

**NICSAC Predicted Time 5km Handicap
6 September 2017**

Club Members

Pos	No	Name	M/F	Predicted Time	Actual Time	Time Difference
1	17	Heidi Rodgers	F	00:25:15	00:25:19	00:00:04
2	296	Anne McNally	F	00:25:54	00:26:01	00:00:07
3	688	Adrienne Neill	F	00:26:45	00:26:36	00:00:09
4	30	Sarah Rowlands	F	00:30:15	00:30:28	00:00:13
5	754	Juliette McCutcheon	F	00:39:40	00:39:24	00:00:16
6	695	Lynn Kirkpatrick	F	00:35:18	00:34:11	00:01:07
7	687	Brenda Ross	F	00:37:00	00:38:18	00:01:18
8	297	Maura Hennessey	F	00:31:05	00:34:21	00:03:16

Club Members

Pos	No	Name	M/F	Predicted Time	Actual Time	Time Difference
1	300	Philip Carson	M	00:20:20	00:20:26	00:00:06
2	299	Michael Williamson	M	00:25:15	00:25:07	00:00:08
3	298	Michael Kelly	M	00:26:20	00:26:03	00:00:17
4	177	Ivo Damkat	M	00:20:30	00:20:47	00:00:17
5	552	Tony Scullion	M	00:20:20	00:20:44	00:00:24
6	168	Stephen Lemon	M	00:23:30	00:24:07	00:00:37
7	690	Alan Murphy	M	00:25:15	00:25:53	00:00:38
8	189	Paul O'Hare	M	00:25:10	00:25:57	00:00:47
9	563	John Callaghan	M	00:26:10	00:24:14	00:01:56
10	34	Joe Quinn	M	00:34:27	00:38:03	00:03:36

Couch To 5km Athletes

Pos	No	Name	M/F	Predicted Time	Actual Time	Time Difference
1	571	Anne McCreedy	F	00:27:45	00:27:52	00:00:07
2	569	Lorraine Miller	F	00:33:30	00:34:10	00:00:40
3	185	Irene Kincaid	F	00:32:05	00:30:21	00:01:44

Couch To 5km Athletes

Pos	No	Name	M/F	Predicted Time	Actual Time	Time Difference
1	568	Paul Courtney	M	00:33:31	00:34:10	00:00:39