

# 38<sup>th</sup> Annual Barry 40 Mile Track Race

Sunday 3rd March, 2024

## Official Result

1. Grant Jeans M40	Unattached	4:22:14
2. Ieuan Griffiths M21	Clwb Run Wales	4:41:40
3. Stephen Pope M57	Totley AC	4:47:59
4. Jeremy Mower M58	Gloucester AC	5:01:59
5. Stephen Hooper M57	Pontypridd Roadents	5:30:02
6. Rachel Bowen F46	Lliswerry Runners	5:35:58

## Retirements

Daniel Rothwell M36	Swansea Harriers	124 laps in 3:12:30
Owain Zerilli M29	Les Croupiers	123 laps in 3:19:17
Ifan Lloyd M64	Swansea Harriers	121 laps in 3:54:11
David Coles M64	Les Croupiers	30 Miles in 4:06:54

# 8<sup>th</sup> Annual Barry Marathon Track Race

## Official Result

1. Richard Edge M48	CDF Runners	3:12:24
2. Steph Wilson F45	Pudsey & Bramley	3:38:54
3. Darryl Beaver M63	Penarth & Dinas	4:33:57

## Retirements

Dave E Williams M61	Les Croupiers	87 laps in 3:02:04
Gethin Parker M47	Les Croupiers	20 Miles in 2:44:11
Kelly Crofts F43	Les Croupiers	20 Miles in 3:43:48
Jeff Aston M76	Les Croupiers	20 Miles in 5:21:30

## 40 Miles - Split Times Analysis

<b>Athlete</b>	<b>5 Miles</b>	<b>10 Miles</b>	<b>15 Miles</b>	<b>20 Miles</b>	<b>25 Miles</b>	<b>30 Miles</b>	<b>35 Miles</b>	<b>40 Miles</b>
1. Grant Jeans	30:04	1:02:00	1:33:05	2:04:58	2:37:20	3:09:52	3:43:45	4:22:14
2. Ieuan Griffiths	33:38	1:07:48	1:40:38	2:14:46	2:47:44	3:22:54	4:00:39	4:41:40
3. Stephen Pope	33:34	1:07:14	1:40:49	2:14:57	2:48:35	3:22:16	4:04:02	4:47:59
4. Jeremy Mower	36:50	1:13:36	1:50:24	2:29:01	3:06:35	3:45:15	4:23:55	5:01:59
5. Stephen Hooper	36:03	1:12:35	1:50:42	2:29:53	3:12:10	3:57:53	4:44:52	5:30:02
6. Rachel Bowen	41:48	1:24:08	2:05:42	2:47:13	3:28:46	4:10:25	4:52:59	5:35:58
Daniel Rothwell	29:21	58:59	1:28:52	1:59:00	2:30:24	3:04:54		
Owain Zerilli	32:04	1:04:02	1:36:07	2:08:49	2:40:41	3:15:07		
Ifan Lloyd	38:59	1:15:28	1:52:16	2:29:10	3:06:36	3:53:35		
David Coles	39:35	1:19:05	1:58:50	2:39:12	3:21:25	4:06:54		

**11 Entries accepted**

**10 Starters**

**6 Completed the 40 Miles**

## Marathon - Split Times Analysis

<b>Athlete</b>	<b>5 Miles</b>	<b>10 Miles</b>	<b>15 Miles</b>	<b>20 Miles</b>	<b>25 Miles</b>	<b>Marathon</b>
1. Richard Edge	35:29	1:10:44	1:45:55	2:22:43	3:00:15	3:12:24
2. Steph Wilson	39:31	1:18:52	1:59:17	2:41:44	3:27:35	3:38:54
3. Darryl Beaver	47:57	1:36:03	2:30:03	3:25:43	4:20:50	4:33:57
Dave E Williams	42:30	1:24:54	2:06:28	2:48:14		
Gethin Parker	42:30	1:24:54	2:05:20	2:44:11		
Kelly Crofts	57:40	1:54:28	2:50:08	3:43:48		
Jeff Aston	1:02:58	2:11:01	3:40:07	5:21:30		

**7 Entries accepted**

**7 Starters**

**3 Completed the Marathon**

## WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 35th edition of the Welsh Ultradistance Championship. This year there were nine entries and eight starters. Of the eight, only four were to complete the 40 miles. However, one should never read too much into the bare statistics of the race. Every athlete has a personal tale to tell. Completing the distance does not necessarily constitute "success", nor does not completing the distance constitute "failure". Perhaps you need to be an ultrarunner yourself to understand this mentality.

