

BRC race report Minnowburn 5k & 10k 4 November 2017

A beautiful day saw 30* runners take part in the second round of the inaugural BRC race series.

The Belfast Telegraph Run Forest Run Series, Minnowburn 5k and 10k, featured a multi-terrain course covering, track, forest trail and country road, and was as challenging as ever.

Beginning at the Mary Peters Track, it was straight into the hills before winding its way along the Lagan tow path into Minnowburn forest. From there it was a vertical sprint up to the Rose Garden - who doesn't love that? - before a long down hill back into Minnowburn, out the Lagan trails again and one final long hill back up to the track.

Race organisation was as brilliant as ever, capped off with a cool medal and some very welcome refreshments after.



The weather was kind, fresh, and thankfully dry as runners made their way through the picturesque route. Success for BRC runners saw podium finishes across both distances and some fantastic speedy times.

Results

Congratulations to Mark Harvey, 1st BRC runner home in the 5k and 1st male overall with the top podium finish in the superb time of 18.04, with Steve Briggs finishing 3rd on the podium with 18.58.



Kim McKee finished top BRC female and in 17th position overall in the brilliant time of 23.26, with Siobhan Wight and Jill Mellon following in 23.36 and 23.37 respectively.



Another stunning podium finish for BRC came in the 10k for Colm McGarry, placing 3rd overall with the cracking time of 38.59.



Liz Robinson was our first female home in another incredible time, 46.22.

Huge congratulations to everyone who took part, it was a big turnout from the club and we saw some awesome results. A big thank you to all who came out to support, it was a fantastic day all-round.

The big question is...what effect has this had on the Club race series standings I hear you ask?

Leader board

Participant	Dundrum	Minnowburn	Total
Mark Harvey	50	48	98
Kim McKee	49	47	96
Monica Gallagher	47	43	90
John Nelson	45	41	86
George McKee	44	40	84

Top 5 female

Participant	Dundrum	Minnowburn	Total
Kim McKee	49	47	96
Monica Gallagher	47	43	90
Oonagh Murphy	40	38	78
Louise McAree	39	37	76
Mary Rose Holman	34	28	62

Top 5 male

Participant	Dundrum	Minnowburn	Total
Mark Harvey	50	48	98
John Nelson	45	41	86
George McKee	44	40	84
Nicky Wallace	42	39	81
Sean Denvir	36	34	70

Find a link to the full table of results so far **here**

The competition is definitely on! See you all at Portrush Parkrun on 20 January for the next one!

* BRC had 37 runners in total at Minnowburn, 30 of which are signed up for the race series. SO...

If all this has wetted your appetite for the race series and you haven't yet signed up, find out more information from the club website

<http://www.belfastrunningclub.co.uk/brc-race-series/> and sign up here

<http://www.belfastrunningclub.co.uk/brc-race-series-registration/>