

## **31st Annual Barry 40 Mile Track Race**

**Sunday 12<sup>th</sup> March, 2017**

**Cardiff International Sports Campus**

### **Official Result**

1. Alex O'Shea M42	St Finbarrs AC	4:29:16
2. Nathan Flear M33	3M Gorseinon RR	4:36:01
3. Jeremy Mower M51	Gloucester AC	4:53:19
4. Ken Caulkett M36	Sarn Helen	4:58:40
5. Steven James M41	Cirencester AC	5:30:24
6. Natasha Farid-Doyle F39	Les Croupiers RC	5:57:14

### **Retirements**

Garfield Jones M60	Islwyn RC	135 laps in 6:02:53
Grant Jeans M33	Unattached	87 laps in 2:19:48
Steve Way M42	Bournemouth AC	20 miles in 2:01:28

## **1st Annual Barry 40 Marathon Track Race**

### **Official Result**

1. Stu Wilkie M37	Mud Crew Running	3:14:49
2. Steve Howliston M50	Unattached	3:25:17
3. Phil Vibert M47	Unattached	3:32:50
4. Phil Spiers-Holcroft M42	Unattached	3:36:42
5. Loretta Daley F51	Les Croupiers RC	3:57:38
6. Alan Mann M59	Les Croupiers RC	4:45:36
7. Rory Coleman M55	Les Croupiers RC	4:59:26
8. Paul McKay M51	100 Marathon Club	5:11:52
9. Tracey Newman F46	Les Croupiers RC	5:29:18
10. Nick Allars M61	Unattached	6:04:32

### Split Times Analysis – 40 Miles

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Alex O'Shea	32:06	1:03:50	1:36:00	2:08:09	2:41:02	3:14:55	3:51:20	4:29:16
2. Nathan Flear	32:33	1:05:47	1:38:45	2:12:13	2:45:55	3:21:34	3:57:33	4:36:01
3. Jeremy Mower	35:20	1:11:49	1:47:02	2:22:12	2:56:40	3:34:36	4:13:48	4:53:19
4. Ken Caulkett	34:15	1:10:03	1:44:42	2:20:55	2:58:42	3:37:51	4:17:58	4:58:40
5. Steven James	37:36	1:15:15	1:52:47	2:30:49	3:11:28	3:58:04	4:48:54	5:30:24
6. Natasha Farid-Doyle	40:06	1:22:17	2:05:40	2:50:06	3:36:45	4:26:34	5:13:33	5:57:14
Garfield Jones	46:19	1:34:18	2:22:07	3:20:20	4:24:46	5:27:29		
Grant Jeans	30:33	1:01:50	1:34:18	2:05:42				
Steve Way	30:11	1:00:27	1:30:49	2:01:28				

**16 Entries accepted**

**9 Starters**

**6 Completed the 40 Miles**

### Split Times Analysis - Marathon

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Stu Wilkie	37:33	1:15:04	1:51:49	2:28:14	3:05:06	3:14:49
2. Steve Howliston	37:28	1:15:01	1:52:23	2:30:37	3:14:30	3:25:17
3. Phil Vibert	39:01	1:18:48	1:56:33	2:36:24	3:21:38	3:32:50
4. Phil Spiers-Holcroft	37:49	1:15:36	1:54:21	2:38:00	3:25:23	3:36:42
5. Loretta Daley	42:34	1:26:02	2:10:28	2:57:25	3:46:18	3:57:38
6. Alan Mann	52:40	1:45:03	2:38:07	3:32:56	4:30:20	4:45:36
7. Rory Coleman	57:26	1:51:10	2:47:35	3:46:27	4:45:40	4:59:26
8. Paul McKay	56:37	1:55:05	2:53:04	3:56:09	4:56:50	5:11:52
9. Tracey Newman	54:26	1:49:45	2:50:23	3:58:08	5:12:18	5:29:18
10. Nick Allars	56:39	2:00:16	3:10:39	4:36:46	5:47:55	6:04:32

**12 Entries accepted**

**10 Starters**

**10 Completed the Marathon**

## WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 28th edition of the Welsh Ultradistance Championship, with 7 entries, 5 starters and 4 completing the full distance. If the numbers were disappointing, the quality was excellent, with two newcomers showing amazing maturity and sound pace judgment. Nathan Flear has only been a competitive athlete for a couple of years, and has made a huge impression already. In 2016 he completed 4 road marathons (best time 2:52:45 at Edinburgh) and 4 multi-terrain marathons. In addition, he won the Flich Way 100 km multi-terrain race in Braintree on 29 January, so was unphased by the prospect of running 40 miles. A track ultra presents a unique set of qualities, however, most notably it demands a patience and an awareness to run slowly enough in the early stages. Nathan demonstrated this admirably, and a Welsh title on his track debut was his reward.

