

1 Mile Run in Loreto Park on 18th March 2013

| | Name | Actual 1 Mile Result | 5K Predictor | 10K Predictor |
|----|----------------|-----------------------------|---------------------|----------------------|
| 1. | Aoife Redican | 7:43 | 25:40 | 53:30 |
| 2. | Helen Thompson | 7:51 | 26:06 | 54:26 |
| 3. | Ann Clarke | 8:14 | 27:23 | 57:05 |
| 4. | Orlaith Kelly | 8:19 | 27:39 | 57:40 |
| 5. | Estelle Roche | 9:06 | 30:16 | 1:03:06 |

1 Mile Report: It was a cold night with 5 runners for 1 mile race. It was a good turnout on a cold night. Well done to all who ran fast and furious 1 Mile race. All participants surprised themselves when ran 1 mile at very fast pace. Again, congratulations to all on continuous participation and progress. It was a also a very close contest between Aoife and Helen at the end.

I've also included your time predictor based on your 1 mile race pace.