

# IT'S A FAMILY AFFAIR



Ultra running is a team game, and plenty from the Davies family came to support Fiona on her way to three world records.  
Here husband Gareth provides the drinks.

## 40<sup>th</sup> Annual Barry 40 Mile Track Race

Sunday 1st March, 2026

### Official Result

1. Max Costley M 31	Southampton Athletic Club	4:03:45
2. Sam Hudson Dos Santos Figueira F 46	Belgrave Harriers	5:12:01
3. Rachel Bowen F 48	Lliswerry Runners	5:39:48
4. John Ross M 59	Les Croupiers	5:58:47
5. Fiona Davies F 70	Pontypridd Roadents	6:32:52

## 10<sup>th</sup> Annual Barry Marathon Track Race

### Official Result

1. David Coles M 66	Les Croupiers	3:32:40
2. Chris Pratt M 55	Ogmore Phoenix Runners	4:22:51

### Highlights:

1. Fiona Davies shattered 3 world best times for F70 ladies with 4:37:34 (30 miles), 4:47:16 (50 kms) and 6:32:52 (40 miles). The 50 km mark was Fiona's main aim as the previous track best was 4:58:21 (Shirley Young, Australia, 2000). However, Myra Rhodes (USA) had clocked 4:48:23 on the road in Sacramento in 2003 - so this "best time on any surface" became the focus - which she achieved with just 67 seconds to spare. In doing so, Fiona's marathon split of 4:00:47 was over 9 minutes faster than her own Welsh road marathon record set in New York last November.

2. Max Costley's winning time of 4:03:45 now ranks him No:21 on the world all time list. It was also a new Southampton club record by just two seconds (previously 4:03:47 by Ian Burgess in 1976 in Crystal Palace).

3. Rachel Bowen completed the Barry 40 for the seventh time - equalling Hilary Walker's record. This was her second fastest time and her fifth Welsh Ultradistance Gold Medal. Her support team had calculated that lap 34 would constitute her 1000th circuit of Jenner Park - so the crowd broke out into applause all the way round that circuit.

### 40 Miles - Split Times Analysis

<b>Athlete</b>	<b>5 Miles</b>	<b>10 Miles</b>	<b>15 Miles</b>	<b>20 Miles</b>	<b>25 Miles</b>	<b>30 Miles</b>	<b>35 Miles</b>	<b>40 Miles</b>
1. Max Costley	29:41	59:12	1:28:40	1:58:07	2:27:54	2:58:42	3:30:31	4:03:45
2. Sam H Figueira	35:59	1:12:29	1:49:58	2:27:00	3:06:02	3:46:27	4:28:53	5:12:01
3. Rachel Bowen	42:26	1:24:56	2:06:55	2:48:32	3:30:30	4:13:20	4:56:36	5:39:48
4. John Ross	42:48	1:25:26	2:09:04	2:50:40	3:36:08	4:23:45	5:12:34	5:58:47
5. Fiona Davies	44:30	1:29:56	2:16:00	3:02:35	3:49:07	4:37:34	5:32:26	6:32:52

**6 Entries accepted**

**5 Starters**

**5 Completed the 40 Miles**

### Marathon - Split Times Analysis

<b>Athlete</b>	<b>5 Miles</b>	<b>10 Miles</b>	<b>15 Miles</b>	<b>20 Miles</b>	<b>25 Miles</b>	<b>Marathon</b>
1. David Coles	39:20	1:19:02	1:59:38	2:39:54	3:22:01	3:32:40
2. Chris Pratt	45:20	1:32:24	2:21:52	3:16:07	4:10:38	4:22:51

**4 Entries accepted**

**2 Starters**

**2 Completed the Marathon**

# WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 37th edition of the Welsh Ultradistance Championship. This year there were three entries and three starters. Not a huge turnout, you might say, but an interesting blend of newcomers to 40 miles and experienced campaigners.

The Barry 40 Miles is a unique challenge. It should never be seen as simply "completing 161 laps". I always say to the athletes: "Everyone in this race is an ally. The supporters are your allies. The nutrition and hydration available is essential. You only have two things to worry about: the distance and the stopwatch."