By contrast, Jeremy Mower is a wily old fox, and this was his 11<sup>th</sup> Barry 40. He ran superbly throughout, and was surprised with a 3 minute PB and a silver medal. Jeremy now has 2 gold, 4 silver and 3 bronze Welsh ultra medals. As a bonus, he also eclipsed the championship record for an athlete over 50, set by Dave Headon of Les Croupiers two years ago (4:59:22). He now looks forward to a 13<sup>th</sup> consecutive performance for Wales in the Anglo Celtic Plate 100 kms championship, which will be staged at Patrington Haven on 21 May.

No less impressive was Ken Caulkett, another newcomer to ultras, from the Sarn Helen club based in Lampeter. Sarn Helen have always attended this race in depth, and the supporters club were in evidence again. Ken had a marathon PB of 2:49:16 from last year's London, and he showed great tenacity in cracking the 5 hours barrier.

The only lady to compete in the championship was Natasha Farid-Doyle. A previous winner of the Welsh title of each occasion she has competed (2013 and 2015), Natasha looked untroubled throughout, and was rewarded with another sub six hour clocking.

### Welsh Men's 40 Mile Championship

1. Nathan Flear M33	3M Gorseinon RR	4:36:01
2. Jeremy Mower M51	Gloucester AC	4:53:19
3. Ken Caulkett M36	Sarn Helen	4:58:40

### Welsh Men's 40 Mile Championship

1. Natasha Farid-Doyle F39	Les Croupiers RC	5:57:14
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### Open Race

1. Alex O'Shea M42	St Finbarrs AC	4:29:16
2. Nathan Flear M33	3M Gorseinon RR	4:36:01
3. Jeremy Mower M51	Gloucester AC	4:53:19

### Ladies Race

1. Natasha Farid-Doyle F39	Les Croupiers RC	5:57:14
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### Age Categories

M40+	Steven James M41	Cirencester AC	5:30:24
M50+	Jeremy Mower M51	Gloucester AC	4:53:19

## BARRY 40 RACE REPORT

“The only predictable thing about ultradistance is its unpredictability”. It’s a well-worn phrase, but it rang true once again for the 31<sup>st</sup> edition of this classic event on Sunday 12<sup>th</sup> March. There were some significant changes this year. Firstly, the race was held at the Cardiff International Sports Campus (better known as Leckwith Stadium), the only time it hasn’t been held at Jenner Park. Secondly, the event incorporated a track marathon for the first time, partly in an attempt to encourage greater participation, and partly to offset some of the cost of hiring the stadium.

Preparing for a track 40 miles obviously requires many months of training, and inevitably illness and injury can intervene. The last minute withdrawals sadly included the ladies winner of the last two years, Izzy Wykes, and we wish her a speedy recovery from her back injury. So from an impressive looking list of 16 entries, only 9 actually faced the starter just after 10 AM. However, there were also 10 starters for the track marathon which was held simultaneously.

Weather conditions were generally favourable. March can be such an unpredictable month, and only days earlier high winds were prevalent, which would have made life really unpleasant for runners and officials alike. The temperature at race start was 9 degrees and climbed to 11 by early afternoon, which is ideal, and the wind, although variable, never really became a factor. There were a couple of light showers, but nothing disruptive.

