

# Carrick-on-Suir Athletic Club

## SuperValu Winter League 2015

### Week Six – Tuesday December 1<sup>st</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 five) – and those that improve the most get the lowest points.*

Race Number	Name	Finish Time	Week 6 Points
134	Keith Carbery	0:18:39	1
130	Paul Shankey	0:21:05	2
108	Kitty Shanahan	0:22:34	3
115	Kathleen O'Hanlon	0:27:40	4
98	Pat Harte	0:20:11	5
74	Seamus Ward	0:18:33	6
13	Mags Power	0:21:25	7
127	Joe Gough	0:18:12	8
84	Sinead Dunne	0:27:52	9
117	Paul Fitzgerald	0:23:20	10
116	Audrey Halpin	0:26:20	11
75	Ger Brennan	0:18:52	12
107	Claudia O'Meara	0:24:10	13
71	Tom Egan	0:18:05	14
133	Gerard Murphy	0:18:46	15
42	Benny Hahessy	0:17:39	16
111	Sarah Kirwan	0:22:30	17
101	Deirdre Power	0:23:31	18
77	Michael Murphy	0:24:21	19
106	David McNamara	0:21:35	20
1	Eddie Wells	0:19:39	21
81	Caroline O'Neill	0:23:05	22
94	Tom Walsh	0:23:36	23
86	Eoghan Coughlan	0:18:16	24
92	Tina Walsh	0:22:14	25
97	Pat Casey	0:25:01	26
128	Anthony Grace	0:21:00	27

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