Rachel Bowen's life journey was known to everyone present. She had run in six previous editions of the race, and her win in 5:39:48 was not only her second fastest, but it also equalled Hilary Walker's record of 7 Barry 40 finishes. She thereby set a new record of five Welsh Ultra Championship gold medals, as well as two silvers.

Fiona Davies last ran the Barry 40 in 2005, but she has been in a rich vein of form recently. A bronze medal in the UK 24 hour track race championship at Crawley in April 2025 with a new PB of 102.1 miles, followed by two new Welsh ladies F70 best times in the marathon at Helsinki and New York. However, these performances have been backed up by a succession of excellent cross country results throughout the winter.

Fiona started aggressively with the aforementioned 50 km on any surface as the main goal. Exact pace judgment over so long a run is a very tough ask, both mentally and physically, but she judged it to perfection with just 67 seconds to spare. Those last few miles were clearly very uncomfortable, but the army of family and friends continued to grow to cheer her home. Emotional to watch and inspiring to witness.

John Ross was involved in very much a voyage of self-discovery. Race preparation had been interspersed with persistent injury which always sews seeds of self-doubt. But John is a good "problem solver" and his run-walk strategy ensured that he would never run too fast in those early miles, which so often lead to athlete's downfall. Completing the distance in under 6 hours as well as winning the Welsh Ultra title was a great result.

## Welsh Men's 40 Mile Championship

1. John Ross M59	Les Croupiers	5:58:47
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## Welsh Ladies 40 Mile Championship

1. Rachel Bowen F48	Lliswerry Runners	5:39:48
2. Fiona Davies F70	Pontypridd Roadents	6:32:52

## Paralysis By Analysis

As last year, we were incredibly lucky with the weather. St David's Day can often herald the most unpredictable of weather, but the strength of the wind is the deciding factor that can either make or break any athlete's best efforts. Start time of 10 AM brought scarcely a breath of wind, and although overcast, race temperature was to reach 12 degrees - perfect for runners, officials and supporters.

Being a student of the sport, I always have a vision of how I expect the race to unfold, given all the information available to me. It's true to say that the only predictable thing about ultradistance is its unpredictability, but the unique combination of the physical and the psychological continues to fascinate me.

The 40 mile race was different this time in that, with only 5 starters, we were likely to witness 5 different race strategies with very little competition for positions. Did that make it any less interesting? No!

Max Costley came to Barry having won the Goodwood 50 km three weeks previously - a strategy which didn't do Ollie Garrod any harm in 2023. Max ran 89 seconds for the first lap. and a quick word with his Dad, Peter, who was both lap scorer and coach suggested that 89 would be fine for as long as possible - but no quicker. This plan worked really well - 59:12 for 10 miles, 1:58:07 for 20 and 2:58:42 for 30. The three quarter mark is often the psychological crunch point, but at first the lap times only started to drift marginally.

Max maintained his form remarkably well, and it wasn't until 37 miles that his lap times exceeded 1:40. A time of around 4:05 would have represented an excellent debut, but a reference to the all time list of previous best performances provided a timely incentive. Realising that Southampton athlete Ian Burgess had recorded 4:03:47 exactly 50 years ago at Crystal Palace, Max produced a wonderful last lap of 90 seconds to clock 4:03:45 - and move to number 21 on the global all-time list. There was further family significance because mother Karen was the 2013 ladies winner here.

Sam Hudson Dos Santos Figueira won here in 2019 in gale force winds. She returned last March to place third, supported by her new husband Victor. Tragedy was to strike in September when Victor was killed in a motor accident, and Barry also represented Sam's first ultra since surgery.

She started fast, as you would expect from an athlete of her pedigree, passing 10 miles in 1:12:29 and halfway in 2:27:00. Despite slowing a little, Sam showed all of her well-known fight to clock 5:12:01, which was less than 3 minutes down on 2025.

Rachel Bowen is consistency personified. Her seventh Barry 40 performance and fifth Welsh title - Rachel's lap sheets show metronomic quality - surely the hallmark of a great ultra running. Equaling Hilary Walker's tally of seven completions was an added bonus.

