

**Les Croupiers Running Club**

**Present The Thirty-Seventh**

**BARRY  
40 MILE  
TRACK RACE**

**And The Seventh**

**BARRY TRACK  
MARATHON**

**—Incorporating—**

**The 34th Welsh Ultradistance Championship**

**for the**

**George Dayantis Memorial Trophy**

**At**

**Jenner Park, Barry**

**On**

**Sunday 5th March 2023**

**Start at 10.00 AM**

**(Under UK Athletics and WA Rules)**

## **Officials**

Starter: J.Elward

Referee: J. Griffin

Chief Timekeeper: J. Griffin

Recorders: Members of Les Croupiers Running Club and individual athletes' handlers

Race Day Co-ordinators: M. McGeoch, G. Hyatt, Dave E. Williams, D. McDonald

Medical Cover: Martyn Morgan

Feed Station: J. Rees, G. 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

Martyn Morgan 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 4.00 PM 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.

Five 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/)**

## 37th Annual Barry 40 Miles Track Race, Sunday 5 March, 2023

### 40 MILES – Entry List (14)

Race #	Athlete	Age	Club	Lap Scorer
2	Mark Bissett	57	Kidderminster & Stourport	
3	Jack Blackburn	33 W	Pontypridd Roadents	Sam Richards
4	Jen Coleman	48 WL	Les Croupiers	Maria Roberts / Phil Vibert
5	Henry Drake	46 W	Amman Valley	Nicola Thomas / Anthony Warden
6	Andrea Fraquelli	38	Serpentine / ITA	Giulio Rossi
1	Ollie Garrod	30	South London Harriers	
7	Grant Jeans	39	Unattached	William Jeans
8	Samuel Lewis	44	Southville Running Club	Katie Broadbent
9	Nobert Mihalik	41	Northampton RR / HUN	Timea Mihalik
10	Jeremy Mower	57 W	Gloucester AC	
11	Stephen Pope	56	Totley AC	Chris Finill
12	Gareth Pritchard	43 W	Vegan Runners	Catherine Smith
13	Simon Prytherch	57 W	Cherwell Runners	Graeme Boxall
14	Daniel Rothwell	35 W	Swansea Harriers	Ian Rothwell

Welsh Championship Entry = 7

Ladies Entry = 1

### MARATHON – Entry List (4)

Race #	Athlete	Age	Club	Lap Scorer
21	David Coles	63	Les Croupiers	Amanda Fenton
22	Carole Goddard	49 L	Les Croupiers	Amy Griffiths
23	Gareth Logan	36	Les Croupiers	Louise Flynn
24	Tamas Szikszay	45	Unattached / HUN	Lucy Szikszay

Welsh Championship Entry = N/A

Ladies Entry = 1

## **Barry 40 Miles: Race Line-Up**

### **No: 2 Mark Bissett (Kidderminster & Stourport AC)**

Age 57. Mark writes: " I am a retired Police Officer, keen sportsman and family man. I ran my first road marathon at the age of 17, but rugby union was my main sport, a game I played and coached for over 30 years. I always maintained a good level of participation in running, completing various road and mountain marathons.

In recent years, ultra running has been my focus and I have raced and completed numerous long distance events across the UK, Ireland and Europe. I love running in the Alps and Pyrenees, but equally enjoy the long distance canal races in the UK and world city road marathons.

Some of my key running achievements to date are 2 x Spartathlon finishes (2019 and 2022), Lakeland 100 2016, 7 Canal Race finishes including the Canalslam 2018, Summer Spine Race 2022, King Offas Dyke Race 2016, 2 x 24 hour track races and UTMB 2022. I have completed 71 marathons (PB 3:09:06 Manchester 2017) / ultramarathons to date and hope to reach 100 by my 60th birthday in 3 years time.

I'm also a birder. I've enjoyed bird watching since I was a boy. We lived in Gibraltar for 4 years, which is on one of the world's great migration routes. I'm told run-birding is a new thing, I might give it a go!"

### **No: 3 Jack Blackburn (Pontypridd Roadents)**

Age 33. Jack comes to Barry maintaining the tradition set by Sam Richards who won the Welsh Ultra title in 2020 and 2022 and who lap scores for his friend and team mate today. He made a very impressive international debut at the Anglo Celtic Plate 100 km in Donadea, Ireland in August 2021, placing 7th in 7:28:58.

