

32nd Annual Barry 40 Mile Track Race

Sunday 11th March, 2018

Official Result

1. Steve Way M43	Bournemouth AC	4:13:24
2. Nathan Flear M34	3M Gorseinon	4:41:26
3. Steve Speirs M51	Les Croupiers	4:57:46
4. James Young M41	Meltham AC	5:17:20
5. Tracy Dean F46	Staffs Moorlands	5:20:41
6. Paul Ali M45	Reading Joggers	5:36:25
7. Timothy Rainey M53	Sale Harriers	6:28:09

Retirements

Lawrence Webb M45	Ultra Team Rugby	90 laps	3:09:11
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2nd Annual Barry Marathon Track Race

1. Grant Jeans M34	Unattached	3:00:06
2. Lisa Cleary F53	Penarth & Dinas Runners	3:35:34
3. Simon Lund M52	Weston AC	3:40:43
4. Loretta Daley F52	Les Croupiers	4:11:36
5. Alan Mann M60	Les Croupiers	4:39:50
6. Steve New M52	100 Marathon Club	4:47:28
7. Geoff Oliver M84	Hinckley Running Club	4:55:37
8. Tracey Newman F47	Les Croupiers	6:12:07

Split Times Analysis – 40 Miles

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Steve Way	30:12	1:00:10	1:32:10	2:02:58	2:34:21	3:06:56	3:40:11	4:13:24
2. Nathan Flear	32:35	1:06:10	1:39:47	2:15:15	2:50:04	3:25:58	4:03:35	4:41:26
3. Steve Speirs	37:52	1:16:14	1:54:03	2:30:51	3:07:54	3:45:06	4:21:56	4:57:46
4. James Young	37:10	1:13:38	1:51:00	2:28:00	3:07:45	3:48:56	4:32:09	5:17:20
5. Tracy Dean	35:51	1:11:57	1:48:17	2:25:07	3:05:29	3:46:13	4:30:04	5:20:41
6. Paul Ali	37:57	1:15:56	1:54:05	2:34:09	3:14:54	4:01:58	4:50:08	5:36:25
7. Timothy Rainey	43:26	1:26:41	2:10:47	2:56:15	3:43:29	4:41:45	5:34:03	6:28:09
Lawrence Webb	39:43	1:21:16	2:03:01	2:47:10				

13 Entries accepted

8 Starters

7 Completed the 40 Miles

Split Times Analysis - Marathon

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Grant Jeans	31:40	1:05:24	1:40:35	2:16:03	2:52:06	3:00:06
2. Lisa Cleary	41:17	1:23:56	2:05:15	2:45:44	3:25:24	3:35:34
3. Simon Lund	45:03	1:30:11	2:13:08	2:54:57	3:31:55	3:40:43
4. Loretta Daley	45:10	1:30:23	2:17:30	3:08:02	3:59:31	4:11:36
5. Alan Mann	52:08	1:45:08	2:37:45	3:31:36	4:27:40	4:39:50
6. Steve New	49:12	1:39:20	2:32:40	3:30:10	4:31:46	4:47:28
7. Geoff Oliver	50:50	1:42:49	2:38:06	3:34:24	4:39:03	4:55:37
8. Tracey Newman	57:16	1:57:56	3:05:10	4:27:11	5:52:57	6:12:07

8 Entries accepted

8 Starters

8 Completed the Marathon

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 29th edition of the Welsh Ultradistance Championship, but due to the unfortunate scheduling of the Anglo Celtic Plate 100 km three weeks afterwards, the Championship was disappointing in numerical terms at least.

That said, it did attract three entries from very different backgrounds. Last year Nathan Flear (3M Gorseinon) decisively won the Welsh title in 4:36:01 with a very mature, well-judged race. It was the springboard to a very successful year. He led the Welsh team home in the UK 100 km / Anglo-Celtic Plate at Patrington in May in 8th place with 7:45:49. But he competed on the "long stuff" too, logging 188.328 km in the open section of the IAU 24 hour championships in Belfast, and was the leading Brit in the legendary Spartathlon race in Greece. However, injury had hampered his preparations early in 2018, and his was a late decision to race. Despite slowing a bit in the second half, Nathan secured a repeat victory in the Welsh Championship in 4:41:26.