The Barry 40 Miles is a unique challenge. It should never be seen as simply "completing 161 laps". I always say to the athletes: "Everyone in this race is an ally. The supporters are your allies. The nutrition and hydration available is essential. You only have two things to worry about: the distance and the stopwatch.

It is a tough psychological test. There is undoubtedly no coincidence about the fact that all four withdrawals occurred between 30 and 31 miles - the psychological crunch point. It's always like that.

Dan Rothwell led for the first 30 miles, but stepped off the track shortly after. I spoke with him whilst he sat in the dugout, considering his options. I advised that with the Anglo Celtic Plate 100 km just three weeks away, that he should perhaps see the bigger picture. He appeared to agree with that, but even days later, wasn't sure of exactly what happened. This is a common occurrence at Barry. Whilst you can never compare two athletes, it appeared that Owain Zerilli made much the same decision, although he wasn't going to the Anglo Celtic Plate.

This gave way to a surprise champion. Ieuan Griffiths may be just 21, but his coach Gary Howells clearly knows his athlete very well. He ran with a maturity way beyond his years and bided his time, rather than get into a battle with the others.

By comparison, Jeremy Mower was been a model of consistency. He first ran in 2005, when he recorded 5:12:18. Here he was more than 10 minutes faster, as well as 19 years old. He has now won eleven Welsh Championship medals (three gold, five silver and three bronze).

Stephen Hooper was another to make his Welsh Championship debut, and acquitted himself really well, securing the bronze in 5:30:02.

However, the performance of the day was that of Rachel Bowen. Her life journey was known to everyone present. She had run in four previous editions of the race, and amazingly, had set a marathon PB of 3:20:19 last October at Chester. Her previous fastest time at Barry had been 5:43:10. Not only was this her first Welsh ultra title, but a seven minute PB as well. There wasn't a dry eye in the house.

### Welsh Men's 40 Mile Championship

1. Ieuan Griffiths M21	Clwb Run Wales	4:41:40
2. Jeremy Mower M58	Gloucester AC	5:01:59
3. Stephen Hooper M57	Pontypridd Roadents	5:30:02

### Welsh Ladies 40 Mile Championship

1. Rachel Bowen F46	Lliswerry Runners	5:35:58
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## Paralysis By Analysis

Preparations for this year's race were much different to usual. I had doubts of the wisdom of staging the event, but Caroline had no doubts. We even made provision for my good friend Firouz Mal being Race Director on the day, with me in phone contact from my living room. In the event, we were able to stage the race as originally planned, but with tributes to Caroline dotted around the stadium and changing rooms.

As last year, we were incredibly lucky with the weather. It wasn't particularly warm, 7 degrees, but it was dry and there was scarcely any wind. The quality and quantity of entries this year was again very encouraging. 11 entries for the 40 miles, and 7 entries for the marathon. It was well known that several of the marathon field were using this as a dress rehearsal for a spring marathon and planning on 20 miles (ish). There was one last minute withdrawal, with Jen Coleman sadly being a victim to illness. So, 17 athletes faced the starter, 10 for the 40 miles and 7 for the marathon.

After checking that the timing clock was functioning OK, I always log the athletes positions and times at the end of 400 metres as a predictor of performance. Dan Rothwell and Grant Jeans were shoulder to shoulder in 85 seconds. Pre-race, Dan had indicated that he was in perhaps slightly better condition than twelve months ago when he excelled in 3:59:56, so I wasn't surprised. Stephen Pope, making a welcome return for his first Barry 40 for 16 years was third, followed by Ieuan Griffiths and Owain Zerilli. Athletes came through in ones and twos with Jeff Aston the final runner in 3:03. It was no surprise that some runners were completing two laps before the back marker had completed one - it's often that way.

