

Latest News 2010

West Glamorgan Cross Country – Gnoll Estate 7th February

Well done to Steve, Beth, Celia and Claire for competing yesterday and beating Celtic Tri!

Celia, Beth and Claire ran in the 4th fixture of the cross country season and despite being 1 team member short still managed to achieve more points than their closest rivals Celtic Tri. The ladies team finished 4th overall in this fixture.

Individual results were:

Celia Position 4th time 20.00 (1st vet 40) This is a tremendous result, well done!

Beth Position 13th time 21.29

Claire position 24th time 23.15

51 ladies ran in this race

In the men's race I finished 26th in a time of 33:53 and there were 100 runners in this race.

Our thanks must go to Rhys, Ffion and Ffion who had to look after Alec for the duration of the race.

The next race is at Margam Park on 21st March.

Helen joined the Walk/Run group at the Leisure Centre Monday 7pm. Some of the girls in the group are training for the Cardiff ½ Marathon.

Ras Cors Caron Half Marathon

Alec, Clare, Bethan, Sally, Jill and Helen competed in yesterday's half marathon in Tregaron. The conditions couldn't have been better – sunny, cold and no wind. It was a hard fought race between the girls but despite Helen's efforts to overtake everyone over the last few miles Alec eluded her!

The results were:

Alec 1.32.29

Sally and Helen 1.44.49 (both finished 3rd in their categories, OF and F50, winning rather fetching door stops!)

Bethan and Clare 1.45.56 (Clare won the F35 shield which Shan won in 2009)

Jill 1.48.58 (2nd F35)

Welsh Cross Country Championships at Singleton Park

Celia, Alec and myself took part in the Welsh cross country Championships held at Singleton Park in Swansea. It was a lovely sunny day only detracted from by having to run around a big park with a bit of mud and a lot of HILLS. (Alec, you promised me that it was flat in Swansea!)

I think it fair to say that non of us performed to the best of our abilities for one reason or another but we all enjoyed the day and it was great experience to take part in such a high level competition.

Celia completed her 7.1KM in a very respectable time of 32mins 39secs to finish in 21st position.

Steve and Alec ran 7.05Miles in times of 48.09 and 49.37 respectively but we left prior to finding out our positions. (I'm sure they will forward our haul of medals and trophies in the post?)

Crymych Team Pursuit

There was some real interclub bonding yesterday when Paul, Steve, Jill and Helen turned up for the team pursuits. Steve joined Aberystwyth University, Jill and Helen were joined by 3 male Trots and Paul – well, none of us are sure who he ran for! Everyone ran well but the highlight of the day was seeing Paul receive the 'Unsung Hero' award from Stephen Crabb. The shield was given by Pat and Roland Sherwood.

Llanelli Half Marathon

The weather was fantastic on Sunday but although conditions for racing were ideal, according to the commentator, the headwind we experienced for several miles really affected our pace. On the plus side the 2010 sun tan has started to develop judging from the sock marks! Beth finished first, followed by Sally, Helen and Jill, all within 5 minutes of each other.

YFC Time Trial at Lllys y Fran

Steve and Alec competed in the YFC Time Trial at Lllys y Fran yesterday. Steve won in a time of 41.06 and Alec was 2nd in a time of 41.54. Well done boys!

In contrast, some of the girls ie Jill, Claire, Beth, Sally and Helen ran a total of 94 miles over the weekend! Marathon training well under way and in fantastic weather.

Margam Park Cross Country

The last cross country has passed, and yes Steve was inconsolable all the way back from Margam Park.

It was a great race although a little heavy under foot after the rain of the last couple of days, a proper cross country you might say. The ladies have really excelled putting a team of 5 out today. The results are as follows:

Celia 4th in a time of 16:40
Beth 7th in 17:49
Joan 17th in 19:15
Jill 18th in 19:24
Claire 22nd in 19:56

39 Ran in the ladies race.

This fantastic result gave the ladies a team score of 132 match points, only 6 points behind the winning club who have won division 1. This has boosted their match point score to 725 putting them first on match points in division 2. Unfortunately we had 19 league points which kept us in second overall for div 2. This is still a great result, and means promotion to division 1 next season.

To see the individual results for the league please see the league web site.

Steve and Alec also ran well in the men's race with Steve finishing 11th in 31.24 and Alec 17th in 32.22 out of 66 runners.

The Mingli's (mini inglis) were out in force today, and judging from the sleeping on the way home, they had a great day as well. Our thanks to Reg and Rob as well for making sure the minglis didn't get too riotous.

Well done everyone for making it a great X-country season.

