more time to train and the ability to build true consistency, he decided to enter races again. His performances began to shift, and gradually, the results improved across all distances, showing progress he had not expected after years of frustration.

In April 2022, John completed his first and only ultra to date. The Vale of Glamorgan Ultra, finishing in 6:06:03, adding a new dimension to his endurance journey.

2023 turned out to be another turning point in his journey. After winning his first age grade race, the CF64 Winter Race, and running a personal best of 1:28:02 at the Wokingham Half in February, and despite previously saying he would not join a club again, John felt a renewed sense of motivation. Wanting to make the most of his progress, he joined Les Croupiers RC shortly afterwards.

One of his proudest milestones came at the Newport Marathon in April 2023, where he wore his Les Croupiers vest for the first time and ran a personal best of 3:13:43 to earn a Good for Age entry into the London Marathon 2024. Although injury later prevented him from racing London fully, being able to run it, even slowly, remains one of the highlights of his running journey.

With 40 half marathons, 18 marathons, and one ultra completed, John now turns to a new challenge, the Barry 40. For him, this event is more than just distance. It is the culmination of years of rebuilding, injury, more rebuilding, and persistence, and the belief that progress is always possible, even for a late starter. John writes, "I feel ready to push myself again. Running has always been a personal challenge, a way to test my limits. The Barry 40 is my chance to do just that and see what an over-enthusiastic runner, with a bit of time and determination, can achieve."

This year, he arrives on the start line with a steady sense of purpose, a foundation of hard-earned experience, and the hope of discovering what he can still do.

Barry Marathon: Race Line-Up

No: 21 Gemma Carter (Serpentine Running Club)

Age 38. It's not everyday that we have athletes travelling from Croatia to run in Barry, but last Sunday (15 February 2026) Gemma finished fifth lady in the Split Marathon in 2:59:54, her third time under 3 hours and has a PB of 2:54:36 from Seville 2019.

She describes herself as an ultra-runner through and through with multiple wins over the last 15 years, including: Downs Link Ultra (37 miles, 2014), Ultra Tour of Suffolk (50 miles, 2015), Chiltern Ultra Challenge (50km, 2016), South Downs Way (50 miles, 2017), Boddington (50km, 2017) Race to the Stones Sunday Run (50km – outright win, 2017), Run Winschoten (50km, 2017), Country to Capital (45 miles, 2018), Ultimate Trails Challenge (55km, 2018), Snowdon Trail Challenge (50km, 2018), Maverick X Series and Ultra Snowdonia (40 miles, 2019). Training can involve 200 km per week and her recovery is very quick (as demonstrated above).

No: 22 Dave Coles (Les Croupiers)

Age 66. Dave returns to the Barry track, this time for the marathon, on top of 5 previous editions of the Barry 40, and the Barry marathon once. He has a best time of 5:02 in the 40 miler from 2004 and a Welsh record of 5:06:40 in the M60 category in 2022.

Dave is planning on running Comrades in South Africa again this June, having run in 2022 with an age category 4th position in the M60 category, in 8hr 26m for the 90km 'down' run. He gained 2 silver medals (sub 7hr 30m) and a bronze in 8hr 18m in the race back in the 80s, when living in South Africa. The Barry experience will kickstart the long run training schedule for Comrades.

Dave has been selected for Welsh Masters M65 category in the Manchester marathon this year and has most recently run the Lisbon Marathon last October in 3hr 24m.

Amongst other achievements, Dave ran 7 marathons in 7 days for 'fun' in 2021 at an average of 3hr 34 minutes, each one being quicker than the previous one, and has 17 sub 3 marathons, with best of 2hr 50m.

No: 23 Grant Jeans (Unattached)

Age 42. Grant will arrive in Barry in hope rather than expectation of managing to go the distance. After undergoing surgery for right insertional Achilles tendon detachment, calcaneal osteotomy, removal of retrocalcaneal bursa, and reattachment of the Achilles tendon, less than two weeks after last year's Barry 40, Grant has yet to resume any kind of consistent training.

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 2026, and after many ups and downs, Grant has finished in overall first in thirty-one ultramarathons within the United Kingdom. Having been part of the first male Scotland team to win the Anglo-Celtic Plate in 2011, Grant made history as a member of the first victorious Scottish squad at the Backyard Ultra British Championships (Four Nations Trophy) as the last team standing at the 2024 Cow Shed Backyard Ultra.

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 in 2023.

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 United Kingdom Athletics so far.

