

# Carrick-on-Suir Athletic Club

## SuperValu Winter League 2015

### Week Five – Tuesday November 24<sup>th</sup> (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 four) – and those that improve the most get the lowest points.*

<b>Race Number</b>	<b>Name</b>	<b>Finish Time</b>	<b>Week 5 Points</b>
133	Gerard Murphy	0:18:30	1
132	Tom Butler	0:18:54	2
74	Seamus Ward	0:18:39	3
107	Claudia O'Meara	0:23:58	4
115	Kathleen O'Hanlon	0:27:54	5
108	Kitty Shanahan	0:23:05	6
101	Deirdre Power	0:23:08	7
68	Ann Cronin	0:22:21	8
127	Joe Gough	0:18:05	9
33	Valerie O'Callaghan	0:20:36	10
83	Natalie White	0:23:10	11
98	Pat Harte	0:20:24	12
128	Anthony Grace	0:18:19	13
105	Pat Parle	0:20:08	14
90	Jackie Dunne	0:25:04	15
117	Paul Fitzgerald	0:23:11	16
81	Caroline O'Neill	0:22:39	17
13	Mags Power	0:21:32	18
111	Sarah Kirwan	0:22:22	19
94	Tom Walsh	0:23:21	20
121	Bernard Jacob	0:26:09	21
71	Tom Egan	0:18:23	22
86	Eoghan Coughlan	0:18:12	23
129	Christine Dignam	0:28:28	24
106	David McNamara	0:21:45	25
73	Chris McNamara	0:21:21	26
76	John Hanlon	0:21:36	27
84	Sinead Dunne	0:28:32	28
92	Tina Walsh	0:22:19	29

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