

Ingli Runners Club Championship 1st Half 2010

2010	Shan	Celia	Joan	Jill	Clare	Bethan	Helen	Sally	Tash	Steve	Alan	Alec	Rob	Tim	Paul	Peter	Les	Chris
Cardigan Valentines																		
Tregaron 1/2				8	9	9	10	10				10						
Tefi 10 M						10				9		10						
Goodwick 10K						10					8		10		9			
Newport 10K				9		10				10					9			
Cwrt newydd 4				10														
Neyland 10K							10			10		9						
Tally 5K																		
Sarn Helen 16.5																		
Dinas Head						10									10			
Dambusters										10		9			8			
Felinfach																		
Silver Valley 10K						10									10			
Ras Frenni 8M										10								
Poppit 1		10		9						10	7		9		8			
Tenby 10K						10												
Poppit 2		10		9						10	7		9		8			
Cardigan May.10K																		
Poppit 3																		
Becca 5 M																		
St Clears 10K																		
Dale1/2 Marathon																		
Dale 10K																		
Ty Hafan																		
Llys Y Fran																		
Pembrey 10M																		
Ras Y Mast 6.5M																		
<i>Bonus race 1</i>				5			5	5										
<i>Bonus race 2</i>																		
Total Points	0	20	0	50	9	69	25	15	0	69	22	38	28	0	62	0	0	0