

36th Annual Barry 40 Mile Track Race
Sunday 6th March, 2022
Official Result

1. Ollie Garrod M29	South London Harriers	4:01:03
2. Paul Martelletti M42	Victoria Park & Tower Hamlets	4:04:04
3. Grant Jeans M38	Unattached	4:18:49
4. Sam Richards M29	Pontypridd Roadents	4:42:01
5. Gareth Pritchard M42	Vegan Runners	4:44:20
6. Jen Coleman F47	Les Croupiers	5:03:08
7. Dave Coles M62	Les Croupiers	5:06:40
8. Simon Prytherch M55	Cherwell Runners	5:23:00
9. Emyr Morgan M50	Les Croupiers	5:25:02
10. Rachel Bowen F44	Lliswerry Runners	5:46:23
11. Izzy Cairns F43	Hunters Bog Trotters	5:52:37
12. Steven Battle M58	Clowne Road Runners	5:57:18

Retirement

Steph Wilson F43 Pudsey & Bramley AC 124 laps in 4:26:37

N.B. In addition to the above, the marks of Jen Coleman and Dave Coles improved their existing respective Welsh F45 and M60 records (set here last year). Dave continued after 40 miles to record 74.000 km in 6 hours, which constituted a new UK M60 6 hour track record (previously Ian Roy Thomas of Norwich 71.302 km at Crawley, 3 July 2021).

6th Annual Barry Marathon Track Race
Official Result

1. Paul Francis M48	Les Croupiers	3:00:06
2. Gabrielus Stuokus M33	Swansea Harriers	3:19:51
3. Gareth Hill M51	Unattached	3:42:40
4. Lisa Cleary F57	Penarth & Dinas	4:09:36
5. Peter Gillibrand M25	Les Croupiers	4:52:39
6. Roshan Khan M66	Les Croupiers	6:19:50

Retirement

Ifan Lloyd M62 Swansea Harriers 92 laps in 2:39:49

40 Miles - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Ollie Garrod	28:20	57:03	1:25:44	1:54:22	2:23:29	2:53:31	3:25:31	4:01:03
2. Paul Martelletti	28:20	57:03	1:25:45	1:54:55	2:25:21	2:56:41	3:29:12	4:04:04
3. Grant Jeans	29:55	1:00:00	1:31:30	2:03:04	2:35:29	3:09:32	3:44:45	4:18:49
4. Sam Richards	31:20	1:03:27	1:35:33	2:08:05	2:43:15	3:22:02	4:04:15	4:42:01
5. Gareth Pritchard	35:28	1:11:02	1:46:08	2:20:58	2:56:02	3:31:07	4:06:43	4:44:20
6. Jen Coleman	36:16	1:13:35	1:51:27	2:29:24	3:07:16	3:45:03	4:23:41	5:03:08
7. David Coles	36:14	1:13:04	1:50:05	2:27:42	3:06:30	3:45:13	4:25:03	5:06:40
8. Simon Prytherch	40:23	1:20:06	1:59:54	2:39:47	3:20:15	4:00:22	4:41:24	5:23:00
9. Emyr Morgan	41:58	1:22:13	2:02:18	2:41:40	3:21:45	4:00:10	4:41:00	5:25:02
10. Rachel Bowen	42:45	1:25:44	2:08:12	2:51:05	3:33:55	4:17:22	5:01:55	5:46:23
11. Izzy Cairns	43:21	1:27:15	2:09:23	2:53:10	3:36:20	4:21:40	5:07:00	5:52:37
12. Steven Battle	38:29	1:18:52	2:00:35	2:45:18	3:31:43	4:20:35	5:10:22	5:57:18
Steph Wilson	42:45	1:25:22	2:08:11	2:51:15	3:34:18	4:18:54		

21 Entries accepted

13 Starters

12 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Paul Francis	36:08	1:11:34	1:46:12	2:18:55	2:52:04	3:00:06
2. Gabrielus Stuokus	36:20	1:12:35	1:50:15	2:30:20	3:10:34	3:19:51
3. Gareth Hill	39:24	1:19:40	2:00:46	2:43:01	3:30:21	3:42:40
4. Lisa Cleary	42:48	1:27:02	2:15:21	3:05:11	3:58:34	4:09:36
5. Peter Gillibrand	55:10	1:52:31	2:47:14	3:44:46	4:40:28	4:52:39
6. Roshan Khan	54:51	1:54:26	3:07:14	4:31:02	5:59:50	6:19:50
Ifan Lloyd	36:08	1:11:32	1:46:10	2:19:56		

8 Entries accepted

7 Starters

6 Completed the Marathon

To view Paul Stillman's albums containing many excellent shots of our event, please click on the link below

https://www.flickr.com/photos/les_stills/albums

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 33rd edition of the Welsh Ultradistance Championship, and proved to be one of the strongest and most exciting ever.

