

27th Annual Barry 40 Mile Track Race

Sunday 24th February, 2013

Official Result

1. Pieter Vermeesch	Garden City Runners	4:08:59
2. Paul Fernandez	Abingdon Amblers	4:19:13
3. Jeremy Mower (V45)	Gloucester AC	4:56:02
4. Barrie Jones	Unattached	5:00:50
5. Karen Rushton (LV45)	South West Vets AC	5:04:59
6. Rasmivan Collinson (V40)	Sri Chinmoy AC	5:15:31
7. Robin Gardner (V55)	Road Runners Club	5:36:23
8. Phil Adams (V50)	Neath Harriers/100km Assoc	5:37:03
9. George Nicholls (V40)	Prestatyn RC	5:39:02
10. Will Stockton	Unattached	5:58:43
11. Natasha Doyle (LV35)	Virgin Active Cardiff RC	6:04:51
12. Jeni Richards (LV45)	Abergele Harriers	6:08:09
13. Alan Mann (V55)	Les Croupiers	6:13:54
14. James Zarei (V65)	Road Runners Club	6:30:13

Retirements

Dave Headon (V50)	Les Croupiers	30 miles in 3:50:55
Grant Jeans	Unattached	105 laps in 2:53:29
Maria Zubizarreta (LV40)	Les Croupiers	93 laps in 2:57:14
Molly Melhuish (LV35)	Unattached	80 laps in 4:07:25

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Pieter Vermeesch	30:33	1:02:09	1:33:16	2:04:36	2:35:32	3:06:17	3:36:04	4:08:59
2. Paul Fernandez	31:13	1:03:41	1:37:20	2:09:08	2:40:13	3:13:00	3:47:26	4:19:13
3. Jeremy Mower	34:43	1:10:06	1:46:30	2:23:25	3:00:26	3:38:20	4:17:22	4:56:02
4. Barrie Jones	36:06	1:11:34	1:47:40	2:23:50	3:00:10	3:38:00	4:18:24	5:00:50
5. Karen Rushton	36:22	1:13:24	1:50:37	2:27:34	3:05:07	3:44:17	4:25:19	5:04:59
6. Rasmivan Collinson	36:04	1:13:26	1:50:50	2:29:04	3:09:37	3:51:42	4:33:18	5:15:31
7. Robin Gardner	41:33	1:22:26	2:02:06	2:42:01	3:22:19	4:04:58	4:49:05	5:36:23
8. Phil Adams	40:46	1:22:18	2:02:31	2:42:43	3:23:11	4:06:34	4:52:34	5:37:03
9. George Nicholls	39:35	1:18:19	1:57:50	2:37:13	3:17:54	4:03:05	4:50:44	5:39:02
10. Will Stockton	47:53	1:34:22	2:18:00	3:02:10	3:46:15	4:30:36	5:16:33	5:58:43
11. Natasha Doyle	42:15	1:25:28	2:11:01	2:56:11	3:42:08	4:28:40	5:15:21	6:04:51
12. Jeni Richards	44:20	1:28:29	2:13:14	2:58:36	3:43:30	4:29:35	5:17:00	6:08:09
13. Alan Mann	42:45	1:29:18	2:13:11	2:57:24	3:42:25	4:31:02	5:23:44	6:13:54
14. James Zarei	47:01	1:32:56	2:21:34	3:08:50	3:57:07	4:51:42	5:43:29	6:30:13
Dave Headon	37:45	1:15:53	1:52:59	2:30:37	3:09:17	3:50:55		
Grant Jeans	30:31	1:02:15	1:34:30	2:07:10				
Maria Zubizarreta	41:40	1:20:33	1:58:21	2:34:31				
Molly Melhuish	53:23	1:54:20	2:59:50					

21 Entries accepted

18 Starters

14 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 24th edition of the Welsh Ultradistance Championship, with 8 starters and 6 completing the full distance. Although small in terms of numbers, there were some excellent personal battles for the medals, and one of the most pleasing aspects of the championship was the presence of the North Wales athletes and their supporters. It was an ultra debut for both George Nicholls (Prestatyn RC) and Jeni Richards (Abergele Harriers). Both acquitted themselves really well, not only completing the distance but earning Welsh medals as well. It gave the race a true championship feel.

