

MURLOUGH A.C.

March Newsletter

Firstly apologies for the fact that there was no February newsletter but basically there was not much news – March saw the usual seasonal increase in the number of events some of which were well represented by the club.

Rollercoaster 2010



David, Mal, Gary, Paul, Carol & Mark.

The annual Rollercoaster run took place at the racecourse in Downpatrick on 20th February- We had a lot more MAC women competing last year so I was left to fly the female flag for the club. I was delighted to leave with a trophy for coming 1st in the FV45 category (and I wasn't the only one in it!!) despite being the last MAC member to finish. Paul B. was first MAC member to finish in 20.03 and everyone improved on their 2009 finish times.

26	20.03	MV35	247	Paul Byrne	Murlough
35	21.11	MV50	252	Dave Fulcher	Murlough
41	21.37	MV45	254	Mark King	Murlough
52	23.26	MO	255	Mal McCann	Murlough
53	23.26	MO	249	Gary McIlhennon	Murlough
60	24.35	FV45	268	Carol McMenamin	Murlough



Paul B. gets some encouragement from Nigel



Flying filly or mad auld mare? -Don't answer that.



Could this be a photo finish for Mal & Gary?



Mark and the front runners set the pace.

A special word of thanks to Dave Stewart for taking the above pics at Downpatrick

Jimmy's 10k

Once again this year there was a great turnout of MAC members present for the annual Jimmy's 10k run in Downpatrick. Nigel, who is flying these days, was the first Mac member home according to the official results although rumour has it that Dave Fulcher came in ahead of him but forgot to wear the chip. Barbara was the first lady member across the line displaying a great return to form. At the time of e-mailing I had no photo although I'm told one exists- Don't be so vain Nigel- let's have it!

Results and split times below:

Nigel Mckinney	M40	Murlough AC	00:23:31	00:21:34	00
Hugh Oram	MO	Murlough AC	00:23:53	00:22:15	00
David Stewart	M45	Murlough AC	00:24:55	00:23:37	00
Barbara Carey	F40	Murlough AC	00:27:30	00:24:46	00
Marguerite Robinson	F40	Murlough AC	00:25:30	00:26:51	00
Nichola Kielty	MO	Murlough AC	00:28:43	00:27:11	00
Maureen McClean	F55	Murlough AC	00:32:01	00:30:31	01
Gary Mcilhennon	M40	Murlough AC	00:30:47	00:32:07	01

Omagh Half Marathon



Nice socks Michael!

Michael Mc Alinden was our sole representative at this year's Omagh Half Marathon which took place on Saturday last, March 27th. As always Michael ran a great time and finished in a very impressive 1.34.21. See below split times.

231 733 Michael Mcalinden MO Murlough AC

00:47:42 C

MAC Second Anniversary

Roisin G. and Marguerite have been busy organising the second anniversary hooley which will take place on April 17th in **The Bucks Head**. Proprietor/ Chef Extraordinaire and MAC member Ali, has asked me to encourage all budding musicians to be sure to bring along any instruments for what promises to be another great MAC party. It's hard to believe we've been going for 2 years now- a definite cause for celebration.

Yoga

The Yoga Session on Saturday 2nd April promises to be a great pre-run workout for all those taking part. Over 20 have already signed up and it's not too late to book in- just contact our very busy social secretaries Roisin and Marguerite and let them know.

Congratulations

To MAC members Paul & Christine Byrne on the birth of their son Liam. This is the 3rd MAC baby in a year so be warned-

Thank You

To John Morgan for the interval training sessions which certainly seem to have improved the times of those who were fit enough to attend. Nigel's recent 10k finish time is certainly proof this – thanks also to Paul Byrne for organising the training sessions.

Good Luck

To Gerard Rowe who will be taking part in the Paris Marathon on April 11th. We'll all be rooting for you looking forward to hearing the post mortem on the 17th when we see you in The Bucks Head Gerard.

Don't forget to bring us back a pic of you in the MAC vest for the next newsletter.

Spring is here

It's been a long cold winter and some of our fair weather members have been absent from recent training sessions. Well enough wimping out, dust down your trainers and get back at it, before long you'll be exposing your flesh on the beaches and you want to be sure you are looking your best.

Our Spring training starts next Tuesday with a return to the forest runs on Tuesday nights. Lets kick off with as many members as possible for the first of these sessions in Castlewellan on Tuesday Next 6th April. Check out the website for the full training calendar for the rest of the year. You'll get this by logging on to www.murlough-ac.co.uk and clicking on Training Sessions.

Bon Voyage

To Tim & Caroline who are soon to head off to live in Canada- although I believe they're gonna squeeze in one last run before they go. The best of luck guys and it's been lovely having you as members. Thanks for all the support you've given the club, we'll miss you both.

Finally if anyone does not wish to receive e-mails please advise me by return and I'll remove you from the mailing list.

Carol.