By 5 miles Dan Rothwell was on his own. He clocked 29:21, plenty fast enough though not as quick as last year. Grant Jeans, always a fast starter came through next in 30:04, with Owain Zerilli 3rd in 32:04. Stephen Pope was 4th (33:22) with Ieuan Griffiths 5th in 33:38.

10 miles went by with very little change. Dan Rothwell, looking very comfortable, cruised through in 58:59, from Grant Jeans 62:00. Owain Zerilli also looked metronomic in 64:02, from Stephen Pope 67:14 and Ieuan Griffiths 67:48. Rachel Bowen looked very composed in 1:24:08, and everyone appeared to be going well. The weather was still excellent.

This pattern continued for some time. The weather remained still and the runners continued with an unrelenting pace. Dan Rothwell clocked 1:59:00 at halfway and Grant Jeans 2:04:58. Owain Zerilli maintained his rhythm with 2:08:49, and Pope and Griffiths continued their epic youth v experience battle with Ieuan edging past in 2:14:46 with Stephen just eleven seconds back. Rachel Bowen had sped up slightly to clock 2:47:13 at 20 miles and looked completely untroubled.

So far, so good. Such is the calibre of the field who compete at Barry that it looked as if everyone was in total control and we would achieve a 100% finishing rate. Appearances can be deceptive.

The leading positions remained unchanged at the marathon mark: 1. Rothwell 2:36:43; 2. Jeans 2:45:22; 3. Zerilli 2:49:09; 4. Griffiths 2:55:42; 5. Pope 2:56:48. Rachel Bowen passed looking effortless in 3:38:49.

30 miles is always the psychological crunch point. Watching every Barry 40 race since 1986, both as a runner and as a race director has taught me that. The body starts showing signs of fatigue and there's still a long way to go. The wind is still light, but it has got up a little.

Dan Rothwell disappeared into the dugout after 124 laps (3:12:30). This happens from time to time - I thought he'd stopped for some food. I went to talk to him simply to find out if there was a problem. He appeared unsure of what to do. It's very hard to know what to suggest in those circumstances. However, with the Anglo Celtic Plate just 3 weeks away (remembering he'd broken the Welsh record last year in taking the bronze medal), I suggested that a retirement might be the best option. That's what he did. Just 7 minutes later, third placed Owain Zerilli did the same thing. With the leadership of the race now in apparent turmoil after such a serene first 3 hours, I had even less chance to talk to Owain. It just happened!

This left Grant Jeans with a big lead, and the battle between Owain Griffiths and Stephen Pope was no longer the battle for 4th and 5th, it was now the battle for 2nd and 3rd. Seemingly, everything was happening at once!

My attention was also diverted by the fact that the marathon winner had finished (detailed elsewhere). It gets quite tricky to retain an overall view when support crews are feeding me important information. Grant Jeans was tiring, but still moving away from his pursuers. 4:22:14 represented the quickest of his three victories, although he achieved an excellent 4:14:47 twelve months ago when finishing fourth. Unlike Simon Pride, George Dayantis and Ollie Garrod who all achieved three wins in successive years, Grant has showed remarkable loyalty to our race in winning in 2012, 2015 and 2024. He even declared himself unavailable in 2021 when the Covid rate in Glasgow spiralled out of control. I don't forget things like that.

Ieuan and Stephen's battle was fascinating. Ieuan had a couple of breaks which temporarily lost him second place, but overall he was gaining ground relentlessly. To win a Welsh Ultradistance title at so young an age was outstanding. Guided throughout by coach Gary Howells, Ieuan seemly bided his time and it paid off. He surely has a very bright future in this niche element of the sport.

