

Ingli Runners Club Championship Results 2008

2008	Lynn	Shan	Tash	Fran	Les	Tim	Rob	Brian	Chris	Alan	Paul	Michael	Angie	Helen
Cardigan Valentines	46	47			49		48			43	45	50		
Tregaron 1/2	46	49	48		50				47		45			
Tefi 10 M	45	48	46		49		47		44		43	50	42	
Goodwick 10K	46	48	47								45	50		43
Newport 10K							50				47			46
Cwrt newydd 4		50												
Neyland 10K	46	47	45		49		48		39	36	42	50	43	41
Sarn Helen 16.5		50												
Dinas Head		47	46	41	50	49					45			44
Dambusters		46	47	40	49		48		43	39	45	50		42
Tally 5K	45	46	47		49				44			50		
Felinfach	46	47	48	43	49				45			50		
Silver Valley 10K		49	47		50				48		46			45
Ras Frenni 8M		46	48	44	49				45			50		
Poppit 1		46		43	50		47				45			
Tenby 10K							50			47				
Poppit 2		45			49	48	46				44	50		
Cardigan 10K	47				49	48						50		
Poppit 3		46			49						45	50		
Becca 5 M		47			49	46			44		43	50		
St Clears 10K		45			49	47	48				44	50	42	
Dale1/2 Marathon														
Dale 10K														
Ty Hafan														
Llys Y Fran														
Pembrey 10M														
Ras Y Mast 6.5 M														
Total Points	367	849	469	211	788	238	432	0	399	165	624	650	127	261

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2008	Jill	Jammy	Steve	Bethan	Dave	Peter	Steph	Joan	Toby	Mark				
Cardigan Valentines	44													
Tregaron 1/2									44					
Tefi 10 M	41													
Goodwick 10K	42		49	44										
Newport 10K		49			48									
Cwrt newydd 4														
Neyland 10K				40	44	38	37							
Sarn Helen 16.5														
Dinas Head			48	43		42								
Dambusters				44		41								
Tally 5K			48											
Felinfach				44										
Silver Valley 10K						44								
Ras Frenni 8M			47											
Poppit 1	44	48	49											
Tenby 10K	48				49									
Poppit 2	42	47		43										
Cardigan 10K														
Poppit 3	44	47	48											
Becca 5 M			48							45				
St Clears 10K			46	43										
Dale1/2 Marathon														
Dale 10K														
Ty Hafan														
Llys Y Fran														
Pembrey 10M														
Ras Y Mast 6.5 M														
Total Points	305	191	383	301	141	165	37	0	44	45	0	0	0	0

Final Results
Male
Female

1st Races

2nd Races

3rd Races