

MURLOUGH A.C.

www.murlough-ac.co.uk

November Newsletter

Who did What in November

It's been another busy month for MAC runners, here's the monthly run through of who did what...

New York Marathon November 1st



Hugh on Brooklyn Bridge

Despite months of injury Hugh had a fantastic run at the New York Marathon finishing his second marathon this year in 3.59.49.



I think Hugh's own words best describe the experience:

"Im back in one piece and I don't think I have to tell you that it was absolutely brilliant. I really hope you get to run it next year, there is nothing like it. I have run it before 4 years ago but was still knocked back with the unbelievable noise running up first avenue. The crowd was three people thick all the way and it was as loud as a football match all the way to the Bronx. Gave it everything I had and not only finished but thankfully got to just break 4hrs too. Official time is 3hrs 59min 49 secs. Im so happy after trying to cancel only 3 weeks ago, I never believed that i'd be able to break 4 hrs after all those annoying and painful injuries. I think i've learnt that if you have determination, to 'never say never' from this experience."



Hugh clearly enjoying the NY Friendship run on marathon's eve

Winter Race Series

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



Dave H., Mal, Mark & Tim like to do it with the lights on!



Dave H, Mal & Nigel, Tollymore, Nov. 28th



Mark, Gary, Mal, Stevie & Paul B. in Kilbroney.



South London 10k



Congratulations to Michael who ran a PB in the South London 10k – His time was a very impressive 40.53 and he finished 25th overall.

Saul 10K Sunday 22nd November



Mal, Nigel, Barbara, Therese & Paul B.

Well done to the guys who ran the Saul 10k recently-This was more of a mountain run than a road race according to members. Paul b. was first home in 44.98 & Barbara was first lady member home in 54.25.

Christmas Party

Thanks to everyone who donated prizes for the MAC raffle . Can those who have donated bring the prizes tomorrow night if they haven't already given them to Marguerite.

For those attending tomorrow night we're meeting at 7.30 for 8.

A big Thank You to Marguerite for organising everything this year- it promised to be a great night with 40 members coming!!

Seeley Cup Car Pool

Meeting tomorrow at the car park opposite the church in Dundrum (where we have met for the tuesday run) at 11.45am for anyone interested in sharing a lift.

December Runs

As always all Saturday runs for November will be in Murlough meeting time 9.30am. **Tuesday run will be in Dundrum –The meeting place will be the carpark opposite the chapel at 7pm for interval training and other Tuesday runs will be in Newcastle.**

26 Extreme Winter Event Dates & Locations

<u>DATE</u>	<u>LOCATION</u>	<u>SIGN ON</u>	<u>START TIME</u>	<u>DISTANCE</u>
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, Rostrevor	11.00am	7.55 km

Saturday		10.00am		
20 February	Tollymore	Main Car Park Tollymore	11.00am	8.31 km
Saturday		1.00pm		
6 March	Rostrevor	Main Entarnce 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.