

Mallow AC 200 Points Challenge Races 2019

Month	Race	Points
<u>Jan</u>	Corrin Hill MMRA	10
<u>Jan</u>	Ballyhoura Midnight marathon	50
<u>Jan</u>	Ballyhoura Moonlight Challenge	25
<u>Feb</u>	Dungarvan 10 mile	20
<u>Feb</u>	Adare 10k	13
<u>Feb</u>	Eagle 5	10
<u>Feb</u>	National Intermediate Cross Country	20
<u>Feb</u>	MMRA Claragh Mountain 7k	10
<u>Mar-04</u>	Munster road championships	12
<u>Mar-04</u>	National Masters Indoors	20
<u>Mar-10</u>	Newmarket 10	20
<u>Mar-18</u>	MMRA Claragh Mountain 7k	10
<u>Mar-24</u>	Mallow 10	25
<u>Mar-24</u>	Mallow 10 steward	35
<u>Apr-15</u>	AAI national 10k	20
<u>Apr-19</u>	Ballintotis 4 mile road	8
<u>Apr-21</u>	Dromahane 5k	7
<u>May-03</u>	Midleton 5 Mile	10
<u>May-11</u>	The Michael 'Curley' Cunningham 4 Mile	8
<u>May-13</u>	Bweeng 5k	7
<u>May-13</u>	Bweeng 10k	13
<u>May-18</u>	Buttevant 4 Mile	8
<u>May-25</u>	Mallow AC Road Championships - Vcolunteer	15
<u>May-25</u>	Mallow AC Road Championships	15
<u>Jun 1st</u>	Dan Byrne 5k	8
<u>Jun 1st</u>	Dan Byrne 5k steward	12
<u>Jun 8th</u>	Kilfinane 4 mile	8
<u>Jun 9th</u>	Doneraile A.C. 5k	7
<u>Jun 3rd</u>	Cork Relay	13
<u>Jun 3rd</u>	Cork Marathon/Half Marathon	25/50
<u>Jun 14th</u>	Mt Hillary Trail Race	8
<u>Jun 16th</u>	Ballyclough Harbour 5k	7
<u>Jun 17th</u>	Lee Fields 4 Mile	8
<u>Jun 21st</u>	Donoghmore 7	14
<u>Jun 29th</u>	Millstreet 5 Mile	10

<u>July</u>	Dromcollogher 4 Mile- 02/07	8
<u>July</u>	Coachford 5 Mile- 12/07	10
<u>July</u>	Banteer 5k- 15/07	7
<u>July</u>	Ballinacurra 4 Mile 15th July	8
<u>July</u>	Run Killarney 10k - 28/07	13
<u>July</u>	Run Killarney Half-Marathon - 28/07	25
<u>Aug</u>	St Catherines 5k Conna Aug 3rd	7
<u>Aug</u>	Mitchelstown 8k 10th Aug	10
<u>Aug</u>	Streets of Galway. 11th Aug	20
<u>Aug</u>	Lombardstown 5 Miler	10
<u>Aug</u>	Clonmel half marathon - August 26th	25
<u>Aug 24th</u>	Churchtown 5 Mile 24/08	10
<u>Aug</u>	Liscaroll 5k. 10th Aug	7
	Liscaroll 10k. 10th Aug	13
<u>Sept</u>	Elaine Lehane Memorial 5k	7
	Elaine Lehane 5k Volunteer	7
<u>Sept</u>	John Buckley 10	20
<u>Sept</u>	Charleville Half	25
<u>Sept</u>	Mallow Club Cross Country	15
	Mallow Club Cross Country Volunteer	
	Grange-Fermoy 4 Mile	8
<u>Sept</u>	Cork to Cobh - 30/09	25
<u>Oct-06</u>	Dromahane 5 Mile	10
<u>Oct</u>	Cork Novice Cross Country	20
<u>Oct</u>	Cork Senior Cross Country	20
<u>Oct</u>	Cork Intermediate Cross Country	20
<u>Nov</u>	Thomas Kent 10k - Castlelyons	13
<u>Nov</u>	Cork Masters/Novice B XC	20
<u>Nov</u>	Munster Masters Cross Country	
<u>Nov</u>	Great Glenville Run	
<u>Dec</u>	Munster Intermediate Cross Country	20
<u>Dec</u>	Belgooly 4 Mile	8
<u>Dec</u>	Castlemagner 5k	7
	Newmarket 5k	
<u>Dec</u>	Newtownshandrum 5k	7