Meanwhile, Sally and Helen, accompanied by their loyal and encouraging personal trainer, completed their 22 mile training run in sunshine, drizzle and headwinds. No major mishaps, just delighted that it's over!

Pembrokeshire Coastal Trail Half Marathon

Sally and Helen took part in the Pembrokeshire Coastal Trail Half Marathon on Saturday in Little Haven. There was not much on the road this year with most of the course covered in sticky, gloopy mud and it was also NOT a half marathon but 14.5 miles. It was great fun though and we both enjoyed the run although Sally had the cheek to pass me at 11 miles and I didn't see her again!

I hope Jill, Beth and Claire survived their long training runs at the weekend.

Teifi 10

Alec was the first Ingli runner to finish in 63 minutes, followed by Steve in 65 minutes and Beth in 74 minutes improving on her 2009 time by over 6 minutes! That just shows how effective a little marathon training can be!

Sally and I completed our last 20 miler on Friday which was a great relief.

Pembrokeshire Duathlon

Clare had a fantastic race and was 2nd female overall in a time of 1.20.54. Alec, Tim and Rob also competed and seemed to enjoy the race but Rob was obviously struggling with his form since he wasn't able to overtake the motorised scooter at the finish. (Anyone thought of any good captions?!) – see photo's

Good luck to Jill who is taking part in the Llanelli marathon next Sunday.

Llanelli Marathon

In Jill's words "What a relief to have completed my marathon, what a long way!!!

I managed a pace of 8.30 minute miles, until 20 miles, then I died!

Anyway the overall result is less than 4hrs, so I'm happy with that. My chip time is not yet up on the website, but my watch said 3.51.

Well done Jill and a fantastic time in your first marathon. Have you set a date for your next one yet?

Fishguard Sea Cadets 10k

Rob, Paul, Beth and Alan ran in the Goodwick Sea Cadets 10k.

Rob 42.41 13th Paul 44.42 19th Beth 45.06 21st Alan 47.23 24th

Beth won a bottle of wine for first female and Rob won a bottle of wine for living in Fishguard.

The highlight of the race was the Ice cream van turning up at the car park with a toffee and ginger special.

Good luck to Sally in her first Marathon in London next Sunday.

Well, I can't wish myself good luck can I – I'll leave that to everyone else!

Good luck to Sally and Helen in the London Marathon next Sunday!

After the London Marathon,

Sally said 'When can I do my next marathon to get under 3.45?'

and Helen said 'How can I not do London again now I have a guaranteed entry for 2011'

What is it about marathons?!

Sally's official time was an amazing 3.48 and Helen's 3.51.

Red Kite Race

Alec finished in 1.27, improving on last year's time by 5 minutes.

Newport 10K

There was a good Ingli turn out at the Newport 10k. Steve led the way, followed by Beth, Paul, Rob and Jill, not forgetting Rhys and Ffion (the mini Inglis) who took part in the 4k fun run.

Pembs Tri – Annual Club Triathlon

Well done to Alan who took part in the triathlon on Sunday. He said, "I messed up parts of the swim, which had an affect on the cycling but I enjoyed it." He would like to thank Rob, Alec and Ffion for their help and support and thinks Alec is a bit scared now, because he has competition! Only two weeks to go, Alec (his words!)

PS. He seems to have forgotten that there is some female competition as well!

Cwrt Newydd results will appear later if any Ingli runners took part.

A reminder that the RACE FOR LIFE is taking place next Sunday at Scolton Manor, Haverfordwest at 11am. It would be great if there could be some Ingli members at the race to help promote the club.

The first Fishguard triathlon takes place next Sunday so Good Luck to everyone taking part, especially to those who are doing their first triathlon!

Neyland 10k

Conditions were ideal for the race and Steve and Alec stormed home in 39.43 and 39.54 with Helen trailing way behind in 48.40. There were no prizes for the club yesterday although Helen was close to winning the prize for the oldest female taking part!

Race for Life Nearly 400 flyers were handed out at the race and there seemed to be quite a lot interest in the club.

Fishguard Triathlon

The race proved to be a really successful first event despite the weather. It was well organised and the atmosphere was fantastic. Rob (with Fredrieke doing the swim) won the team event. Alec was 1st M vet and 3rd overall. Helen was 1st F supervet and was only ~~30 seconds behind Alan!~~ running to the burger van! Celia and Joan also competed in teams. A big thank you to Steve who helped a damson in distress whose chain jammed and didn't know how to fix it but she'll know what to do next time! Thank you also to Claire and Peter for their support and taking photos.

GOOD LUCK to Beth and Claire next Sunday.

