

## Carrick-on-Suir Athletic Club

### SuperValu Winter League 2015

#### Week Three – Tuesday November 3<sup>rd</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 week one or week two) – and those that improve the most get the lowest points.*

Race Number	Name	Finish Time	Week 3 Points
131	Thomas Kavanagh	0:18:25	1
127	Joe Gough	0:18:41	2
128	Anthony Grace	0:18:42	3
130	Paul Shankey	0:22:13	4
129	Christine Dignam	0:28:21	5
33	Valerie O'Callaghan	0:21:08	6
73	Chris McNamara	0:20:42	7
115	Kathleen O'Hanlon	0:29:02	8
94	Tom Walsh	0:22:59	9
90	Jackie Dunne	0:25:10	10
117	Paul Fitzgerald	0:23:16	11
119	Sinead Nagle	0:23:13	12
91	Tommy Falconer	0:17:55	13
125	Louise Kent	0:20:10	14
72	Kieran Monaghan	0:19:37	15
98	Pat Harte	0:20:49	16
104	Cian Power	0:18:22	17
83	Natalie White	0:23:38	18
122	Fiona Lonergan	0:27:22	19
86	Eoghan Coughlan	0:17:38	20
79	Jason O'Brien	0:20:53	21
123	Shane Comerford	0:18:23	22
92	Tina Walsh	0:21:17	23
77	Michael Murphy	0:23:57	24
107	Claudia O'Meara	0:25:27	25
150	Maura O'Neill	0:20:28	26
96	Tom Kent	0:20:44	27
13	Mags Power	0:21:29	28
110	Andrew Downey	0:17:25	29
1	Eddie Wells	0:19:10	30

<b>Race Number</b>	<b>Name</b>	<b>Finish Time</b>	<b>Week 3 Points</b>
105	Pat Parle	0:20:30	31
120	Deirdre O'Sullivan	0:20:26	32
106	David McNamara	0:21:09	33
102	Jeffrey Brophy	0:18:56	34
82	Sean Dunne	0:25:55	35
71	Tom Egan	0:17:51	36
81	Caroline O'Neill	0:22:36	37
76	John Hanlon	0:20:55	38
95	Margaret O'Brien	0:31:48	39
112	Eileen Skelly	0:22:47	40
42	Benny Hahessy	0:17:22	41
68	Ann Cronin	0:23:00	42
114	James Fox	0:19:50	43
116	Audrey Halpin	0:28:01	44

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