The men's race was won decisively by Jeremy Mower (Gloucester AC). Jeremy has been a great supporter of the Barry 40, and last won here in 2009. He not only showed all his experience, but also broke new ground with his first sub 5 hour run in 4:56:02.

The battle for the silver and bronze medals was incredibly hard-fought and exceptionally close. George Nicholls (Prestatyn RC) led Phil Adams (Neath Harriers) for most of the race. George was 8 years younger, but Adams had a wealth of ultra experience on his side. George built up a lead of 5 minutes at one stage, before Phil started slowly chipping away, eventually getting past in the 36th mile on lap 142. This represented Phil's third silver Welsh ultra medal, but maybe a new ultra star was found today in the Prestatyn man.

The next Welsh male finisher was one of the most durable in the history of the event. Alan Mann made his Barry 40 debut exactly 10 years ago. He has entered and started every subsequent Barry 40, only failing to finish once. His time of 6:13:54 revealed just how hard he'd trained for this race, as he was 15 minutes quicker than last year.

The ladies national championship was every bit as exciting as the men's. Natasha Doyle (Virgin Active Cardiff RC) and Jeni Richards (Abergele Harriers) fought a fantastic dual. At 14 years younger, and with a wealth of ultra experience from the last three years, Natasha was always ahead, but the margin was tantalisingly close. Two minutes and twenty five seconds up at the halfway stage, by 30 miles the margin was down to just 55 seconds. It was too close to call right up until the end, with Natasha delighted to avenge last year's withdrawal at the marathon mark, and Jeni running 14 miles further than ever before and still completing the distance in great shape. It was certainly a battle worthy of a National Championship, and more exciting than anyone could have imagined.

Welsh Men's 40 Mile Championship

1. Jeremy Mower (V45)	Gloucester AC	4:56:02
2. Phil Adams (V50)	Neath Harriers/100km Assoc	5:37:03
3. George Nicholls (V40)	Prestatyn RC	5:39:02
4. Alan Mann (V50)	Les Croupiers	6:13:54

Welsh Ladies 40 Mile Championship

1. Natasha Doyle (LV35)	Virgin Active Cardiff RC	6:04:51
2. Jeni Richards (LV45)	Abergele Harriers	6:08:09

Open Race

1. Pieter Vermeesch	Garden City Runners	4:08:59
2. Paul Fernandez	Abingdon Amblers	4:19:13
3. Jeremy Mower (V45)	Gloucester AC	4:56:02

Other recipients of trophies as winners of sub-categories within the event were:
(Eligibility for male trophies is dependent upon finishing outside the first three)

Ladies Race

1. Karen Rushton (LV45)	South West Vets AC	5:04:59
2. Natasha Doyle (LV35)	Virgin Active Cardiff RC	6:04:51

Age Categories

M 40 – 49	Rasmivan Collinson	Sri Chinmoy AC	5:15:31
M 50 – 59	Robin Gardner	Road Runners Club	5:36:23
M 60 – 69	James Zarei	Unattached	6:30:13

Barry 40 Mile Track Race Report

(words – Mick McGeoch; pictures – Paul Stillman)

The stagnant high pressure area which had centred over the UK all week meant one thing – it was going to be another very cold day for the 27th edition of the Barry 40 mile track race. In addition, recent days had seen moderate easterly winds indicating significant wind chill. Fortunately, these significantly abated for the big day, which suggested good running weather but a long tough day for the officials and supporters.

18 of the 21 entrants showed up and toed the line, and on paper the quality looked very high. The unfortunate cancellation of the Gloucester marathon / 50 km meant that the Barry race assumed added importance, as it had become the only trial race for aspirants for international ultra selection for 2013.

Last year's runaway winner, Grant Jeans from Glasgow, had returned to defend his title, but the likely race favourite was Belgian Pieter Vermeesch, whose 2:19:45 marathon clocking from London 2011 meant he was significantly faster than anyone else. The fact that he had also been four times the Belgian 100 km champion meant that in theory he had both the speed and endurance to win the race comfortably. Both Jeans and Vermeesch had experienced lengthy lay off through injury during 2012, meaning that should either falter, twice Barry 40 runner-up Paul Fernandez could go one better and win. In the ladies race, the late decision of last year's winner Heather Foundling-Hawker not to race meant that Karen Rushton, runner-up in 2011, was a strong favourite to win.