It was a strange irony that the three ladies in the race all had vast experience of ultra distance, whilst the two men were in new territory. John Ross was never going to be short of local support, and had done all his preparation with friends locally, albeit not in a stadium.

He had his own plan and he stuck to it, with short periods of walking interspersed with long periods of running. He never looked in any trouble, but his marathon split of 3:47:30 and final time of 5:58:47 surprised even him. It just went to prove yet again that in reasonable conditions Jenner Park is a surface where ultra dreams can come true.

However, Fiona Davies remains the standout performance of the day. Having started at age 13 in the school orienteering team, Fiona has been running pretty much her whole life, which makes her run all the more remarkable.

I have detailed her race strategy and execution earlier.

When Fiona entered the race - I replied "Yours is our first entry and I can't think of a more inspiring one". The day after the race, she E Mailed: "Wow - yesterday was amazing! I did not expect that! It feels a bit surreal to hold an age group world best time - despite the aching legs, I feel incredibly blessed that I can still enjoy running these distances at age 70!"

She added a few photos from what she described as the best run of her life, adding "Felt too sick for a celebratory meal that night, but managed an Indian takeaway on Monday, legs have now recovered and I'm looking forward to my next challenge"

## Marathon

There was only two starters for this year's marathon, Dave Coles (Les Croupiers) and Chris Pratt (Ogmore Phoenix Runners), representing very different backgrounds. Jenner Park has become almost a second home for Dave, having completed the 40 Miles five times and the marathon once, in 2023. He had also competed in a particularly muddy cross country league race the previous day, so he could be excused for feeling tired.

Dave's long term goal for 2026 is the Comrades Ultramarathon in June, an event he has completed four times before, so the Barry Marathon was very much a preparation exercise. That said, all Dave's experience was borne out by his execution of the opening 20 miles at 8 minute miling pace, with scarcely any drop off for an excellent 3:32:40.

Chris Pratt is also a man on a mission - albeit one of a totally different dimension. Chris has 100 marathons as an objective, but 26 of them in this calendar year! He clearly is a man who likes a mental challenge, as well as displaying his emotions throughout the race. This attracted a growing local fan base as the race wore on, so we are anticipating not only a return by Chris in 2027, but a contingent from Ogmore Phoenix Runners, for whom this was a very different experience. He was delighted with his finishing time of 4:22:51.

A final word to thank two of our best supporters. Grant Jeans and his father William have made the long journey south to Barry from their native Scotland virtually ever year since 2012. Grant is a three time winner of the Barry 40. However, even though he entered this year's event, he sensibly decided to support rather than compete. It's always a great pleasure to welcome them back.

Huge thanks as always to all our volunteers, notably Mike Humphrey (groundsman) and Tom Carter (paramedic), Vale of Glamorgan Council and Welsh Athletics.