Edinburgh Marathon

Beth 3.41 and Clare 4.07 (with a very sore knee) A great result especially in that heat! Congratulations to both of you. You can now look forward to taking part in next year's London Marathon Bethan!!

Cadair

Steve's report: "Alec and I ran in Cadair on Saturday in the pouring rain, (WHAT A GREAT RACE!) The Weather was appalling, really wet up and down. We did quite well. I came 53rd in a time of 1 hour 53 mins 28 secs and Alec came 68th in a time of 1 hour 56 mins 32 secs beating his previous times at this race by 4 or 5 minutes (Not bad in bad conditions) It was very slippery. The photographer, Alistair was there so I enclose a photograph he took of me trying not to kill my self coming down the hill, just for your amusement (see photo's page)

Thanks to Clare and Ffion for driving up and keeping us company."

Dinas Head

In perfect conditions Bethan and Paul ran the Dinas Head race yesterday. Despite running the Edinburgh marathon only a week ago Beth ran well and finished in 42.49, slightly ahead of Paul! Were you racing in slippers Paul?

Trots Dambuster Race

Steve, Alec and Paul ran the Dam race on Sunday. Steve equalled his 2009 time and Alec and Paul almost matched theirs. Well done boys!

Tour of Pembrokeshire

Peter accompanied Katherine Devonald on the 82 mile route and they completed the course in 5hrs 45 mins achieving a SILVER award!

Llanelli 10k

As part of her Amsterdam marathon training Sally ran the Llanelli 10k today and ran it in 47.06 but she is hoping to beat that time in September in the Swansea 10k. Watch this space!

Bwlch Y Groes 10k Multi terrain

Paul kept the Inqli flag flying at Bwlch y Groes last Thursday evening. The course had changed, with a never-ending uphill slog at the end. Although Paul felt he ran slowly, because he had just driven back from Gloucester, he still managed to finish in 51.31 (which, in my opinion, is not slow!) and he really enjoyed the run and the weather was great.

Cerist Triathlon

Clare travelled to Machynlleth this weekend and won 1st Lady Vet in the Triathlon!

Pembrokeshire Triathlon

Celia (run) and Clare (bike) were part of a relay team with Karen Thompson who kindly did the swim and were the second ladies team to finish in a time of 2.51.30.

This was Alec's first open water swim event and he completed all three disciplines in a respectable time of 3:06:34. Full credit to Alec for doing the swim, the sea looked just like the holding pond for salmon at a fish farm. Not much room and swimmer swimming over each other to find clear water! Quite an experience by all accounts!

Alan was also at the event, marshalling – or was he checking out the competition for 2011?????

Silver Valley 10k

Beth and Steve again battled it out at the Silver Valley 10k yesterday and despite Paul's best efforts Beth finished ahead of him by 26 seconds in 48.59.

Poppit 5k

Steve, Rob, Celia, Gwen, Paul, Jill and Alan all improved on their times on the 1st Poppit race with the exception of Alan. I think he decided to run backwards for part of the race! Still, there's still one race to go Alan and if I decide to race there'll be someone for you to beat! Steve was 3rd OM, Celia 2nd F35 and Gwen 3rd OF.

Tenby 10k

Beth was the only Ingli club member to venture south to race in the Tenby 10k and it was certainly worth her while because she won 3rd OF in a time of 46.58.

Poppit 5k

Steve, Beth, Clare, Gwen, Jill and Alan ran in the third and final race for this year. Thanks to Celia and Alec for their support. Steve 20:15. Beth 24:05. Alan 25:11 (*Running bravely forward, still with his injury from the last race!*). Gwen 25:30. Jill 25.34. Clare 26.04.

Ingli Runners 10k

Alec started a significant 91 runners in glorious sunshine at our 10k this year. Peter opened the course on his fabulous Cannondale Super Six (the slowest it's ever been ridden) and Les closed it in his 1971 Ford Fiesta, although he was delayed for a while when it broke down in Manorowen.

Alan, Rob, Gwen, Bethan, Clare, Helen, Paul and Steve ran for Ingli and Alec, Celia, Peter, Jill, Joan and Shan marshalled and officiated.

The overall male winner was Lee Ladd which was a terrific result as he had finished 2nd on Saturday evening at the Cardigan Mayors Race. 1st female was Ana Lynch who had also raced the previous evening and was 2nd female. Bethan was 2nd Open female and Steve ran really well considering he too had raced in Cardigan the previous evening. The Ingli girls won the team prize. So much for Helen's big comeback, 2 minutes slower than last year!

The Club is greatly indebted to Joan who had taken time off from her holiday and travelled all the way from Caerfai beach to be with us.