The first lap was sensational, as Grant Jeans, as per last year, flew round the track in just 81 seconds, tracked by Pieter Vermeesch. If this was a sign of things to come, then fireworks were expected! The initial burst subsided, however, and the leaders settled into a steady rhythm of just outside six minute miling. Early strategies were quickly established, some runners choosing their own pace, others preferring a few words and some convivial company.



Pieter Vermeesch tracking Paul Fernandez in an intriguing battle.

The white attire of Jeans and black of Vermeesch made for an interesting visual contrast, but there was nothing to choose between them at 5 miles, clocked in 30:31, with Jeans always a stride ahead. Fernandez was also looking good as he passed in 31:13, just 42 seconds adrift. Jeremy Mower lay fourth in 34:43, thereby leading the Welsh Championship, and Karen Rushton, running virtually identical pace to her performance in 2011, lay seventh in 36:22.

Jeans and Vermeesch circled the track for 40 laps, almost as Siamese twins, before Grant stopped for a drink. With the link broken, Pieter accepted the challenge to take the initiative, and began to move away. The respective 10 mile times were 62:09 for Vermeesch and 62:15 for Jeans. Paul Fernandez was now exactly one lap behind in 63:41, with Jeremy Mower still 4th in 70:06. Barrie Jones, a newcomer to the Barry 40, was certainly making an impressive debut as he came through next in 71:34, followed by Karen Rushton and Rasmivan Collinson, both moving easily and keeping each other company in 73:24. Of the other ladies, Maria Zubizarreta, champion in 2009, came next in 80:33, followed by Natasha Doyle 85:28, Jeni Richards 88:29 and Molly Melhuish 1:54:20. All 18 runners were still moving well.



Barry 40 Lady Winner Karen Rushton with another really impressive demonstration.

The pace at the sharp end seemed effortless and was remorseless. It was well known that Vermeesch was the class act on paper, and he was proving it. His second 10 miles was a virtual carbon copy of the first, and he passed halfway in 2:04:36. Grant Jeans was slowing a little but still looking good as he passed in 2:07:10, and Paul Fernandez was now starting to get a little closer, though still third, in 2:09:08. It was common knowledge that these three were likely to be the main protagonists, and so it was proving. Jeremy Mower was still 4th in 2:23:25, but was slowly being reeled in by Barrie Jones (2:23:50), and this mini-battle for a time became a focus for attention. At just 29, Jones was by 18 years the younger, and youth versus experience battles are always fascinating when played out over an extended period. Karen Rushton was now clearly established in 6th place on 2:27:34, with the rest of the ladies' timings Zubizarreta 2:34:31, Doyle 2:56:11 and Richards 2:58:36.

The leaden skies had cleared somewhat, and the temperature had crawled up to 4 degrees. Unfortunately, the north-easterly wind had freshened a little, though never got above 12 MPH. Reasonable for running, perishing for watching. The Barry 40 is well-known as being an endurance test for everyone, and it was certainly living up to its reputation.

Not that the weather was bothering Pieter Vermeesch, far from it. By lap 90 he had caught and passed Grant Jeans for the second time, and by now also led Paul Fernandez by 3 laps. For a few hundred metres the three leaders were together, and one was able to get a visual impression of their relative strength. Whilst Vermeesch was still looking absolutely imperious, Fernandez was moving almost equally well, and it appeared that Jeans has slipping back. Each subsequent lap seemed to confirm this position.

Such was the standard of the race that all 18 runners were still moving well with three hours approaching. Sadly, that all changed. Grant Jeans had experienced back problems since his win

last year, and increasingly his discomfort was becoming apparent. His pace was beginning to slow accordingly. It was a brave defence of his title, but with almost 14 miles still to run, there was only one sensible option. Around this time Maria Zubizarreta also withdrew, having declared her intentions before the start to only run 23 miles.

Meanwhile, the pace up front was unrelenting. Pieter Vermeesch's third 10 mile split was his fastest of the race so far, 61:41, and he was looking supremely comfortable and confident. His 30 mile time of 3:06:17 meant that he now had a lead of 6:43 over Paul Fernandez, who was still moving very smoothly and surviving significantly better than on either of his two previous visits. The battle between Jeremy Mower and Barrie Jones, which was now for third place, had also taken an interesting turn during the third ten miles. Jones had caught his man on Lap 85, and by 30 miles held a precarious lead of 20 seconds, 3:38:00 to 3:38:20. In the ladies race, Karen Rushton had consolidated on her 5th position, and was now unstoppable as she clocked 3:44:17. The battle for the ladies minor places, which was now also for the Welsh title, was intriguingly poised between Natasha Doyle, on 4:28:40, with Jeni Richards now just 55 seconds behind on 4:29:35.

