

33rd Annual Barry 40 Mile Track Race

Sunday 10th March, 2019

Official Result

1. James Elgar M34	MMRT	4:30:42
2. Richard Elgar M31	Lliswerry Runners	4:42:58
3. Nathan Flear M35	3M Gorseinon	4:44:59
4. Ake Fagereng M36	Les Croupiers / NOR	4:53:11
5. Sam Amend F39	Belgrave Harriers	4:56:17
6. Richard Fowler M41	Parc Bryn Bach	5:32:37
7. Chris Ryan M50	Lliswerry Runners	5:41:47
8. Rachel Bowen F41	Lliswerry Runners	5:53:39
9. Lawrence Webb M46	Ultra Team Rugby	6:09:44

Retirements

Grant Jeans M35	Unattached	116 laps in 3:11:47
Natasha Farid-Doyle F41	Les Croupiers	91 laps in 3:16:20

3rd Annual Barry Marathon Track Race

1. Laurent Bono M34	Les Croupiers / FRA	3:24:30
2. Robin Gardner M61	Eynsham Road Runners	3:57:24
3. Loretta Daley F53	Les Croupiers	4:26:40
4. Karen Chadwell F49	Les Croupiers	4:37:26
5. Alan Mann M61	Les Croupiers	5:16:04

Retirements

Syd Wheeler M81	Chepstow Harriers	82 laps in 5:11:00
Jason Elworthy M47	Barry & Vale Harriers	20 miles in 6:21:30

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

Split Times Analysis – 40 Miles

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. James Elgar	31:35	1:02:24	1:34:01	2:06:43	2:39:45	3:14:37	3:51:30	4:30:42
2. Richard Elgar	34:38	1:10:38	1:45:38	2:21:10	2:54:10	3:27:07	4:04:31	4:42:58
3. Nathan Flear	33:35	1:07:15	1:41:05	2:15:09	2:49:58	3:26:32	4:05:07	4:44:59
4. Ake Fagereng	34:37	1:10:37	1:45:47	2:22:22	2:57:37	3:35:07	4:13:55	4:53:11
5. Sam Amend	34:36	1:10:37	1:46:24	2:22:57	2:59:50	3:38:39	4:17:12	4:56:17
6. Richard Fowler	34:36	1:10:37	1:46:20	2:25:13	3:06:32	3:54:46	4:44:35	5:32:37
7. Chris Ryan	42:20	1:24:58	2:07:22	2:51:14	3:34:23	4:16:50	4:59:10	5:41:47
8. Rachel Bowen	42:20	1:24:58	2:07:20	2:51:15	3:35:24	4:20:07	5:07:20	5:53:39
9. Lawrence Webb	40:48	1:22:56	2:05:20	2:48:36	3:35:01	4:26:49	5:18:33	6:09:44
Grant Jeans	31:35	1:03:34	1:36:00	2:08:14	2:43:30			
Natasha Farid-Doyle	39:52	1:21:26	2:04:25	2:48:58				

11 Entries accepted

11 Starters

9 Completed the 40 Miles

Split Times Analysis - Marathon

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Laurent Bono	33:35	1:09:13	1:47:37	2:31:06	3:15:10	3:24:30
2. Robin Gardner	46:20	1:31:28	2:15:48	2:58:36	3:45:39	3:57:24
3. Loretta Daley	47:38	1:36:17	2:26:30	3:18:45	4:13:17	4:26:40
4. Karen Chadwell	52:23	1:45:00	2:38:45	3:32:10	4:24:59	4:37:26
5. Alan Mann	57:14	1:55:52	2:55:14	3:57:14	5:00:51	5:16:04
Syd Wheeler	1:09:35	2:23:29	3:39:37	5:05:02		
Jason Elworthy	1:24:29	2:58:22	4:42:36	6:21:30		

7 Entries accepted

7 Starters

5 Completed the Marathon

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 30th edition of the Welsh Ultradistance Championship, and proved to be the most successful for many years, with a Welsh outright winner of the race for the first time since 2006.