Jack made his ultra debut in 2014, and has since chalked up wins at the Lightning 12 hours (2015), Winter Run to the Castle (2015) and Race to the King (2017 and 2019). Equally impressive on the short stuff, with PBs of 15:48 (Cardiff parkrun 2019), 32:44 at Chepstow Speedway 10km in January 2022, 71:33 at the Cardiff Half Marathon 2018 and 2:36:23 at the Valencia Marathon in December 2022. Jack also claims an unofficial record as being the first to run across Sri Lanka!

### **No: 4 Jen Coleman (Les Croupiers)**

Age 48. Much has happened on the running front in the last 12 months. At the Barry 40 last March, Jen retained her Welsh ultra title, clocking an impressive 5:03:08 which represented a PB by 6 minutes. But it was a prelude to her representing GB in the European 24 hours in Verona, Italy on 18 September, where she registered a new road PB of 221.389 km for 22nd place, her first such appearance since the World 24 hours in Katowice, Poland, ten years previously.

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 Marathon 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 the proud parents of Jack, Charlie and Rose.

### **No: 5 Henry Drake (Amman Valley)**

Age 46. Henry writes: "I've been running now for about 12 years, gradually moving up from half marathons through marathons to long distance ultras and have enjoyed – almost! – every moment of it. I'm proud to have been selected as club secretary for my local club; Amman Valley Harriers and enjoy my role as a run leader for training sessions as well as helping the team win points in the Gwent and West Glamorgan Cross Country leagues. I'm probably most at home on long training runs in the hills and mountains of South Wales, particularly the Brecon Beacons and Preseli Hills.

Since tackling my first ever race longer than a marathon at the Barry 40 in 2021...I've gone away and gained some experience at longer distances including a slightly fortunate win at a Backyard Ultra and two, 200 mile races in the Wild Horse series, coming 2<sup>nd</sup> in the North Wales edition last August. I also completed the 100km Race to The Stones last year in just over 11 hours and only last weekend managed to hold on for 2<sup>nd</sup> place in the 70km Brecon to Cardiff race. I've continued to keep my hand in at the marathon distance too, bringing my PB down to 2hrs 49m 32s at London in 2022 and completing the very hilly Snowdonia Marathon in 2hrs 58m".

### **No: 6 Andrea Fraquelli (Serpentine Running Club)**

Age 38. Andrea writes: " I'm an aspiring ultra runner and won the Brecon to Cardiff Race in 2021 (by 32 minutes) and came 9th in the Del Passatore 100 km in Italy 2022. I love running and can't wait to try your famous race. (shorter distance PBs 71:07 Vitality Big HM 2020 and 2:29:56 London Marathon 2021).

My profession is restaurants, Italian ones to be precise. I'm never too far from a plate of pasta and always ready to run. Lots of love to you and the race team".

### **No: 1 Ollie Garrod (South London Harriers)**

Age 30. Ollie comes to Barry bidding for a hat-trick of wins (a feat previously achieved by Simon Pride 1997-99 and George Dayantis 2009-11). Both his previous wins have fallen outside the magic 4 hour barrier by a handful of seconds, but recent form suggests he is in the form of his life, having set a new English 50km road record at Goodwood 3 weeks ago in 2:51:26. He is a prolific racer and intends to compete in the Anglo Celtic Plate / UK 100 km champs in 4 weeks time in Northern Ireland - he employed this same schedule post Barry 40 in 2022 and won the bronze medal in a superb 6:46:50. He improved his marathon best twice in 2022 with third place in Edinburgh in 2:22:55 in May and winning the Goodwood event in December in 2:22:36, whilst his sense of humour shines through in that he cites his winning the Brighton Marathon and finishing runner-up in the Brighton Ultra in September 2021.

His career started at Under 15 level at cross country for Epsom and Ewell Harriers, where he later went on to become both Press Secretary and Website Manager. He is also a former Exeter University Athletics club captain and is Treasurer for the Surrey Cross Country League and MABAC Running League.

He holds the record for most parkrun wins globally - 364, achieved from 431 starts, and tends to use a parkrun as a warm up to a major event the following day. Other notable 5km fancy dress records (cribbed from his Power of 10 profile); Batman 16:15, Christmas Elf 16:41 and Halloween Devil 16:52, whilst on the serious side his 5000 metres track PB is 15:12.47 (2021).

At the furthest end of the distance spectrum, Ollie recorded 184.438 km at the Tooting Bec 24 hours on 21 September 2019, finishing 14th.

