

5.5K Time Trial Run in Loreto Park on 10th March 2013

	Name	Lap 1 1K	Lap 2 0.96K	Lap 3 0.96K	Lap 4 0.96K	Lap 5 0.96K	Lap 6 Shortest 616 meters	5K Finish Time	5.5K Finish Time	Overall Position
3.	Carol Ann Clarke	6:04	5:55	5:56	6:01	5:50	3:25	29:57	33:10	1
4.	Aoife Redican	6:04	6:08	5:56	6:01	5:50	3:25	29:57	33:10	1
6.	Orlaith Kelly	6:31	6:19	6:26	7:03	6:22	3:54	32:47	36:35	2

5.6K Report: It was wet, windy and cold morning on 10th March 2013. Many of our regular participants were sick and couldn't make it this morning. Well done to all who participated in scheduled 5.5K (**actual distance ran 5.6K**) time trial run organised by Dynamic Fitness. Congratulations to all on continuous participation and progress. Yet again you all ran the fastest of your last (short lap of 616 meters) well under 4 minutes. I was keeping eye on every runner in every single lap and could see that how much focused you all were. Especially the eagerness shown by you all in your last lap to kill the distance instead of struggling. Every single runner sprinted in last 100 – 200 meters to the finish line. I've again compiled the results lap by lap to give you an idea that how fast or slow was your laps and where you need to work. Your fastest lap is marked in RED colour. I also calculated your 5K finish time, check and text or email if you broke your last 5K's time or what was the time difference.

1 Mile Race is scheduled on **18th March at 7.15pm** in the park. All participants are reminded to be there between on Monday's scheduled time 7pm or a bit early if you want to warm up a little longer.