

Ingli Runners Club Championship 2011

2011	Shan	Celia	Joan	Jill	Clare	Bethan	Helen	Sally	Gwen	Steve	Alan	Alec	Rob	Tim	Paul	Peter	Les	Darrin	Andy
Cardigan Valentines	CANCELLED																		
Tregaron 1/2				9			10								9				10
Tefi 10 M									10						10				
Goodwick 10K									10						10			9	
Newport 10K							9		10						10				
Cwrt newydd 4									10										
Neyland 10K				8			9		10			10							
Tally 5K				8		10			9										
Sarn Helen 16.5																			
Emlyn 10K				9		10				10					9				
Dinas Head						10				10					9				
Dambusters						9	10			10		9			8				
Felinfach									10										
Silver Valley 10K							10			10					9				
Ras Frenni 8M						10													
Poppit 1						10			9						10				
Really Wild Race							9		10						10				
Tenby 10K									10										
Poppit 2						10			9						10				
Cardigan May.10K									10										
Poppit 3						10			9						10				
Becca 5 M							10		9	10									
St Clears 10K						10													
Dale1/2 Marathon							9		10										
Dale 10K					9	10													
Llys Y Fran						9	10		8						10				
Pembrey 10M																			
Ras Y Mast 6.5M									10						10				
Bonus race 1																			
Bonus race 2																			
Total Points	0	0	0	34	9	108	86	0	163	50	0	19	0	0	134	0	0	9	10

Overall winners

Gwen 163

Paul 134

Runners-up

Bethan 108

Steve 50