

29th Annual Barry 40 Mile Track Race

Sunday 8th March, 2015

Official Result

1. Grant Jeans M31	Unattached	4:25:15
2. Jason Dickinson M47	TROTS	4:35:54
3. Jason Scanlon M43	Ponty Roadents	4:51:40
4. Jeremy Mower M49	Gloucester AC	4:58:20
5. Dave Headon M54	Les Croupiers	4:59:22
6. Zoltan Lesi M36	Unattached (HUN)	5:04:25
7. Isobel Wykes F36	Mudcrew Trail Runners	5:16:58
8. Nigel Davies M43	Sarn Helen	5:18:02
9. Natasha Farid-Doyle F37	Les Croupiers	5:33:47
10. William Sichel M61	Orkney AC	5:47:35
11. Keith James M40	Lliswerry Runners	5:50:54
12. Lawrence Webb M42	Rugby Triathlon Club	5:52:47
13. Andrew Ferguson M49	Mudcrew Trail Runners	6:04:49
14. Jayne Angilley F52	Cornwall AC	6:05:05
15. James Zarei M71	Road Runners Club	6:23:52
16. Sharon Gayter F51	North Yorks Moors	6:26:53

Retirements

Geoff Oliver M81	Hinckley RC	143 laps in 6:30:26
Alan Mann M57	Les Croupiers	30 Miles in 4:53:08
Loretta Daley F49	Les Croupiers	20 miles in 3:00:15
Molly Melhuish F41	Unattached	10 miles in 1:55:30

Performances submitted for World Best Ratification: Geoff Oliver M80

30 Miles in 5:10:21

50 Kms. in 5:23:00

6 Hours: 54.039 km

Dull overcast conditions with drizzle for the early stages, with a high of 10 degrees proved conducive for some excellent performances at the Barry 40 Miles Track Race. Grant Jeans led from gun-to-tape to regain the title he won here 3 years ago, whilst Isobel Wykes, tuning up for the World 24 hours in Turin in 5 weeks, was a comfortable winner of the ladies race. The ageless Geoff Oliver set three M80 world bests at 30 miles, 50 kms and 6 hours.

Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Grant Jeans	31:00	1:02:35	1:34:02	2:06:59	2:39:21	3:14:06	3:49:18	4:25:15
2. Jason Dickinson	33:33	1:07:12	1:40:46	2:14:42	2:48:52	3:25:02	3:59:51	4:35:54
3. Jason Scanlon	38:18	1:15:06	1:51:11	2:28:15	3:01:49	3:37:40	4:13:31	4:51:40
4. Jeremy Mower	37:40	1:14:25	1:51:11	2:30:03	3:06:49	3:44:56	4:21:40	4:58:20
5. Dave Headon	36:06	1:12:21	1:48:24	2:24:38	3:02:38	3:40:12	4:19:57	4:59:22
6. Zoltan Lesi	36:06	1:12:18	1:48:25	2:25:06	3:03:28	3:42:04	4:24:06	5:04:25
7. Isobel Wykes	38:41	1:16:56	1:56:14	2:36:39	3:18:37	3:58:13	4:38:11	5:16:58
8. Nigel Davies	36:33	1:13:00	1:49:25	2:26:11	3:03:20	3:46:14	4:31:57	5:18:02
9. Natasha Farid-Doyle	38:50	1:17:15	1:57:52	2:40:19	3:24:20	4:07:04	4:50:24	5:33:47
10. William Sichel	40:56	1:22:40	2:05:19	2:48:23	3:32:00	4:16:10	5:01:18	5:47:35
11. Keith James	39:56	1:19:26	1:59:34	2:40:08	3:21:56	4:07:13	4:59:00	5:50:54
12. Lawrence Webb	36:11	1:13:48	1:53:03	2:35:45	3:24:01	4:13:46	5:04:50	5:52:47
13. Andrew Ferguson	40:52	1:21:23	2:03:00	2:45:12	3:28:55	4:17:05	5:11:10	6:04:49
14. Jayne Angilley	41:39	1:23:37	2:06:35	2:49:57	3:33:37	4:26:10	5:14:55	6:05:05
15. James Zarei	44:38	1:27:57	2:14:01	3:03:13	3:56:03	4:44:44	5:35:51	6:23:52
16. Sharon Gayter	45:15	1:30:28	2:15:40	3:01:50	3:51:50	4:42:44	5:34:28	6:26:53
Geoff Oliver	45:13	1:30:17	2:16:20	3:04:59	4:04:16	5:10:21	6:21:46	
Alan Mann	45:07	1:31:41	2:19:26	3:08:32	3:59:54	4:53:08		
Loretta Daley	41:54	1:24:54	2:11:06	3:00:15				
Molly Melhuish	51:43	1:55:39						

