

# Peaks Mountaineering Club

## Meets List Sept/Oct 2020

Chairperson: Rebecca Dromey 0863360195 Secretary: Martha Beardmore 0879107201

[www.peaksmcclonmel](http://www.peaksmcclonmel)

### Grades of walks

|      | <b>Distance</b> ( Approx) | <b>Height</b> (Approx) | <b>Duration</b> (Approx) | <b>Pace</b>    |
|------|---------------------------|------------------------|--------------------------|----------------|
| *    | 6-9Kms                    | Up to 500m             | 3-4Hrs                   | Easy           |
| **   | 8-11Kms                   | Up to 700m             | 4-5Hrs                   | Easy/ Moderate |
| ***  | 10-13Kms                  | Up to 900m             | 4-6Hrs                   | Moderate       |
| **** | 13 Kms (+)                | 900m (+)               | 5+ Hrs                   | Fast           |

### Please Note:

- These are **only approximate guidelines** and may vary depending on weather, terrain and fitness of the group.
- The **height** refers to the cumulative height gained over the course of a full day. The estimated **duration** does not include time for rest stops or lunch break.
- **All walkers must be aware of the grade of the walk and choose a walk to match their fitness level.**
- The maximum number on each walk will be 15 to include the leader and assistant leader. **Pre-booking is required**, and can be done by contacting the leader on or before 3pm on Saturday which is the "cut-off" time.
- All walkers are advised to be **properly equipped** for their walk. Please carry a face covering, gloves and hand sanitizer in your rucksack for use, if required.

| Date     | Mt Range  | Time  | GRADE | Leader        | Phone       | Assistant       | Phone       |
|----------|-----------|-------|-------|---------------|-------------|-----------------|-------------|
| Sept 6th | Comeraghs | 9.00  | **    | Fiona Hegarty | 087 2918648 | Rebecca Dromey  | 086 3360195 |
|          |           | 10.00 | ***   | Jimmy Trehy   | 086 8384001 |                 |             |
|          |           | 11.00 | *     | Nora Phelan   | 086 8231318 | Nuala O Connell | 086 8357290 |

|              |           |       |      |                          |                 |                  |                |
|--------------|-----------|-------|------|--------------------------|-----------------|------------------|----------------|
| Sept<br>13th | Galtees   | 10.00 | **** | Kevin Bowen              | 085<br>8627077  |                  |                |
|              |           | 11.00 | ***  | Sean Brackett            | 087<br>9109339  |                  |                |
| Sept<br>20th | KMD       | 10.00 | ***  | Josie O'Brien            | 087<br>6751332  |                  |                |
|              |           | 11.00 | **   | Will Smyth               | 086<br>2570949  | Eoin kelleher    | 086<br>8415137 |
| Sept<br>27th | Comeraghs | 10.00 | **** | John<br>Coughlan         | 087<br>9224718  |                  |                |
|              |           | 11.00 | ***  | Ray<br>Prendergast       | 086<br>6091917  |                  |                |
| Oct<br>4th   | Galtees   | 9.00  | **   | John<br>Morrissey        | 087<br>6482088  | Margo Kelly      | 087<br>2541397 |
|              |           | 10.00 | ***  | Paul Carroll             | 087<br>0644560  |                  |                |
|              |           | 11.00 | *    | Rebecca<br>Dromey        | 086<br>3360195  | Anthony Doyle    | 087<br>9107230 |
| Oct<br>11th  | KMD       | 10.00 | **** | Niall Quinivan           | 085<br>7898309  |                  |                |
|              |           | 11.00 | ***  | Flan Real                | 087<br>22860103 |                  |                |
| Oct<br>18th  | Comeraghs | 10.00 | ***  | Muiris<br>O'Suilleabhain | 086<br>3642278  |                  |                |
|              |           | 11.00 | **   | Noreen Mc<br>Carthy      | 087<br>2389083  | Nora<br>ODonovan | 086<br>8303998 |
| Oct<br>25th  | Galtees   | 10.00 | **** | Fintan Cooney            | 086<br>8325064  |                  |                |
|              |           | 11.00 | ***  | Tom O Dwyer              | 087<br>2330935  |                  |                |

**Please Note**

If a **leader is unavailable** to lead or assist, they must make suitable arrangements for someone to take their place and to allow walkers to book their place on the walk in time.

**Meets Secretary: Fiona Hegarty 087 2918648**