

40th Annual Barry 40 Mile Track Race

Sunday 1st March, 2026

Official Result

1. Max Costley M 31	Southampton Athletic Club	4:03:45
2. Sam Hudson Dos Santos Figueira F 46	Belgrave Harriers	5:12:01
3. Rachel Bowen F 48	Lliswerry Runners	5:39:48
4. John Ross M 59	Les Croupiers	5:58:47
5. Fiona Davies F 70	Pontypridd Roadents	6:32:52

10th Annual Barry Marathon Track Race

Official Result

1. David Coles M 66	Les Croupiers	3:32:40
2. Chris Pratt M 55	Ogmore Phoenix Runners	4:22:51

Highlights:

1. Fiona Davies shattered 3 world best times for F70 ladies with 4:37:34 (30 miles), 4:47:16 (50 kms) and 6:32:52 (40 miles). The 50 km mark was Fiona's main aim as the previous track best was 4:58:21 (Shirley Young, Australia, 2000). However, Myra Rhodes (USA) had clocked 4:48:23 on the road in Sacramento in 2003 - so this "best time on any surface" became the focus - which she achieved with just 67 seconds to spare. In doing so, Fiona's marathon split of 4:00:47 was over 9 minutes faster than her own Welsh road marathon record set in New York last November.

2. Max Costley's winning time of 4:03:45 now ranks him No:21 on the world all time list. It was also a new Southampton club record by just two seconds (previously 4:03:47 by Ian Burgess in 1976 in Crystal Palace).

3. Rachel Bowen completed the Barry 40 for the seventh time - equalling Hilary Walker's record. This was her second fastest time and her fifth Welsh Ultradistance Gold Medal. Her support team had calculated that lap 34 would constitute her 1000th circuit of Jenner Park - so the crowd broke out into applause all the way round that circuit.

40 Miles - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Max Costley	29:41	59:12	1:28:40	1:58:07	2:27:54	2:58:42	3:30:31	4:03:45
2. Sam H Figueira	35:59	1:12:29	1:49:58	2:27:00	3:06:02	3:46:27	4:28:53	5:12:01
3. Rachel Bowen	42:26	1:24:56	2:06:55	2:48:32	3:30:30	4:13:20	4:56:36	5:39:48
4. John Ross	42:48	1:25:26	2:09:04	2:50:40	3:36:08	4:23:45	5:12:34	5:58:47
5. Fiona Davies	44:30	1:29:56	2:16:00	3:02:35	3:49:07	4:37:34	5:32:26	6:32:52

6 Entries accepted

5 Starters

5 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. David Coles	39:20	1:19:02	1:59:38	2:39:54	3:22:01	3:32:40
2. Chris Pratt	45:20	1:32:24	2:21:52	3:16:07	4:10:38	4:22:51

4 Entries accepted

2 Starters

2 Completed the Marathon