

37th Annual Barry 40 Mile Track Race

Sunday 5th March, 2023

Official Result

1. Ollie Garrod M30	South London Harriers	3:45:07
2. Daniel Rothwell M35	Swansea Harriers	3:59:56
3. Norbert Mihalik M41	Northampton RR / HUN	4:07:52
4. Grant Jeans M38	Unattached	4:14:47
5. Henry Drake M46	Amman Valley	4:21:49
6. Gareth Pritchard M43	Vegan Runners	4:34:27
7. Mark Bissett M57	Kidderminster & Stourport	5:10:18
8. Simon Prytherch M56	Cherwell Runners	5:16:14
9. Jen Coleman F48	Les Croupiers	5:18:12
10. Jeremy Mower M57	Gloucester AC	5:19:39

Retirement

Jack Blackburn M33 Pontypridd Roadents 98 laps in 2:38:39

7th Annual Barry Marathon Track Race

Official Result

1. Tamas Szikszay M45	Unattached / HUN	3:16:31
2. David Coles M63	Les Croupiers	3:25:59
3. Carole Goddard F49	Les Croupiers	3:32:39
4. Gareth Logan M36	Les Croupiers	3:34:27

RACE HEADLINES

Sensational World Record 3:45:07 for 40 Miles for Oli Garrod

Almost 30 years ago to the day, Carolyn Hunter-Rowe (Pudsey & Bramley) decimated the World Ladies 40 Miles Track Record at Jenner Park, Barry with 4:26:43 - a mark which still stands. It seems fitting, therefore, that Oli Garrod (South London Harriers) should shatter the World Men's Record on that same track on Sunday 5th March, erasing the 3:48:35 mark which had stood to ultra legend, Don Ritchie for 41 years.

Conditions were perfect - maximum of 6 degrees with scarcely a breath of wind, but Oli seized his opportunity with clinical precision. 10 mile splits of 55:41; 55:23; 56:08 and 57:55 tell their own tale, as do his amazing split times of 2:25:57 (marathon) and 2:53:16 (50 kms). Behind Oli, there was an trail of personal bests as many of the runners cashed in on the benign conditions.

Newcomer Dan Rothwell (Swansea Harriers) was hugely impressive in taking the Welsh Ultra Title in 3:59:56, eclipsing Mick McGeoch's 30 year old championship record. Norbert Milalik, (Northampton Road Runners / Hungary), a world class 24 hour performer looked super strong in taking third in 4:07:52.

Jen Coleman (Les Croupiers) retained her Welsh Ultra Title with 5:18:12, but had to battle hard in the final quarter. There was more Hungarian success in the marathon with Tamas Szitszay taking the honours with 3:16:31, whilst Les Croupiers athletes Carole Goddard and Gareth Logan ran together for virtually the entire marathon distance and were rewarded with massive personal bests. It was a day to say "I was there!"

Very many thanks to a brilliant support team, all the volunteers, Vale of Glamorgan Council and Welsh Athletics.

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

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	27:54	55:41	1:23:16	1:51:04	2:19:07	2:47:12	3:15:55	3:45:07
2. Daniel Rothwell	28:04	56:40	1:25:35	1:55:56	2:25:30	2:55:52	3:27:47	3:59:56
3. Norbert Mihalik	30:53	1:01:36	1:32:38	2:03:32	2:34:26	3:04:55	3:35:40	4:07:52
4. Grant Jeans	28:36	57:47	1:27:36	1:58:28	2:30:54	3:04:40	3:39:25	4:14:47
5. Henry Drake	30:53	1:01:36	1:32:38	2:03:33	2:34:31	3:10:59	3:45:52	4:21:49
6. Gareth Pritchard	33:35	1:07:14	1:41:02	2:14:35	2:47:55	3:21:54	3:56:56	4:34:27
7. Mark Bissett	37:49	1:15:39	1:53:29	2:32:18	3:10:34	3:49:18	4:28:36	5:10:18
8. Simon Prytherch	37:59	1:16:10	1:54:34	2:33:16	3:12:12	3:52:25	4:33:45	5:16:14
9. Jen Coleman	35:27	1:11:22	1:48:13	2:25:58	3:04:38	3:46:14	4:33:23	5:18:12
10. Jeremy Mower	36:41	1:12:50	1:50:01	2:29:08	3:09:10	3:51:41	4:36:41	5:19:39
Jack Blackburn	30:52	1:01:35	1:32:37	2:03:32				