This time there were nine entries, seven starters and everyone finished. Sam Richards (Pontypridd Roadents) was a last minute and very welcome entry. Sam had made a spectacular ultra debut at the Brecon to Cardiff 70 km two years ago which he won in appalling weather. He came to Barry three weeks later and took silver in the Welsh Championship in 4:34:54. Gareth Pritchard (Vegan Runners) had shot to prominence with a superb 237.296 km at the Gloucester Elite 24 hour race last October, so a good race looked in prospect.

Sam was ahead from the gun and led Gareth by almost 13 minutes at the halfway stage and was still 9 minutes ahead at 30 miles. Gareth, who makes his Welsh debut in the Anglo Celtic Plate 100 km in 4 weeks time, has considerable experience at 24 hours, and that strength began to show. With 11 laps remaining the gap had dwindled to 30 seconds, before Sam rallied to prevail for his first Welsh ultra title in 4:42:01 to Gareth's 4:44:20.

In third place in the men's Welsh Championship was the ever-consistent, Dave Coles (Les Croupiers). Dave surprised even himself with his final time of 5:06:40, which was 8 minutes faster than last year and hence another revision of his Welsh M60 age record. But more was to follow - Dave continued to run to the 6 hour mark and registered 74.000 km - a new UK M60 record for 6 hours.

The Welsh ladies championship was dominated by Jen Coleman (Les Croupiers) and she led from the outset. A British F45 record for 24 hours track running last September of 227.715 km had further demonstrated Jen's ability, and this was borne out in an amazingly consistent run. Her final time of 5:03:08 was not only a PB by 6 minutes, it revised her own Welsh F45 record, completed a hat-trick of Welsh ultra titles, but perhaps most significantly signified a new championship best performance (previously 5:04:14 by Emily Gelder of Dulwich Runners in 2010).

Rachel Bowen (Lliswerry Runners) had another superbly consistent run, clocking 5:46:23, just outside of her best. Rachel now has two gold and two silver medals from the last four Welsh Ultra Championships.

Welsh Men's 40 Mile Championship

1. Sam Richards M29	Pontypridd Roadents	4:42:01
2. Gareth Pritchard M42	Vegan Runners	4:44:20
3. Dave Coles M62	Les Croupiers	5:06:40
4. Simon Prytherch M55	Cherwell Runners	5:23:00
5. Emyr Morgan M50	Les Croupiers	5:25:02

Welsh Ladies 40 Mile Championship

1. Jen Coleman F47	Les Croupiers	5:03:08
2. Rachel Bowen F44	Lliswerry Runners	5:46:23

Paralysis By Analysis

With our event reverting to its familiar date of the first Sunday in March, plus the lifting of many of the Covid-related restrictions from last year, I had hoped that a degree of normality would be restored.

Both the quality and quantity of entries this year was very encouraging. 21 entries for the 40 miles made it the largest field since 2015, and 8 entries for the marathon meant that there was never going to be any shortage of action. Unfortunately, there was a last minute spate of withdrawals, most of which were either covid or injury related. Eventually, 20 athletes faced the starter, 13 for the 40 miles and 7 for the marathon.

The weather is also a variable which we can never control. The proximity of recurrent storms two weeks previously suggested that things could have been a lot worse. Seven degrees may not sound that cold, but the persistent south-easterly wind made for another tough day.

The Barry 40 has a deserved reputation for records. Advance research of previous best performances over the distance is meant to be an incentive. On his entry, Paul Martelletti (Victoria Park & Tower Hamlets) had indicated an intention to start at 85 second pace - a Race Organiser's dream. Despite the less than ideal weather, that's exactly what happened.

Defending champion Ollie Garrod (South London Harriers) was a very impressive winner in 2021, and had improved many of his PBs in the interim. Ollie shadowed Paul and the race was on! 28:20 at 5 miles became 57:03 at 10 miles. Not that they were the only ones to start aggressively, Grant Jeans clocked 60 minutes flat and Sam Richards 63:27 at the quarter distance mark.

The pace continued at pretty much the same tempo up to the 15 mile mark, reached in 1:25:44, but shortly after that Ollie took the lead and began to apply pressure. The gap didn't open dramatically quickly, but yard by yard Ollie began to inch away. Both were still moving very fluently, and the halfway times were 1:54:22 for Ollie and 1:54:55 for Paul. These were significantly quicker than anyone had run for a while, but as any regular observer of this race will testify, a fast first half is no guarantee of a fast 40 miles. Grant Jeans remained third in 2:03:04, with Sam Richards still fourth in 2:08:05. All 20 athletes were still going well.

By the end of lap 92 (approaching 23 miles) Ollie caught Paul and hence was a lap in front. This is often a critical psychological moment - sometimes it's easier to share the pace for a while than to push on in the wind regardless. It also gives an indication of how an athlete is feeling. This status quo lasted for around six laps before Ollie pushed on again. Their respective marathon times showed Ollie on 2:30:37 to Paul's 2:32:47. Ollie caught Paul for the second time approaching 30 miles, and their respective three-quarter distance times showed 2:53:31 v 2:56:41. Behind them, Grant Jeans and Sam Richards were both running in isolation, and though slowing, were both going well in 3:09:32 and 3:22:02 respectively.