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

01 Mar <b>2026</b>	4:03:45	Max Costley (ENG)	5:12:01	Sam Hudson Dos Santos Figueira (ENG)-2
02 Mar <b>2025</b>	4:12:48	Matt Field (ENG)	4:47:11	Caroline Turner (ENG)
03 Mar <b>2024</b>	4:22:14	Grant Jeans (SCO)-3	5:35:58	Rachel Bowen (WAL)
05 Mar <b>2023</b>	<b>3:45:07</b>	Ollie Garrod (ENG)-3	5:18:12	Jen Coleman (WAL)-2
06 Mar <b>2022</b>	4:01:03	Ollie Garrod (ENG)-2	5:03:08	Jen Coleman (WAL)
23 May <b>2021</b>	4:00:53	Ollie Garrod (ENG)	5:07:27	Eve Bugler (ENG)
01 Mar <b>2020</b>	3:53:04	Michael Taylor (ENG)	5:41:34	Helen James (ENG)
10 Mar <b>2019</b>	4:30:42	James Elgar (WAL)	4:56:17	Sam Amend (ENG)
11 Mar <b>2018</b>	4:13:24	Steve Way (ENG)-2	5:20:41	Tracy Dean (ENG)
12 Mar <b>2017</b>	4:29:16	Alex O'Shea (IRL)	5:57:14	Natasha Farid-Doyle (WAL)
20 Mar <b>2016</b>	3:54:52	Steve Way (ENG)	5:12:58	Isobel Wykes (ENG) - 2
08 Mar <b>2015</b>	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG)
09 Mar <b>2014</b>	4:24:57	Pieter Vermeesch (BEL) -2	5:56:33	Jayne Angilley (WAL)
24 Feb <b>2013</b>	4:08:59	Pieter Vermeesch (BEL)	5:04:59	Karen Rushton (ENG)
04 Mar <b>2012</b>	4:32:43	Grant Jeans (SCO)	5:50:44	Heather Foundling-Hawker (ENG)
27 Feb <b>2011</b>	4:24:17	George Dayantis (GRE / ENG)-3	4:47:59	Adela Salt (ENG)
14 Mar <b>2010</b>	4:31:19	George Dayantis (GRE / ENG)-2	5:04:14	Emily Gelder (WAL)
08 Mar <b>2009</b>	4:22:57	George Dayantis (GRE / ENG)	5:41:19	Maria Zubizarreta (PAR / WAL)
09 Mar <b>2008</b>	4:20:14	Colin Gell (ENG)	4:52:10	Emma Gooderham (ENG)
11 Mar <b>2007</b>	4:28:02	Andrew Farquharson (SCO)	5:25:49	Elaine Calder (SCO)
12 Mar <b>2006</b>	4:29:14	John Pares (WAL)	6:59:21	Loretta Daley (WAL)
06 Mar <b>2005</b>	4:27:38	Stephen Pope (ENG)	5:12:46	Lizzy Hawker (ENG)
07 Mar <b>2004</b>	4:08:16	Brian Cole (ENG)	5:15:35	Siri Terjesen (ENG)
02 Mar <b>2003</b>	4:13:10	Brian Hennessey (ENG)	5:17:50	Samantha Bretherick (WAL)
03 Apr <b>2002</b>	4:20:03	Mikk Bradley (ENG)	5:27:20	Hilary Walker (ENG)-6
04 Mar <b>2001</b>	4:11:45	Alan Reid (SCO)	5:01:56	Jackie Leak (ENG)
05 Mar <b>2000</b>	4:21:57	Chris Finill (ENG)	5:12:09	Hilary Walker (ENG)-5
07 Mar <b>1999</b>	3:53:55	Simon Pride (SCO)-3	4:35:42	Carolyn Hunter-Rowe-2
01 Mar <b>1998</b>	4:01:32	Simon Pride (SCO)-2	5:18:41	Hilary Walker (ENG)-4
02 Mar <b>1997</b>	3:54:24	Simon Pride (SCO)	5:05:58	Hilary Walker (ENG)-3
03 Mar <b>1996</b>	4:10:35	Stephen Moore (ENG)-2		No Lady Finishers
05 Mar <b>1995</b>	4:17:46	Robin Gardner (ENG)		No Lady Finishers
06 Mar <b>1994</b>	4:01:28	Stephen Moore (ENG)	4:50:11	Eleanor Robinson (ENG)
07 Mar <b>1993</b>	4:00:20	Mike Hartley (ENG)-2	<b>4:26:43</b>	Carolyn Hunter-Rowe (ENG)
01 Mar <b>1992</b>	4:04:01	Mike Hartley (ENG)	5:18:10	Hilary Walker (ENG)-2
07 Jul <b>1991</b>	4:27:34	Paul Belcher (WAL)	5:14:12	Marianne Savage (ENG)
04 Mar <b>1990</b>	3:55:21	Erik Seedhouse (ENG)	6:14:49	Kay Pritchard (WAL)
05 Mar <b>1989</b>	3:59:24	Martin Daykin (ENG)		No Lady Entries
06 Mar <b>1988</b>	3:58:40	Mick McGeoch (WAL)-2	5:04:30	Hilary Walker (ENG)
09 Mar <b>1986</b>	4:11:32	Mick McGeoch (WAL)	4:47:27	Ann Franklin (WAL)

**Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2026**

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
01 Mar 2026	6	5	5 (2 / 3)	100%
02 Mar 2025	13	12	11 (5 / 6)	92%
03 Mar 2024	11	10	6 (5 / 1)	60%
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%
<b>TOTALS</b>	<b>1114</b>	<b>845</b>	<b>642 (555 / 87)</b>	<b>76%</b>

## The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
01 March 2026	John Ross (Les Croupiers) 5:58:47		
02 March 2025	Owain Zerilli (Les Croupiers) 4:30:30	Jeremy Mower (Western Tempo) 5:24:16	Paul Bruton (Llswerry Runners) 5:57:17
03 March 2024	Ieuan Griffiths (Clwb Run Wales) 4:41:40	Jeremy Mower (Gloucester AC) 5:01:59	Steve Hooper (Pontypridd Roadents) 5:30:02
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 (Llswerry 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 (Llswerry) 4:58:04	Lyn Rees (Sarn Helen) 5:01:06
02 March 1997	Tony Holling (Port Talbot Harriers) 4:48:23	Mark Rowberry (Llswerry) 4:53:21	Eric Rees (Sarn Helen) 5:01:05
03 March 1996	Malcolm Griffiths (Bridgend) 4:33:51	Mark Rowberry (Llswerry) 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 (Llswerry) 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

<b>Date</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
01 March 2026	Rachel Bowen (Llisbury Runners) 5:39:48	Fiona Davies (Pontypridd Roadents) 6:32:52	
02 March 2025	Rachel Bowen (Llisbury Runners) 5:44:06		
03 March 2024	Rachel Bowen (Llisbury Runners) 5:35:58		
05 March 2023	Jen Coleman (Les Croups) 5:18:12		
06 March 2022	Jen Coleman (Les Croups) 5:03:08	Rachel Bowen (Llisbury Runners) 5:46:23	
23 May 2021	Jen Coleman (Les Croups) 5:19:08	Rachel Bowen (Llisbury Runners) 5:43:10	Veronica Singleton-Lawley (Les Croups) 6:51:16
01 March 2020	Rachel Bowen (Llisbury Runners) 5:54:03		
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		

## World All-Time 40 Mile Track Rankings as of 2nd March, 2026 (to 4:15)

<u>Rank/Time</u>	<u>Athlete</u>	<u>Venue</u>	<u>Year</u>
1. 3:45:07	Ollie Garrod (Belgrave 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)	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. 4:03:45	Max Costley (Southampton Athletic Club)	Barry	2026
22. 4:03:47	Ian Burgess (Southampton & Eastleigh)	Crystal Palace	1976
23. 4:04:04	Paul Martelletti (Victoria Park / Tower Hamlets)	Barry	2022
24. 4:04:09	Alan Phillips (Norfolk Gazelles)	Walton	1966
25. 4:04:34	Gerald Walsh (South Africa)	Walton	1957
26. 4:04:42	Mike Newton (South London Harriers)	Ewell	1976
27. 4:05:35	Arthur Keily (Derby & County)	Walton	1957
28. 4:05:44	Andrew Siggers (Kenilworth Runners)	Barry	2020
29. 4:06:12	Peter Sugden (Reading)	Barnet	1982
29. 4:06:12	Malcolm Griffiths (Bridgend)	Barry	1993
31. 4:07:11	Gwyn Williams (Club 69, Tredegar)	Barry	1989
32. 4:07:19	Adam Stokes (Bristol & West)	Barry	2020
33. 4:07:33	Dragan Isailovic (Australia)	East Burwood	1993
34. 4:07:52	Norbert Mihalik (Northampton RR/Hungary)	Barry	2023
35. 4:08:07	Alan Smith (Burton)	Cobham	1980
36. 4:08:09	Jan Knippenberg (Netherlands)	Crystal Palace	1978
37. 4:08:16	Brian Cole (Royal Marines)	Barry	2004
38. 4:08:31	Ken Young (United States)	Chicago	1972
39. 4:08:59	Peter Vermeesch (Belgium)	Barry	2013
40. 4:09:28	Mick Orton (Tipton Harriers)	Crystal Palace	1978
41. 4:09:35	Mario Ardemagni (Italy)	San Giovanni Lupatoto, ITA	2003
42. 4:09:46	Fred Howell (Tipton Harriers)	Ewell	1976
43. 4:09:50	Mike Down (Westbury Harriers)	Cardiff	1970
44. 4:10:04	Zach Bitter (United States)	Phoenix, USA	2019
45. 4:10:16	Bernard Gomersall (Leeds City)	Ewell	1968
46. 4:10:34	Mick Molloy (Oughterard, Eire)	Crystal Palace	1978
47. 4:11:38	Gordon Bentley (Tipton Harriers)	Cardiff	1972
48. 4:11:45	Alan Reid (Peterhead AAC)	Barry	2001
49. 4:12:23	Robin Gardner (Road Runners Club)	Barry	1994
50. 4:12:30	Helmut Urbach (West Germany)	Dieburg	1975
51. 4:12:40	Martin Thompson (Australia)	Ewell	1978
52. 4:12:48	Matt Field (Bad Boy RC)	Barry	2025