14 Entries accepted

11 Starters

10 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Tamas Szikszay	35:48	1:12:20	1:49:03	2:27:03	3:06:45	3:16:31
2. David Coles	36:35	1:14:15	1:52:51	2:32:52	3:15:19	3:25:59
3. Carole Goddard	41:03	1:22:11	2:02:43	2:43:11	3:22:39	3:32:39
4. Gareth Logan	41:28	1:22:11	2:02:43	2:43:11	3:24:32	3:34:27

4 Entries accepted

4 Starters

4 Completed the Marathon

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 34th edition of the Welsh Ultradistance Championship, and was perhaps the highest standard ever, which was really pleasing.

This time there were seven entries and starters and six finishers. Daniel Rothwell (Swansea Harriers) entered this race for the first time with outstanding short distance credentials. With two long distance trail races behind him from 2022, could he translate this into a competitive ultra on the track? The answer was a resounding yes, and he hung on really well in the final quarter after mixing it with Oli Garrod early on. He thus becomes only the 17th athlete to crack the magic 4 hour barrier on the track, and his 3:59:56 erased the championship best of Race Director, Mick McGeoch set 30 years ago.

Henry Drake (Amman Vale) has been a revelation since running here two years ago. He finished runner-up in the Brecon to Cardiff recently and even ran the Gwent Cross Country League the previous day. Recovery clearly isn't a problem as he proceeded to erase over an hour from his previous time to clock 4:21:49 for a silver medal and 5th place overall.

Gareth Pritchard (Vegan Runners) had an outstanding debut here last year, taking the silver medal and competed for Wales at the Anglo Celtic Plate 100 km the following month. He ran ten minutes quicker this time with 4:34:27 and showed outstanding pace judgment given that he ran pretty much solo the who way.

Simon Prytherch (Cherwell Runners) is another who is still pushing back the boundaries and he improved his 2022 time by 7 minutes, moving through the field in the final quarter.

There was a nice touch prior to the race when Jeremy Mower (Gloucester AC) received a Meritorious Award from Mick McGeoch on behalf of Welsh Athletics. Jeremy has been one of the greatest supporters of this event, as this was his 14th attempt, and he has 10 championship medals. Even more impressively, he has run and completed the last 17 Anglo Celtic Plate 100 km races for Wales - truly outstanding service. Sadly, this wasn't to be his best day, and a recent lack of long training runs led to a 5:19:39 clocking - though significantly he stayed in the championship whilst clearly struggling.

The Welsh ladies championship was retained by Jen Coleman (Les Croupiers) even though she wasn't at her most fluent. She was three minutes ahead of her 2022 schedule at halfway, but stomach issues saw her struggle in the closing stages, eventually recording 5:18:12. It was, however, her fourth Welsh Ultra title, making her the most successful Welsh runner ever in the championship.

Welsh Men's 40 Mile Championship

1. Daniel Rothwell M35	Swansea Harriers	3:59:56
2. Henry Drake M46	Amman Valley	4:21:49
3. Gareth Pritchard M43	Vegan Runners	4:34:27
4. Simon Prytherch M55	Cherwell Runners	5:16:14
5. Jeremy Mower M57	Les Croupiers	5:19:39

Welsh Ladies 40 Mile Championship

1. Jen Coleman F48	Les Croupiers	5:18:12
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Paralysis By Analysis

It may seem strange to begin this report by talking about the weather, but three days on we woke up to snow today and a biting easterly wind. In retrospect, we were incredibly lucky on race day - a maximum of 6 degrees and barely a breath of wind.

Of the 18 entries for the two events (14 for the 40 miles and 4 for the marathon), there were 3 late injury withdrawals leaving 15 athletes to face the starter. I always pay particular attention to the times recorded for the first lap of the event - they're always indicative of intent. Defending champion Oli Garrod (South London Harriers) took just 76 seconds for that 400 metres; Dan Rothwell (Swansea Harriers), who had finished fifth the previous weekend in the Welsh Cross Country Championship was right alongside, with our regular visitor from Glasgow (himself a two time winner in 2012 and 2015) Grant Jeans just a few yards back. Everyone completed the first lap within two minutes.

