

Carrick-on-Suir Athletic Club

SuperValu Winter League 2015

Week Four – Tuesday November 10th (4.5 km)

Note that the names are shown below in order of points (this is based on one's rate of improvement from your best previous run (in weeks one to three) – and those that improve the most get the lowest points.

Race Number	Name	Finish Time	Week 4 Points
78	Noel Smith	0:26:18	1
100	Brian O'Rourke	0:26:25	2
70	Catherine O'Donovan	0:25:25	3
116	Audrey Halpin	0:26:11	4
95	Margaret O'Brien	0:31:14	5
121	Bernard Jacob	0:25:42	6
129	Christine Dignam	0:27:53	7
108	Kitty Shanahan	0:24:03	8
101	Deirdre Power	0:23:56	9
122	Fiona Lonergan	0:27:09	10
75	Ger Brennan	0:18:43	11
91	Tommy Falconer	0:17:55	12
77	Michael Murphy	0:23:57	13
107	Claudia O'Meara	0:25:28	14
112	Eileen Skelly	0:22:49	15
118	Lisa Bartley	0:24:41	16
103	Martin Brophy	0:23:01	17
33	Valerie O'Callaghan	0:21:17	18
68	Ann Cronin	0:23:10	19
115	Kathleen O'Hanlon	0:29:15	20
105	Pat Parle	0:20:44	21
110	Andrew Downey	0:17:40	22
90	Jackie Dunne	0:25:26	23
1	Eddie Wells	0:19:27	24
81	Caroline O'Neill	0:22:57	25
82	Sean Dunne	0:26:16	26
120	Deirdre O'Sullivan	0:20:48	27
98	Pat Harte	0:21:12	28
83	Natalie White	0:24:01	29
80	Brian Graham	0:17:58	30

Race Number	Name	Finish Time	Week 4 Points
114	James Fox	0:19:57	31
13	Mags Power	0:21:58	32
111	Sarah Kirwan	0:22:40	33
94	Tom Walsh	0:23:46	34
93	Andrea Walsh	0:27:19	35
73	Chris McNamara	0:21:41	36
84	Sinead Dunne	0:28:51	37
150	Maura O'Neill	0:21:45	38
119	Sinead Nagle	0:24:41	39
97	Pat Casey	0:25:07	40
113	Wayne Coady	0:23:30	41

Many thanks to all for your support and we look forward to seeing you all in Kildalton next Tuesday at 7 pm for week five of our Winter League.