53.	4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
54.	4:13:32	George Kay (Stafford AC)	Ewell	1979
55.	4:13:50	Herman Mulder (London Irish)	Barry	2004
56.	4:14:05	Tom Malone (South Africa)	Walton	1966
57.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
58.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
59.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
60.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
61.	4:14:47	Grant Jeans (Unattached)	Barry	2023
62.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

### World All-Time 40 Mile Track Ladies Rankings as of 2nd March, 2026 (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.	4:26:50	Sarah Webster (Isle of Man)	Gloucester	2024
3.	4:34:54	Ann Trason (United States)	Nantes	1996
4.	4:35:10	Dominika Stelmach (Poland)	Bedford	2022
5.	4:35:29	Norimi Sakurai (Japan)	Verona	2003
6.	4:38:36	Ricarda Botzon (Germany)	Amelinghausen	2002
7.	4:42:42	Valentina Liakhova (Russia)	Nantes	1996
8.	4:42:50	Donna Perkins (United States)	Nantes	1996
9.	4:46:44	Maria Venancio (Brazil)	Sao Paulo	2000
10.	4:47:11	Caroline Turner (Harrogate Harriers)	Barry	2025
11.	4:47:27	Ann Franklin (Mynyddwr de Cymru)	Barry	1986
12.	4:47:59	Adela Salt (Trentham RC)	Barry	2011
13.	4:49:09	Birgit Lennartz (Germany)	Ottweiler(Ger)	2000
14.	4:50:11	Eleanor Robinson (Border Harriers & AC)	Barry	1994
15.	4:51:52	Linda Meadows (Australia)	East Burwood	1994
16.	4:52:10	Emma Gooderham (Malvern Joggers)	Barry	2008
17.	4:52:14	Camille Herron (United States)	Bedford	2022
18.	4:53:49	Kelsey Price (RunHead AC)	Barry	2025
19.	4:53:54	Hilary Walker (Serpentine)	Tooting Bec	1993
20.	4:54:48	Huguette Jouault (France)	Nantes	1996
21.	4:55:52	Leslie Watson (London Olympiades)	Barnet	1983
22.	4:56:17	Sam Amend (Belgrave Harriers)	Barry	2019
23.	4:59:29	Karen Rushton (South West Vets)	Barry	2011
24.	4:59:34	Monika Kuno (Germany)	Vogt	1983
25.	4:59:58	Livina Petrie (Australia)	East Burwood	1993

