

Carrick-on-Suir Road Runners AC

SuperValu Spring League 2017

Week 5 Results

Finishing Position	Race Number	Name	Finish Time	Predicted Time	Difference
1	1156	Brian Murphy	0:12:50	0:12:50	0:00:00
2	138	James Sullivan	0:13:53	0:14:00	0:00:07
3	69	Patrick Roche	0:14:09	0:14:10	0:00:01
4	186	PJ Guinan	0:14:26	0:15:00	0:00:34
5	1201	Brian Cuddihy	0:15:01	0:15:00	0:00:01
6	196	Benny Hahessy	0:15:02	0:15:00	0:00:02
7	980	Pat Nolan	0:15:09	0:15:05	0:00:04
8	77	Joe Gough	0:15:26	0:15:10	0:00:16
9	149	Tommy Falconer	0:15:53	0:16:00	0:00:07
10	321	Miguel Ponce De	0:15:59	0:16:00	0:00:01
11	90	Jim Power	0:16:16	0:15:55	0:00:21
12	145	Keith O'Brien	0:16:36	0:16:30	0:00:06
13	91	Barry Torpey	0:16:40	0:17:40	0:01:00
14	1056	Michael Freaney	0:16:44	0:16:50	0:00:06
15	194	Mary Molloy	0:16:56	0:17:10	0:00:14
16	1200	Andrew Downey	0:17:11	0:17:30	0:00:19
17	160	Michael Dennehy	0:17:19	0:17:00	0:00:19
18	986	Tina Walsh	0:17:35	0:18:00	0:00:25
19	982	Pat Parle	0:18:07	0:18:30	0:00:23
20	1054	John Hanlon	0:18:10	0:18:30	0:00:20
21	590	Maura O'Neill	0:18:39	0:18:50	0:00:11
22	1113	Gordon Collins	0:18:52	0:19:00	0:00:08
23	978	Sinead Brennan	0:19:04	0:20:00	0:00:56
24	413	Derek O'Dwyer	0:19:21	0:19:00	0:00:21
25	440	Bernie Sexton	0:19:24	0:19:20	0:00:04
26	148	Josephine O'Dwyer	0:19:50	0:20:00	0:00:10
27	140	Catherine O'Donovan	0:19:56	0:20:00	0:00:04
28	452	Deirdre Walsh	0:19:57	0:21:00	0:01:03
29	974	Karen Keane	0:20:08	0:21:00	0:00:52
30	972	Georgina Cullen	0:20:09	0:20:50	0:00:41
31	585	Claire Comerford	0:20:18	0:21:00	0:00:42
32	137	Ann Cronin	0:20:19	0:20:30	0:00:11
33	979	Sean O'Donovan	0:20:27	0:20:30	0:00:03
34	975	Patrick Cunningham	0:20:31	0:21:30	0:00:59
35	973	Gillian O'Meara	0:20:47	0:20:20	0:00:27
36	976	Sinead Nagle	0:21:25	0:21:30	0:00:05
37	584	Aisling Skerritt	0:21:56	0:22:10	0:00:14
38	983	Sean Dunne	0:24:00	0:21:30	0:02:30
39	139	Sinead Dunne	0:24:53	0:24:00	0:00:53
40	714	Susan Collins	0:25:28	0:24:40	0:00:48