It was great to welcome back Stephen Pope, who won here in 2005. His friendship with lap scorer and London Marathon ever present, Chris Finill is one of those wonderful ultra distance stories that enrich our sport. Amazingly, Stephen was just six minutes slower than he ran in 2003, when he was also third. 4:47:59 represented an excellent performance.

Consistency is a word I would also associate with Jeremy Mower, who produced another stellar run to clock 5:01:59. This was his 13th Barry 40 finish, a figure which now leaves him just three shy of the legendary Bob Emmerson.

Steve Hooper (Pontypridd Roadents) finished next in 5:30:02. Although this was his first run at Barry, he has considerable marathon and ultra experience and it showed. Ponty have a great tradition at Barry, and there were plenty of supporters yet again.

Our final finisher was Rachel Bowen, and for me, this was the story of the day. Not only was she seven minutes faster than previously, but more importantly, she proved her doubters wrong. If only they could have been present to see her triumph. But then again, I'm not surprised. They are never there when it matters - all words and no action. Mention should also be made of Ifan Lloyd (Swansea Harriers) and Dave Coles (Les Croupiers). Both were using this event as part of their personal preparations for Comrades in June. Both completed 30 miles and declared themselves happy with their day's work.

## Marathon

There were seven starters for this year's marathon, although it was well known that four of these were Les Croupiers club mates (Gethin Parker, Dave E Williams, Kelly Crofts and Jeff Aston) who were using the race to show personal support and run 20 miles or so in preparation for their own upcoming marathon challenges.

Richard Edge (CDF Runners) led throughout and showed excellent pace judgment. His 3:12:24 was a personal best by more than two and a half minutes and he was delighted.

It was great to welcome back Steph Wilson (Pudsey and Bramley) to the marathon race. Steph had previously twice completed the 40 miles and that experience showed in her recording a solid 3:38:54. Darryl Beaver is a relatively recent covert to marathon running. A local man, he is hoping to obtain an age qualification for the 2025 Boston Marathon. A ran a well-judged 4:33:57.

Huge thanks as always to all our volunteers, notably Mike Humphry (groundsman) and Ceri (paramedic), Vale of Glamorgan Council and Welsh Athletics.

## The History of the Barry 40 - Race Winners and Survival Rates

03 Mar 2024	4:22:14	Grant Jeans (SCO)-3	5:35:58	Rachel Bowen (WAL)
05 Mar 2023	3:45:07	Ollie Garrod (ENG)-3	5:18:12	Jen Coleman (WAL)-2
06 Mar 2022	4:01:03	Ollie Garrod (ENG)-2	5:03:08	Jen Coleman (WAL)
23 May 2021	4:00:53	Ollie Garrod (ENG)	5:07:27	Eve Bugler (ENG)
01 Mar 2020	3:53:04	Michael Taylor (ENG)	5:41:34	Helen James (ENG)
10 Mar 2019	4:30:42	James Elgar (WAL)	4:56:17	Sam Amend (ENG)
11 Mar 2018	4:13:24	Steve Way (ENG)-2	5:20:41	Tracy Dean (ENG)
12 Mar 2017	4:29:16	Alex O'Shea (IRL)	5:57:14	Natasha Farid-Doyle (WAL)
20 Mar 2016	3:54:52	Steve Way (ENG)	5:12:58	Isobel Wykes (ENG) – 2
08 Mar 2015	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG)
09 Mar 2014	4:24:57	Pieter Vermeesch (BEL) -2	5:56:33	Jayne Angilley (WAL)
24 Feb 2013	4:08:59	Pieter Vermeesch (BEL)	5:04:59	Karen Rushton (ENG)
04 Mar 2012	4:32:43	Grant Jeans (SCO)	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb 2011	4:24:17	George Dayantis (GRE / ENG)-3	4:47:59	Adela Salt (ENG)
14 Mar 2010	4:31:19	George Dayantis (GRE / ENG)-2	5:04:14	Emily Gelder (WAL)
08 Mar 2009	4:22:57	George Dayantis (GRE / ENG)	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar 2008	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar 2007	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar 2006	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar 2005	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar 2004	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar 2003	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr 2002	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar 2001	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar 2000	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar 1999	3:53:55	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar 1998	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar 1997	3:54:24	Simon Pride (SCO)	5:05:58	Hilary Walker (ENG)-3
03 Mar 1996	4:10:35	Stephen Moore (ENG)-2		No Lady Finishers
05 Mar 1995	4:17:46	Robin Gardner (ENG)		No Lady Finishers
06 Mar 1994	4:01:28	Stephen Moore (ENG)	4:50:11	Eleanor Robinson (ENG)
07 Mar 1993	4:00:20	Mike Hartley (ENG)-2	4:26:43	Carolyn Hunter-Rowe (ENG)
01 Mar 1992	4:04:01	Mike Hartley (ENG)	5:18:10	Hilary Walker (ENG)-2
07 Jul 1991	4:27:34	Paul Belcher (WAL)	5:14:12	Marianne Savage (ENG)
04 Mar 1990	3:55:21	Erik Seedhouse (ENG)	6:14:49	Kay Pritchard (WAL)
05 Mar 1989	3:59:24	Martin Daykin (ENG)		No Lady Entries
06 Mar 1988	3:58:40	Mick McGeoch (WAL)-2	5:04:30	Hilary Walker (ENG)

