

39th Annual Barry 40 Mile Track Race

Sunday 2nd March, 2025

Official Result

1. Matt Field M38	Bad Boy Running Club	4:12:48
2. James Hauxwell M40	New Marske Harriers	4:19:33
3. Owain Zerilli M30	Les Croupiers	4:30:30
4. Caroline Turner F42	Harrogate Harriers	4:47:11
5. Kelsey Price F29	RunHead AC	4:53:49
6. Sam Amend F45	Belgrave Harriers	5:09:25
7. Jeremy Mower M59	Western Tempo	5:24:16
8. Helen James F52	100 Marathon Club	5:29:08
9. Rachel Bowen F47	Liswerry Runners	5:44:06
10. Paul Bruton M49	Liswerry Runners	5:57:17
11. June Harrison F55	Delamere Spartans	6:12:44

Retirements

Grant Jeans M41 Moray Road Runners 81 laps in 2:06:21

9th Annual Barry Marathon Track Race

Official Result

1. Peter Gillibrand M28	Les Croupiers	4:15:52
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40 Miles - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
1. Matt Field	31:15	1:02:20	1:33:21	2:04:20	2:35:27	3:07:27	3:39:51	4:12:48
2. James Hauxwell	31:16	1:02:34	1:34:04	2:05:37	2:37:06	3:09:33	3:43:46	4:19:33
3. Owain Zerilli	33:43	1:07:33	1:40:50	2:15:57	2:47:59	3:22:32	3:55:40	4:30:30
4. Caroline Turner	35:05	1:10:04	1:44:50	2:20:20	2:55:56	3:32:20	4:09:23	4:47:11
5. Kelsey Price	37:43	1:15:12	1:51:31	2:27:55	3:04:42	3:41:01	4:17:44	4:53:49
6. Sam Amend	35:39	1:11:46	1:49:29	2:26:05	3:03:09	3:44:24	4:26:51	5:09:25
7. Jeremy Mower	37:16	1:15:27	1:55:14	2:37:03	3:18:36	4:03:37	4:45:09	5:24:16
8. Helen James	40:50	1:21:31	2:02:21	2:43:31	3:24:29	4:06:02	4:47:15	5:29:08
9. Rachel Bowen	42:57	1:26:06	2:08:44	2:51:06	3:33:44	4:16:29	5:00:19	5:44:06
10. Paul Bruton	43:00	1:25:09	2:06:12	2:48:52	3:31:40	4:15:43	5:03:03	5:57:17
11. June Harrison	42:17	1:24:50	2:08:10	2:52:47	3:38:16	4:26:53	5:18:56	6:12:44
Grant Jeans	30:39	1:01:07	1:32:36	2:05:34				

13 Entries accepted

12 Starters

11 Completed the 40 Miles

Marathon - Split Times Analysis

Athlete	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	Marathon
1. Peter Gillibrand	45:10	1:30:00	2:36:24	3:13:03	4:04:50	4:15:52

1 Entries accepted

1 Starters

1 Completed the Marathon

WELSH ULTRADISTANCE CHAMPIONSHIP

The race incorporated the 36th edition of the Welsh Ultradistance Championship. This year there were four entries and four starters. Not a huge turnout, you might say, but an interesting blend of newcomers to 40 miles and experience.

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."

Owain Zerilli (Les Croupiers) came to Barry last year with considerable ultra experience. However, track running is different. It is extremely easy to overcommit without actually realising it. Therefore, Owain's race strategy was more defensive this year and this paid dividends. Though 7 minutes slower at 30 miles than last year, he never looked in any trouble and actually ran negative splits, which isn't easy. His finishing time of 4:30:30 in securing his first Welsh title was excellent.

Jeremy Mower (Western Tempo) has been a model of consistency over two decades. He first ran in 2005, when he recorded 5:12:18. Although his time was 12 minutes slower this year with 5:24:16, it was still another great run. With 14 Barry 40 finishes he now has Bob Emmerson's tally of 16 firmly in his sights. He has now won twelve Welsh Championship medals (three gold, six silver and three bronze).

Paul Bruton (Lliswerry Runners) was making his Welsh Championship debut, having been a supporter last year. Paul's main target for 2025 is the Dragon's Back in September, so this provided a useful learning experience. Paul ran in fairly close proximity to Lliswerry team mate Rachel for the majority of the event, and secured the Welsh bronze medal in 5:57:17.