There were seven entries (including two ladies) and six finishers. Particularly encouraging were the newcomers to the event, and also the relative youth of the athletes. James and Richard Elgar entered on the very last day possible, and made a huge impact. Primarily from an Ironman Triathlon background, both also had marathon experience and both had run the Newport Half Marathon the previous weekend. Their relative inexperience at ultras appeared to make no difference whatsoever. James, possessing the more impressive credentials on paper, ran by far the more aggressive race, and led for virtually the whole of the 40 miles. Richard, by comparison, was content to play a waiting game, and opted to sit in the chasing pack of four, a canny tactic given the strength of the wind.

Richard's split times were remarkable, and he looked by far the most comfortable in the closing stages. This was the first occasion at Barry that two brothers had contested the race, and to finish one-two on their ultra debut was quite remarkable, and clearly a cause for great family celebration. Welsh champion for the last two years, Nathan Flear (3M Gorseinon) made a gutsy defence of his title in 4:44:59, only being overhauled for the silver medal in the 35th mile, and will now contest the forthcoming Anglo Celtic Plate 100 km in Perth, Scotland.

Rachel Bowen (Lliswerry Runners) entered this event two years ago, only to sustain an injury just before the event. In this her ultra debut, she ran for the first half of the event with Lliswerry team mate, Chris Ryan, and sustained her early pace really well. Previous triple Welsh ultra champion, Natasha Farid-Doyle withdrew just beyond halfway.

Welsh Men's 40 Mile Championship

1. James Elgar M34	MMRT	4:30:42
2. Richard Elgar M31	Lliswerry Runners	4:42:58
3. Nathan Flear M35	3M Gorseinon RR	4:44:59
4. Richard Fowler M41	Parc Bryn Bach	5:32:37
5. Chris Ryan M50	Lliswerry Runners	5:41:47

Welsh Ladies 40 Mile Championship

1. Rachel Bowen F41	Lliswerry Runners	5:53:39
---------------------	-------------------	---------

Open Race

1. James Elgar M34	MMRT	4:30:42
2. Richard Elgar M31	Lliswerry Runners	4:42:58
3. Nathan Flear M35	3M Gorseinon RR	4:44:59

Ladies Race

1. Sam Amend F39	Belgrave Harriers	4:56:17
2. Rachel Bowen F41	Lliswerry Runners	5:53:39

33rd BARRY TRACK 40 MILES REPORT

The weather for this year's race was far from kind, with strong north-westerly winds throughout. This was extremely disruptive to the athletes and no doubt had a significantly detrimental effect on the finishing times. Each time the athletes entered the back straight, they had to visibly bend to counter the wind. There were other practical implications too, and two of the lap scorers had to sit in the football dugout which was protecting the timing clock, to prevent it from being blown over. On the positive side, it was predominantly dry, save for a couple of rogue hail showers, which were thankfully short-lived.

18 athletes entered the two events (11 in the 40 miles) and 7 in the marathon, and everyone turned up to race, which was great news. This looked a very open race on paper, with several of the runners in with a chance, and the volatility of the weather only added to the unpredictability.

The start was fast, with James Elgar (MMRT) and twice previous winner Grant Jeans from Glasgow covering the opening lap in 90 seconds – 6 minute miling. Behind these, Nathan Flear also started fast and was an isolated third, with an impressive-looking quartet containing leading lady Sam Amend (Belgrave), Norwegian-born Ake Fagereng (Les Croupiers), Richard Elgar (Liswerry Runners) and Richard Fowler (Parc Bryn Bach). Sharing the pace looked to be a wise move.

James Elgar and Grant Jeans stayed together through 5 miles in 31:35, though by 10 km James began to speed up and move away. Nathan continued alone in third but 2 minutes down in 33:35, whilst Sam Amend was content to bide her time in the chase pack of four in 34:36, slightly ahead of her pre-race schedule, alongside Ake Fagereng, Richard Elgar and Richard Fowler. Natasha Farid-Doyle lay second in the ladies race with 39:52, with Rachel Bowen a close third on 42:20.

The second 5 miles was pretty much a carbon copy of the first, as is often the case in a race of this length. James Elgar was operating at close to six minute miles as he flew through 10 miles in 62:24, with three-quarters of a lap advantage over Grant Jeans (63:34). Nathan Flear was now running three laps in arrears of the leader in 67:15, but still looked remarkably controlled. The quartet of Sam Amend, Ake Fagereng, Richard Elgar and Richard Fowler were still altogether in 70:37, so you could still make a case for any one of the leading seven athletes being the eventual winner. Natasha remained second lady in 81:26, with Rachel, still with her longstanding shadow Chris Ryan, not conceding much ground in 84:58.

