

Ingli Runners Club Records

5K	Michael Kallenberg	16.53	Carmathen	2008
	Tasha Sexton	19.31	Tally	2008
10K	Les Hewitson	35.30	Aberystwyth	2005
	Shan Roberts	38.16	Swansea	2009
10M	Michael Kallenberg	58.23	Teifi	2008
	Shan Roberts	64.56	Teifi	2009
1/2 Marathon	Les Hewitson	1.21.39	Tregarron	2008
	Shan Roberts	1.24.41	Bristol	2009
Marathon	Shan Roberts	3.00.54	London	2009
	Dave Roberts	3.23.53	London	2009