

36th Annual Barry 40 Mile Track Race

Sunday 6th March, 2022

Official Result

1. Ollie Garrod M29	South London Harriers	4:01:03
2. Paul Martelletti M42	Victoria Park & Tower Hamlets	4:04:04
3. Grant Jeans M38	Unattached	4:18:49
4. Sam Richards M29	Pontypridd Roadents	4:42:01
5. Gareth Pritchard M42	Vegan Runners	4:44:20
6. Jen Coleman F47	Les Croupiers	5:03:08
7. Dave Coles M62	Les Croupiers	5:06:40
8. Simon Prytherch M55	Cherwell Runners	5:23:00
9. Emyr Morgan M50	Les Croupiers	5:25:02
10. Rachel Bowen F44	Lliswerry Runners	5:46:23
11. Izzy Cairns F43	Hunters Bog Trotters	5:52:37
12. Steven Battle M58	Clowne Road Runners	5:57:18

Retirement

Steph Wilson F43 Pudsey & Bramley AC 124 laps in 4:26:37

N.B. In addition to the above, the marks of Jen Coleman and Dave Coles improved their existing respective Welsh F45 and M60 records (set here last year). Dave continued after 40 miles to record 74.000 km in 6 hours, which constituted a new UK M60 6 hour track record (previously Ian Roy Thomas of Norwich 71.302 km at Crawley, 3 July 2021).

6th Annual Barry Marathon Track Race

Official Result

1. Paul Francis M48	Les Croupiers	3:00:06
2. Gabrielus Stuokus M33	Swansea Harriers	3:19:51
3. Gareth Hill M51	Unattached	3:42:40

4. Lisa Cleary F57	Penarth & Dinas	4:09:36
5. Peter Gillibrand M25	Les Croupiers	4:52:39
6. Roshan Khan M66	Les Croupiers	6:19:50

Retirement

Ifan Lloyd M62 Swansea Harriers 92 laps in 2:39:49

SHORT RACE REPORT

A particularly large and strong field entered the Barry Track 40 Miles and Marathon Races held last Sunday (writes Mick McGeoch).

There were 29 entries, and despite a spate of late withdrawals due to Covid and last minute injuries, there was still 13 starters in the 40 Miles and 7 in the Marathon.

Paul Martelletti (Victoria Park & Tower Hamlets), a 2:16:49 marathoner performer had stated that he intend to run at 85 second lapping from the gun, and this is exactly what happened, with last year's winner, Ollie Garrod (South London Harriers) tracking him. It proved to be a fascinating encounter, made considerably more difficult by the persistent SE wind. Whilst both were still on schedule for a sub-4 hour clocking at the 30 mile stage, both were to struggle in the closing miles and both finished agonisingly close to that mark, with Ollie prevailing in 4:01:03 to Paul's 4:04:04. The 2012 and 2015 winner, Grant Jeans from Glasgow recorded a personal best in third with 4:18:49.

The ladies race resulted in a most impressive gun-to-tape victory for Jen Coleman (Les Croupiers) in a new personal best of 5:03:08, more than 6 minutes quicker than her previous quickest mark set in 2011. It also represented Jen's third Welsh Ultradistance gold medal and improved her Welsh F45 record set last year.

Following Jen home was the ever-consistent Rachel Bowen (Lliswerry Runners) in 5:46:23, only marginally slower than last year. Rachel now has two gold and two silver medals in this championship. Third lady to finish was another of our regular Scottish visitors, Izzy Cairns (Hunters Bog Trotters) in 5:52:37.

The Welsh Men's Ultra Championship resulted in even more drama. Sam Richards (Pontypridd Roadents) was ahead from the gun and led Gareth Pritchard (Vegan Runners) by almost 13 minutes at the halfway stage and was still 9 minutes ahead at 30 miles. Gareth, who makes his Welsh debut in the Anglo Celtic Plate 100 km in 4 weeks time, has considerable experience at 24 hours, and that strength began to show. With 11 laps remaining the gap had dwindled to 30 seconds, before Sam rallied to prevail for his first Welsh ultra title in 4:42:01 to Gareth's 4:44:20.

In third place in the men's Welsh Championship was the ever-consistent, Dave Coles (Les Croupiers). Dave surprised even himself with his final time of 5:06:40, which was 8 minutes faster than last year and hence another revision of his Welsh M60 age record. But more was to follow - Dave continued to run to the 6 hour mark and registered 74.000 km - a new UK M60 record for 6 hours.

12 of the 13 starters completed the 40 miles, an outstanding achievement, whilst 6 of the 7 marathon starters also finished, with Paul Francis (Les Croupiers) winning in 3:00:06 from Gabrielus Stuokus 3:19:51 (Swansea Harriers) and Gareth Hill 3:42:40 (Unattached).

Very many thanks to a brilliant support team, all the volunteers, Vale of Glamorgan Council and Welsh Athletics.

To view Paul Stillman's albums containing many excellent shots of our event, please click on the link below

https://www.flickr.com/photos/les_stills/albums

40 Miles - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Ollie Garrod	28:20	57:03	1:25:44	1:54:22	2:23:29	2:53:31	3:25:31	4:01:03
2. Paul Martelletti	28:20	57:03	1:25:45	1:54:55	2:25:21	2:56:41	3:29:12	4:04:04
3. Grant Jeans	29:55	1:00:00	1:31:30	2:03:04	2:35:29	3:09:32	3:44:45	4:18:49
4. Sam Richards	31:20	1:03:27	1:35:33	2:08:05	2:43:15	3:22:02	4:04:15	4:42:01
5. Gareth Pritchard	35:28	1:11:02	1:46:08	2:20:58	2:56:02	3:31:07	4:06:43	4:44:20
6. Jen Coleman	36:16	1:13:35	1:51:27	2:29:24	3:07:16	3:45:03	4:23:41	5:03:08
7. David Coles	36:14	1:13:04	1:50:05	2:27:42	3:06:30	3:45:13	4:25:03	5:06:40
8. Simon Prytherch	40:23	1:20:06	1:59:54	2:39:47	3:20:15	4:00:22	4:41:24	5:23:00
9. Emyr Morgan	41:58	1:22:13	2:02:18	2:41:40	3:21:45	4:00:10	4:41:00	5:25:02
10. Rachel Bowen	42:45	1:25:44	2:08:12	2:51:05	3:33:55	4:17:22	5:01:55	5:46:23
11. Izzy Cairns	43:21	1:27:15	2:09:23	2:53:10	3:36:20	4:21:40	5:07:00	5:52:37
12. Steven Battle	38:29	1:18:52	2:00:35	2:45:18	3:31:43	4:20:35	5:10:22	5:57:18
Steph Wilson	42:45	1:25:22	2:08:11	2:51:15	3:34:18	4:18:54		

21 Entries accepted

13 Starters

12 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
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1. Paul Francis	36:08	1:11:34	1:46:12	2:18:55	2:52:04	3:00:06
2. Gabrielus Stuokus	36:20	1:12:35	1:50:15	2:30:20	3:10:34	3:19:51
3. Gareth Hill	39:24	1:19:40	2:00:46	2:43:01	3:30:21	3:42:40
4. Lisa Cleary	42:48	1:27:02	2:15:21	3:05:11	3:58:34	4:09:36
5. Peter Gillibrand	55:10	1:52:31	2:47:14	3:44:46	4:40:28	4:52:39
6. Roshan Khan	54:51	1:54:26	3:07:14	4:31:02	5:59:50	6:19:50
Ifan Lloyd	36:08	1:11:32	1:46:10	2:19:56		

8 Entries accepted

7 Starters

6 Completed the Marathon