

Carrick-on-Suir Road Runners AC

SuperValu Spring League 2018

Week 8 Results (4 K)

Finishing Position	Race Number	Name	Finish Time	Predicted Time	Difference
1	177	Patrick Roche	0:13:24	0:13:35	0:00:11
2	378	James Sullivan	0:13:50	0:13:45	0:00:05
3	499	Benny Hahessy	0:14:33	0:14:45	0:00:12
4		PJ Guinan	0:14:39		
5	183	Eoghan Coughlan	0:14:53	0:14:40	0:00:13
6	174	Brian Graham	0:15:04	0:15:30	0:00:26
7	187	Tommy Falconer	0:15:08	0:15:15	0:00:07
8	186	Miguel Ponce De Leon	0:15:11	0:15:15	0:00:04
9	420	Jeffrey Brophy	0:15:12	0:15:15	0:00:03
10	428	Eugene O'Keeffe	0:15:22	0:15:10	0:00:12
11	432	John Carroll	0:15:53	0:16:00	0:00:07
12	170	Barry Torpey	0:16:05	0:15:56	0:00:09
13	190	Joe Gough	0:16:06	0:16:00	0:00:06
14	429	Michael Freaney	0:16:14	0:16:10	0:00:04
15	430	Dermot Lanigan	0:16:23	0:16:30	0:00:07
16	171	Ray Bourke	0:16:28	0:16:30	0:00:02
17	164	Leslie O'Donnell	0:16:29	0:16:50	0:00:21
18	433	Andrew Downey	0:17:46	0:17:30	0:00:16
19	173	Derek O'Dwyer	0:18:28	0:19:00	0:00:32
20	452	Deirdre Power	0:18:33	0:18:40	0:00:07
21	188	Mags Power	0:18:35	0:18:45	0:00:10
22	179	Sean Dunne	0:20:17	0:22:00	0:01:43
23	178	Jimmy Power	0:20:35	0:19:55	0:00:40
24	192	Conor Power	0:20:41	0:20:15	0:00:26
25	180	Jackie Dunne	0:21:10	0:21:16	0:00:06
26	377	Ber Glascott	0:23:44	0:23:10	0:00:34
27	182	Sinead Dunne	0:24:08	0:24:00	0:00:08
28	584	Aisling Skerritt	0:24:08	0:23:30	0:00:38

TIMES EACH WEEK OVER THE EIGHT WEEK LEAGUE

Number	Name	Week 1 Time (3K)	Week 2 Time (3K)	Week 3 Time (4K)	Week 4 Time (4K)	Week 5 Time (4K)	Week 6 Time (4K)	Week 7 Time (4K)	Week 8 Time (4K)
161	Margaret Kirwan	0:21:50	0:24:10	0:29:56	0:27:54		0:27:20		
164	Leslie O'Donnell	0:12:46	0:13:10	0:16:31	0:16:36	0:16:51	0:16:50	0:16:49	0:16:29
165	Patrick Harris	0:11:24	0:11:42	0:15:37	0:15:01	0:15:00			
170	Barry Torpey	0:12:46	0:13:11	0:17:24	0:16:27	0:16:17	0:16:06	0:15:56	0:16:05
171	Ray Bourke	0:10:54	0:11:11	0:14:39	0:14:44				0:16:28
172	Jennifer White	0:17:36		0:24:02	0:22:10	0:22:16	0:21:59	0:21:57	
173	Derek O'Dwyer	0:15:24	0:15:04	0:18:48	0:18:35	0:18:38	0:20:07	0:18:38	0:18:28
174	Brian Graham	0:11:45	0:12:09	0:15:49	0:15:34	0:15:27			0:15:04
175	Thomas Kavanagh	0:12:54	0:14:02				0:18:38	0:17:40	
176	Ann Cronin	0:15:57		0:21:19	0:21:11	0:20:54	0:20:44	0:20:22	
177	Patrick Roche	0:10:10	0:10:23	0:13:42	0:13:34	0:13:31	0:13:40	0:13:28	0:13:24
178	Jimmy Power	0:15:53	0:15:59	0:20:40	0:20:38	0:22:03	0:20:11	0:20:04	0:20:35
179	Sean Dunne	0:15:46	0:16:06	0:22:49	0:21:33	0:24:20	0:23:02	0:21:16	0:20:17
180	Jackie Dunne	0:17:38	0:17:37	0:23:04	0:21:58	0:22:05	0:21:40	0:21:21	0:21:10
182	Sinead Dunne	0:20:06	0:19:51	0:26:11	0:25:09	0:25:09	0:23:42	0:24:30	0:24:08
183	Eoghan Coughlan	0:11:16	0:11:44	0:15:11	0:14:41	0:14:48	0:14:49	0:14:30	0:14:53
184	Darren O'Loughlin	0:12:05	0:12:23	0:16:06	0:15:36	0:15:35	0:16:40	0:15:46	
185	Mary Molloy	0:12:40	0:13:33		0:17:23				
186	Miguel Ponce De Leon	0:11:15			0:15:11	0:15:03	0:15:22		0:15:11
187	Tommy Falconer	0:12:22	0:12:05		0:15:50	0:16:39	0:15:12	0:15:15	0:15:08
188	Mags Power	0:14:20		0:19:08	0:18:38	0:18:43	0:18:37	0:18:54	0:18:35
189	Anthony Grace	0:11:05							
190	Joe Gough	0:11:13	0:11:28	0:15:22	0:15:33			0:15:44	0:16:06
192	Conor Power	0:17:31	0:16:00	0:20:43		0:20:18			0:20:41
193	James Fox	0:12:35	0:14:24						
376	Seamus Ward			0:16:01	0:15:52				
377	Ber Glascott			0:25:17	0:23:52				0:23:44
378	James Sullivan			0:15:08	0:14:14	0:14:00		0:13:56	0:13:50
379	Mary Kenny			0:20:56	0:20:33	0:19:58			
380	Maura O'Neill			0:19:33	0:18:59	0:19:15		0:19:39	
420	Jeffrey Brophy	0:12:44	0:12:59	0:16:27	0:16:10	0:16:02	0:15:14	0:15:38	0:15:12
426	Tina Walsh	0:14:12			0:19:10	0:19:17			
427	Pat Parle	0:14:07	0:14:25	0:18:20	0:18:08				
428	Eugene O'Keefe	0:11:44	0:12:16	0:16:00	0:15:27		0:15:17	0:15:31	0:15:22
429	Michael Freaney	0:12:35		0:16:54	0:16:30	0:16:28	0:16:20	0:16:13	0:16:14
430	Dermod Lanigan	0:12:54	0:13:04		0:17:48	0:16:51	0:16:42		0:16:23
431	Mary Fitzpatrick		0:23:24	0:29:55	0:27:54	0:27:08	0:28:53		
432	John Carroll		0:13:11	0:16:47	0:16:15	0:16:13	0:15:57	0:15:49	0:15:53
433	Andrew Downey		0:14:01	0:16:18			0:16:12		0:17:46
440	Bernie Sexton					0:21:15			
452	Deirdre Power	0:14:20	0:14:29	0:18:50	0:18:39	0:18:44	0:18:40	0:18:40	0:18:33
499	Benny Hahessy	0:11:11	0:11:28	0:15:08	0:14:49	0:14:54	0:14:49	0:14:44	0:14:33
577	Tom Egan	0:13:00		0:17:21	0:17:08	0:16:50	0:16:45	0:18:56	
584	Aisling Skerritt			0:26:24	0:25:09	0:25:09	0:23:09	0:22:19	0:24:08