Having declared his intention to attack the world record, quite remarkably Oli Garrod was not out on his own. He and Dan Rothwell exchanged the lead a few times, but by lap 17 Oli regained a lead he was never to lose. 5 mile times were quick but not overly so, Garrod 27:54, Rothwell 28:04 and Jeans 28:36. There was an interesting trio next, Jack Blackburn (Pontypridd Roadents), Henry Drake (Amman Valley) and Norbert Mihalik (Northampton Road Runners / Hungary), all looking extremely comfortable in 30:53. Other than these, everyone was running in isolation with occasional words of banter. All the ultra runners passed this mark inside 38 minutes. Everyone looked extremely focused and well prepared, a strong testament to the collective preparation required for the event.

Time seemed to pass very quickly - as did the laps - everything was going to plan. By 10 miles the clock showed 55:41 for Garrod, 56:40 for Rothwell and 57:47 for Jeans. It's many years since so many athletes have started this aggressively, but then again, it's many years since conditions have been this favourable. Blackburn, Drake and Mihalik continued to function as a tight-knit group and clocked 61:35. The only lady in the ultra, Jen Coleman (Les Croupiers) passed this mark in 71:22, more than 2 minutes inside her 2022 run, which had resulted in a Welsh Championship best performance. For everyone else, the second 5 miles were pretty much a mirror image of the first.

Proceedings continued as per the script up to halfway too. All the runners looked in complete control and immersed in concentration. With the inevitable lapping there were a few words of mutual encouragement, but the order of the day was pretty much "business as usual". 20 mile times were 1:51:04 for Garrod, 1:55:56 for Rothwell and 1:58:28 for Jeans. This represented the quickest ever halfway split at Barry, and inevitably there was an increased interest from the spectators and volunteers - were we witnessing something extraordinary? The everpresent trio of Blackburn, Drake and Mihalik clocked 2:03:32 and were working together ominously well. Normally 2:03 might represent a typical winning halfway split - here half the field had already come through. In fact, there was scarcely any slowdown from anyone at halfway.

Inevitably, things were to change, but it still came as a major surprise when Jack Blackburn lost contact with Henry and Norbert shortly after halfway, and withdrew from the race after 98 laps, feeling unwell. An army of Pontypridd fans had come in to support him, and he is a rising star in the Welsh ultra ranks.

Meanwhile, the metronomic progress of Oli Garrod continued unabated, amid increasing excitement. His progress was astonishingly consistent, and a marathon split time of 2:25:57 became 2:47:12 at 30 miles (third quarter = 56:08). He was by now more than 2 minutes ahead of Don Ritchie at the same point of his record run in 1982. But as we've seen before (many times) at Barry, nothing was guaranteed. Dan Rothwell also registered a sub 60 minute third quarter to clock 2:55:52, in what was rapidly developing into a super impressive debut. Grant Jeans third place was coming under threat from Norbert Mihalik, whose 24 hour experience was becoming increasingly a factor. Other than that, most were now slowing a little, as you would expect, but still going well.

Concentration was now the name of the game. With each passing lap it grew increasingly obvious that the longstanding mark of 3:48:35 was about to fall. The attention changed from whether it would fall to "by how much?" The lap sheet told the tale - marginally slower, but not a single lap of the 161 took as long as 90 seconds. The cadence was still smooth and the demeanour assured. Oli almost made it look easy. No one could have predicted such an emphatic margin over the previous record - 10 mile split times: 55:41; 55:23; 56:08; 57:55. I got the chance to speak briefly to him in the few minutes following his run, and asked him what constituted the difference between this year's race and his victories in 2021 and 2022. "Less overall mileage and greater emphasis on speedwork" was the reply. On this evidence, it's a devastating combination.

Daniel Rothwell too was mightily impressive. The last quarter was clearly tough, but when faced with needing a sprint finish to crack the four hour barrier, he duly delivered. He is, without doubt, the most impressive Welsh male ultra runner to emerge for a generation, and he was rewarded with not only a national title on his debut but a Welsh Championship record (which had previously stood for 30 years). His focus will now turn to the Anglo Celtic Plate 100 km next month.

Norbert Mihalik, as perhaps we might have expected, came through strongly to take third in 4:07:52. His run was a triumph for pace judgment and he looked as if he could have gone on for many more miles.

Even after the first three, it was one personal triumph after another. Remarkably the first 8 athletes all recorded PBs, which was wonderful to see. Perhaps the most significant was Henry Drake. He ran for his club in the Gwent Cross Country League the previous day at Pontypool, but here he was rewarded with not only a Welsh Championship silver medal, but a PB by over an hour.