Beyond 30 miles Pieter Vermeesch continued to show his class. For a time his lap times indicated that he was operating inside 6 minute miling, and his advantage opened up to 7 laps. But Paul Fernandez was fighting hard too, and in the closing miles was actually the fastest runner on the track. The pace judgment of both athletes was quite remarkable in that both ran "negative splits" i.e. second half faster than the first – particularly impressive over so arduous a distance. It was Pieter Vermeesch's first ultra track race, although he has extensive experience on the road. His winning time of 4:08:59 was enough to rank him 29th fastest in the world all-time, and it was the fastest Barry 40 since 2004. And yet, given that it was his first ultra for 18 months after an extended lay-off, there is clearly the potential for much more. Paul Fernandez also showed enormous improvement over his previous attempts at this race, and his time of 4:19:13 was a 12 minute personal best.



Pieter Vermeesch – a class act – and it showed!

Jeremy Mower's third place in 4:56:02 was also a 7 minute personal record, and beating the significant landmark of 5 hours for the first time. He also regained the Welsh title that he last won in 2009. Barrie Jones gave a great account of himself on his debut in 4th, and his time of 5:00:50 will surely only serve as a spur to beat the 5 hour mark next year.

Karen Rushton had another magnificent run to claim the ladies title. She was five minutes down on her 2011 run here, but it was still a wonderful effort. Behind her, Natasha Doyle just managed to hold off Jeni Richards for second (and the destiny of the Welsh title), 6:04:51 to 6:08:09.

At the race presentation, there was a nostalgic moment. In 1995, the then Chairman of the Leisure Services Committee, Neil Brown, presented the prizes, and two of the individual prize winners that day, Robin Gardner (the race winner, who won the over 50 title this time) and James Zarei, were in action again.



Alan celebrated his 10 years at the Barry 40 with another super-consistent run.

The penultimate runner to finish was Alan Mann, who has run every Barry 40 since 2003, and has only failed to finish once. But the biggest cheer was reserved for the final runner. Two decades ago, James Zarei was amongst the finest exponents in the world of 6 day races, and twice won the 250km Spartathlon in Greece. He hadn't raced in Barry since 2000, and hadn't raced at all for nearly as long. Aged 69, he turned back the years to finish really strong in 6:30:13 and immediately pledged to return next year. It was a truly emotional moment.



Ultra legend James Zarei with his prize, presented by Neil Brown, former Chairman of the local Leisure Services Committee. James celebrated with a run on Barry Island beach the next day!

18 starters, 14 finishers – a huge credit to all concerned. A fantastic team effort, not only by the runners, but also by all the officials, to Gary and Pip Hyatt yet again for the refreshments, and to the groundstaff Mike Dodd and Nick Collins. Everyone wanted to be somewhere warmer, but everyone also had a warm glow after witnessing yet another titanic show of endurance at the Barry 40.

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

24 Feb 2013	4:08:59	Pieter Vermeesch (BEL)	5:04:59	Karen Rushton (ENG)
04 Mar 2012	4:32:43	Grant Jeans (SCO)	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb 2011	4:24:17	George Dayantis (GRE / ENG)	4:47:59	Adela Salt (ENG)
14 Mar 2010	4:31:19	George Dayantis (GRE / ENG)	5:04:14	Emily Gelder (WAL)
08 Mar 2009	4:22:57	George Dayantis (GRE / ENG)	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar 2008	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar 2007	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar 2006	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar 2005	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar 2004	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar 2003	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr 2002	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar 2001	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar 2000	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar 1999	3:53:55	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar 1998	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar 1997	3:54:24	Simon Pride (SCO)-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 1986-2013

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	910	680	505 (453 / 52)	74%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
24 February 2013	Jeremy Mower (Gloucester AC) 4:56:02	Phil Adams (Neath Harriers) 5:37:03	George Nicholls (Prestatyn AC) 5:39:02
4 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
9 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
24 February 2013	Natasha Doyle (Virgin Active Cardiff RC) 6:04:51	Jeni Richards (Abergele Harriers) 6:08:09	
4 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		
9 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) 6:05:15		
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		