Having worked for years in the world of professional boxing, and as a lover of the Rocky franchise, Grant considers finishing first in the ten-mile race, in front of the 'Rocky Steps' and Philadelphia Museum of Art, and winning the Italian Stallion Challenge at the 2018 Rocky Balboa Run as one of the greatest moments of his life.

After many delays, Grant hopes the autobiography he ghostwrote for former world featherweight boxing champion Scott Harrison will finally be published this year.

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

An interesting statistic is that Grant has won the Barry 40 during his twenties (aged twenty-eight), thirties (aged thirty-one) and forties (aged forty).

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: 24 Chris Pratt (Ogmore Phoenix Runners)

Age 55. Chris writes: "I started running at the age of 40 having broken my thumb playing five a side. Strange set of circumstances- but I needed something to stay fit and being a guitarist the risk of another break forced me to look for something else. By happenstance I got a place in the London Marathon in 2011, subsequently overtrained and then deferred to 2012 - running it in 5:25:11 having, again, been injured up to 8 weeks out. I fell in love with running and, in particular, parkrun starting that journey on 6th April 2013 - the first one in Porthcawl - and I've become obsessed with it having now completed 523 of them! I met members of a local running club there, joined it, became welfare officer, male vice captain and then subsequently Chair in 2017, this finally coming to an end in 2025 after 8 years so I could concentrate on my running once again! We rode some difficult times and come through to rebuild as Ogmore Phoenix Runners shortly after I took over and subsequently picked up awards from Welsh Athletics as Development Club of the Year in 2019 and Inspirational Club of the Year in 2020 for our hard work, rising to 400 members at our peak just before COVID. I am involved with the South Wales Regional Athletics Council and acted as interim Chair for a period during 2024.

I've given a TEDx talk on Building A Community Through Running - sharing the message of how strong the bonds are between runners who experience progress and achievements as a collective.

In 2021 I became an ASICS FrontRunner - an ambassador for the brand that advocates a Sound Mind in a Sound Body. This phrase is translated from their brand name which is an acronym for Anima Sana In Corpore Sano and the ethos is embedded in everything they do and create. I am a firm believer that movement is a key factor in ensuring that a sound mind is nurtured and the power of movement to promote good mental health is something I am incredibly passionate about.

As for my running, it really took off in 2015, doing 15 half marathons that year and finishing the challenge by combining two of them for my second marathon in Eryri. My love of marathon running was born on the roads of North Wales and I've never looked back. My best year of running came in 2016 with PB's at all distances. 19:39 for 5k, 1:35 for half marathon and 3:39 for marathon all remain to this day; the latter being on the hilly route around Kielder Water in Northumberland. I ran 19 marathons in 2019, spanning a 38 week period, as a new challenge to re-engage with the distance and it worked! With 100 marathon club in my sights, and having now completed 58 marathons, I have a new challenge in 2026 - to complete 26 marathons this year! With two under my belt already the plan is underway!

I like slightly unusual marathon events - ones that test mental resilience - like the one I completed around the disused Dorchester prison in 2024. 55 loops of the building - including all the stairs to the top and around the walkways on each level on the way down. Two weeks ago I completed a marathon in a multi-storey car park. 63 loops of the Victoria car park in Southend on Sea including all the ramps up and then all the ramps down on each loop - a climb of 1000m in total! Mentally challenging - but incredibly fulfilling!

I've always been attracted to the Barry 40. Loops of a track to run long distance has great appeal to me. Another challenge for the mind as well as the body and I'm very much looking forward to experiencing the event that has such a great reputation and history."

World All-Time 40 Mile Track Rankings as of 31st December, 2025 (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
15. 3:58:40	Mick McGeoch (Les Croupiers)	Barry	1988
16. 3:59:24	Martin Daykin (Hereford Couriers)	Barry	1989
17. 3:59:56	Daniel Rothwell (Swansea)	Barry	2023
18. 4:00:20	Mike Hartley (Cannock & Stafford)	Barry	1993
19. 4:01:28	Stephen Moore (Hertford & Ware)	Barry	1994
20. 4:03:28	John Tarrant (Salford Harriers)	Cardiff	1966
21. 4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
22. 4:04:04	Paul Martelletti (Victoria Park / Tower Hamlets)	Barry	2022
23. 4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
24. 4:04:34	Gerald Walsh (South Africa)	Walton	1957
25. 4:04:42	Mike Newton (South London Harriers)	Ewell	1976
26. 4:05:35	Arthur Keily (Derby & County)	Walton	1957
27. 4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
28. 4:06:12	Peter Sugden (Reading)	Barnet	1982
28. 4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
30. 4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
31. 4:07:19	Adam Stokes (Bristol & West)	Barry	2020
32. 4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
33. 4:07:52	Norbert Mihalik (Northampton RR/Hungary)	Barry	2023
34. 4:08:07	Alan Smith (Burton)	Cobham	1980
35. 4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
36. 4:08:16	Brian Cole (Royal Marines)	Barry	2004
37. 4:08:31	Ken Young (United States)	Chicago	1972
38. 4:08:59	Peter Vermeesch (Belgium)	Barry	2013
39. 4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
40. 4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
41. 4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
42. 4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
43. 4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
44. 4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
45. 4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
46. 4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
47. 4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
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. 4:12:48	Matt Field (Bad Boy Running Club)	Barry	2025

