

MURLOUGH A.C.

www.murlough-ac.co.uk

October Newsletter

Who did What in October

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

Blackmountain Race, Belfast 4th Oct



Mal, Mark and Nigel post blackmountain.

Mal, Mark & Nigel will do almost anything for a free pint of Guinness. Mal was first across the finish on this occasion- it's amazing what the promise of free beer will do to enhance the performance of some runners!

Causeway Coast Half Marathon, Oct 10th



MAC squad at the Causeway Coast start

Stevie was first across the finish line coming 28th overall in 1.47.49 and Mark was only 2 seconds behind him. Brigid was the first lady member home and also the 3rd MAC member overall in 1.57.59. On the whole this was a great performance from MAC. In particular Gary, who at the last minute changed from the 10k to the half marathon. These excellent photos were taken by Mal.



Ali striding out along the coastal route



John in some pain after the race - Tim somewhat happier looking

Race for Life Kingston London 11th October



Dave achieved a pb at this event finishing the 8 mile course in 1:01:13 to come 153rd out of 1093.

Armagh 10 mile road race

Moya was the only MAC member to brave this one and finished in 1.21.48 The course was hilly and the conditions windy which makes this time all the more impressive.

Dublin Marathon October 26th



MAC marathoners plus a couple of stragglers

This was the 30th anniversary of the Dublin marathon and over 12,000 runners turned up on the day. Eight of them were MAC members 4 men and 4 women. The oldest female runner (that'd be me!) was first across the finish in 3.56.54 a pb- my running mate for the first 20 miles of the race (before I so "callously abandoned" him) Paul Byrne was the first guy home completing his first marathon in 4.14.39.

This was also the first Marathon (hopefully not the last) for Paulette, Eamon, Roisin D. and Seamus who all did brilliantly. Marathon vets Paul Madden and Ali also ran and a great night was had by all in D Dublin after the event.



November Runs

As always all Saturday runs for November will be in Murlough meeting time 9.30am. **Every 2nd 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.**

**Tuesday 3rd & 17th Newcastle Downs Road carpark
Tuesday 10th & 24th Dundrum- Car park opposite Sacred Heart Chapel**

Congratulations

A big Congrats to Seamus and Roisin G. who welcomed the latest addition, baby Ronan, to their family last Friday. A marathon and a new baby in the same week, not a bad week's work Seamus.



Mal has set us up on Facebook members can keep in touch and post what they are doing and maybe link in with other clubs, post articles of interest etc.



The January 2010 issue of Running Fitness magazine goes on sale on November 27th. Murlough AC will be the featured club in their Clubwatch section in that issue so make sure to get your copy. I know Brennan's in Dundrum sell it (but probably only a few copies)- alternatively you can subscribe to the magazine by logging on to their website www.runningfitnessmag.co.uk.

26 Extreme Winter Event Dates & Locations

<u>DATE</u>	<u>LOCATION</u>	<u>SIGN ON</u>	<u>START TIME</u>	<u>DISTANCE</u>
Thursday 29 October	Rostrevor (Night Race)	6.30pm Main Entrance, Kilbroney Park, Rostrevor	7.30pm	6.56 km
Thursday 5 November	Castlewellan (Night Race)	6.30pm Lake Car Park Castlewellan	7.30pm	7.08 km
Saturday 14 November	Rostrevor	10.00am Main Entrance, Kilbroney Park, Rostrevor	11.00am	7.55 km
Saturday 28 November	Tollymore	10.00am Main Car Park, Tollymore	11.00am	8.31 km
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,	11.00am	7.55 km

		Kilbroney Park, Rostrevor		
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.