

Karim makes it a full house at Born2Run Series

Report by Siobhan Grant

Many runners welcome the onset of winter and relax knowing that road running season has come to an end, with some avoiding cross country season altogether. However the staple of Born2Runs, Run Forest Run Winter Series to the Winter Racing Calendar has ensured that runners do not go into total Winter hibernation with challenging multi terrain courses on offer in some of the province's most scenic spots. This also allows those not completely ready for the muck and gutters of some Cross Country courses to embrace winter trail running and gives an added focus to training plans throughout the colder months.

The upbeat and energetic atmosphere of the Born2Run six race series, always draws a big crowd and in amongst them you will always find plenty of Newcastle AC vests scattered throughout field of both the 5k and 10k options.

Junior runner Karim Jaidane made the resolve back in November to complete the whole series in the 5k category. This would require from the young man a determination, focus and a want to get up early on the coldest and darkest of Saturday mornings of the year to take part. Though this didn't deter Karim nor his outstanding performances on the day. Taking 11th place in Antrim and 10th place in Tollymore with spectacular times of 21.26 and 21.30 respectfully as his best performances of the series.



Karim the personification of focus at Castlewellan

Not too far behind Karim, Michael Lynch had also thrown his hat in the ring and completed 5 of the 6 races of the series. Conversations back in November included Michael querying if it would be possible to break the 23 minute barrier on these routes. Obviously the nature of the undulating courses with more of a trail based make up would prove an additional obstacle for Michaels aim though this didn't deter him. By Race 5 at Antrim, Michael had improved from 25.51 to 22.43 even managing the perfect photo opportunity in the process, backing up this achievement at Castlewellan at the weekend with another sub 23. Superb improvement from the Year 8 over the whole series.



Michael not only spots the photographer but spied a seasons best at Antrim

Elsewhere on Saturday, the McVeigh boys headed to Hillsborough Forest Parkrun where Harry McVeigh continues to add accolades to this parkrun achievements, smashing the long standing JM10 course record by over 1 minute in 21.26 with brother Connaire Og running a steady 24.34.



Harry makes his own tracks on the way to securing another Parkrun JM10 title