Jen Coleman struggled in the final quarter to record 5:18:12 in defending her Welsh title. Jeremy Mower was another to struggle in 5:19:39 - yet neither were ever going to give up on their quest to complete the distance. Remarkably everyone was finished by the time the clock showed 5 hours 20 minutes - the fastest collective performance on record.

I'll leave the final word to William Jeans, father of Grant, and many-times lap scorer at Barry. William used to work with Don Ritchie and was a close friend. "Don would have loved to have seen that" he said. That remark alone speaks volumes for our sport.

Marathon

The four athletes in the marathon ran with the same assurance as the ultra runners. Although the relative positions did not change, each showed remarkable pace judgment throughout.

It was lovely to welcome back Tamas Szikszay (Hungary) who completed our 40 miles in 2014. Tamas led the marathon throughout and recorded an impressive 3:16:31. David Coles has been one of our event's staunchest supporters throughout the years. After a fantastically successful 2022, and a wonderful Comrades performance, David had been recently troubled by a calf injury. His 3:25:59 represented his 51st marathon overall. Carole Goddard and Gareth Logan both joined Les Croupiers in 2019 and have improved immeasurably since. After recent track training they joined forces and ran virtually the whole distance together. They were rewarded with massive personal improvements with times of 3:32:39 and 3:34:27, a 19 minute and 16 minute PB respectively. Large numbers of their team mates and training partners were on hand to cheer them every step of the way.

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

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) - 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 1986-2023

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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%
TOTALS	1084	818	620 (543 / 77)	76%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
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 (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
05 March 2023	Jen Coleman (Les Croups) 5:18:12		
06 March 2022	Jen Coleman (Les Croups) 5:03:08	Rachel Bowen (Lliswerry Runners) 5:46:23	
23 May 2021	Jen Coleman (Les Croups) 5:19:08	Rachel Bowen (Lliswerry Runners) 5:43:10	Veronica Singleton-Lawley (Les Croups) 6:51:16
01 March 2020	Rachel Bowen (Lliswerry Runners) 5:54:03		
10 March 2019	Rachel Bowen (Lliswerry 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		

This year's race made quite a difference to the World All-Time Rankings, highlighted below.

World All-Time 40 Mile Track Rankings as of 6th March, 2023 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:45:07	Ollie Garrod (South London Harriers)	Barry	2023
2. 3:48:35	Don Ritchie (Forres Harriers)	Barnet	1982
3. 3:49:32	Joe Keating (Ealing & Southall)	Ewell	1973
4. 3:49:49	Alastair Wood (Aberdeen)	Pitreavie	1969
5. 3:49:56	Lynn Hughes (Thames Valley)	Cardiff	1970
6. 3:52:17	Cavin Woodward (Leamington)	Ewell	1978
7. 3:53:04	Michael Taylor (St Neots Riverside/RAF)	Barry	2020
8. 3:53:36	Jeff Julian (New Zealand)	Auckland	1969
9. 3:53:42	Tom O'Reilly (Small Heath)	Crystal Palace	1976
10. 3:53:55	Simon Pride (Keith & District)	Barry	1999
11. 3:54:41	Aleksandr Sorokin (Lithuania)	Bedford	2022
12. 3:54:52	Steve Way (Bournemouth AC)	Barry	2016
13. 3:54:53	Phil Hampton (Royal Navy)	Cardiff	1970
14. 3:55:21	Erik Seedhouse (City of Hull)	Barry	1990
15. 3:58:40	Mick McGeoch (Les Croupiers)	Barry	1988
16. 3:59:24	Martin Daykin (Hereford Couriers)	Barry	1989
17. 3:59:56	Daniel Rothwell (Swansea Harriers)	Barry	2023
18. 4:00:20	Mike Hartley (Cannock & Stafford)	Barry	1993
19. 4:01:28	Stephen Moore (Hertford & Ware)	Barry	1994
20. 4:03:28	John Tarrant (Salford Harriers)	Cardiff	1966
21. 4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
22. 4:04:04	Paul Martelletti (Victoria Park / Tower Hamlets)	Barry	2022
23. 4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
24. 4:04:34	Gerald Walsh (South Africa)	Walton	1957
25. 4:04:42	Mike Newton (South London Harriers)	Ewell	1976
26. 4:05:35	Arthur Keily (Derby & County)	Walton	1957
27. 4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
28. 4:06:12	Peter Sugden (Reading)	Barnet	1982
28. 4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
30. 4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
31. 4:07:19	Adam Stokes (Bristol & West)	Barry	2020
32. 4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
33. 4:07:52	Norbert Mihalik (North'ton RR / Hungary)	Barry	2023
34. 4:08:07	Alan Smith (Burton)	Cobham	1980
35. 4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
36. 4:08:16	Brian Cole (Royal Marines)	Barry	2004
37. 4:08:31	Ken Young (United States)	Chicago	1972
38. 4:08:59	Peter Vermeesch (Belgium)	Barry	2013
39. 4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
40. 4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
41. 4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
42. 4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
43. 4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
44. 4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
45. 4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
46. 4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
47. 4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
48. 4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
49. 4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
50. 4:12:40	Martin Thompson (Australia)	Ewell	1978
51. 4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
52. 4:13:32	George Kay (Stafford AC)	Ewell	1979
53. 4:13:50	Herman Mulder (London Irish)	Barry	2004

