

Whitford Point Multi-Terrain Race 2018

| Position | Number | Time mins | Time secs | Name | Age category | Club |
|----------|--------|-----------|-----------|----------------------|--------------|-----------------------|
| 1 | 444 | 35 | 41 | David Keenan | M | Llanelli AC |
| 2 | 415 | 36 | 18 | Adam Jelf | M | Swansea Vale Runners |
| 3 | 435 | 36 | 40 | Marc Davies | VM40 | Swansea Harriers |
| 4 | 425 | 36 | 58 | Daniel James | VM40 | RUN4ALL |
| 5 | 384 | 37 | 04 | Ifan Lloyd | VM55 | Swansea Harriers |
| 6 | 422 | 37 | 17 | Alan Davies | VM55 | Llanelli AC |
| 7 | 417 | 37 | 29 | Craig Jones | M | Swansea Harriers |
| 8 | 397 | 37 | 49 | Charles Walsh | VM40 | Swansea Harriers |
| 9 | 430 | 38 | 04 | Mark Harrison | M | Llanelli AC |
| 10 | 381 | 38 | 13 | Martyn Hughes-Dowdle | VM50 | Swansea Harriers |
| 11 | 396 | 38 | 56 | Dan Newton | M | Swansea Harriers |
| 12 | 402 | 39 | 04 | Thomas Guest | VM50 | Swansea Harriers |
| 13 | 407 | 39 | 15 | Paul Flynn | VM50 | Swansea Harriers |
| 14 | 405 | 40 | 21 | Dom Parkes | VM45 | Unattached |
| 15 | 395 | 40 | 38 | David Lucas | VM40 | Swansea Harriers |
| 16 | 424 | 41 | 06 | Matthew Phillips | M | Llanelli AC |
| 17 | 377 | 41 | 12 | Helen Marshall | VF35 | Swansea Harriers |
| 18 | 426 | 41 | 42 | Geoff Lewis | M | Swansea Harriers |
| 19 | 401 | 41 | 58 | Calvin Hold | VM40 | Swansea Harriers |
| 20 | 445 | 42 | 26 | Simon Eastwood | VM40 | Swansea Harriers |
| 21 | 410 | 42 | 28 | David Clarke | VM40 | Llanelli AC |
| 22 | 366 | 42 | 37 | Sharon Leech | VF45 | Carmarthen Harriers |
| 23 | 376 | 42 | 48 | Sally Munro | VF45 | Unattached |
| 24 | 370 | 42 | 53 | Thomas Williams | M | Unattached |
| 25 | 437 | 43 | 01 | Rory Macnair | M | Swansea Harriers |
| 26 | 443 | 43 | 03 | Gavin Davies | VM50 | 3M Running Club |
| 27 | 394 | 43 | 46 | Heath Brett | VM45 | Swansea Harriers |
| 28 | 399 | 44 | 01 | Rob Davies | VM40 | Llanelli AC |
| 29 | 434 | 44 | 13 | Nick Venables | M | Llanelli AC |
| 30 | 403 | 44 | 14 | Helen-Marie Davies | VF40 | Swansea Harriers |
| 31 | 378 | 44 | 17 | Jonathan Phillips | VM50 | Pembroke Harriers |
| 32 | 432 | 44 | 59 | Andrew Evans | M | RUN4ALL |
| 33 | 439 | 45 | 00 | Jane Griffiths | VF40 | Unattached |
| 34 | 429 | 45 | 05 | Mat Giles | M | Swansea Vale Runners |
| 35 | 382 | 45 | 27 | Georges Videau | VM55 | Darth Coastal Runners |
| 36 | 368 | 45 | 50 | Deb Chick | VF50 | Port Talbot Harriers |
| 37 | 446 | 45 | 59 | Richard Leary | VM45 | Unattached |
| 38 | 406 | 46 | 01 | Ott Parkes | VM45 | Unattached |
| 39 | 413 | 46 | 12 | Paul Watts | VM55 | Amman Valley Harriers |
| 40 | 409 | 46 | 14 | John Hopkins | VM55 | Port Talbot Harriers |
| 41 | 414 | 46 | 22 | Isobel Dawson | VF35 | TROTS |
| 42 | 388 | 46 | 41 | Anthony Heald | VM55 | Llanelli AC |
| 43 | 393 | 47 | 26 | Mandy Morris | VF45 | Port Talbot Harriers |
| 44 | 383 | 47 | 52 | Elizabeth Jones | VF45 | Darth Coastal Runners |
| 45 | 433 | 48 | 11 | Cassandra Zoe Miles | F | RUN4ALL |
| 46 | 416 | 48 | 29 | Rhodri Jones | M | Amman Valley Harriers |
| 47 | 431 | 48 | 49 | Brian Saxby | VM55 | RUN4ALL |
| 48 | 400 | 48 | 49 | Cheryl Tanner | VF35 | RUN4ALL |
| 49 | 392 | 49 | 22 | Kevin Raymond | VM55 | RUN4ALL |
| 50 | 369 | 50 | 54 | Martin Crawshaw | VM45 | Unattached |
| 51 | 442 | 50 | 59 | Geraint Jenkins | VM50 | Amman Valley Harriers |
| 52 | 412 | 51 | 06 | Tom Bacon | M | Swansea Harriers |
| 53 | 440 | 51 | 16 | Victoria Williams | VF35 | Swansea Harriers |
| 54 | 411 | 51 | 50 | Nigel Watts | VM55 | Amman Valley Harriers |