24 Entries accepted

20 Starters

16 Completed the 40 Miles

Welsh Ultradistance Championship

The race incorporated the 26th edition of the Welsh Ultradistance Championship, with 10 starters and 8 completing the full distance. Maybe the fact that Wales will be hosting the Anglo Celtic Plate / UK 100 km championships at Redwick in 8 weeks time was an attraction, but there was no doubting that this was the best and most-strongly contested Welsh Ultra Championship for many years. Particularly pleasing was the fact that Welsh athletes finished in four of the top five positions, with all four breaking the 5 hour barrier being a very welcome bonus (first time this has happened since 2000).

Jason Dickinson from TROTS was a very impressive winner of this championship in 2014, and was clearly the man to beat. He was 5 minutes clear of the opposition after the opening 10 miles, and he turned the Welsh Championship into a procession. He has clearly moved on to another level in the last 12 months, and his reward was a huge PB of 17 minutes. However, the destiny of the minor medals was compelling to watch, with Jason Scanlon, making his Barry debut, running a very canny race. He was, in fact, in 6th place of the Welsh athletes to finish after 10 miles, and only caught Dave Headon, who had been in the silver medal position, after 28 miles. He ran the final 20 miles five minutes quicker than the first 20, and that takes a very cool head and smart pace judgment.

The battle for bronze was closer still, with Jeremy Mower, very experienced in this event, only inching away from Dave Headon with two miles to go. However, both Jeremy and Dave failed to finish last year, so for both to break 5 hours was a major achievement. Two newcomers to the race, Nigel Davies (Sarn Helen) and Keith James (Llswerry Runners) both acquitted themselves well in their first attempt at this classic event, and will have learnt much from the experience.

The Welsh ladies championship was a contest of three former champions, Jayne Angilley (2014), Natasha Farid-Doyle (2013) and Loretta Daley (2006-8). Natasha was relatively new to ultra distance two years ago, but a major breakthrough in the 24 hours event recently has given her a new-found confidence as well as the all-important extra stamina. She never looked in any trouble throughout the race, and her reward was a half-hour improvement to 5:33:47, as well as a second Welsh title.

Jayne showed all her tenacity to take the title last year, and although disappointed with her finishing time, showed tremendous spirit to take the silver medal here in 6:05:05. Sadly Loretta pulled out after 20 miles, but no doubt will be back to contest the race once more in 2016.

Welsh Men's 40 Mile Championship

1. Jason Dickinson M47	TROTS	4:35:54
2. Jason Scanlon M43	Ponty Roadents	4:51:40
3. Jeremy Mower M49	Gloucester AC	4:58:20
4. Dave Headon M54	Les Croupiers	4:59:22
5. Nigel Davies M43	Sarn Helen	5:18:02
6. Keith James M40	Llswerry Runners	5:50:54

Welsh Ladies 40 Mile Championship

1. Natasha Farid-Doyle F37	Les Croupiers	5:33:47
2. Jayne Angilley F52	Cornwall AC	6:05:05

Open Race

1. Grant Jeans M31	Unattached	4:25:15
2. Jason Dickinson M47	TROTS	4:35:54
3. Jason Scanlon M43	Ponty Roadents	4:51:40

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. Isobel Wykes F36	Mudcrew Trail Runners	5:16:58
2. Natasha Farid-Doyle F37	Les Croupiers	5:33:47

Age Categories

M40-44	Nigel Davies M43	Sarn Helen	5:18:02
M45-49	Jeremy Mower M49	Gloucester AC	4:58:20
M50-59	Dave Headon M54	Les Croupiers	4:59:22
M60+	William Sichel M61	Orkney AC	5:47:35

BARRY 40 RACE REPORT

Despite the late withdrawal of four of the leading contenders through injury, the 29th running of the iconic Barry 40 Miles Track Race turned out to be a resounding success. Given the arduous nature of the event, the weather can have a significant bearing on the outcome – light winds and a high of ten degrees were pretty much perfect, and even the intermittent drizzle for the first half of the race helped minimise the inevitable effects of dehydration. This, plus the obvious meticulous personal preparation of the 20 athletes led to an impressive list of personal best performances.

