

RAHENY SHAMROCK AC

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Malin to Mizen Marathon Relay

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Raheny Shamrock athletic club have assembled a crack team of 36 highly experienced marathon runners who are going to cover the 407 mile route in a relay format with each team covering the classic 26.2 mile distance.

A testament to the strength of the team assembled is the fact that between them they have completed a total of over 600 marathons. Team members include three time former Olympian and winner of the inaugural Dublin City Marathon Dick Hooper who has agreed to come out of retirement to run a leg for this worthy cause. Dave Brady is our resident tough guy and his leg on Friday will be one of three marathons that he intends to complete that weekend.

The relay will commence at dawn on Friday 29th April at Malin Head and the team has set themselves the very tough target of 65 hours to complete the route.

If any members of your club would like to join us along the way to complete a marathon or just run a couple of miles please see below for details of the

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route with start and finish points of each marathon and main towns along the way. If you or any members of your club are interested please contact Ronan or Rachel at the numbers above.

Route Summary:

Start Time	Starts at	Via	Finishes at	Day
06:00:00	Malin Head	Malin	Bunrana + 1	Friday
09:30:00	Bunrana + 1	Letterkenny	Stralongford	Friday
12:50:00	Stralongford	Ballybofey	Laghy	Friday
16:30:00	Laghy	Bundoran	Cliffoney	Friday
20:10:00	Cliffoney	Sligo	Ballinacarrow	Friday
23:40:00	Ballinacarrow	Charlestown	River Glare	Saturday
03:00:00	River Glare	Tuam	Clashroe	Saturday
07:15:00	Clashroe	Galway	Ardrahan	Saturday
11:15:00	Ardrahan	Gort	Tulla + 5k	Saturday
14:45:00	Tulla +5K	Limerick	Adare (Lucy's+ 2K)	Saturday
18:25:00	Adare	Newcastlewest	Abbeyfeale - 2.2K	Saturday
22:40:00	Abbeyfeale	Castleisland	Farranfore +6.6K	Saturday
02:10:00	Farranfore +6.6k	Killarney	Kenmare +0.3	Sunday
05:20:00	Kenmare +0.3	Glengarrif	Bantry (town centre)	Sunday
08:30:00	Bantry	Durris	Mizen Head	Sunday

The purpose of the run is to raise funds for the Children's hospital in Crumiln and if your members are going to join we would look for them to make a donation. This can be done on the day, online at www.cmrf.org/sponsorshipPage/show/746 or by calling into your local bank and making a deposit to TSB account number 18648414 sort code 99-06-40, account name Raheny Malin to Mizen Run.