Two time Barry 40 Champion Grant Jeans took the race out, clocking 1:26 for the first lap, before settling down. Having sustained a hamstring injury in a cross country race the previous weekend, Steve Way was determined to ease his way into the fray. However, by 10 laps he and Grant were together, and then Steve started to drift ahead. In fairness, there were fitness doubts about both men, and so both were seeing how things felt. By 5 miles Steve clocked 30:11, 22 seconds ahead of Grant. A lap behind Grant came Irish visitor Alex O’Shea on 32:06, with a 150 yard advantage over leading Welshman Nathan Flear (32:33). Next came Ken Caulkett 34:15, Jeremy Mower 35:20, Steven James 37:36, leading lady Natasha Farid-Doyle 40:06 and Garfield Jones 46:19.

This part of the race is always the least eventful. The runners were now locked into their personal rhythm, with just the occasional sortie for a drink, or a few words for a confirmation of an intermediate time. Everyone looked effortless. Steve Way cruised through 10 miles in 60:27, looking every bit as good as he had 12 months ago when he made 3:54:52 look like a stroll in the park. Grant also looked as if he could run for hours, dressed, as always, all in white with that characteristic long loping stride. The subsequent positions remained unaltered, with Alex O’Shea 63:50, Nathan Flear 65:47, Ken Caulkett 70:03, Jeremy Mower 71:49, Steven James 75:15, Natasha Farid-Doyle 82:17 and Garfield Jones 94:18.

Quite a crowd of knowledgeable spectators had drifted into the stadium, which made for some trackside banter. There was a really comical incident on the track as Steve Way, about to lap Alex O’Shea for the third time, encountered some resistance, as Alex feigned to outsprint Steve for the finish line, to the amusement of the crowd. The runners spent the next lap laughing together.

Many miles passed with the positions unchanged. However, word came from the track that all was not well with Steve Way, and that the hamstring injury from the previous weekend was beginning to play up. Steve had been open minded before the start as to what he wanted from the day, but with the ultimate goal being the Comrades Ultramarathon at the end of May, the one thing he could not afford was precious time lost to injury. He therefore took the only sensible option open to him in the circumstances and stopped just beyond 20 miles, reached in 2:01:28.

Grant Jeans is a most loyal supporter of the Barry 40, having won here in 2012 and 2015. However, he came this year without the necessary background to complete the race, and had, in effect, travelled a long way for an extended long run. Having passed halfway himself in 2:05:42, he

stepped off after 87 laps in 2:19:48. It's not often you see a race where two previous champions are one and two at halfway, and just two miles later both are trackside exchanging stories.

So from being in third place from the first hundred metres to halfway, Alex O'Shea suddenly found himself in the lead. His nearest pursuer was Nathan Flear, but at 20 miles Alex held a very handy lead, 2:08:09 to 2:12:13. Alex and Nathan were quite a contrast to watch, with Alex, as the 24 hour aspirant, very much a heel striker. Nathan, 9 years his junior, had the more fluent style, but both looked efficient and strong. Alex was still drifting away, but the outcome was far from over. The weekend had been one of Welsh and Irish camaraderie from the rugby international on the Friday evening, but here Alex looked as if he was determined to restore Irish pride.

By the marathon mark, the gap had yawned to almost 5 minutes, as Alex recorded 2:49:13 to Nathan's 2:54:10. Behind them, there was an even closer battle for third and fourth, with Jeremy Mower having inched in front of Ken Caulkett, with the clock showing 3:05:46 v 3:08:44 for the marathon. Steve James came next in 3:22:42, and was moving into unknown territory as this was the first ultra he had attempted. Natasha followed in 3:50:17 and Garfield in 4:41:44.

The gap of five minutes at the marathon mark grew to six and a half minutes by 30 miles. Runners can gain a lot of assurance in this race of this type by the constant reference to the opposition. Often the final 10 miles can be dramatic in nature, with large leads being overturned. It never looked like happening. To be fair, although both Alex and Nathan were slowing, it was by similar increments, so a kind of status quo was established.

Only in the final couple of miles did Nathan offer a final gesture of defiance and actually unlapped himself. But Alex was not to be denied, and managed to raise a sprint himself in the final 200 metres. The final time of 4:29:16 was a really solid performance, and most importantly, a win on his track debut.

