

# MURLOUGH A.C.

## \*August Newsletter\*

### **Summer BBQ- August 1<sup>st</sup>**

The 'Summer' BBQ was a great success and very well attended by MAC members and their families. I overheard someone say that they did a headcount and there were over 50 people there – a great turnout considering the weather wasn't exactly tropical. Nigel was the chief organiser and did a great job. Credit has to go to everyone who helped out from setting up the tables, manning the fires and providing the excellent food for the night. A special Thank you again to Elaine who thrilled the younger kids for hours with her face- painting skills

### **Who did What in August**

#### **Newtownards 5m , 7<sup>th</sup> August**



*I know the pic is of London but it's the only one I have of Hugh*

Hugh was the only MAC member to do both the Newtownards 5 mile And Killyleagh 5mile Aug 28<sup>th</sup>. I know Hugh did a very strong 36.48 in Newtownards and is currently nursing an injury so here's to a speedy recovery so he can get back in training for the New York Marathon in November.

## **RGI 10k Downpatrick, August 12<sup>th</sup>.**



This is the Motley crew of MAC members who took part- a special welcome to new member Moya Burns. Orla, my sister, was making up the numbers as we were looking a bit light on females. Paul was the first male home in 41.17 and if you ignore Orla- (she was only visiting after all), then I was first female in 49.35.

## **Newry City Runners 5k, August 20<sup>th</sup>**



Brigid & Michael braved the elements to take part in the Newry City Runners 5k on what was one of the wettest nights of the Summer. Michael finished in 44<sup>th</sup> place with a time of 20.17 and Brigid finished in 22.18 so well done to both.

Good luck to Michael who will be among the 54,000 runners to take part in the world's biggest half marathon The Great North Run on Sept 20<sup>th</sup>.

### **Darragh Cross, August 22nd**



#### ***PB for PB at Darragh Cross***

Paul B. was the sole MAC member to tackle the Darragh Cross 10K where he achieved a pb despite the fact that he said it was the hilliest 10k he's ever done. Paul came 12<sup>th</sup> overall in a fantastic 39.30-

### **The Warriors Run, Strandhill Co. Sligo, 29<sup>th</sup> August**



Mark & Tim took part in this event which is a competitive and gruelling 15k road and hill race which takes runners from the beachfront at Strandhill to the top of Knocknarea mountain (1050ft) around the megalithic cairn known as Queen Meaves Grave and back to the beachfront again. In what was a close run race between members Mark finished split seconds ahead in 1.22.44 with Tim finishing in 1.22.58. by all accounts Paul B. went along for the beer, and to lend his support of course.

## September Runs

**As always all Saturday runs for August will be in Murlough meeting time 9.30am.** Until it gets too dark we'll do the Tuesday runs in Tollymore. Keep an eye on your e-mails for changes to Tuesday meeting place as the evenings get darker.

### Sept Dates For Your Diary

Sat 5th Sept	Keith Reid 10K and Walk	St. Patrick's Street, Draperstown	TBC	Robert Donnelly 07742 284635
Sun 6th Sept	Laganside 10K	Ormeau Park	2pm	<a href="#">WEBSITE</a>
Mon 7th Sept	Mill Hill Mile	Castlewellan		
Sat 12th Sept	Waterside Half Marathon & Fun Run	Derry	10:30am	<a href="#">WEBSITE</a>
Sat 19th Sept	Felix McCullough 10K	Dungannon Leisure Centre	12:00pm	Leigh Gilmore 028 8772 0375 <a href="#">WEBSITE</a>
Sat 19th Sept	Embankment 5K Road Race	Ormeau Park	2:30pm	<a href="#">WEBSITE</a>
Sat 26th Sept	Bangor 10k	Bangor Castle Leisure Centre		Gillian Weir 028 9185 2450
Sat 26th Sept	Dublin half marathon	Phoenix Park		<a href="http://www.dublinmarathon.ie/raceseries">www.dublinmarathon.ie/raceseries</a>

**Social Occasions**  
**Nothing to report- this is a disgrace- will someone  
ever organise a night out??**

### **& Finally**

As always I rely on members for the content for the newsletters so  
Thank You to everyone who sent me results, pics and info,  
especially **Mark, Michael, Paul B. & Hugh**. Keep it coming- If  
you'd like to be removed from the mailing list just let me know.