He is a Team Hour 7 athlete - <https://www.hour7.com/>

### **No: 7 Grant Jeans (Unattached)**

Age 39. 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 Ritchie, and like Simon Pride, Grant works for Royal Mail. Now living in Glasgow, he has also heavily been involved in the world of boxing promotion and media relations, and continues his love affair with the sweet science through coaching.

A big fan of World Wrestling Entertainment (WWE), Grant ticked off one of his loftier goals on his bucket list when witnessing John Cena win the WWE Championship at the 2017 Royal Rumble in the Alamodome, San Antonio, Texas. He is also a lifelong Glasgow Rangers fan.

He was a very impressive gun-to-tape winner of this race in 2012 with 4:32:43, in particularly windy weather which everyone found taxing. He turned the following year to defend his title, and led for the first 10 miles before withdrawing after halfway with back problems. This sadly curtailed his competitive efforts for some time, so it was great to welcome him back in 2015 where he won with a well-controlled 4:25:15. Twelve months ago he ran 4:18:49 for a PB for third place in a high class field.

Amongst the catalogue of other ultra achievements are winning the Scottish 100km championship and the 2010 and 2011 Scottish Ultra Marathon Series titles. He placed fifth in the UK 100 km Championships in Perth in March 2011 in an excellent 7:11:53.

Grant has won his last three ultras - the Clyde Stride 40 miles (23 July), Speyside Way Ultra (20 August) and the John Lucas Memorial at Strathaven (for the 8th time) in between. Grant believes that Don Ritchie holds the record for Ultra victories in the UK with 30 wins, and he hopes to challenge that mark this year (he currently has 24). One of our most loyal supporters, Grant again makes the long trip south with his Dad William, and we love welcoming them.

### **No: 8 Samuel Lewis (Southville Running Club)**

Age 44. Sam writes: " Whilst being a casual runner for a number of years doing several half and full marathons (PBs 83:26 - 2019 Bath HM and 3:10:58 - 2019 Manchester Marathon), when Sam joined Southville Running Club he found himself drawn to ultra running. In 2020 he competed in the Suffolk Back Yard Ultra and finished in 10th place, running for 25 hours and totalling 104 miles before dropping out on the 26th loop. Later that same year Sam competed in the Gloucester 24 hour track race, placing 8th with 107 miles.

Injuries plagued him for most of 2021, however Sam returned to racing in 2022 and managed a 2nd place finish in the Bath Two Tunnels 50 km ultra in 4:29. He also successfully completed both Summer and Winter versions of the 45 mile Green Man Ultra in Bristol. His focus in 2023 is to compete in the Suffolk Back Yard Ultra again in the Summer and to take on the Centurion A100 mile race later in the year.

### **No: 9 Norbert Mihalik (Northampton Road Runners)**

Age 41. This is Norbert's debut at Barry and he has a very impressive range of PBs. He represented Hungary in last September's European 24 hour championships in Verona having done the same in Romania in 2018. He won the Gloucester Elite Track 24 hours in 2021 and Tooting Bec 24 hours in 2017 in a world class 259.403 km.

He's pretty quick on the shorter stuff too with a marathon PB of 2:33:48 (Manchester 2022), 33:42 for 10 km (Telford 2022) and 16:41 for 5km (Northampton parkrun).

### **No: 10 Jeremy Mower (Gloucester AC)**

Age 57. Jeremy's ultra record is remarkable both for its consistency and its longevity. He has completed 17 consecutive Anglo Celtic Plate 100 km internationals for Wales, with a best of 8:18:34 set at Perth, Scotland in 2011. This will be his 14th running of the Welsh Ultra Championship at Barry, having previously won three gold (2009, 2013 and 2021), four silver and three bronze medals. He appears to be improving with age, as his fastest run came in 2017 when he clocked 4:53:19 in finishing third overall in a new Welsh M50 record, and was only marginally slower in 2020 with 4:54:29.

Jeremy didn't start competing until he was 35 years old, and is still regularly competing in many short distance track events as well as cross country. He still isn't slowing with age, borne out by the fact that in 2022 he clocked 17:42 for 5 km (Gloucester) and 36:24 for 10 km (Bristol). At the other end of the distance spectrum he clocked 2:56:40 at the Shepperdine Marathon in April and 3:10:48 at Snowdonia in October, winning his age category in each case.

