

2018 Ultra Trail Wales Runner Feedback

Janine Canham

Thrilled to have taken part in V1 of Ultra Trail Wales - 80k (83.5k after getting a bit lost!) in Snowdonia National Park. Absolutely stunning course, brilliant organisation and fantastic atmosphere. Thanks to Course Director Ashley Charlwood, Race Organiser Matt Ward and photographer James Iain MacKEDDIE. And all the really helpful marshalls and volunteers. Just lovely! Happy to finish 7th woman & 1st in age.

Thanks so much John Ellis at Gone Running for helping me to choose the right watch. Without it telling me I had gone off-course, I would have kept going a lot further!

I HIGHLY recommend this race to my runner friends. It had everything: mountains, forest, fields, steep climbs, technical descents, rolling hills, rain, hail, sunshine and even 2 rainbows. And lots of sheep!!

#ultratrailwales

Faye Johnson

Well I'm not going to lie.... I'm quite tired, and struggling to walk... Ultra Trail Wales you were EPIC!! 😊 I'm absolutely over the moon to have finished as 2nd female and 8th overall in my first 50 mile mountain ultra! Buzzing! A full race report will be coming.... Might even bore you all with some kind of proper Blog...?! 😂

A few thank yous though. Matt Ward and Ashley Charlwood for putting together and absolutely fantastic race! To ALL the volunteers (big up to Elly Downing! 😊), mountain rescue and fantastic marshalls out there today, couldn't have done it without you! And as always always fantastic to catch up with some of the friends that I have made from my time running up in this beautiful place Ieuan Jones Sandra Williams and James Iain MacKEDDIE For now here are some photos from a hell of a day on the trails! 😊🏔️

Drew Thompson

Ultra Trail Wales completed! My first ever 50 mile race. Amazing race #UTW2018 with a stunning course and outstanding marshals.

In addition the Runstrong support both at the race and online has been inspiring. Never underestimate the value of a friendly smile during any race but definitely after half way on an ultra! And as always my lovely wife who followed me round every step of the way and still found time to do a bit of marshalling.

I also had great support from start to finish from running buddy Huw and then Dean for keeping us on track for the final leg (even though he had already been up the mountains that morning).

Amy Fulford

An absolutely outstanding race and awesome experience. Superbly organised, well marked route and amazing supportive marshals. So happy I chose this race as my first 50 miler! Thanks to everyone involved 😊😊😊

Rowland Sharp

Excellent race yesterday, thanks to all the organisers, marshals and mountain rescue teams for all the effort out there all day

Anita Worthing

Thanks for an amazing event with the best marshals and helpers in the world. Happy memories, from the intensely coloured rainbows on Cadair Idris, the stunning clear views from the Rhinogs, the incredibly pretty paths in leg 3, to finishing in the dark with head torches and heading towards what we thought was a reflective direction arrow but was our light reflecting in a sheep's eyes!!

Matt Brushett

This event was really special. You'd obviously planned for it to be and trust me, us runners appreciated all the extra attention to detail. As for the marshalling, what can I say - superb. Keep doing what you're doing. Thank you 🙌

Barry Davies

Amazing organisation - friendly Marshals and fellow runners, superbly stocked aid stations, an incredibly challenging yet rewarding route. My first 50 and I loved every minute. Yes to 2019! Diolch

Leigh Allinson

#UTW2018.... reflection

Running has taken me to great places over last few years and utw2018 has added many places i want to go back and explore further at a more relaxed pace.

It's easy to stick to all the well worn trails but course directors used their knowledge to plot a route that was remote with a fair chunk of technical running mixed in with runnable yet quiet forest tracks, at one point I was back on coed y brenin half marathon route (a route I thought I knew very well) yet had no idea how we had got to it or even which part, only a marker post gave it away.

I had several highlights during the 50miles:

- double rainbows heading up a new way for me to Cadair Idris- running along Barmouth bridge train in tow and having that image captured by event photographer- having that moment coming down the mountain on section 2 gathering thoughts on a rock, sitting there for 5 mins yet not another race participant passing in that time..that's how isolated it felt at times- exploring new tracks on coed y brenin- running along the old mine track, never knew that was there and then leading up to the precipice walk track with views all way down the estuary. As you looked up with cadair and the ridge lines in full view I couldn't help but get that "I ran that this morning" proud reflection moment- that feeling of elation coming down the last 4km, could not stop smiling all the way to the finish, never before have I finished a 50 miler so strong.

Matt, Ashley #utw2018 delivered without doubt the best running experience/event I have participated in...up there with UTCT and just look where that event has gone to in such a short space of time.

Legs are pretty much back to normal, post run tiredness was yesterday so a nice gentle flat 10km tonight to stretch legs and the journey continues.