

Carrick-on-Suir Road Runners AC

SuperValu Spring League 2020

Times for each of the Eight Weeks

Number	Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
9	Sinead Brennan	00:23:57	00:21:47	00:21:13					
15	Ross Cleary	00:18:27	00:17:57			00:17:01	00:16:50	00:16:43	
63	Cian Power	00:18:48	00:18:36	00:17:38	00:16:41	00:16:16	00:16:29	00:16:27	
64	Eimear O'Friel	00:20:44	00:19:23	00:18:47	00:18:37	00:17:31		00:17:47	
65	John Kelly	00:21:16	00:19:33	00:19:12	00:18:52	00:18:39		00:18:31	00:18:43
66	Fiona Troy	00:21:09	00:19:48	00:19:40	00:19:17	00:19:09	00:19:12		00:20:11
67	Maura Lacey	00:27:11	00:26:07	00:25:45	00:26:41		00:27:27	00:27:09	
95	Barry Torpey		00:17:35	00:17:16	00:17:02		00:17:04		00:16:50
140	Aaron O'Donnell			00:13:40				00:13:49	
403	Dermot Lanigan	00:17:03	00:16:27	00:16:00					
404	Miguel Ponce De Leon		00:16:05	00:16:09	00:16:46		00:16:19		
406	Benny Hahessy	00:15:23	00:15:08	00:14:53	00:15:10	00:15:04	00:15:05	00:15:07	00:15:42
462	James Sullivan	00:16:16	00:15:01	00:14:50	00:14:55	00:19:54	00:16:48		
533	Catherine O'Donovan	00:21:54	00:21:38	00:21:04		00:21:38		00:21:13	00:21:20
596	Laura Brennan	00:23:58		00:21:06					
1168	Trish Frisby	00:25:13	00:24:09		00:22:55				
1204	Amy Harris	00:27:04	00:25:34	00:24:33	00:22:59		00:22:46		
1206	Keira Ivors	00:32:31							
1208	James Hogan	00:17:49	00:17:38		00:16:58	00:16:52	00:16:44	00:16:23	00:16:20
1210	Bernie Sexton	00:21:57	00:20:57	00:20:35	00:20:34	00:20:26		00:20:27	00:20:12
1212	Margaret Power	00:20:31	00:19:47	00:19:33	00:19:39	00:20:27	00:20:06	00:19:54	00:20:02
1214	Jimmy Power		00:20:55	00:20:33		00:20:24	00:20:50		
1252	Karen Keane	00:22:11							00:14:14
1252	Darren O'Dwyer	00:22:11		00:13:58		00:14:08	00:13:57	00:14:01	00:14:14
1256	Brian Graham	00:15:09	00:14:52	00:14:47	00:15:00	00:15:12	00:15:07	00:14:51	00:15:10
1258	Yvonne Walsh	00:21:13	00:20:37	00:20:40	00:20:25	00:20:12	00:20:29	00:20:13	00:19:57