Everyone was still running really strongly, but the wind was merciless. Inevitably the cumulative effect of this over a protracted period was bound to have an impact. The relative positions between James Elgar and Grant Jeans were fascinating during the second quarter of the race. Having lapped his rival and moving a further 20 seconds clear, Grant sensed that the pendulum was swinging back in his favour and closed the gap. This appeared to be a significant turning point in the race. Running shoulder to shoulder but a lap apart, James moved through 20 miles in a brisk 2:06:43 to Grant's 2:08:14. Nathan Flear remained an isolated third but was maintaining very well, clocking 2:15:09. Significantly, the chasing pack had now fragmented, with Richard Elgar 4th in 2:21:10, Ake Fagereng 5th in 2:22:22, Sam Amend close behind in 2:22:57 and Richard Fowler 7th in 2:25:13. The competition for the ladies minor places was getting interesting too, with Rachel Bowen (2:51:15) starting to close the gap on Natasha Farid-Doyle (2:48:58). Quite remarkably after 3 hours running in savage winds, all 18 athletes were still on the track.

Inevitably, it wasn't to last. Firstly, Grant Jeans stepped off the track after 116 laps (close to 29 miles). He hadn't looked in any distress, having clocked 2:52:21 at the marathon distance, 8 minutes quicker than last year when he opted to run the shorter distance, and this was in vastly inferior conditions. However, having received a late call up for Scotland in the Anglo Celtic Plate 100 km in two weeks' time, he decided to save his energy for another day. Five minutes later,

Natasha Farid-Doyle did the same thing, having completed 91 circuits. Sadly, now there were nine athletes left in the ultra.

James Elgar having clocked 2:48:06 at the marathon distance, was now coming off the pace a little. With Grant Jeans out of the race, he looked to be safe unless there was a complete collapse in the final quarter, and attention began to switch to the battle for second, as Richard Elgar was beginning to close on Nathan Flear. By 30 miles James held a 12 minute advantage with 3:14:37. Nathan Flear was hanging grimly on to second with 3:26:32, but his advantage over Richard was now just 35 seconds. Similarly, there was an intriguing battle for 4th and 5th between Ake Fagereng (3:35:07) and Sam Amend (3:38:39). Rachel Bowen was now second lady in 4:20:07, and looked destined for the Welsh title on her ultra debut if she could just keep going.

The final quarter was savage, as the cumulative effect of the unrelenting wind took its toll on everyone. In the closing laps, Richard Elgar became the fastest athlete on the track as the Elgar family began to celebrate an outstanding one-two. Their finishing times didn't do justice to how well they ran – indeed that was true for everyone. James clocked 4:30:42, and the fact that he can also point to an Ironman best of 9:01 and that he is still only 34 means that he surely has a very bright future whichever discipline he pursues. The same can equally be said for his younger brother Richard, who clocked 4:42:58. An Ironman PB of 9:45 and the fact that he is only 31 can only bode well for Welsh ultra running in general – new talent with youth on their side. Nathan Flear completed a 1-2-3 for Wales, clocking 4:44:59 and making a sterling defence of his Welsh title. With the Anglo Celtic Plate just around the corner, 24 hours and events like the Spartathlon are his future.

Fourth came Ake Fagereng in 4:53:11, having only flown home from California in the previous 24 hours. That appeared not to phase him one bit, but given his mountain and multi-day trail background, 40 miles was never likely to be an issue, although, like for most of the field, the relentless pressure of prolonged track running was a good test.

The UK number No:1 lady ultra runner Sam Amend gave a great account of herself, in what was a dress rehearsal for things to come. Even though 4:56:17 for 5th place was a little slower than anticipated, she looked really strong throughout. Sam has now set herself a very tough agenda of the Crawley 6 hour track race in April, Comrades in June and the World 24 hours championships in October.

Richard Fowler was next in 5:32:37, having probably overcommitted a bit in the first half in an attempt to stay with the group. Chris Ryan made an excellent ultra debut in 7th in 5:41:47, and was raising money for charity. Rachel Bowen took the Welsh ultra title and second lady in 5:53:39 – also a most encouraging debut. Finally, Lawrence Webb (Ultra Team Rugby), having had to withdraw twelve months ago with a hamstring injury, completed his third Barry 40 in 6:09:44 and looked pretty relieved at the finish.