Steve Speirs was the first American-based athlete to contest the championship. It is now common knowledge that Steve made his competitive debut when a Willows High School pupil aged 15 in the inaugural Barry Half Marathon in 1982. Therefore, his participation represented something of a homecoming, particularly as it was also a surprise visit for his mother's birthday on the eve of the race. And during the day, the Speirs clan just got bigger and bigger and Steve appeared to get stronger and stronger. His final 10 miles was his fastest of the race, and his reward was a Welsh silver medal in 4:57:46.

The first athlete to enter this year was Paul Ali of Reading Joggers. Born and raised in Bridgend, Paul's original sport was football, and only in the last ten years has he turned his attentions to running. By an amazing coincidence, Paul and Steve obviously knew each other, and spent the first 15 miles in conversation mode. Of course, this is no bad thing in an ultra, with so much time available to consider everything. The last 10 miles did prove a challenge, but Paul's reward was a championship bronze in his first Welsh championship in any event.

Welsh Men's 40 Mile Championship

1. Nathan Flear M34	3M Gorseinon RR	4:41:26
2. Steve Speirs M51	Les Croupiers	4:57:46
3. Paul Ali M45	Reading Joggers	5:36:25

Open Race

1. Steve Way M43	Bournemouth AC	4:13:24
2. Nathan Flear M34	3M Gorseinon RR	4:41:26
3. Steve Speirs M51	Les Croupiers	4:57:46

Ladies Race

1. Tracy Dean F46	Staffs Moorlands	5:20:41
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Age Categories

M40+	James Young M41	Meltham AC	5:17:20
M50+	Timothy Rainey M53	Sale Harriers	6:28:09

BARRY 40 MILES REPORT

The weather has often played a major part in the Barry 40 and Marathon and that was again the case this year. Both the previous and subsequent Sunday saw significant snowfall in the South Wales area which may have necessitated a cancellation, so we were indeed fortunate that the race went ahead as planned. That said, there was a chilling easterly wind and some heavy rain late on in the day, so conditions were far from ideal.

Of the 16 starters, Grant Jeans and Simon Lund opted for the Marathon having originally planned on the 40, leaving 8 competitors for each distance. As ever, there was a wide spread of ages (34-84) and individual reasons for choosing the event in the first place.

Recent editions of the race have always seen Grant Jeans take an early lead, and he didn't disappoint. However, after 8 minutes running, Steve Way had caught and passed him, settling in to the six minute miling rhythm that was his aim for the day.

Such was the spread of ability in the field that it was not an easy task to calculate the relative positions and times for everyone. Steve Way was all but a lap to the good after 5 miles (30:12) with Grant Jeans (31:40) the best part of a lap ahead of Nathan Flear (32:35) – albeit competing over a different distance. Tracy Dean looked extremely good in these early stages, passing 5 miles in 35:51 with a seemingly effortless efficiency. Thereafter, the runners were much more in conversation rather than racing mode, making it hard to judge whose racing strategy would prove the soundest in the long run.

The temperature never got above 8 degrees through the day, and the nagging easterly wind made it feel quite a bit colder than that. Thankfully it was at least dry – at least for now! Steve Way was imperious at the head of affairs, and his 10 mile time of 60:10 indicated that we might see something of a repeat of his 2016 run. Behind him, Grant Jeans (65:24) was slowing a bit, although still comfortably ahead of Nathan Flear (66:10).

Tracy Dean (71:57) was maintaining her early pace well, whilst James Young had established himself in 5th with 73:38, with Paul Ali now a short distance in front of Steve Speirs. Everyone was still going well.

The wind can have quite a detrimental impact in a race of this type – it slowly chips away at your resistance. That said, it still came as a bit of a surprise when Steve Way slowed for a pit stop on Lap 58, perhaps things weren't quite as serene as they appeared. His lap times promptly recovered, but suddenly it seemed that a four hour run wasn't quite the formality as previous appearances might have suggested.

By halfway Steve (2:02:58) held a 12 minute lead over Nathan (2:15:15). In competitive terms, it looked as if the closest battle might be for third, as Tracy Dean had slowed a little from her earlier miles. Her 20 mile time of 2:25:07 was still impressive though, and she was pursued by James Young (2:28:00), Steve Speirs (2:30:51) and Paul Ali (2:34:09). This looked to be where the most competitive battles were going to be fought.

Throughout the day, the great and the good of distance running looked in at the stadium to view this amazing spectacle. Some of these included Lynn Hughes, the first athlete to break the 4 hour barrier for 40 miles on the cinders of Cardiff's Maindy Stadium in 1967; James Zarei, third in the original Barry 40 in 1986, double Spartathlon champion and still the only athlete to record 1000+ kms in 6 days both indoors and out, Eddie Lee, three times British marathon champion in the 1980s and the only Welsh athlete to break 2:20 for a marathon at age 40 (2:19:40, Barcelona 1987), and Errol Alexis, eighth in the first Barry 40 and still competing at triathlon now aged 82. It was a matter of some debate as to whether there was more talent in the stands than out on the track!