Rachel Bowen's life journey was known to everyone present. She had run in five previous editions of the race, and her win last year in 5:35:58 was as emotional as it was inspirational. She stated that she wasn't quite in the same shape this time, but 5:44:06 was still a great performance. Rachel thereby set a new record of four Welsh Ultra Championship gold medals, as well as two silvers. Hilary Walker holds the record for ladies all time with 7 Barry 40 finishes, so Rachel now has an obvious target for 2026.

Welsh Men's 40 Mile Championship

1. Owain Zerilli M30	Les Croupiers	4:30:30
2. Jeremy Mower M59	Western Tempo	5:24:16
3. Paul Bruton M49	Lliswerry Runners	5:57:17

Welsh Ladies 40 Mile Championship

1. Rachel Bowen F47	Lliswerry Runners	5:44:06
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Paralysis By Analysis

As last year, we were incredibly lucky with the weather. It wasn't particularly warm, 8 degrees, but it was dry and there was scarcely any wind. The quality of the entries this year was particularly encouraging. 13 entries for the 40 miles, and 1 for the marathon. One fact which I was particularly pleased about was that for the first time ever, the ladies outnumbered the men. There was one last minute withdrawal, with Melissah Gibson sadly being a victim of achilles tendonitis.

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 start was pretty quick, 88 seconds for the first lap. Grant Jeans, Matt Field and Jamie Hauxwell were together. Grant had missed a considerable amount of training time and is awaiting surgery in the near future. His decision to race in the first place said much about his affinity for this event. He usually starts fast and by the 7th lap he was clear.

By 5 miles Grant's lead was in excess of 200 metres as he clocked 30:39. Matt and Jamie were together in 31:15, and provided an interesting combination as both had come from a background of longer distances, and hence would view Barry as "relative speedwork". Owain Zerilli was running in isolation in 4th in 33:43, with Caroline Turner leading the ladies race in 35:05, and fifth place overall. Sam Amend came next in 35:39, whilst Kelsey Price was biding her time in 37:43. All the runners completed this distance by 45:10 - hence the variation in pace between the whole field was 6 to 9 minute miling. On paper this looked like one of the most open races in a long time.

10 miles went by with very little change. Grant passed this mark in 61:07, and was now close to a lap clear. Matt had accelerated slightly and was now running alone in 62:20, with Jamie 14 seconds back in 62:34. Owain came next in 67:33 and was moving like a metronome. This was a description which was appropriate for pretty much everyone, as Caroline passed in 70:04, followed by Sam in 71:46 and Kelsey in 75:12.

The weather remained perfect, slightly warmer but scarcely a breath of wind. These are the type of days you pray for. Everybody looked effortless, but inevitably Grant's lack of training miles was beginning to show. The gap between him and Matt started to diminish and by lap 70 we had a new leader. Grant indicated that he would complete 20 miles and stop - obviously a sensible decision.

Matt therefore became the new leader at 20 miles which he covered in 2:04:20. Grant was still second in 2:05:34 but he stopped after completion of the 81st lap. Jamie clocked 2:05:37 so was still within a single circuit of the leader, which as anyone who has ever seen this race will confirm can disappear in the blink of an eye. Owain continued looking completely untroubled in 2:15:57.

The ladies positions were identical as Caroline passed in 2:20:20, with Sam on 2:26:05 and Kelsey a little closer with 2:27:55.

It's usually about now that things begin to change as the wisdom of race strategies becomes apparent. The fact that very little changed speaks volumes for the preparation and mental fortitude of all the runners.

Matt continued to inch away from Jamie, who in turn was consolidating his position versus Owain. The respective times for the three leaders at the 30 mile mark were 3:07:27, 3:09:33 and 3:22:32. The ladies situation was a little different in that whilst Caroline was maintaining remarkably well with a 30 mile time of 3:32:20, Kelsey had now overtaken Sam and recorded 3:41:01 to Sam's 3:44:24.

Although the podium places didn't change, the pacing strategies of the two youngest athletes in the race, Owain Zerilli and Kelsey Price became increasingly impressive as both recorded negative splits.

Matt Field therefore became a most emphatic winner of the 39th edition of the Barry 40 mile track race with 4:12:48 - a great speed workout for the UK 24 hour track record holder. He was chased all the way by Jamie Hauxwell who must also have been delighted with his 4:19:33. The same should be said of Owain Zerilli with an excellent third place and Welsh title in 4:30:30.