52.	4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
53.	4:13:32	George Kay (Stafford AC)	Ewell	1979
54.	4:13:50	Herman Mulder (London Irish)	Barry	2004
55.	4:14:05	Tom Malone (South Africa)	Walton	1966
56.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
57.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
58.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
59.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
60.	4:14:47	Grant Jeans (Unattached)	Barry	2023
61.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

World All-Time 40 Mile Track Ladies Rankings as of 31st December, 2025 (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.	4:26:50	Sarah Webster (Isle of Man)	Gloucester	2024
3.	4:34:54	Ann Trason (United States)	Nantes	1996
4.	4:35:10	Dominika Stelmach (Poland)	Bedford	2022
5.	4:35:29	Norimi Sakurai (Japan)	Verona	2003
6.	4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002
7.	4:42:42	Valentina Liakhova (Russia)	Nantes	1996
8.	4:42:50	Donna Perkins (United States)	Nantes	1996
9.	4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
10.	4:47:11	Caroline Turner (Harrogate Harriers)	Barry	2025
11.	4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
12.	4:47:59	Adela Salt (Trentham RC)	Barry	2011
13.	4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
14.	4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
15.	4:51:52	Linda Meadows (Australia)	East Burwood	1994
16.	4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008
17.	4:52:14	Camille Herron (United States)	Bedford	2022
18.	4:53:49	Kelsey Price (RunHead AC)	Barry	2025
19.	4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
20.	4:54:48	Huguette Jouault (France)	Nantes	1996
21.	4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
22.	4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
23.	4:59:29	Karen Rushton (South West Vets)	Barry	2011
24.	4:59:34	Monika Kuno (Germany)	Vogt	1983
25.	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

Over 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

Sex / Age	Holder	Time	Venue	Year
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	Sarah Webster (UK)	3:18:35	Gloucester	2024
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	Mike Sheridan (UK)	3:56:19	Gloucester	2022
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

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 14th and 16th, 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 8th 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 Hunter-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.

Flashback to 2005

This may, at first sight, look like a typical mid-race shot from any edition of the Barry 40. The sun is shining so no surprises there. Judging from the kit the athletes are wearing, it's a cold day. My race records tell me that this was the closest race on record at the time, with Stephen Pope overhauling long time leader Stuart Buchan on lap 156, having been nine minutes in arrears at 30 miles. And Geoff Oliver, aged 71, clocked 5:38:19 for a world best for M70 - a mark which still stands.

For the record, Jeremy Mower (178) finished 8th in 5:12:18 - a promising time which won him the bronze medal in the Welsh Ultra Championship. We've seen a lot of him since, and he has now completed our race 14 times and is within striking distance of Bob Emmerson's amazing tally of 16. Now 60, Jeremy has maintained astonishing consistency and is still regularly representing Wales in masters events on all surfaces.



But behind Jeremy there is an even more fascinating story. Lizzy Hawker is wearing number 163. I'd never heard of her prior to this race - she was cajoled into entering by fellow athlete Jeff Rees (who was also running). I still have her letter confirming entry - "Age 28. Passionate about the mountains and the Antarctic. Phd student (polar oceanography) in Southampton - have done 6 research cruises in the Antarctic with the British Antarctic Society. Run to keep fit for the hills and because there are no mountains in Southampton, and because I love it."

Lizzy finished just behind Jeremy in 5:12:46 - first lady. An encouraging debut but not that remarkable. Just 7 months later she won the Snowdonia Marathon and on 8 October 2006 she won the World 100 km championships in Seoul in an astonishing 7:28:56.

In September 2011 she won the Commonwealth Games 24 hour road race gold medal in Llandudno, North Wales with a world road best 247.076 km.

However it is in the mountains where she is happiest and her tally of 5 wins in the Ultra Trail Mont Blanc event is a record for male or female. She has lived in Switzerland since 2013.