With just over three hours on the clock, Lawrence Webb decided to retire after 90 laps. Lawrence had come into the race with a calf injury which was only going to get worse, indeed, it was quite an achievement to have got this far. Out of 16 starters, this was the only retirement of the day, a fantastic testament to the fitness and commitment of all concerned.

Things were getting tough. Steve Way's 30 mile time of 3:06:56 indicated that even he was finding this hard, so inevitably others were feeling the same emotions. Nathan Flear was now 19 minutes

down in 3:25:58, whilst the battle for third saw Steve Speirs moving through the field, having caught Tracy Dean on lap 105. It was still close though, with Steve on 3:45:06, Tracy 3:26:13 and James Young 3:48:56. Still places up for grabs!

Families and friends continued to come in to visit and cheer on their heroes, and at a time when it was most needed. Some of the marathon runners were now finishing, so it was hard to keep track of everything. However, the main thing was the athletes were still going, buoyed by the increasing support. The feed station manned by Matt Hopkins and Gary Hyatt most of the day was becoming increasingly busy. Ultra running is incredibly thirsty work!

With four hours now on the clock, Steve Way was now nearly home. But unlike 2016, he was now fighting to maintain six and a half minute miling. Everyone now bore a look of grim determination, apart perhaps from Steve Speirs, whose growing entourage were cheering him wildly; apparently a table was booked for a family meal and they didn't want him to be late!

Steve Way was still maintaining, but far from the effortless celebrations of two years ago, here the finish line was reached with obvious relief. Body language is very revealing, and clearly 4:13:24 of running had taken its toll. No warm down on Barry Island beach with the dogs this year! That said, it was a winning run, and hopefully another springboard to bigger and better things.

Nathan Flear was finding things tough as well. Time lost to injury in the lead up to the race meant that he was somewhat less prepared than twelve months ago, and given the tougher conditions than 12 months ago, another runners-up spot and retention of his Welsh Championship represented success. The time was 5 minutes slower than 2017, but it was time to be philosophical. Nathan was back, and it was a typically gritty performance.

Steve Speirs was a revelation. He has run 100 mile courses all over the world, including the Rocky Raccoon event in Huntsville, Texas five weeks previously. Would this leave him tired? Barry 40 represented the first track event of his career, and the big danger of track racing is overcommitting. So he started easy – and what dividends that paid. He clearly loved the event as much as we loved entertaining him, so we naturally hope there will be more surprise visits home.

James Young in 4th with 5:17:20 was another athlete to acquit himself well. Despite being relatively inexperienced over this distance, he hung on well, winning the Over 40 prize and clearly benefitted from the experience.

Tracy Dean came into the race in great form and using the event as a sharpener for international representation over 24 hours in May. She had never run a 40 mile track race before. Her first half was excellent, but in retrospect probably overcommitted, which is incredibly easy in such a competitive field. She showed all her tenacity in hanging on to the end, and her fifth placed time of 5:20:41 is still respectable enough. We wish her well in her international endeavours, and hope she will return to Barry as there is clearly more to come.

Paul Ali also found things tough, but showed great resilience to finish sixth and third Welshman in 5:36:25. Timothy Rainey knows all about this race. He ran here 15 years ago, and kindly returned a few years ago to lap score for ultra legend William Sichel. His race bore all the hallmarks of consistency, which is what is required when you know there is a particular cut-off time to achieve. He judged it to perfection to clock 6:28:09, and the over 50 prize was a nice bonus.

No report of an event of this nature is complete without a lengthy list of acknowledgements. Whilst the athletes themselves rightly claim the plaudits, the support crews are also heroes, especially when the weather is far from ideal. Thank you to all the lap scorers for your attention to detail, our feed station attendants, mainly Matt Hopkins and Gary Hyatt, who must have got soaked, to Mike Humphry from the local council for all his help, to the Vale of Glamorgan Council (especially Eryl) for the use of the stadium, to Martyn Morgan of Ajuda Events for first aid provision, to Gary and Pip Hyatt for all the refreshments on the day, to Welsh Athletics for their continued support, and as always, club stalwarts John Griffin (Race Referee) and Paul Stillman (photos).

