

Swansea Harriers proudly present the 13th running of the

Whitford Point Multi-terrain Race

Wednesday 5th May 2010 Starts 7:30 pm

**Starts outside the village hall in
Llanmadoc, Gower**

**Run over a scenic challenging course
approx 5.9* miles long consisting of
road, beach and forest trails**

Prizes for:

1st 3 men and women overall plus

1st MV40, MV45, MV50

1st FV35, FV40, FV45

1st male & 1st female teams (3 to score)

Goody bags to first 60 finishers!

Entries taken on the night. Entry fee: £6.00 (£8.00 for non-members of the Welsh Athletics Registration Scheme) which includes tickets for the raffle!

Held under UK Athletic rules. Welsh Athletics licence applied for

**For further details email
whitfordpoint@btinternet.com**



* Actual course distance will vary according to route taken along the beach. NB Not suitable for wheelchairs