Number	Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1260	Sinead Blackmore	00:21:35	00:21:43	00:21:16	00:21:25	00:21:06	00:21:17	00:21:15	00:21:14
1348	Derek O'Dwyer		00:20:36			00:19:52			00:20:41
1350	Siobhan Kelly		00:20:32	00:20:21	00:20:36			00:20:20	00:20:22
1352	John Hanly		00:17:42						
1354	Dermot Gorman		00:13:32	00:13:11	00:13:27	00:13:16	00:13:20	00:13:24	
1356	Pat Parle		00:19:13	00:18:43	00:18:46	00:18:09	00:18:39	00:18:32	00:18:44
1358	Noreen Tobin			00:19:26	00:18:56	00:19:19	00:18:45	00:18:34	00:18:47
1388	Martin Whittle	00:23:43	00:21:45	00:21:36	00:22:01		00:20:25		
1390	Caroline O'Neill	00:22:58	00:22:52	00:22:00	00:22:00	00:21:29	00:21:49		
1392	John Frisby	00:23:42	00:21:44	00:21:39	00:22:02		00:20:27	00:20:44	
1394	Donna Reade	00:27:12	00:26:08	00:24:36	00:23:06	00:21:56	00:22:40	00:21:50	
1396	Liam Knox	00:24:22	00:23:17	00:22:44	00:22:42	00:21:15	00:20:33	00:20:08	
1398	Patrick Roche	00:14:45	00:14:29	00:14:23	00:14:34	00:14:15	00:14:19	00:14:15	00:14:32
1400	Wayne Coady	00:20:36	00:19:50	00:19:13	00:19:11	00:18:50	00:19:33	00:18:55	
1402	John Carroll	00:16:47	00:16:52	00:16:47	00:16:51		00:18:53	00:18:38	00:18:47
1404	Sean Dunne	00:19:00	00:18:30	00:18:14	00:18:08	00:18:13	00:18:37	00:18:40	00:19:21
1406	PJ Guinan	00:14:44				00:14:43		00:14:57	00:15:01
1408	Ann Cronin	00:20:48	00:20:39	00:20:37	00:20:37	00:20:26	00:20:32	00:20:27	
1410	Mary Fitzpatrick	00:25:19	00:23:44	00:22:26	00:22:14	00:21:47	00:21:47		
1418	Caitriona Walsh	00:23:21	00:22:46	00:22:21	00:22:24				
1420	Jackie Dunne	00:22:00	00:21:13	00:20:52	00:21:09	00:20:42	00:21:00	00:20:50	00:20:50
1428	Emer O'Brien	00:18:35	00:18:17	00:17:53	00:17:42	00:17:32	00:17:35	00:17:27	00:17:38
1430	Rachel Kidd		00:19:33	00:19:15	00:19:10		00:19:54		
1432	David Foley	00:20:41	00:19:26	00:18:33	00:18:00				
1434	Joe Gough	00:15:24	00:15:11	00:15:03	00:15:13	00:15:45	00:15:30		
1436	Eddie Flynn	00:15:11	00:14:58	00:14:45		00:16:42			
1438	William O'Dwyer	00:17:53	00:17:21	00:16:28	00:16:36	00:16:15	00:17:05	00:16:02	00:16:10
1440	Barry Drohan	00:15:26	00:15:30	00:15:00	00:15:03	00:14:19	00:14:17	00:14:13	
1442	Johnny Lyons		00:17:55	00:18:26		00:18:01	00:17:01	00:16:06	00:17:20
1444	Michael Murphy		00:18:48	00:18:58	00:18:11	00:18:22	00:18:22	00:18:28	00:18:32
1448	Tommy Falconer	00:18:46		00:17:47	00:17:46	00:17:26	00:17:52		00:18:21
1450	Bridget Walsh	00:25:18	00:22:58	00:21:50	00:21:44	00:21:13	00:21:11		00:20:55
1452	Nanette O'Connell	00:19:14	00:19:24	00:18:54	00:18:57	00:18:59	00:18:50	00:18:47	00:19:00

Number	Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1454	Deirdre Power	00:19:14	00:19:16	00:18:48	00:18:51	00:20:27	00:18:53	00:18:37	00:18:47
1460	Eugene O'Keeffe	00:15:20	00:15:49	00:14:49		00:15:19	00:15:06	00:15:07	00:15:20
1462	Mary Daniels								
1464	Keith Barry	00:16:48	00:16:14	00:15:38	00:15:53	00:15:43			
1466	Mary Kelly	00:20:35	00:20:27	00:19:58	00:19:50	00:19:48	00:19:30	00:19:20	
1468	Annette Comerford	00:21:38	00:20:37						
1470	Eileen O'Connell	00:18:32	00:18:21	00:17:49	00:17:37	00:17:28	00:17:29	00:17:03	00:16:55
1472	Eileen Skelly	00:21:39							
1474	Tim Treacy	00:14:50	00:14:22		00:14:40	00:14:15	00:14:59	00:14:06	00:14:30
1476	David Kenneally	00:17:55	00:17:38	00:16:58	00:16:38	00:16:28		00:16:39	00:16:15
1478	Leanne Phelan	00:20:42	00:20:10	00:20:04	00:19:54	00:21:56	00:20:00	00:19:51	00:19:56
1480	Keith O'Brien	00:16:58	00:16:13		00:16:29	00:16:03		00:15:39	00:15:03
1482	Thomas Kavanagh	00:17:20	00:16:57		00:17:23	00:16:33		00:17:19	
1484	Maura O'Neill	00:21:06	00:20:29	00:20:19	00:20:32				
1486	Conor Power	00:22:37	00:21:40	00:20:41	00:20:29	00:19:58	00:20:03	00:20:20	00:20:41
1488	Diane Behan	00:17:34	00:17:16		00:17:55	00:17:23	00:17:40	00:17:21	
1490	Micheal Freaney	00:19:01	00:18:46	00:17:36	00:17:35	00:17:17	00:17:20	00:17:21	00:16:53
1492	Patrick Harris	00:27:12	00:15:20	00:14:54	00:14:59	00:14:51	00:15:01	00:15:24	
1494	Michael Freaney	00:17:04	00:16:46	00:16:46	00:16:47	00:16:33	00:16:46	00:16:40	00:16:32
1495	Trish Kelly		00:23:22	00:22:28	00:21:59	00:21:34	00:21:48	00:20:57	00:20:48
1496	Andrew Downey	00:16:23	00:14:19	00:14:43	00:14:43	00:15:14	00:14:32	00:14:08	
1498	Ray Cullen	00:17:04	00:16:28	00:15:59	00:16:06	00:15:31			
1500	Ger Power	00:21:30	00:21:30	00:20:55	00:21:09	00:20:25		00:21:04	00:21:24
	Total Attendance	67	72	67	63	59	54	52	41