### **No: 11 Stephen Pope (Totley AC)**

Age 56. 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 last year's Barry 40, but an untimely injury intervened. However, Stephen recovered sufficiently quickly to place 26th (2nd M50) in the North Downs Way 50 miler on 21 May, and Chris Finill will also be returning to be his lap scorer.

### **No: 12 Gareth Pritchard (Vegan Runners)**

Age 43. The earliest results I could find for Gareth were from approximately ten years ago at Durham parkrun, his local event. He ran the Windermere Marathon the following year in 3:07:08, and has been back three times since, with a best position of 3rd in 2017 in 2:50:11. He can also point to multiple performances in both the London and Blackpool Marathons, with a PB of 2:46:56 at Nottingham 2017.

He started running ultras in 2017 and won the Endure 24 hours in Leeds in 2018 with 201.168 kms, and successfully defended his title in 2019 with 217.261 kms - a course record. Interestingly, whilst the first run was done consuming pork pies, the second one was as a full vegan.

2022 proved to be a wonderful year for Gareth. He placed 5th here (thereby securing silver in the Welsh Championship) in 4:44:20. Just four weeks later he made his Welsh debut in the Anglo Celtic Plate 100 km in Perth, finishing 19th in an excellent 7:45:07. Finally, on 18 September he produced a magnificent 246.969 km in the European 24 hour championship in Verona, Italy, placing 28th.



### **No: 13 Simon Prytherch (Cherwell Runners & Joggers)**

Age 57. Simon writes: "Simon started running regularly in 2010 when he was 43 years old,. After running his first marathon at Edinburgh in 2013, he quickly progressed to ultra-marathons. Simon found he loved the canal races and has ran eight of them in total, achieving 2nd place at the Warwickshire Ring Canal Race in 2022, 6th place at GUCR in 2019 and the Canalslam in 2017.

Simon also completed the Centurion 100 Grandslam and competed at Spartathlon in 2018. In 2019, Simon found form with a win at St Illtyds 50k and 3rd at Endure24 Leeds. Simon previously considered track races his nemesis but in 2022 he ran 5:23:00 at Barry 40, 215km at Crawley 24h and ran a 100-mile pb at Barcelona 24h of 16:58:11. He is competitive and still setting pb's at 57!"

### **No: 14 Daniel Rothwell (Swansea Harriers)**

Age 35. Dan's ultra career got off to an unfortunate start last April, 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 shorter distance form is 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. Dan intends to compete in next month's Anglo Celtic Plate / UK 100 km champs in Foyle, Northern Ireland.

## **Marathon Line-Up**

### **No: 21 Dave Coles (Les Croupiers)**

Age 63. 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 50 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 three 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 last March. 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.

### **No: 22 Carole Goddard (Les Croupiers)**

Age 49. Carole has gone from strength to strength since joining Les Croupiers in the autumn of 2019. She completed her first marathon, Newport in October 2021 after training and competing with friends Amy Griffiths and Katie James. The initial goal was to run inside 4 hours and Carole ran 3:51:07.

In 2022, she completed two local ultras, the Vale Coast 32 miles on 9 April in 5:58:45 and Gower Ultra Bach 34 miles on 22 October in 7:21:45. On each occasion she ran with Amy Griffiths who lap scores today. 2023 has already started on a positive note with a 5 minute PB in Les Croupiers Handicap 10 miles with 72:13.

### **No: 23 Gareth Logan (Les Croupiers)**

Age 36. Gareth joined Les Croupiers in the autumn of 2019 and has been improving ever since. His earliest races were in the Plymouth area and the earliest race result I could find was the Plymouth Half Marathon in May 2010 where he ran 2:26:40.

His first marathon was at Tenby 2018 when he clocked 5:25:34, improving to 4:26:13 in May 2019 at Newport, and 3:50:17 at Newport in October 2021. Last autumn he produced a succession of personal bests at short distances which bode well for today. Like Carole, Gareth recorded a massive personal best in Les Croupiers Handicap 10 miles on 29 January with 68:14.

### **No: 24 Tamas Szikszay (Unattached)**

Age 45. Tamas has been competing in ultras since 2012. He is a frequent visitor to Wales and he ran the Barry 40 in 2014, placing 11th in 5:43:27. He completed the Shepperdine Marathon in April 2021 in a PB 3:13:48 and 3 months later ran 66.927 km in the Crawley 6 hour race. He hopes to return to Crawley in 6 weeks to improve on that mark.

