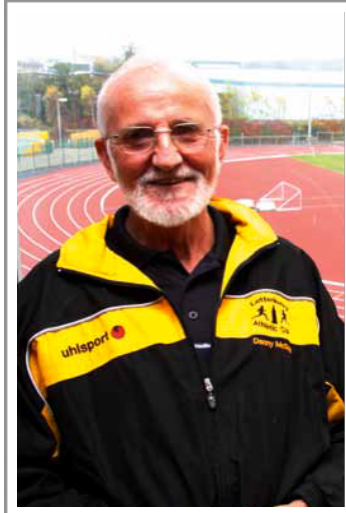


Donegal's most Decorated Athlete to start Cara Bundoran 10 Challenge



Danny McDaid is Donegal's most decorated runner of all time, was National Champion over 2 miles, 15 miles and the marathon. He represented Ireland in the Olympic Games in Munich in

1972 and Montreal in 1976. Danny competed in a remarkable nine world Cross Country Championships, and captained the Irish Team to silver medals in Limerick in 1979 – placing our small nation as number two in the world. Over a 20 year period between 1967 and 1987, Danny won 13 Ulster Senior Cross Country titles. His personal bests for the marathon is 2:13, 10k 29mins 10 secs. and 5k 13mins 51secs. Today Danny, a very active 70+ years, is retired in his beloved Glenswilly, daily runs and cycles and can be found on many evenings at the Danny McDaid Track in Letterkenny coaching and encouraging younger athletes from the local club. Danny has agreed to act as starter for the prestigious Cara Bundoran 10 on March 9th and encourages individuals and families to accept the healthy challenge and be part of the largest and best organised event in the North West road calendar.

There are numerous attractions for the competitor/athlete –serious/fit4life / jogger or walker

- Prizes – without doubt the best of any race in the country at the moment – including a goodie bag – that will have a technical t-shirt and material that would cost

much more than the entry fee on the high street

- Plus a prize fund of over €4,000
- The course for the 10mile and 10k[new team event] is fast, flat and well marshaled
- The race will have chip timing, outstanding organization and support plus hospitality afterwards. In 2012 Catriona Jennings, who subsequently represented Ireland in the London Olympics Marathon was one of many elite athletes that verified the course as being fast.
- The race is now in its 3rd Year and had over 700 finishers last year – expected to top the 1,000 this year.
- The race is a non-profit event with charities benefiting. Tir Chonaill athletics club is a partner in promoting and organizing the event
- Charities to benefit this year include the North West Hospice and three local chapters of the SVP. The 2012 Run raised over €7,000 for various Charities including The [Irish](#) Heart Foundation and Barrettstown Foundation
- In addition to main sponsors Cara Pharmacies the 2013 Sponsors include Rubex, Udo'S Choice, All Sports, Donegal Town, Riverrock, Mace (Bundoran), Lean on Me
- Please bring to the attention of your members and the general public and consider uploading to your club web site – we in Tir Chonaill AC will reciprocate for events you are supporting in the upcoming year