09 Mar 1986	4:11:32	Mick McGeoch (WAL)	4:47:27	Ann Franklin (WAL)
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## Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2024

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
03 Mar 2024	11	10	6 (5 / 1)	60%
05 Mar 2023	14	11	10 (9 / 1)	91%
06 Mar 2022	21	13	12 (9 / 3)	92%
23 May 2021	18	15	13 (7 / 6)	87%
01 Mar 2020	19	18	18 (14 / 4)	100%
10 Mar 2019	11	11	9 (7 / 2)	82%
11 Mar 2018	13	8	7 (6 / 1)	88%
12 Mar 2017	16	9	6 (5 / 1)	67%
20 Mar 2016	14	13	9 (7 / 2)	69%
08 Mar 2015	24	20	16 (12 / 4)	80%
09 Mar 2014	24	20	15 (14 / 1)	75%
24 Feb 2013	21	18	14 (11 / 3)	78%
04 Mar 2012	25	20	12 (11 / 1)	60%
27 Feb 2011	25	22	16 (12 / 4)	73%
14 Mar 2010	17	15	11 (8 / 3)	73%
08 Mar 2009	20	16	12 (11 / 1)	75%
09 Mar 2008	29	26	23 (21 / 2)	88%
11 Mar 2007	31	23	18 (15 / 3)	78%
12 Mar 2006	30	23	14 (13 / 1)	61%
06 Mar 2005	34	24	19 (17 / 2)	79%
07 Mar 2004	36	28	22 (18 / 4)	79%
02 Mar 2003	55	34	28 (25 / 3)	82%
03 Mar 2002	48	33	27 (25 / 2)	82%
04 Mar 2001	52	33	23 (21 / 2)	70%
05 Mar 2000	50	35	24 (22 / 2)	69%
07 Mar 1999	48	33	25 (23 / 2)	76%
01 Mar 1998	42	28	19 (16 / 3)	68%
02 Mar 1997	44	39	22 (21 / 1)	56%
03 Mar 1996	31	26	17 (17 / 0)	65%
05 Mar 1995	35	17	13 (13 / 0)	76%
06 Mar 1994	38	28	23 (19 / 4)	82%
07 Mar 1993	29	24	17 (16 / 1)	71%
01 Mar 1992	30	27	19 (18 / 1)	70%
07 Jul 1991	19	14	10 (8 / 2)	71%
04 Mar 1990	35	27	22 (21 / 1)	81%
05 Mar 1989	29	25	21 (21 / 0)	84%

06 Mar 1988	33	27	23 (20 / 3)	85%
09 Mar 1986	24	15	11 (10 / 1)	73%
<b>TOTALS</b>	<b>1095</b>	<b>828</b>	<b>626 (548 / 78)</b>	<b>76%</b>