Grant Jeans, who won here three years ago, made the long journey from Glasgow, and despite having spent some time out through injury, started the race as the clear favourite. His likeliest challenge appeared to come from Jason Dickinson, representing the TROTS club from West Wales. Jason had a marvellous run here last year to win the Welsh title, and recent reports indicated that he was in even better form this time.

A record six ladies entered this year, indicative of the fact that British lady ultrarunners are experiencing unparalleled success of late, and three of the UK top 10 ladies over 24 hours were in the line-up. Isobel Wykes from Truro has been amongst the top UK ladies over 100 km for over a decade, but a move up to the 24 hour event last year has seen her become stronger and more confident than ever. She was using the race as a long training run in preparation for the World 24 hour championships in Turin in 5 weeks time. Local athlete Natasha Farid-Doyle was another athlete who had benefited from increased mileage recently, and like Isobel was using the race as valuable preparation for sterner challenges ahead. Last year's lady winner, Jayne Angilley, returned to defend her title, and completing an impressive line up were Sharon Gayter, Loretta Daley and Molly Melhuish.

The youngest in the race at 31, Grant Jeans is an athlete who likes to start fast, and after a conservative opening lap, he was away. The opening minutes are always a strong indication of personal mindset, and Grant very quickly established a rhythm that was around eight seconds a lap quicker than anyone else. This meant that he had lapped the entire field by lap 15, and looked effortless in doing so. In second place, Jason Dickinson had also found a pace which looked extremely comfortable, and was moving away from the rest as quickly as Grant was moving away from him. After those two, the field had split into several little clusters as athletes were establishing their own race strategies, which often involve sharing a pace for mutual benefit. Talking between runners is also common in the early stages of an ultra, often as a means of distraction from the long journey ahead.

By 5 miles, Grant (31:00) was two and a half minutes ahead of Jason (33:33), and five minutes clear of Dave Headon and Zoltan Lesi (36:06) who were renewing their friendship from competing here last year. The next ten places were all very close. Isobel Wykes (38:41) and Natasha Farid-Doyle were running together a lot, and making running round a track look ridiculous easy. There was lots of banter with Jayne Angilley and Loretta Daley only around three minutes back, with everyone looking comfortable. The intermittent drizzle meant that there were occasional changes of clothes to ensure athletes maintained sufficient warmth and comfort.

The second five miles were pretty much a mirror image of the first with both Grant and Jason on "cruise control". 10 miles came up with the clock showing 62:35 for Grant and 67:12 for Jason – a difference equating to almost 3 circuits. Sometimes when a faster athlete laps a slower one there is an opportunity for contact – either verbal or the chance for one to change pace to accommodate the other. But at this stage, each was pretty much locked into their individual strategy. Behind them, Dave Headon and Zoltan Lesi were still keeping each other company which jockeying for position each time they broke stride to take on refreshments. The feeding station on the side of the track was in constant demand.

There was little change up to halfway. The early banter had largely subsided, but everybody looked remarkably controlled and organised – essential attributes for this event. Grant Jeans had slowed marginally but was still going away, and reached 20 miles in 2:06:59. Jason was now only conceding five seconds a lap, and his time of 2:14:42 meant that he was ten minutes clear in the Welsh Championship race (incorporated in the overall event). Dave Headon was now isolated in third, but there remained several contenders within striking distance. Isobel and Natasha were still looking really good, with Isobel now three and a half minutes ahead, whilst Jayne Angilley had established a clear advantage in third.