Nine finishers out of 11 starters was a remarkable testament to the fitness and determination of all concerned. However, 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 as unforgiving as this. Thank you to all the lap scorers for your attention to detail, our feed station attendants, mainly Lisa Cleary, Andrea Hurman and Gary Hyatt, 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, to Brian Williams (Chief Timekeeper), Keith Matthews (Race Starter) 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 2020.

THIRD 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.

Our marathon race winner, Laurent Bono (Les Croupiers) is originally from Marseilles. He came to the UK in 2005, but only took up running 5 years ago, joining Les Croupiers at the start of 2018. Up until very recently he was specialising in shorter distances, especially 10 km, so it came as quite a surprise when he entered the race. He completed a local 20 miler three weeks before the marathon in 2:24:17, which was an excellent workout. The track however, is very different, and it's just so easy to overcommit, which completing the first 5 miles in 33:35 certainly represented. However, despite slowing down throughout, there was never any danger of him being caught. He clearly found it tough going, particularly after 20 miles, but 3:24:30 represented a solid debut, and not many marathoners win their first event!

By contrast, our second finisher has done it all before – many times! Robin Gardner (Eynsham Road Runners) first came to Barry 25 years ago and clocked an excellent 4:12:23 for third place behind a thrilling battle between Stephen Moore and Mike Hartley, and returned twelve months later to win the race. After two further completions in 2012 and 2013, he returned this year and showed all his experience and tenacity to finish second in 3:57:24. His pace judgment throughout was exemplary.

Next to finish was another stalwart who has been one of our greatest supporters. After first completing the 40 miles in 2006, Loretta Daley (Les Croupiers) won a hat-trick of Welsh ultra titles and in 2011 lowered her best time for the distance to 5:50:48. Loretta has now completed each of the three Barry track marathons, moving up one position each year. This was her 95th marathon / ultra and she hopes to complete her century at one of her favourite events – Dartmoor Discovery in June.

Fourth was Karen Chadwell (Les Croupiers) for whom marathon track running is all part of a new adventure. Karen completed her first ultra just four weeks previously – the Brecon to Cardiff 43 miles. Her main aim is the Highland Fling 53 miles at the end of April which forms part of the West Highland Way. The Barry race was her 12th marathon overall, and she was a model of consistency throughout, clocking 4:37:26.

Fifth came yet another member of host club Les Croupiers, Alan Mann. Alan first ran the Barry 40 in 2003, when he had a fantastic run and won the Welsh silver medal. He has now completed 10 Barry 40 milers as well as all three editions of the Barry marathon. Although his time of 5:16:04 was a bit slower than last year, he now has Bob Emmerson's all time record of 16 Barry finishes in his sights.

Sadly there were two of the marathon starters who did not complete the distance. Syd Wheeler (Chepstow Harriers) is a five time Barry 40 miler from 1996-2002, with a best time of 5:47:02. Syd won the British Masters Over 80 championship marathon at Chester last October, but sadly here he withdrew after 82 circuits in 5:11:00.

Finally, local man Jason Elworthy (Barry and Vale Harriers) had a wonderful run in this the longest event of his career. Jason set a Welsh record for the T38 class in last October's Cardiff Half Marathon of 4:16:49, a time he improved here to 4:00:24, a massive improvement, particularly in the conditions. He eventually completed 20 miles to a standing ovation in 6:21:30.

Confirmed date for next year: Sunday 01 March, 2020

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

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 1986-2019

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	1012	761	567 (504 / 63)	75%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
10 March 2019	James Elgar (MMRT) 4:30:42	Richard Elgar (Llisswerry 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 (Llisswerry) 4:58:04	Lyn Rees (Sarn Helen) 5:01:06
02 March 1997	Tony Holling (Port Talbot Harriers) 4:48:23	Mark Rowberry (Llisswerry) 4:53:21	Eric Rees (Sarn Helen) 5:01:05
03 March 1996	Malcolm Griffiths (Bridgend) 4:33:51	Mark Rowberry (Llisswerry) 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 (Llisswerry) 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
10 March 2019	Rachel Bowen (Llisbury 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		