Alex's journey to the Barry 40 is a fascinating one. A fireman and father of four, he only started running around four years ago, and in his first marathon in Cork City in 2014, he set a world record 3:41:10 for completion of a marathon in full fireman's gear. In 2015 he tried to set a record for the fastest Malin to Mizen (Ireland end to end) but had to abandon the attempt after 100 miles. Undeterred, he won the Kilkenny Marathon on 17 September 2016 in 2:33:31, and was only a minute slower six weeks later at Dublin. He was the sole Irish runner in the World 100km in Spain in November, finishing 53<sup>rd</sup> in 7:37:16. His target for 2017 is the World 24 hour championship in Belfast on 1<sup>st</sup> July, and he was looking for an early season sharpener. Originally scheduled to run the classic Ballycotton 10 miles held the same day, Ballycotton Race Director John Walshe sportingly recommended the Barry race. John Walshe and Mick McGeoch have been friends for many years, with Mick, together with co-race director Phil Cook, having run Ballycotton many times – it would have been more often but for their respective events often falling on the same day.

Nathan Flear never gave up the chase. If anything, he has an even shorter competitive history than Alex, only two years in total. He ran eight marathons in all last year, with a best of 2:52:45 in Edinburgh, but a win over 100 km multi-terrain at Braintree on 29 January signaled great potential for the future. Winning the Welsh ultra title on his debut and looking strong and composed throughout, Nathan will now compete for Wales in the Anglo Celtic Plate/UK 100km champs at Patrington Haven on 21 May.

If the first two finishers were relatively inexperienced, third man Jeremy Mower had seen it all many times before, and he made that experience count. This was his 11<sup>th</sup> Barry 40, and he now has 2 gold, 4 silver and 3 bronze Welsh Ultra Championship medals. Moreover, his 4:53:19 was not only a personal best by almost 3 minutes but was a Welsh Over 50 record for this event, eclipsing Dave Headon's 4:59:22 from 2015.

Ken Caulkett, another ultra newbie, also finished really strongly and was rewarded with a sub 5 hour clocking. Fifth placed Steve James from Cirencester clearly found the distance tough, but was determined to finish, and won the over 40 award with his 5:30:24. Next came Natasha Farid-Doyle, who has loads of experience from 24 hour races, two previous finishes in the Grand Union Canal, as well as 2 x Anglo Celtic Plate 100 km. She looked delighted to secure her third Welsh ultra title. Garfield Jones has twice previously supported the race, but has never been able to make the cut off time. Here he was pleased to complete 135 laps, which represented a one lap improvement on his previous best.

Organising a race like this depends on a lot of support from many people. Therefore, my heartfelt thanks to: Phil Cook and Jen Coleman, for being wonderful friends and contributing so much to making the event such an outstanding success, John Griffin (Race Referee) and Paul Stillman (Photos) – mainstays of Les Croupiers Running Club, Howard Kent – video of the race, Pam Storey (for travelling from Sussex) to feed all the runners throughout with always an encouraging word and cheerful smile, to Craig Richards and everyone at the stadium, Welsh Athletics for their continued support, Gary and Pip Hyatt for refreshments, Gareth our paramedic from Ajuda Events, and to all my team mates and friends and relatives of the runners who faithfully logged each of the lap times. Finally, to Chris Finill, a special friend and outstanding runner, for supporting the event once again and being our guest of honour.

**NB.32<sup>nd</sup> Barry 40 Mile Track Race will take place at Jenner Park on Sunday 11<sup>th</sup> March, 2018**

## **BARRY MARATHON RACE REPORT**

This may have been billed as the undercard for the main event, but it turned out to be quite an exciting race in its own right. Steve Howliston was the fastest man out of the traps, and he led the procession for the first 10 miles, covered in 75:01. But hot on his heels was Stu Wilkie, a last minute entry who had originally intended to crew for Izzy Wykes in the 40 miles. There were just 3 seconds between Steve and Stu at this stage, and only another 32 seconds before Phil Spiers-Holcroft came through in third.

The ten starters provided quite a contrast, each with their own very personal reason for being there. No one has ever started in fancy dress before, but nothing was going to stop 60 year old Nick Allars from enjoying a landmark day, this being his 100<sup>th</sup> marathon.

Four of the starters were from host club, Les Croupiers. Alan Mann and Loretta Daley are passionate supporters of the 40, with 10 and 5 finishes between them. Rory Coleman is another member to have completed the 40, in 2014, together with two excursions to the marathon distance. This represented his 984<sup>th</sup> marathon in 23 years. For Tracey Newman this was a new venture, although she had completed 8 road marathons in the last 10 years.