**World Age Group Track Records as at 2nd March, 2026****30 Miles**

<b>Sex / Age</b>	<b>Holder</b>	<b>Time</b>	<b>Venue</b>	<b>Year</b>
M18-39	Jeff Norman (UK)	2:42:00	Timperley	1980
M40-44	Tim Johnston (UK)	2:48:37	Barnet	1982
M45-49	Stephen Moore (UK)	2:58:12	Barry	1994
M50-54	Stephen Moore (UK)	2:59:04	Barry	1999
M55-59	Otho Perkins (USA)	3:11:01	Worthington	1986
M60-64	Alec Dunn (UK)	3:27:29	Barry	1997
M65-69	Bob Emmerson (UK)	3:36:52	Barry	1998
M70-74	Geoff Oliver (UK)	4:02:43	Barry	2007
M75-79	Geoff Oliver (UK)	4:18:45	Barry	2011
M80-84	Geoff Oliver (UK)	5:10:21	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:12:25	Barry	1996
F35-39	Ann Trason (USA)	3:21:29	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:30:00	Sao Paulo	2000
F45-49	Sarah Webster (UK)	3:18:35	Gloucester	2024
F50-54	Lavinia Petrie (Australia)	3:40:44	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:21:09	Nantes	1996
F60-64	Shirley Young (Australia)	4:19:07	East Burwood	1992
F65-69	Shirley Young (Australia)	4:27:17	Moe (Aus)	1999
F70-74	Fiona Davies (UK)	4:37:34	Barry	2026

**50 Kilometres**

M18-39	Jeff Norman (UK)	2:48:06	Timperley	1980
M40-44	Tim Johnston (UK)	2:55:07	Barnet	1982
M45-49	Stephen Moore (UK)	3:04:48	Barry	1994
M50-54	Stephen Moore (UK)	3:05:45	Barry	1999
M55-59	Otho Perkins (USA)	3:17:26	Worthington	1986
M60-64	Alec Dunn (UK)	3:35:11	Barry	1997
M65-69	Bob Emmerson (UK)	3:44:53	Barry	1998
M70-74	Mike Sheridan (UK)	3:56:19	Gloucester	2022
M75-79	Geoff Oliver (UK)	4:29:29	Barry	2011
M80-84	Geoff Oliver (UK)	5:23:00	Barry	2015
F18-34	Carolyn Hunter-Rowe (UK)	3:18:52	Barry	1996
F35-39	Ann Trason (USA)	3:28:33	Nantes	1996
F40-44	Maria Venancio (Brazil)	3:37:22	Sao Paulo	2000
F45-49	Sarah Webster (UK)	3:24:13	Gloucester	2024
F50-54	Lavinia Petrie (Australia)	3:50:15	East Burwood	1993
F55-59	Paulette Echevarne (France)	4:30:46	Nantes	1996
F60-64	Shirley Young (Australia)	4:28:45	East Burwood	1992
F65-69	Shirley Young (Australia)	4:36:49	Moe (Aus)	1999
F70-74	Fiona Davies (UK)	4:47:16	Barry	2026

**40 Miles**

M18-39	Ollie Garrod (UK)	3:45:07	Barry	2023
M40-44	Steve Way (UK)	3:54:52	Barry	2016
M45-49	Stephen Moore (UK)	4:01:28	Barry	1994
M50-54	Stephen Moore (UK)	4:03:37	Barry	1999
M55-59	Bob Emmerson (UK)	4:31:36	Crawley	1991
M60-64	Bob Emmerson (UK)	4:48:25	Barry	1995
M65-69	Bob Emmerson (UK)	4:57:49	Barry	1998
M70-74	Geoff Oliver (UK)	5:38:19	Barry	2005
M75-79	Heinrich Gutbier (Germany)	6:03:39	Ottweiler	2000
M80-84	Geoff Oliver (UK)	7:51:26	Tooting Bec	2014
F18-39	Carolyn Hunter-Rowe (UK)	4:26:43	Barry	1993
F35-39	Ann Trason (USA)	4:34:54	Nantes	1996
F40-44	Maria Venancio (Brazil)	4:46:44	Sao Paulo	2000
F45-49	Sarah Webster (UK)	4:26:50	Gloucester	2024
F50-54	Jen Coleman (UK)	5:24:22	Barcelona	2024
F55-59	Paulette Echevarne (France)	5:56:35	Nantes	1996
F60-64	Shirley Young (Australia)	5:52:34	East Burwood	1992
F65-69	Shirley Young (Australia)	6:11:35	East Burwood	1995
F70-74	Fiona Davies (UK)	6:32:52	Barry	2026