

**WHITFORD POINT MULTI-TERRAIN RACE 2016**

Position	Number	Time		Name	Category	Club	M/F	WA
		mins	secs					Reg
1	383	34	25	Donald Naylor	VM	Hunters Bog Trotters	M	N
2	380	34	58	Richard Copp	M	Swansea Harriers	M	Y
3	450	35	09	Ian Harris	M	Swansea Harriers	M	Y
4	395	36	19	Daniel Triggs	M	Neath Harriers	M	Y
5	484	36	42	Ifan Lloyd	VM50	Swansea Harriers	M	Y
6	428	36	59	Alan Davies	VM50	Llanelli AC	M	Y
7	421	37	02	Nick Mackay	M	Swansea Harriers	M	Y
8	422	37	14	Dee Buchanan	M	San Domenico	M	Y
9	366	37	44	Paul Flynn	VM45	Swansea Harriers	M	Y
10	410	38	09	Peter Osborne	VM50	Llanelli AC	M	Y
11	388	38	13	Charles Walsh	VM	Swansea Harriers	M	Y
12	412	38	21	Chris Fulcher	VM45	Neath Harriers	M	Y
13	404	38	28	Attila Garia	VM45	Attilas	M	N
14	448	38	36	Stuart Evans	VM	Mulitsport Tri	M	Y
15	378	38	43	Steve Smith	VM50	3M Running Club	M	Y
16	438	39	07	Mike Evans	VM	Llanelli AC	M	Y
17	398	39	15	Patrick Jones	M	Swansea Harriers	M	Y
18	408	39	48	Dylan Davies	M	Swansea University	M	N
19	468	39	57	Craig Harris	M	Swansea Harriers	F	Y
20	392	40	06	Mike	VM	Swansea Harriers	M	Y
21	394	40	29	Simon Brewer	VM45	Swansea Harriers	M	Y
22	375	40	43	Kneath Philippart	VM50	Swansea Harriers	M	Y
23	455	40	45	Johnathon Jarvis	M	RUN4ALL	M	Y
24	432	40	56	James Pugh	M	Unattached	M	Y
25	373	41	08	Simon Rees	M	Llanelli AC	M	Y
26	447	41	15	John Moran	M	Swansea Harriers	M	Y
27	379	41	17	Rob Falconer	VM50	Swansea Harriers	M	Y
28	480	41	28	Alex Williams	VM45	Port Talbot Harriers	M	Y
29	399	41	32	Alex Lewis	M	Neath Harriers	M	Y
30	358	41	33	Sally Munro	VF	Unattached	F	N
31	351	41	38	Stuart Booker	M	Ludlow Runners	M	Y
32	445	41	53	Marc Barrow	M	Swansea Vale Runners	M	Y
33	417	41	53	Rebecca Bennett	F	Swansea Harriers	F	Y
34	446	41	53	Dom Parkes	VM45	Unattached	M	N
35	460	42	00	christopher Lewis	M	RUN4ALL	M	Y
36	420	42	10	Patrick Tudor	M	Unattached	M	N
37	471	42	18	Carwyn Jenkins	VM	3M Running Club	M	Y
38	407	42	19	Antoinette Dumayre	F	Swansea University	F	Y
39	405	42	21	William Ferguson	VM50	Attilas	M	N
40	401	42	26	James Gwyther	VM	Swansea Harriers	M	Y
41	444	42	30	Leigh Fennel	VM	Swansea Harriers	M	Y
42	362	42	31	Sharon Leech	VF45	Carmarthen Harriers	F	Y
43	377	42	33	Ian Hoskins	VM	3M Running Club	M	Y
44	462	42	45	Steve Daley	M	RUN4ALL	M	N
45	461	42	46	Mat Giles	M	RUN4ALL	M	Y
46	363	42	51	Aled Hughes	VM	Cwm Ogwr running club	M	Y
47	441	42	57	Calvin Hold	VM	Swansea Harriers	0	Y
48	423	43	09	Richard Phillips	M	TROTS	M	Y
49	443	43	16	Martin Jones	VM50	Swansea Harriers	M	Y
50	371	43	22	Helen-Marie Davies	VF40	Swansea Harriers	F	Y
51	473	43	28	Andrew Rothwell	VM50	Unattached	M	N