Caroline Turner still looked very strong moving into the final quarter. This race has a reputation for records, and her proximity to the existing world best of 4:46:44 by Maria Venancio (Brazil) in Sao Paulo in 2000 was under scrutiny for a long time. It was clear that this was going to be touch and go, and it is agonising to watch an athlete who has given everything and yet finish tantalising outside the longstanding record. Caroline came home in 4:47:11, a fantastic time and the world all time 10th fastest, plus the fastest winning time year since Carolyn Hunter-Rowe's epic 4:26:43 in 1993.

Kelsey Price also had a magnificent run to finish next in 4:53:49, the 18th fastest performance of all-time. This was the perfect warm-up race for her English ultra debut in the Anglo Celtic Plate 100 km in May. Sam Amend won here in 2019, and was delighted to finish third lady in 5:09:25.

In fact, everyone seemed pleased with their performances, which was very rewarding. Helen James last ran here five years ago, when she won. She was ecstatic to be 12 minutes faster this time.

Being a Race Director can be quite stressful at times, so it is particularly pleasing when things go as well as they did this year.

Marathon

There was only one starter for this year's marathon, in the person of Peter Gillibrand (Les Croupiers). Peter signed up after several beers at our club's Annual Presentation evening. It was his second successive PB having recently raced in Marrakech, and he was delighted to record 4:15:52 in his 25th marathon and first ever win.

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

02 Mar 2025	4:12:48	Matt Field (ENG)	4:47:11	Caroline Turner (ENG)
03 Mar 2024	4:22:14	Grant Jeans (SCO)-3	5:35:58	Rachel Bowen (WAL)
05 Mar 2023	3:45:07	Ollie Garrod (ENG)-3	5:18:12	Jen Coleman (WAL)-2
06 Mar 2022	4:01:03	Ollie Garrod (ENG)-2	5:03:08	Jen Coleman (WAL)
23 May 2021	4:00:53	Ollie Garrod (ENG)	5:07:27	Eve Bugler (ENG)
01 Mar 2020	3:53:04	Michael Taylor (ENG)	5:41:34	Helen James (ENG)
10 Mar 2019	4:30:42	James Elgar (WAL)	4:56:17	Sam Amend (ENG)
11 Mar 2018	4:13:24	Steve Way (ENG)-2	5:20:41	Tracy Dean (ENG)
12 Mar 2017	4:29:16	Alex O'Shea (IRL)	5:57:14	Natasha Farid-Doyle (WAL)
20 Mar 2016	3:54:52	Steve Way (ENG)	5:12:58	Isobel Wykes (ENG) – 2
08 Mar 2015	4:25:15	Grant Jeans (SCO)-2	5:16:58	Isobel Wykes (ENG)
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)	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)-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)	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)	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)	4:50:11	Eleanor Robinson (ENG)
07 Mar 1993	4:00:20	Mike Hartley (ENG)-2	4:26:43	Carolyn Hunter-Rowe (ENG)
01 Mar 1992	4:04:01	Mike Hartley (ENG)	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)
09 Mar 1986	4:11:32	Mick McGeoch (WAL)	4:47:27	Ann Franklin (WAL)

Entries / Starters / Finishers / Gender Split / Completion Rates 1986-2025

DATE	Entries Accepted	Race Starters	Race Finishers (M / F)	Percentage Completion
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%

TOTALS	1108	840	637 (553 / 84)	76%
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The History of the Welsh Ultra Championships - Men

Date	Gold	Silver	Bronze
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

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

52.	4:13:10	Brian Hennessey (Crawley AC)	Barry	2001
53.	4:13:32	George Kay (Stafford AC)	Ewell	1979
54.	4:13:50	Herman Mulder (London Irish)	Barry	2004
55.	4:14:05	Tom Malone (South Africa)	Walton	1966
56.	4:14:12	Peter Bennett (Reading AC)	Ewell	1967
57.	4:14:18	Don Turner (Epsom & Ewell)	Walton	1960
58.	4:14:21	Dave Dowdle (Gloucester AC)	Barnet	1983
59.	4:14:30	Ron Bentley (Tipton Harriers)	Cardiff	1970
60.	4:14:47	Grant Jeans (Unattached)	Barry	2023
61.	4:14:59	Andrew Tuckey (Bridgend AC/Australia)	Barry	2016

World All-Time 40 Mile Track Ladies Rankings as of 3rd March, 2025 (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