## The History of the Welsh Ultra Championships - Men

<b>Date</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
03 March 2024	Ieuan Griffiths (Clwb Run Wales) 4:41:40	Jeremy Mower (Gloucester AC) 5:01:59	Steve Hooper (Pontypridd Roadents) 5:30:02
05 March 2023	Daniel Rothwell (Swansea) 3:59:56	Henry Drake (Amman Valley) 4:21:49	Gareth Pritchard (Vegan Runners) 4:34:27
06 March 2022	Sam Richards (Pontypridd Roadents) 4:42:01	Gareth Pritchard (Vegan Runners) 4:44:20	Dave Coles (Les Croups) 5:06:40
23 May 2021	Jeremy Mower (Gloucester AC) 5:03:42	Dave Coles (Les Croups) 5:14:50	Henry Drake (Amman Valley) 5:23:57
01 March 2020	James Elgar (MMRT) 4:23:20	Sam Richards (Pontypridd Roadents) 4:34:54	Rob Kestin (Port Talbot Harriers) 4:44:03
10 March 2019	James Elgar (MMRT) 4:30:42	Richard Elgar (Llswerry Runners) 4:42:58	Nathan Flear (3Ms Gorseinon) 4:44:59
11 March 2018	Nathan Flear (3Ms Gorseinon) 4:41:26	Steve Speirs (Les Croups) 4:57:46	Paul Ali (Reading Joggers) 5:36:25
12 March 2017	Nathan Flear (3Ms Gorseinon) 4:36:01	Jeremy Mower (Gloucester AC) 4:53:19	Ken Caulkett (Sarn Helen) 4:58:40
20 March 2016	Nigel Davies (Sarn Helen) 5:10:42	Allan Jones (Brackla Harriers) 6:43:02	
08 March 2015	Jason Dickinson (TROTS) 4:35:54	Jason Scanlon (Ponty Roadents) 4:51:40	Jeremy Mower (Gloucester AC) 4:58:20
09 March 2014	Jason Dickinson (TROTS) 4:52:59	Dave Coles (Les Croups) 5:18:26	George Nicholls (Prestatyn AC) 5:27:01
24 February 2013	Jeremy Mower (Gloucester AC) 4:56:02	Phil Adams (Neath Harriers) 5:37:03	George Nicholls (Prestatyn AC) 5:39:02
04 March 2012	Matt Shone (Woodford Green) 4:55:46	Jeremy Mower (Gloucester AC) 5:07:42	Mark Baker (Northbrook AC) 5:14:28
27 February 2011	Mark Baker (Northbrook AC) 5:37:03	Alan Mann (Les Croups) 6:21:37	
14 March 2010	Sean McCormack (Abergele Harriers) 4:52:08	Jeremy Mower (Gloucester AC) 5:03:52	Gary Hyatt (Les Croups) 5:47:45
08 March 2009	Jeremy Mower (Gloucester AC) 5:13:39	Mark Baker (Northbrook AC) 5:31:29	Phil Adams (Neath Harriers) 5:42:35
09 March 2008	Mark Shepherd (Team Kennet) 4:38:54	Jeremy Mower (Gloucester AC) 5:11:29	Mark Baker (Northbrook AC) 5:14:37
11 March 2007	John Pares (Buckley RC) 4:31:20	Tony Holling (Port Talbot Harriers) 5:29:56	David Thomas (3Ms Gorseinon) 5:51:12
12 March 2006	John Pares (Buckley RC) 4:29:14	Andy Cleves (Les Croups) 4:48:49	Jeremy Mower (Gloucester AC) 5:19:26
06 March 2005	Andy Cleves (Les Croups) 4:48:22	Phil Adams (Neath Harriers) 5:01:19	Jeremy Mower (Gloucester AC) 5:12:18
07 March 2004	Andy Cleves (Les Croups) 4:49:59	Dave Coles (Les Croups) 5:02:17	Gary Hyatt (Les Croups) 5:30:46
02 March 2003	Jeff Rees (Neath Harriers) 5:02:48	Alan Mann (Les Croups) 5:16:04	Terry Caveney (Les Croups) 5:22:28
03 March 2002	Andy Cleves (Les Croups) 4:41:02	Lyn Rees (Sarn Helen) 5:01:53	Jeff Rees (Neath Harriers) 5:03:37
04 March 2001	Eric Rees (Sarn Helen) 4:46:08	Phil Adams (Aberdare V) 4:58:38	David Thomas (Sarn Helen) 5:04:37
05 March 2000	Eric Rees (Sarn Helen) 4:38:37	Jeff Rees (Neath Harriers) 4:40:46	Andy Cleves (Les Croups) 4:47:57
07 March 1999	Jeff Rees (Neath Harriers) 4:31:32	Eric Rees (Sarn Helen) 4:43:57	Lyn Rees (Sarn Helen) 4:56:27
01 March 1998	Jeff Rees (Neath Harriers) 4:29:04	Mark Rowberry (Llswerry) 4:58:04	Lyn Rees (Sarn Helen) 5:01:06
02 March 1997	Tony Holling (Port Talbot Harriers) 4:48:23	Mark Rowberry (Llswerry) 4:53:21	Eric Rees (Sarn Helen) 5:01:05
03 March 1996	Malcolm Griffiths (Bridgend) 4:33:51	Mark Rowberry (Llswerry) 4:59:25	Alan Monday (Cardigan) 5:29:45
05 March 1995	Malcolm Griffiths (Bridgend) 4:24:04	Tony Holling (Port Talbot Harriers) 5:12:04	
06 March 1994	Malcolm Griffiths (Bridgend) 4:29:45	Alan Monday (Preseli) 4:54:22	Mark Rowberry (Llswerry) 4:55:41
07 March 1993	Mick McGeoch (Les Croups) 4:04:13	Malcolm Griffiths (Bridgend) 4:06:12	Paul Gwilym (Newport) 4:16:41
01 March 1992	Gwyn Williams (Club 69) 4:15:13	Malcolm Griffiths (Bridgend) 4:18:28	Bernard Lloyd (Wigan Phoenix) 4:31:20
07 July 1991	Paul Belcher (Les Croups) 4:27:34	Alan Monday (Preseli) 5:13:30	Brian Adamson (Bridgend) 5:33:17
04 March 1990	Mick McGeoch (Les Croups) 4:06:34	Gwyn Williams (Club 69) 4:17:35	Paul Sutton (SGIHE) 6:57:57