To everyone who came to support – very many thanks. We hope you enjoyed your day in Barrybados and will return to see us in 2019.

SECOND BARRY MARATHON RACE REPORT

The Barry Marathon has now taken on a special significance. The Barry 40 stood alone as a classic for 30 years, but increasingly fewer athletes were entering the event. That may in part be due to an increasingly busy fixture list, and the fact that many athletes find it hard to run the distance in the required time limit. The 40 miles deserves its place as being a cult event, but of course it also needs to be financially viable. This isn't a business, but we aim not to lose money either. Hence the marathon has helped secure the event's future.

The marathon will always be the undercard of the event, but hopefully will also be seen as an option for would-be marathoners who find themselves excluded from major races because of the time implications of on line entry.

It was great to welcome Grant Jeans and his father William back to Barry. Grant made a late call to switch to the marathon in anticipation of running the Anglo Celtic Plate 100 km for Scotland three weeks hence. After his usual fast start, Grant faded a bit over the second half. The three hour mark for the distance clearly only became a focus in the closing laps. He broke into something of a sprint in the end, and was agonisingly 6 seconds outside the target. It did, however represent a new event record.

Local athlete Lisa Cleary clearly loved every minute of her day. She had been training on Jenner Park since the age of 11, so this was a very special occasion for her. Lisa ran 12 marathons in 2017, and wants to run all the majors. (In our book, Lisa, Barry is a major!) She judged the race superbly well, and her 3:35:34 was her fastest for five years.

Simon Lund of Weston AC also made a nostalgic return. Simon ran the Barry 40 three times 1991-93, with a best position of second. He won the Two Bridges classic in Scotland twice, as well as the inaugural Anglo Celtic Plate 100km in 1995 when he lapped the entire field at Holme Pierrepont in 6:56:04. Starting in conversation mode, as he doesn't compete often these days, he sped up in the closing miles, keeping the gallery entertained with his monosyllabic grunts and groans, before collapsing in an all-to-familiar heap on the infield having finished third in 3:40:43.

Next home was the first of the Les Croupiers contingent. Loretta Daley has always been a staunch supporter of this event, having won the Welsh ultra championship three times. Loretta enjoyed a long conversation with Simon Lund for the first 10 miles (and as anyone knows who's ever spoken to Simon, ending the conversation can be difficult). Thereafter Loretta continued her usual steady pace, placing 4th in 4:11:36. Husband Alan Mann also looked strong throughout, and judged the pace really well. Alan also raised a sprint on the final circuit to break the 4:40 barrier with 4:39:50, which was a season's best by 4 minutes and 6 minutes quicker than he ran in the event last year.

Steve New from Caerphilly and the 100 Marathon Club was next to finish in 4:47:28. This was the first time he'd run on the track and his fastest marathon to date.

Next came Geoff Oliver. This man never ceases to amaze with his performances. Now 84, he judged the event with his usual precision, and was undoubtedly an inspiration to everyone in the stadium. His finishing time was a quite remarkable 4:55:37, and he looked as composed as ever. Thanks also to his friend Terence Moll, who drove him to and from this race, and for lap scoring. The final athlete to complete the marathon was Tracey Newman of Les Croupiers. Tracey appeared to find this much harder than usual, and it took all her resilience and determination to finish in 6:12:07.

As in 2017, we were delighted to report a 100% completion rate in the marathon – a wonderful achievement by all concerned. It was a tough day, but as ever, human spirit shone through.

Provisional (and unconfirmed) date for next year: Sunday 10 March, 2019

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

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) - 1
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) -1	5:04:59	Karen Rushton (ENG)
04 Mar 2012	4:32:43	Grant Jeans (SCO)-1	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)-1	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)-1	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)-1	4:50:11	Eleanor Robinson (ENG)
07 Mar 1993	4:00:20	Mike Hartley (ENG)-2	4:26:43	Carolyn Hunter-Rowe (ENG) -1
01 Mar 1992	4:04:01	Mike Hartley (ENG)-1	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)-1
09 Mar 1986	4:11:32	Mick McGeoch (WAL)-1	4:47:27	Ann Franklin (WAL)

Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2018

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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%
TOTALS	1001	750	558 (497 / 61)	75%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
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 (TROTTS) 4:35:54	Jason Scanlon (Ponty Roadents) 4:51:40	Jeremy Mower (Gloucester AC) 4:58:20
09 March 2014	Jason Dickinson (TROTTS) 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
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The History of the Welsh Ultra Championships - Ladies

Date	Gold	Silver	Bronze
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		