

Month	Race	Points
July	Dromcollogher Carnival 4 mile race. Mon 3rd	8
July	Time trial. 11th July	12
July	donoughmore 7. 21st July	14
July	Churchtown South 5. 27th July	10
July	Youghal AC 5k road race 13th July	6
July	Castlemagner 5k	6
Aug	St Catherines 5k Conna Aug 4th	6
Aug	Mitchelstown 8k 11th Aug	10
Aug	Streets of Galway. 12th Aug	20
Aug	Dromahane 5	10
Aug	Ballycotton 5	10
Sept	St Finbars 10	20
Sept	Charleville half	25
Sept	GRANGE / Fermoy 4 mile	8
Sept	Liscaroll 10k. 18th Sept	13
Oct	Cross Country	20
Oct	Cross Country	20
Oct	Cork to Cobh	25
Oct		
Nov	Cross Country	20
Nov	Cross Country	20
Nov	Great Glenville 4 mile Run	8
Nov		
Dec	Cross Country	20
Dec	Newmarket 5k	5
Dec	Belgooly 4 mile	8
Dec	Waterford Half marathin	25