## The History of the Welsh Ultra Championships - Ladies

<b>Date</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
03 March 2024	Rachel Bowen (Llisbury Runners) 5:35:58		
05 March 2023	Jen Coleman (Les Croups) 5:18:12		
06 March 2022	Jen Coleman (Les Croups) 5:03:08	Rachel Bowen (Llisbury Runners) 5:46:23	
23 May 2021	Jen Coleman (Les Croups) 5:19:08	Rachel Bowen (Llisbury Runners) 5:43:10	Veronica Singleton-Lawley (Les Croups) 6:51:16
01 March 2020	Rachel Bowen (Llisbury Runners) 5:54:03		
10 March 2019	Rachel Bowen (Llisbury Runners) 5:53:39		
11 March 2018	No lady finishers		
12 March 2017	Natasha Farid-Doyle (Les Croups) 5:57:14		
20 March 2016	No lady finishers		
08 March 2015	Natasha Farid-Doyle (Les Croups) 5:33:47	Jayne Angilley (Cornwall AC) 6:05:05	
09 March 2014	Jayne Angilley (Cornwall AC) 5:56:33		
24 February 2013	Natasha Doyle (Virgin Active Cardiff RC) 6:04:51	Jeni Richards (Abergele Harriers) 6:08:09	
04 March 2012	No lady finishers		
27 February 2011	Jen Salter (Les Croups) 5:09:15	Loretta Daley (Les Croups) 5:50:48	
14 March 2010	Emily Gelder (Dulwich Runners) 5:04:14	Jen Salter (Les Croups) 5:19:21	Loretta Daley (Les Croups) 5:55:15
08 March 2009	Maria Zubizarreta (Les Croups) 5:41:19		
09 March 2008	Loretta Daley (Les Croups) 7:16:13		
11 March 2007	Loretta Daley (Les Croups) 6:05:15		
12 March 2006	Loretta Daley (Cardiff) 6:59:21		
06 March 2005	Fiona Davies (Bridgend) 6:25:12		
07 March 2004	Amanda Elias (Port Talbot Harriers) 7:17:29		
02 March 2003	Samantha Bretherick (Chiltern Harriers) 5:17:50		
03 March 2002	No lady finishers		
04 March 2001	No lady finishers		
05 March 2000	No lady finishers		
07 March 1999	No lady finishers		
01 March 1998	Dawn Kenwright (Sarn Helen) 5:33:18	Christine Lloyd (Neath Harriers) 6:42:41	
02 March 1997	No lady finishers		
03 March 1996	No lady finishers		
05 March 1995	No lady finishers		
06 March 1994	No lady finishers		
07 March 1993	No lady finishers		
01 March 1992	No lady finishers		
07 July 1991	No lady finishers		