Spring League 2017

Record of All Times for the Five Weeks to Date

Number	Name	Week 1 Time (3k)	Week 2 Time (3k)	Week 3 Time (3k)		Week 4 Time (4K)	Week 5 Time (4K)
13	Mags Power	0:14:50	0:14:27	0:14:04			
37	Maura Lacey	0:23:08	0:21:33	0:20:49			
69	Patrick Roche	0:10:41	0:10:33	0:10:26		0:14:11	0:14:09
77	Joe Gough	0:11:24	0:11:15	0:11:18		0:15:09	0:15:26
90	Jim Power	0:12:05	0:11:44			0:16:13	0:16:16
91	Barry Torpey	0:13:48	0:13:27	0:12:53		0:17:33	0:16:40
136	Conor Power	0:19:52	0:17:36			0:22:58	
137	Ann Cronin	0:15:09		0:14:52		0:20:22	0:20:19
138	James Sullivan	0:10:29	0:10:25				0:13:53
139	Sinead Dunne	0:17:58	0:18:51	0:18:46		0:24:48	0:24:53
140	Catherine O'Donovan	0:14:58	0:15:00			0:20:11	0:19:56
141	Ber Glascott	0:17:29	0:17:13	0:17:01		0:23:19	
142	Ciaran Reade	0:16:12		0:15:46			
143	Lorraine McCabe	0:16:11					
144	Jackie Barden	0:18:32	0:17:46	0:17:31			
145	Keith O'Brien	0:11:13	0:11:09	0:10:48			0:16:36
146	Lorraine Quigley	0:16:19		0:15:49			
147	Lilly Kelly	0:15:40	0:15:10	0:15:20			
148	Josephine O'Dwyer	0:14:59	0:15:01	0:14:33		0:20:04	0:19:50
149	Tommy Falconer	0:12:51	0:12:55	0:12:15		0:16:00	0:15:53
160	Michael Dennehy						0:17:19
186	PJ Guinan		0:11:02	0:10:49		0:14:40	0:14:26
194	Mary Molloy					0:17:24	0:16:56
196	Benny Hahessy	0:11:15	0:11:12	0:11:00		0:15:07	0:15:02
264	Mary Daniels	0:25:04					
321	Miguel Ponce De Leon	0:12:19		0:11:51		0:16:08	0:15:59
364	Annie Moriarty		0:16:28	0:16:16		0:22:26	
413	Derek O'Dwyer	0:14:41	0:13:54			0:18:54	0:19:21
440	Bernie Sexton	0:14:52	0:14:30	0:14:13		0:19:09	0:19:24
450	Ellie Long	0:17:05	0:16:58				
452	Deirdre Walsh	0:14:50	0:14:27	0:14:04			0:19:57
470	Tomas Roantree	0:10:17					
584	Aisling Skerritt	0:19:27	0:17:36	0:16:57		0:22:32	0:21:56
585	Claire Comerford	0:17:16	0:16:34	0:15:34		0:20:57	0:20:18
586	Shirley O'Shea	0:16:32	0:16:19				
590	Maura O'Neill	0:14:49	0:14:07	0:13:48		0:18:55	0:18:39
714	Susan Collins	0:19:45	0:19:50	0:19:02		0:25:40	0:25:28
796	James Fox	0:12:53	0:13:05	0:12:50		0:17:15	
971	Thomas Kavanagh			0:14:03			
972	Georgina Cullen	0:15:41	0:14:37	0:14:20		0:20:34	0:20:09
973	Gillian O'Meara			0:15:15		0:21:32	0:20:47
974	Karen Keane	0:15:53	0:15:43	0:15:07		0:20:58	0:20:08
975	Patrick Cunningham		0:16:56	0:15:35		0:21:09	0:20:31
976	Sinead Nagle		0:16:22	0:15:44		0:21:17	0:21:25
977	Tom Dunne		0:15:21	0:14:11			
978	Sinead Brennan		0:15:21	0:14:12			0:19:04
979	Sean O'Donovan	0:15:46	0:15:24	0:15:09		0:20:31	0:20:27
980	Pat Nolan		0:11:10	0:11:16		0:15:03	0:15:09
982	Pat Parle		0:13:59	0:13:35		0:18:21	0:18:07
983	Sean Dunne		0:16:59	0:15:52		0:22:29	0:24:00
984	Jackie Dunne		0:17:33	0:17:05			
985	Fiona Long		0:13:58			0:20:56	
986	Tina Walsh		0:13:36	0:12:52		0:17:54	0:17:35
987	Kerry O'Brien	0:19:33					
988	Nicola Power	0:17:11					
1054	John Hanlon	0:14:34	0:13:44	0:13:42		0:18:37	0:18:10
1056	Michael Freaney	0:12:52	0:12:54	0:12:29		0:16:55	0:16:44
1113	Gordon Collins			0:13:49			0:18:52
1156	Brian Murphy			0:09:25		0:12:43	0:12:50
1200	Andrew Downey						0:17:11
1201	Brian Cuddihy						0:15:01