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|----|-----|----|----|---------------------|------|------------------|
| 55 | 390 | 51 | 58 | Suzanne Bevan | VF50 | Unattached |
| 56 | 427 | 52 | 08 | Sian Phillips | VF50 | Swansea Harriers |
| 57 | 391 | 53 | 10 | Georgia Bevan | F | Unattached |
| 58 | 421 | 53 | 29 | Mike Rose | VM55 | Tata Multisports |
| 59 | 420 | 53 | 29 | Jenny Rose | F | Tata Multisports |
| 60 | 436 | 53 | 29 | Mike Griffiths | VM45 | Team Deviant |
| 61 | 404 | 53 | 32 | Martin Hillier | VM55 | RUN4ALL |
| 62 | 389 | 53 | 57 | Wil Daniels | M | Unattached |
| 63 | 380 | 54 | 17 | John Marson | VM45 | Llanelli AC |
| 64 | 385 | 54 | 45 | John Hill | VM45 | Unattached |
| 65 | 418 | 55 | 16 | Rebecca Bevan | VF35 | Unattached |
| 66 | 419 | 55 | 16 | Kate Perna | F | Unattached |
| 67 | 447 | 55 | 38 | Stephen Quarmby | VM55 | Swansea Harriers |
| 68 | 423 | 55 | 46 | Eric Davey | VM55 | Llanelli AC |
| 69 | 441 | 56 | 05 | Anwen Jenkins | VF35 | Unattached |
| 70 | 386 | 56 | 30 | Jason Taylor | VM50 | Unattached |
| 71 | 379 | 56 | 34 | Uku Kumari | VM55 | Swansea Harriers |
| 72 | 387 | 56 | 38 | Kaye Prothero-Jones | VF50 | Unattached |
| 73 | 428 | 59 | 22 | Andrew Rothwell | VM55 | Unattached |
| 74 | 438 | 60 | 33 | Siobhan Macnair | F | Swansea Harriers |
| 75 | 408 | 60 | 53 | Paul Skinner | VM40 | Unattached |
| 76 | 398 | 77 | 30 | Emyr Evans | M | Llanelli AC |

Special thanks to the following:- **Race Organisation**

| | |
|------------------------------|---|
| Nigel Jones (UKA/WA) | Race Referee |
| Gary Irvine (SHAC) | Race logistics & marshals |
| Christian Fox (Gower Riders) | Race logistics, 4x4 Driver (and vehicle recovery) |
| David Martin-Jewell (SHAC) | Recorder & Starter |
| Andrew Jenkins (WA) | Recorder |
| Jason Merrifield | Race registration and results service |
| Sarah Merrifield | Race registration and results service |
| Trevor Bamford | Race registration |
| Barry Fox | Race registration |

Kitchen

Kay Fox
Janet Prior
Sophie Merrifield
Ben Fox
Katie Merrifield

Marshals

Gary Irvine (SHAC)
Nina Brocklebank (SHAC)
Thia Malan (SHAC) & dog
Joannah Fox (Gower Riders)
Diane Brownhill & Girls (SHAC)
Owen Davies & Girls (SHAC)
John Moran (SHAC)
Rob Falconer (SHAC)
Andrew Downie (SHAC)

Photographers

Joannah Fox (Gower Riders)
Rob Falconer (SHAC)
Owen Davies (SHAC)
Steve Smith (SHAC & Gower Riders)

Medical Team

My Cariad:- are a local charity who raise money by donation to fit free defibrulators in the community
Donations contact:- www.mycariad.org

National Trust

Special thanks to Mark Hipkin, Gower Ranger - Contact Mark if you want guided tours/walks

Police

Sgt. Chris Dix (Chris usually runs our race) PCSO Andrew Brown & Team

Special Thanks

David Martin-Jewell, Front Runner Events (voted the UKs best Half Marathon race in both categories)
Thanks to David for supporting our race and donating two free entries for the male/female winners of the 2018 Whitford Point race to this year's **JCP Swansea Half Marathon on 24th June** (or Llanelli)