04 March 1990	Kay Pritchard (Les Croups) 6:14:49		
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## Reflections of a Race Director

This event has been held for 38 years now. This year was different for very understandable reasons. Being a Race Director is never dull, especially given the complexity of the event. You can prepare all your admin and have all the support team in place. But when you get to the stadium, anything can happen. Let me just reflect on the last three years.

**2022:** Paul Martelletti (Victoria Park & Tower Hamlets) entered our race. A 2:16:49 marathon performer, I knew he was chasing a fast time and potentially the world record. To ensure any record getting ratified, we needed 3 independent stopwatch recordings so I asked our Chief Timekeeper, Brian Williams to bring 3 watches, which he did. The race started promptly and Paul and defending champion Ollie Garrod ran the first lap in 82 seconds. Everything was set for a fascinating race between the athletes and against the clock. But suddenly everything went wrong. Brian fell off his chair and his demeanour suggested he'd had a stroke. The race became incidental. The runners were completely oblivious of this. We kept Brian as warm and as comfortable as we could until the ambulance arrived. He was to die the next day in UHW.

This was Brian's 25th consecutive appearance at Barry. His family thought he was crazy, but he loved our race. His widow told me later that Brian always eagerly awaited my phone call each year, to tell him of the date and who was running. I returned the 3 stopwatches, four days later to his house. I left them running. I believe they were placed in the coffin with him at the cremation. On the day of the funeral a full page tribute appeared in the Morning Star! And the music at the funeral was "Reach out and I'll be there" by the Four Tops. How appropriate.

It turned out to be an epic battle between Paul and Ollie, with the younger man shading it in 4:01:03 to Paul's 4:04:04. But the race was incidental. When I arrived home I was sobbing on Caroline's shoulder.

**2023:** Race day weather was perfect. With two wins and two clockings marginally outside 4 hours, Ollie Garrod returned to Barry in the form of his life. Three weeks earlier he had set a new English 50 km road record at Goodwood - 2:51:26. Surely he would better 4 hours now, but by how much? What happened was astonishing. Athletes have come to our race before (myself included) with world record intentions. But Don Ritchie's 3:48:35 hadn't stood for 41 years for nothing. No one had come remotely close. Ollie was clinical in his precision. Even in the critical final quarter he was barely slowing. 10 mile splits of 55:41, 55:23, 56:08 and 57:55 - final time 3:45:07. When I got home Caroline was watching the football. Liverpool were already two-nil up on Manchester United and eventually won 7-0. We couldn't have been happier.

**2024:** Race day weather was excellent once again. The standard of entries was marginally down on last year, but still excellent. A few athletes didn't finish, but as I

explained in the main report, that doesn't constitute failure. Above all else, everyone went home safe. I was very happy.