Total

41

44

44

37

40

Order of Teams after Five Weeks

Team	Names	Best 2 Scores from Week 1	Best 2 Scores from Week 2	Best 2 Scores from Week 3	Best 2 Scores from Week 4	Best 2 Scores from Week 5	Overall after Five Weeks
4	Patrick Roche, Joe Gough, Tommy Falconer	0:00:12	0:00:03	0:00:07	0:00:05	0:00:08	0:00:35
6	Keith O'Brien, Sean O'Donovan, Miguel Ponce De Leon	0:00:18	0:00:10	0:00:26	0:00:04	0:00:04	0:01:02
3	James Fox, Michael Freaney, John Hanlon	0:00:15	0:00:29	0:00:12	0:00:03	0:00:26	0:01:25
8	Bernie Sexton, Maura O'Neill, Ann Cronin	0:01:59	0:01:23	0:00:45	0:00:36	0:00:15	0:04:58
14	Benny Hahessy, Sinead Nagle, Conor Power	0:03:37	0:01:42	0:00:56	0:00:34	0:00:07	0:06:56
13	Claire Comerford, Georgina Cullen, Karen Keane	0:04:26	0:00:33	0:00:17	0:01:12	0:01:23	0:07:51
2	Catherine O'Donovan, Susan Collins, Aisling Skerritt	0:06:18	0:00:56	0:00:36	0:01:03	0:00:18	0:09:11
1	Derek O'Dwyer, Maura Lacey, Jim Power	0:02:54	0:00:22	0:05:04	0:00:19	0:00:42	0:09:21
15	Josephine O'Dwyer, Pat Nolan, PJ Guinan	0:08:51	0:02:09	0:00:25	0:00:09	0:00:14	0:11:48
10	Sinead Dunne, Ber Glascott, Mary Daniels	0:02:33	0:01:34	0:00:15	0:02:29	0:05:53	0:12:44
18	Patrick Cunningham, Pat Parle, Brian Murphy	0:10:00	0:01:35	0:00:40	0:00:26	0:00:23	0:13:04
7	Tomas Roantree, James Sullivan, Barry Torpey	0:01:48	0:01:03	0:05:18	0:05:15	0:01:07	0:14:31
5	Mags Power, Deirdre Walsh, Shirley O'Shea	0:03:08	0:00:56	0:00:52	0:10:00	0:06:03	0:20:59
17	Sinead Brennan, Tom Dunne, Tina Walsh	0:10:00	0:01:18	0:01:36	0:07:06	0:01:21	0:21:21
12	Ellie Long, Lorraine Quigley, Lilly Kelly	0:02:36	0:01:07	0:00:31	0:10:00	0:10:00	0:24:14
16	Fiona Long, Jackie Dunne, Sean Dunne	0:10:00	0:03:02	0:01:18	0:04:55	0:07:30	0:26:45
19	Gordon Collins, Gillian O'Meara, Thomas Kavanagh	0:10:00	0:10:00	0:01:38	0:07:12	0:00:35	0:29:25
11	Ciaran Reade, Lorraine McCabe, Jackie Barden	0:03:16	0:05:44	0:01:03	0:10:00	0:10:00	0:30:03
9	Annie Moriarty, Kerry O'Brien, Nicola Power	0:03:16	0:08:32	0:05:44	0:06:34	0:10:00	0:34:06
20	Mary Molloy, Brian Cuddihy, Micheal Dennehy	0:10:00	0:10:00	0:10:00	0:06:06	0:00:15	0:36:21
21	Andrew Downey						

Notes:

1. The team with the lowest overall score (column on the far right) after the sixth week's run will be the winners of the Spring League, followed by the next lowest etc. This table shows that after five weeks Team 4 (Patrick Roche, Joe Gough and Tommy Falconer) lead followed by Team 6 (Keith O'Brien, Sean O'Donovan and Miguel Ponce De Leon).
2. Prizes will be given out shortly after the week six run – and all are welcome to Cusack's Bar for refreshments before this presentation.