54.	4:14:05	Tom Malone (South Africa)	Walton	1966
55.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
56.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
57.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
58.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
59.	4:14:47	Grant Jeans (Unattached)	Barry	2023
60.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

World All-Time 40 Mile Track Ladies Rankings as of 6th March, 2023 (to 5:00)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 4:26:43	Carolyn Hunter-Rowe (Pudsey & Bramley)	Barry	1993
2. 4:34:54	Ann Trason (United States)	Nantes	1996
3. 4:35:10	Dominika Stelmach (Poland)	Bedford	2022
4. 4:35:29	Norimi Sakurai (Japan)	Verona	2003
5. 4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002
6. 4:42:42	Valentina Liakhova (Russia)	Nantes	1996
7. 4:42:50	Donna Perkins (United States)	Nantes	1996
8. 4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
9. 4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
10. 4:47:59	Adela Salt (Trentham RC)	Barry	2011
11. 4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
12. 4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
13. 4:51:52	Linda Meadows (Australia)	East Burwood	1994
14. 4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008
15. 4:52:14	Camille Herron (United States)	Bedford	2022
16. 4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
17. 4:54:48	Huguette Jouault (France)	Nantes	1996
18. 4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
19. 4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
20. 4:59:29	Karen Rushton (South West Vets)	Barry	2011
21. 4:59:34	Monika Kuno (Germany)	Vogt	1983
22. 4:59:58	Livina Petrie (Australia)	East Burwood	1993

AW Report - 37th ANNUAL BARRY 40-MILE TRACK RACE, Barry, March 5

Ollie Garrod broke the 40-mile world record with a time of 3:45:07.

The 30-year-old Belgrave Harrier is an avid racer having chalked up over 20 races in 2023 and having run over a 100 in 2022 including two 100km races and three marathons with a best of 2:22:36, but this is arguably his greatest run yet even if 40 miles is not contested that often. The previous record was 3:48:35 set by one of the world's greatest ever ultra runners, Don Ritchie, in 1982 and Garrod's run works out at 5:37 miling.

Garrod can already lay claim to a number of records – for example he has the most parkrun first finishes (367), the English 50km record (2:51:26) and also has the world 5km record for running in a Batman costume (16:15) and a Christmas Elf (16:41)!

Last year Garrod won in 4:01:03, just three minutes ahead of Paul Martelletti but this year his winning margin was 14 minutes from Daniel Rothwell, who also went inside four hours. Rothwell was fifth in last month's Welsh Cross-Country Championships.



Ollie Garrod finishes his 40-mile record at Barry

Mixed events: 40 Miles: 1 O Garrod (Belg) 3:45:07; 2 D Rothwell (Swan, M35) 3:59:56; 3 N Mihalik (N'hant RR, M40) 4:07:49; 4 G Jeans (M35) 4:14:47; 5 H Drake (Amman, M45) 4:21:49; 6 G Pritchard (Vegan, M40) 4:34:27; 7 M Bissett (K&S, M55) 5:10:18
42195: 1 T Szikszay (B&W, M45) 3:16:31; 2 D Coles (Les C, M60) 3:25:59; 3 C Goddard (Les C, W45) 3:32:39; 4 G Logan (Les C, M35) 3:34:27.