

Carrick-on-Suir Athletic Club

SuperValu Winter League 2015

Week Seven – Tuesday December 8th (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 six) – and those that improve the most get the lowest points.

Race Number	Name	Finish Time	Week 7 Points
75	Ger Brennan	0:18:00	1
115	Kathleen O'Hanlon	0:27:01	2
108	Kitty Shanahan	0:22:02	3
127	Joe Gough	0:17:37	4
1	Eddie Wells	0:18:58	5
94	Tom Walsh	0:22:47	6
128	Anthony Grace	0:18:09	7
113	Wayne Coady	0:20:35	8
122	Fiona Lonergan	0:27:06	9
98	Pat Harte	0:20:11	10
101	Deirdre Power	0:23:08	11
105	Pat Parle	0:20:15	12
13	Mags Power	0:21:34	13
129	Christine Dignam	0:28:03	14
42	Benny Hahessy	0:17:35	15
71	Tom Egan	0:18:05	16
81	Caroline O'Neill	0:22:59	17
123	Shane Comerford	0:18:49	18
83	Natalie White	0:24:00	19
119	Sinead Nagle	0:24:09	20
107	Claudia O'Meara	0:25:01	21
70	Catherine O'Donovan	0:26:29	22
92	Tina Walsh	0:22:30	23

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