

MURLOUGH A.C.

www.murlough-ac.co.uk

September Newsletter

Who did What in September

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

Laganside 10k 6th Sept



Ann, Michael, Paulette & Dave

The weather wasn't great but it didn't deter Ann, Michael, Paulette and Dave who all turned up in Ormeau Park Belfast to take part in the event

Michael was first MAC man home in 42:25 & Paulette first lady in 52. Dave did his best time this year 46:17 .

Mill Hill Mile, 7th September



Mark, Mal, Hugh & Paul

“Murlough Runners were well represented and led home by an impressive Paul Byrne who clocked a very credible 7 minutes dead.”

The above is a quote from a piece in Newcastle AC's website- Paul's watch might have clocked 6.59- still it's nice MAC is getting recognised by the neighbouring clubs.

Waterside Half Marathon, Derry Sept 12th

John O' Neill did the Derry half in 1 hr 50 on the button. As yet there's no photographic evidence of this but I'm assured it's on it's way. Watch this space.....

Great North Run Newcastle Upon Tyne, Sept 20th



Michael post GNR

Michael said this was an absolutely brilliant day, great atmosphere and race. He finished in 1.44.04, and was very pleased as this was over 6 minutes quicker than his previous half marathon pb, - well done Michael.

Berlin Marathon, Sept 20th



Brandenburg Gate, Berlin, post Marathon

Berlin Marathon, Sept 20th

26 degrees, 48,000 runners and a banjaxed i-pod. They're my excuses for not getting a pb- (Even Haile Gebrselassie was 3 minutes off his record!)- got round it in 4.08, thoroughly enjoyed the experience and would strongly recommend Berlin to anyone thinking of a marathon abroad next year.

Bangor Classic 10k, September 26th



Over 600 Hundred runners turned out to run the Bangor classic last weekend, among them our own Dave Stewart who finished in 47:21



Dublin Half marathon, Sat September 26th.



Ann & Paulette in The Phoenix Park

It was the biggest mass sports participation event in Europe last weekend with a record field 8,000 runners and our two ladies Ann & Paulette did themselves & Murlough AC proud. Paulette finished in 2:00:18 & Ann, who's going from strength to strength, in 2:13:51. The Half marathon is seen by many as the final hurdle in the run-up to the Dublin Marathon which takes place on October 26th.

The deadline for entry into the Lifestyle Sports-adidas Dublin Marathon is Monday 5th October @ 5pm, no late entries will be allowed.

Beach clean, Murlough Sept 20th





Nigel, Tim & Raphael

To pay them back for the use of the carpark for our summer BBQ, Nigel organised a beach clean for the National Trust.

There was a fantastic turnout of almost 40, which included members, their families and friends. The kids all had a ball and were rewarded with goody bags very generously supplied by Conor Mc Kibbin of Brennans, Dundrum. A big Thanks to Nigel for organising the day and to everyone who turned up, especially Nichola who was a big hit with the kids and Mal for taking these great photos.



Busy kids



The Pied Piper, or is that Caroline?



October Runs

As always all Saturday runs for October will be in Murlough meeting time 9.30am. **Anyone training for the Dublin Marathon who wants to do a longer run can meet this coming Saturday October 3rd at 8.30 am in the usual place- that way we should all be finishing up around the same time for coffee afterwards.**

Winter Tuesday Runs

As and from Tuesday next, October 6th, we will meet in Newcastle for our Tuesday runs for the month of October. The meeting place will be the same place as last winter, Downs Road Car Park at 7pm.

Christmas Night Out.

Marguerite is very kindly organising the Christmas 'do' this year. She has asked me to remind you to pay your deposits if you have not done so already. See below. It promises to be a good night with 37 people signed up for it already. If you have not yet committed to go you can still do so by contacting Marguerite.

MAC Christmas Dinner
5th December 2009 £24.95
3 courses plus tea and coffee.

Options - Turkey and ham, Salmon, Lamb, Steak (£2.50 extra), or tortilla bread basket with mushrooms.

Entertainment after (most likely disco)
Full menu soon so everyone can pick selection prior to event.

Deposits £10 (cheque no cash please) to be paid to either Marguerite or Nigel ASAP to secure venue.

Full Moon Run

Cancelled Keep an eye on future newsletters for an alternative date- too many people nervous about getting injured pre marathon. It'll most likely be in early December

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 **Paul B. Dave Paulette, and Michael**. Keep it coming-

Carol.