

## **Cooley Legends Trail Half Marathon, Co Louth, Ireland, 23 April 2011**

Larmours headed west on the strength of the race's inclusion in a calendar picked up by the rellys in the 'oul country and the race's great website. They went in search of challenging trail running in a fabulous setting and found it along with great craic on the Cooley Penninsula on the south side of Carlingford Lough with views of the Mourne Mountains to the north.

60% trail and 40% tarmac, the race followed a hilly and arduous route to finish in the historic centre of the picturesque village of Carlingford & lovely sandwiches, tea & cakes courtesy of a local café. Great organisation and chip timing by the local triathlon club.

Less than 2 hours drive from Belfast, a tough but very friendly race in beautiful surroundings, with long, slow climbs on tarmac and trail balanced by fast downhill sections on grassy tracks with stunning views over Carlingford Lough.

We were presented with 2 free race entries for next year if anyone interested in a cosmic outing next Easter. Highly recommended for a good weekend and wee change from pure hill running.

**Pauline Larmour**