Past experience of this race has shown that the third quarter begins to expose athletes' relative strengths and weaknesses. Truth to tell, there weren't a lot of weaknesses to expose. 18 of the 20 starters were still on the track, and whilst not running quite as fluently as previously, most were still going well. Grant was now over 6 circuits ahead (11 minutes) and also had moved ahead of his 2012 schedule. Jason was no longer conceding ground and was obviously going to better his 2014 time by a distance. The main difference lay in the battle for third. Jason Scanlon, from Pontypridd Roadents, was giving a masterclass as to how to judge an ultra. After lying eighth at 10 miles, sixth at 20 miles, he was now up to third and "in the zone". Maybe he wasn't going to catch the frontrunners, but he had done everything right. Not that the others had done a lot wrong, it was just that the pendulum had gently moved in his favour. This battle for third was compelling to watch, and with everyone still moving well, it clearly wasn't over! Isobel was now beginning to move up the field, and now lay 8th overall, with a 9 minute cushion over Natasha, who in turn was 19 minutes ahead of Jayne.

Grant was now on the home stretch. Track racing can create some interesting battles to watch, because, even though the overall result had been decided, the two leaders spent much of the final miles running together (although six laps apart) as Jason, 16 years older, tried to establish a final superiority over his younger rival, with Grant equally determined not to let him go. Remarkably, Grant delivered a final flourish with a sprint on the last lap to win in 4:25:15, more than 7 minutes quicker than in 2012, when the conditions were significantly windier. Jason's reward in second in 4:35:54 was a successive Welsh crown and runners-up spot, and a 17 minute personal best. Jason Scanlon followed in third, maintaining his impressive drive through the field, and even more pleasing since it was his debut in this event. Jeremy Mower eventually caught Dave Headon on lap 150, and narrowly secured 4th position, but both were elated to break the all-important five hour barrier.

Isobel continued her imperious progress to the end, and rarely has a time of 5:16:58 looked easier – exactly the tonic she wanted prior to the World 24 hour championships next month. Her friend Natasha Farid-Doyle also looked remarkably controlled to take the runners up spot and regain her Welsh title in 5:33:47 – half an hour quicker than she ran here two years ago. Jayne Angilley hung on well to place third in 6:05:05, and a Welsh championship silver, but had clearly found it a struggle.

The fact that 16 of the 20 starters made it to the finish speaks volumes as to the physical and mental preparation of all concerned. Each had a remarkable tale to tell, but none more so than Geoff Oliver. Eighty one years of age, Geoff has been running ultras for the last 40 years, and the Barry event for the last 20. After competing here eleven times before, and setting five world age group records, it came as no surprise that he should return to attack the world Over 80 best performances he set in the UK 24 hours championships in Tooting Bec last September. And it came as even less of a surprise that he should revise his own marks at 30 miles (5:10:21), 50 kms (5:23:00) and 6 hours (54.039km). On a day of superlative performances, Geoff had upstaged his younger rivals once again – and it was both breathtaking and inspiring to watch him.

As ever, this wasn't just about the athletes, it was also about the teams of supporters, so a special thank you should also go out to all the lap counters, drinks attendants, families and friends, Gary and Pip Hyatt for refreshments, Welsh Athletics, stadium groundsman Mike Humphrey, paramedic Martyn Morgan, race photographer Paul Stillman, and everyone for their interest. Next year's race will be the 30th – this is a show which just keeps running.

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

08 Mar 2015	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG)
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 1986-2015

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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	958	720	536 (479 / 57)	74%

The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
08 March 2015	Jason Dickinson (TROTTS) 4:35:54	Jason Scanlon (Ponty Roadents) 4:51:40	Jeremy Mower (Gloucester AC) 4:58:20
09 March 2014	Jason Dickinson (TROTTS) 4:52:59	Dave Coles (Les Croups) 5:18:26	George Nicholls (Prestatyn AC) 5:27:01
24 February 2013	Jeremy Mower (Gloucester AC) 4:56:02	Phil Adams (Neath Harriers) 5:37:03	George Nicholls (Prestatyn AC) 5:39:02
04 March 2012	Matt Shone (Woodford Green) 4:55:46	Jeremy Mower (Gloucester AC) 5:07:42	Mark Baker (Northbrook AC) 5:14:28
27 February 2011	Mark Baker (Northbrook AC) 5:37:03	Alan Mann (Les 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
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
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		