Last year he returned to Hungary for a 130 km race on 3rd July in which he placed 12th in 15:10:56 in 37 degrees! We're not expecting any such problems here.

He is an artist, and in relation to the interaction between running and painting, Tamas wrote in 2014: "I get motivation from my hobby, the long distance running. I love to run for hours and this provides me with my creativity, and inspiration for painting. The long hours clear my mind and take me time to think about new ideas. Sometimes I have a clear idea what I want to do sometimes I just follow my thoughts, and the final product evolve hugely. I usually start with the dark colour background and build my painting from it. Despite the fact I usually paint landscapes or portraiture, they have no connection with the real world. They exist in surreal environments".

### **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 is approaching 500 performances - he turned 90 on 23 February. However, in true community spirit, Bob has promised to do a little less running and a little more volunteering!

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

## World All-Time 40 Mile Track Rankings as of 31st December, 2022 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:48:35	Don Ritchie (Forres Harriers)	Barnet	1982
2. 3:49:32	Joe Keating (Ealing & Southall)	Ewell	1973
3. 3:49:49	Alastair Wood (Aberdeen)	Pitreavie	1969
4. 3:49:56	Lynn Hughes (Thames Valley)	Cardiff	1970
5. 3:52:17	Cavin Woodward (Leamington)	Ewell	1978
6. 3:53:04	Michael Taylor (St Neots Riverside/RAF)	Barry	2020
7. 3:53:36	Jeff Julian (New Zealand)	Auckland	1969
8. 3:53:42	Tom O'Reilly (Small Heath)	Crystal Palace	1976
9. 3:53:55	Simon Pride (Keith & District)	Barry	1999
10. 3:54:41	Aleksandr Sorokin (Lithuania)	Bedford	2022
11. 3:54:52	Steve Way (Bournemouth AC)	Barry	2016
12. 3:54:53	Phil Hampton (Royal Navy)	Cardiff	1970
13. 3:55:21	Erik Seedhouse (City of Hull)	Barry	1990
14. 3:58:40	Mick McGeoch (Les Croupiers)	Barry	1988
15. 3:59:24	Martin Daykin (Hereford Couriers)	Barry	1989
16. 4:00:20	Mike Hartley (Cannock & Stafford)	Barry	1993
17. 4:00:53	Ollie Garrod (South London Harriers)	Barry	2021
18. 4:01:28	Stephen Moore (Hertford & Ware)	Barry	1994
19. 4:03:28	John Tarrant (Salford Harriers)	Cardiff	1966
20. 4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
21. 4:04:04	Paul Martelletti (Victoria Park / Tower Hamlets)	Barry	2022
22. 4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
23. 4:04:34	Gerald Walsh (South Africa)	Walton	1957
24. 4:04:42	Mike Newton (South London Harriers)	Ewell	1976
25. 4:05:35	Arthur Keily (Derby & County)	Walton	1957
26. 4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
27. 4:06:12	Peter Sugden (Reading)	Barnet	1982
27. 4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
29. 4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
30. 4:07:19	Adam Stokes (Bristol & West)	Barry	2020
31. 4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
32. 4:08:07	Alan Smith (Burton)	Cobham	1980
33. 4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
34. 4:08:16	Brian Cole (Royal Marines)	Barry	2004
35. 4:08:31	Ken Young (United States)	Chicago	1972
36. 4:08:59	Peter Vermeesch (Belgium)	Barry	2013
37. 4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
38. 4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
39. 4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
40. 4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
41. 4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
42. 4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
43. 4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
44. 4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
45. 4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
46. 4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
47. 4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
48. 4:12:40	Martin Thompson (Australia)	Ewell	1978
49. 4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
50. 4:13:32	George Kay (Stafford AC)	Ewell	1979
51. 4:13:50	Herman Mulder (London Irish)	Barry	2004
52. 4:14:05	Tom Malone (South Africa)	Walton	1966
53. 4:14:12	Peter Bennett (Reading AC)	Ewell	1967

54.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
55.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
56.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
57.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

### **World All-Time 40 Mile Track Ladies Rankings as of 31st December, 2022 (to 5:00)**

<b><u>Rank/Time</u></b>	<b><u>Athlete</u></b>	<b><u>Venue</u></b>	<b><u>Year</u></b>
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.

### 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

### 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 second fastest of all time, and remains an English record.**

**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, 2022

### 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	Don Ritchie (UK)	3:48:35	Barnet	1982
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