

# MURLOUGH A.C.

[www.murlough-ac.co.uk](http://www.murlough-ac.co.uk)

## \*December/January Newsletter\*



*Hardy MAC runners in Tollymore*

This pic, taken by Mal, was published in the Irish News on Friday, January 8<sup>th</sup> 2010 & shows the dedication (or lunacy) of our members in the face of adverse weather.

### **Who did What**

It's been a quiet time what with the seasonal lack of races combined with extreme weather earlier this month so here's what's been happening

## Seeley Cup December 5th



*Team MAC line up for a pic before the run*

L-R Dominic, Ann, Marguerite, Tim, Hugh, Caroline, Therese, Carol, Paul & Dave.

Michael must have been warming up while we were all posing- if so it paid off- he was first MAC member across the finish line in a fantastic 40.12. This was also a first for Marguerite, despite being with the club since the start, this was Marguerite's first race in the MAC vest and first race since the birth of her baby the Summer before- You Go Girl!

Dominic & Therese forgot their chips hence no times!!!

### **Seeley results**

Michael McAlinden	MO	00:40:12
Paul Byrne	M35	00:40:32
Hugh Oram	MO	00:45:33
David Stewart	M45	00:46:05
Dominic Mc Inerney		
Tim Boyd	MO	00:46:54
carol mc menamin	F45	00:49:54
Caroline Boyd	FO	00:53:40
Marguerite Robinson	F40	00:55:03
Therese Mc Inerney		
Ann Mc Alarney	F50	01:02:47

## **Christmas Cracker, 10 mile, Castlewellan Dec. 28th**

157 teams ran and 6 of them were from Murlough AC, First team home in 48<sup>th</sup> place overall was Paul B. & Michael. They came 48<sup>th</sup> overall in a finish time of 1.24.38, split seconds ahead of our veteran mountain runners Stevie & Mark- Brigid & Donna were back on form & 3<sup>rd</sup> MAC team across the finish.

48 Paul Byrne + Michael McAlinden 1.24.38  
53 Steven Wallace + Mark King 1.24.59  
114 Brigid O Hare + Donna Trimble 1.39.46  
134 Tim Kerr + John Taylor 1.49.35  
136 Tim Boyd + Caroline Boyd 1.50.59  
138 Gary McIlhennon + Mal McCann 1.51.37

## **Christmas Party**

A big Thank You to Marguerite for organising the Christmas party- A great night was had by all.

## **Murlough AC AGM**

Our AGM will take place in O'Hares on Saturday 20<sup>th</sup> Feb at 7 pm- As was the case last year we will stay on for a night out afterwards- we won't be having food in O'Hares so it's advisable to eat before you come out.

## **Membership Fees**

The annual membership fee is now due. The fee is still £25 for the year and must be paid before February 20<sup>th</sup>. Fees can only be paid by cheque made payable to Murlough AC and given directly to Nigel, our Treasurer. If for any reason you won't see Nigel before then you can post it to him:  
Nigel Mc Kinney, 9 Pinetrees, Naghan, Seaforde BT30 8NB.

# MURLOUGH A.C TRAINING SCHEDULE 2010

## January

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## September

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Green Tuesdays – Cross Training, Newcastle (Downs Road car park)**

**Pink Tuesdays – Castlewellan Forest Park (entrance)**

**Blue Tuesdays – Tollymore Forest Park (Bryansford Village)**

**All Saturday runs – Murlough (National)**

## **Winter Race Series**

Our boys have been doing really well at the Winter Race Series-  
results are available from <http://26extreme.com/results-reports/>

### **26 Extreme Winter Event Dates & Locations**

<b><u>DATE</u></b>	<b><u>LOCATION</u></b>	<b><u>SIGN ON</u></b>	<b><u>START TIME</u></b>	<b><u>DISTANCE</u></b>
Saturday 12 December	Rostrevor	1.00pm Main Entrance, Kilbroney Park, Rostrevor	2.00pm	12.68 km
Thursday 14 January	Rostrevor (Night Race)	6.30pm Main Entrance, Kilbroney Park, Rostrevor	7.30pm	6.51 km
Thursday 21 January	Castlewellan (Night Race)	6.30pm Lake Car Park Castlewellan	7.30pm	7.08 km
Saturday 6 February	Rostrevor	10.00am Main Entrance, Kilbroney Park,	11.00am	7.55 km

		Rostrevor		
Saturday		10.00am		
20 February	Tollymore	Main Car Park Tollymore	11.00am	8.31 km
Saturday		1.00pm		
6 March	Rostrevor	Main Entrance  Kilbroney Park, Rostrevor	2.00pm	12.68km

\* The five races after Christmas will be along the same route as the five prior to Christmas with the only difference being they will be ran in the opposite direction as before.

As always I rely on members for the content for the newsletters so  
Thank You to everyone who sent me results, pics and info, Keep it  
coming-

Carol.