The cumulative effect of the wind was now taking its toll. Everyone was slowing. Ollie and Paul were now running together, albeit two laps apart, seemingly in a joint effort against the elements. Doubts began to creep in as to whether either would break the psychological four-hour barrier, particularly when a toilet stop cost Ollie almost a minute on lap 148. It became virtually a rerun of the closing stages of last year's race, with the clock finally stopping at 4:01:03 - just ten seconds shy of 2021. Still - a win in a win! Paul kept plugging

away and finished in 4:04:04 - both times fast enough to be in the global all-time top 20. In the cumulative fatigue just after finishing, both agreed it had been an epic battle, but probably a little ambitious given the conditions.

Grant Jeans (two time champion from 2012 and 2015) had a marvelous run in third, and his 4:18:49 was a seven minute improvement on his previous best. The standard this year was excellent throughout, with 12 of the 13 starters completing the distance, and all within 6 hours.

MARATHON

The marathon event was of a significantly higher standard this year too. Eight entries and seven starters. And in a fascinating contrast to the 40 miles, the front runners were relatively inexperienced. Even the runners themselves weren't quite sure of what to expect.

Ifan Lloyd (Swansea Harriers) was a particularly interesting addition. An elite M60 international athlete over a spectrum of shorter distances, and a renowned cross country specialist, marathon running is a new dimension. He made his debut at New York in 2019 with 3:02:53, and with Boston just 6 weeks away, this was essentially a learning exercise. Paul Francis (Les Croupiers) on the other hand, only began racing in 2018, and on joining Les Croupiers enjoyed a huge leap forward last October with a 2:56:35 clocking at Chester, with a negative split to boot.

Just as Ollie and Paul had done, Ifan and Paul joined forces from the start, but in a totally different context - they intended to speed up as the race progressed. 5 miles passed in 36:08 and 10 in 71:32. Daylight between the two didn't emerge until around the 16 mile mark when Paul's pace increased to something close to six and a half minute miling. His fourth 5 mile segment increased to 32:43 and his 20 mile split time was 2:18:55, 61 seconds ahead of Ifan.

Ifan decided to withdraw around 23 miles after a solid 2 hours 40 minutes. Paul continued to push on, and his increase in pace made a sub 3 hour time a possibility. Unfortunately, he finished agonisingly outside - his 3:00:06 time exactly matching the event record of Grant Jeans in 2018.

Meanwhile, Gareth Hill, Lisa Cleary, Peter Gillibrand and Roshan Khan were steadfastly continuing towards their goal. It clearly wasn't easy, and the relentless wind and cold increasingly told its tale.

At 66, Roshan's journey was a particularly poignant one. Beyond 20 miles he had slowed to a walk, but several of his army of helpers decided to take to the track themselves to accompany him home. With the clock registering 6:19:50, he'd made it. This event showcases the sport in its purest form - human spirit against the elements. 18 of the 20 starters in the combined events made it to the finish - a wonderful testament to their fitness and dedication, but most of all, their spirit.

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

Mick

BRIAN WILLIAMS 1947 - 2022

It is with immense sadness that I have to report the death of Brian Williams, Chief Timekeeper at last Sunday's Barry Track 40 Miles and Marathon Races.

Brian collapsed shortly after the start of the event at 10.00 AM and was taken in an ambulance to the University Hospital of Wales, in Cardiff, where he died on Monday morning.

It was the 25th consecutive occasion where Brian had officiated, and he was very much part of the Barry 40 family. Brian was a retired schoolteacher from Talbot Green, married to Jan with two children David and Kathryn. A fan of all sports, but his enthusiasm for ultradistance running was infectious. He was always meticulous with his recording, invariably helpful and hugely encouraging to everyone. He will be missed by all connected with the event.

The photo below shows Brian (right) receiving a Meritorious Award from Welsh Athletics in 2014.



Mick

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

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) - 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 1986-2022

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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%
TOTALS	1070	807	610 (534 / 76)	76%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
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 (Llisbury 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 (Llisbury) 4:58:04	Lyn Rees (Sarn Helen) 5:01:06
02 March 1997	Tony Holling (Port Talbot Harriers) 4:48:23	Mark Rowberry (Llisbury) 4:53:21	Eric Rees (Sarn Helen) 5:01:05
03 March 1996	Malcolm Griffiths (Bridgend) 4:33:51	Mark Rowberry (Llisbury) 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 (Llisbury) 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

Date	Gold	Silver	Bronze
06 March 2022	Jen Coleman (Les Croups) 5:03:08	Rachel Bowen (Llswerry Runners) 5:46:23	
23 May 2021	Jen Coleman (Les Croups) 5:19:08	Rachel Bowen (Llswerry Runners) 5:43:10	Veronica Singleton-Lawley (Les Croups) 6:51:16
01 March 2020	Rachel Bowen (Llswerry Runners) 5:54:03		
10 March 2019	Rachel Bowen (Llswerry 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		