52	414	43	31	Kyle Fulcher	M	Neath Harriers	M	N
53	382	43	45	Stuart Metcalfe	M	Unattached	M	N
54	400	43	46	John Marson	VM	Llanelli AC	M	Y
55	404	43	48	Attila Garia	VM45	Attilas	M	N
56	360	43	53	Martin Slucutt	M	Swansea Harriers	M	Y
57	418	44	00	Michael Williams	VM	Swansea Harriers	M	Y
58	470	44	10	Richard Leary	VM45	Celtic Tri	M	Y
59	402	44	12	Paul Lewis	VM50	Swansea Harriers	M	Y
60	456	44	14	Andrew Evans	M	RUN4ALL	M	Y
61	429	44	15	Heath Brett	VM45	Unattached	M	N
62	390	44	18	Diane Brownhill	VF40	Swansea Harriers	F	Y
63	367	44	37	Andrew Rees	VM	Amman Valley Harriers	M	Y
64	483	44	44	Owen Lewis	VM	3M Running Club	M	Y
65	376	44	48	Nick Venables	M	unattached	M	N
66	368	44	49	Gary Alan	VM50	Unattached	M	N
67	442	44	52	Nick Francis	M	Swansea Vale Runners	M	Y
68	389	45	00	Kenny Meissner	M	Unattached	M	N
69	479	45	00	Dave Bembo	VM50	Unattached	M	N
70	361	45	04	Ifan Thorne	M	Swansea Harriers	M	Y
71	350	45	09	Mike Griffiths	VM45	Unattached	M	N
72	474	45	21	Lee Llewellyn	M	RUN4ALL	F	Y
73	397	45	24	Julie Deer	F	Unattached	F	Y
74	449	45	30	Adrian Peters	VM	Unattached	M	N
75	372	45	39	Steve Perks	VM50	RUN4ALL	M	Y
76	463	45	43	Ioan Hutchinson	VM45	RUN4ALL	M	Y
77	379	45	47	Rob Falconer	VM50	Swansea Harriers	M	Y
78	364	46	06	Brian Cotton	M	Cwm Ogwr running club	M	Y
79	434	46	12	Rony Seamons	M	Celtic Tri	M	Y
80	486	46	27	Geraint Jennins	VM45	Amman Valley Harriers	M	Y
81	485	46	28	Steve Ruddy	VM45	Swansea Harriers	M	Y
82	453	46	28	Elizabeth Jones	VF40	Unattached	F	N
83	426	46	33	Martin Evans	VM50	Wecori	M	N
84	396	46	42	Andy Hunter	VM	Swansea Harriers	M	Y
85	465	46	47	Grant Pearce	M	RUN4ALL	F	Y
86	386	46	49	Wayne Brown	VM50	Unattached	M	N
87	406	46	49	Anthony Heald	VM45	Unattached	M	N
88	384	47	02	Ian Kirkpatrick	VM50	Unattached	M	N
89	387	47	09	Kevin Bessant	VM50	Attilas	M	N
90	439	47	15	Dave Cornish	VM50	Port Talbot Harriers	M	Y
91	411	47	28	Steve Hames	VM50	Neath Harriers	M	Y
92	359	47	44	Kate Jones	F	Unattached	F	N
93	370	48	19	Steve Grant	VM	RUN4ALL	M	Y
94	347	48	20	Dean Packer	VM45	Unattached	M	N
95	348	48	20	James Packer	M	Unattached	M	N
96	451	48	39	Jane Griffiths	VF40	Unattached	F	N
97	454	48	45	Lee Kwok	VM	RUN4ALL	M	Y
98	475	49	07	David Rothwell	M	Unattached	F	N
99	469	49	14	Josh Pelosi	M	Unattached	F	N
100	440	49	18	Penny Kennedy	VF45	Swansea Harriers	F	Y
101	457	49	21	Debra Clarke	VF40	RUN4ALL	F	Y
102	453	49	29	Elizabeth Jones	VF40	Unattached	F	N
103	409	50	38	Rhys Roberts	M	Swansea University	M	N
104	459	50	53	Nerys Jones	VF	RUN4ALL	F	Y
105	458	50	53	Lesley Mainwaring	VF45	RUN4ALL	F	Y
106	393	51	09	Bryan Saxby	VM50	RUN4ALL	M	Y

107	349	51	42	Adam Packer	M	Unattached	M	N
108	425	51	46	Bob Gardiner	VM50	Wecori	M	N
109	415	51	47	Maggie Fligelstone	VF45	Unattached	F	N
110	374	51	52	Christian Fox	VM	Unattached	M	N
111	437	52	04	Vanessa Harragan	VF	Swansea Harriers	F	Y
112	435	52	39	David Sheard	VM50	Cwm Ogwr running club	M	Y
113	365	52	43	Angela Delaney	VF45	Swansea Harriers	F	Y
114	381	53	11	David Naylor	VM50	Unattached	M	N
115	344	53	11	Rhiannon Wallace	F	Swansea University	F	N
116	424	53	13	Nigel Watts	VM50	Unattached	M	Y
117	467	53	40	Cath Pelosi	VF40	Unattached	F	N
118	427	54	56	Mary Kent	VF45	Wecori	F	N
119	357	55	06	Richard Michael	VM45	Unattached	M	N
120	433	55	09	Sarah-Jane Pritchard	F	Unattached	F	Y
121	482	55	33	Paul Jones	VM	Mumbles Milers	M	Y
122	341	56	23	Martin Hillier	VM50	RUN4ALL	M	Y
123	416	56	23	Chris Webb	VF40	Swansea Harriers	F	Y
124	403	56	36	Sue Ramsden	VF45	Sospan Road Runners	F	Y
125	342	57	40	Richard Caie	VM50	Unattached	M	N
126	343	57	40	Louise Caie	VF45	Unattached	F	N
127	385	58	02	Stephen Saunders	M	Unattached	M	N
128	473	58	11	Andrew Rothwell	VM50	Unattached	M	N
129	381	59	16	David Naylor	VM50	Unattached	M	N
130	466	60	05	Callum Curtis	M	RUN4ALL	F	Y
131	346	60	35	Mark Kelleher	VM45	Unattached	M	N
132	369	60	36	Michelle Keen	VF	RUN4ALL	F	Y
133	436	60	44	Mark Worrall	VM45	Cwm Ogwr running club	M	Y
134	431	61	15	Sarah Littlewood	VF	Cwm Ogwr running club	F	Y
135	430	61	15	James Littlewood	M	Unattached	M	N
136	478	62	33	Gemma Presley	F	RUN4ALL	F	Y
137	345	62	35	David Jones	VM45	Unattached	M	N
138	413	65	15	Bruce Morgan	VM50	Llanelli AC	M	Y
139	419	67	42	Nigel Jones	VM50	Unattached	M	Y
140	476	75	06	Barbie Ahearn	F	RUN4ALL	F	Y