Beyond 10 miles the race pattern began to emerge. Stu Wilkie began to draw away from Steve Howliston, and as Phil Spiers-Holcroft began to fade a little, so Phil Vibert moved into third place. All the runners were going well, and never in any danger of not finishing, though Phil Allars must have got uncomfortably warm in his costume.

The mark of a marathon runner is to make it to the finish line, and on that score, it was great to report a 100% success rate. Life, like marathon running, can at times be simply a matter of survival. It therefore seems fitting to leave the last word with Rory Coleman. 2016 was a roller-coaster, surviving a battle with Guillard-Barre syndrome which could have left him wheelchair bound for life. It was inspiring to watch the epitome of determination to survive doing precisely that. Just another day at the office.

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

12 Mar <b>2017</b>	4:29:16	Alex O'Shea (IRL)	5:57:14	Natasha Farid-Doyle (WAL)
20 Mar <b>2016</b>	3:54:52	Steve Way (ENG)	5:12:58	Isobel Wykes (ENG) - 2
08 Mar <b>2015</b>	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG) - 1
09 Mar <b>2014</b>	4:24:57	Pieter Vermeesch (BEL) -2	5:56:33	Jayne Angilley (WAL)
24 Feb <b>2013</b>	4:08:59	Pieter Vermeesch (BEL) -1	5:04:59	Karen Rushton (ENG)
04 Mar <b>2012</b>	4:32:43	Grant Jeans (SCO)-1	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb <b>2011</b>	4:24:17	George Dayantis (GRE / ENG)-3	4:47:59	Adela Salt (ENG)
14 Mar <b>2010</b>	4:31:19	George Dayantis (GRE / ENG)-2	5:04:14	Emily Gelder (WAL)
08 Mar <b>2009</b>	4:22:57	George Dayantis (GRE / ENG)-1	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar <b>2008</b>	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar <b>2007</b>	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar <b>2006</b>	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar <b>2005</b>	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar <b>2004</b>	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar <b>2003</b>	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr <b>2002</b>	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar <b>2001</b>	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar <b>2000</b>	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar <b>1999</b>	<b>3:53:55</b>	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar <b>1998</b>	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar <b>1997</b>	3:54:24	Simon Pride (SCO)-1	5:05:58	Hilary Walker (ENG)-3
03 Mar <b>1996</b>	4:10:35	Stephen Moore (ENG)-2		No Lady Finishers
05 Mar <b>1995</b>	4:17:46	Robin Gardner (ENG)		No Lady Finishers
06 Mar <b>1994</b>	4:01:28	Stephen Moore (ENG)-1	4:50:11	Eleanor Robinson (ENG)
07 Mar <b>1993</b>	4:00:20	Mike Hartley (ENG)-2	<b>4:26:43</b>	Carolyn Hunter-Rowe (ENG) -1
01 Mar <b>1992</b>	4:04:01	Mike Hartley (ENG)-1	5:18:10	Hilary Walker (ENG)-2
07 Jul <b>1991</b>	4:27:34	Paul Belcher (WAL)	5:14:12	Marianne Savage (ENG)
04 Mar <b>1990</b>	3:55:21	Erik Seedhouse (ENG)	6:14:49	Kay Pritchard (WAL)
05 Mar <b>1989</b>	3:59:24	Martin Daykin (ENG)		No Lady Entries
06 Mar <b>1988</b>	3:58:40	Mick McGeoch (WAL)-2	5:04:30	Hilary Walker (ENG)-1
09 Mar <b>1986</b>	4:11:32	Mick McGeoch (WAL)-1	4:47:27	Ann Franklin (WAL)

## Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2017

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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>988</b>	<b>742</b>	<b>551 (491 / 60)</b>	<b>74%</b>



## The History of the Welsh Ultra Championships - Men

<b>Date</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
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 Croupiers) 6:21:37	
14 March 2010	Sean McCormack (Abergele Harriers) 4:52:08	Jeremy Mower (Gloucester AC) 5:03:52	Gary Hyatt (Les Croupiers) 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>
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		