

## Ingli Runners Club Records

<b>5K</b>	Michael Kallenberg	16.53	Carmathen	2008
	Tasha Sexton	19.31	Tally	2008
<b>10K</b>	Les Hewitson	35.30	Aberystwyth	2005
	Shan Roberts	40.00	Goodwick	2008
<b>10M</b>	Michael Kallenberg	58.23	Teifi 10	2008
	Shan Roberts	65.46	Teifi 10	2008
<b>1/2 Marathon</b>	Les Hewitson	1.21.39	Tregarron	2008
	Tasha Sexton	1.27.40	Llanelli	2008
<b>Marathon</b>	Shan Roberts	3.06.46	London	2008
	Dave Roberts	3.23.53	London	2008