

CORK CITY MARATHON

2024



MARATHON

HALF MARATHON

10K



OFFICIAL 2024 RACE PROGRAMME
CORKCITYMARATHON.IE



Comhairle Cathrach Chorcaí
Cork City Council

MEDIA PARTNER

Irish Examiner

*Whether a mile
or a marathon,
you get there the
same way... one
step at a time.*

Baylor Barbee



Cork City Marathon is a huge event across the sporting, social and economic life of Cork City and we are thrilled to welcome our runners, joggers, walkers, and supporters back to the city's streets on Sunday June 2nd 2024.

We Are Cork.

WELCOME

TO OUR PROGRAMME

Let's be **SOCIAL**

 @CORKCITYMARATHON

 CORKCITYMARATHON

 @THECORKMARATHON

#CORKCITYMARATHON24

#EVERYMILEISAMEMORY

Ensure to tag us so we can see your experience of Cork City Marathon!



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Message from The Lord Mayor

Cork City streets filled with emotion, inspiration and hope are just some of the traits that define our annual Cork City Marathon. Such traits bring a personal experience to all those who take on the marathon experience, whether as a participant or a spectator.

Cork City Marathon remains as an important event across the social, sporting, and economic life of Cork City. Cork City Council is delighted to welcome back the marathon to the city's streets and routeways on Sunday 2nd June 2024.

The Cork City Marathon is a great example of community spirit and a community in action. It's about building community and coming together under the banner of sport. It also about continuing to develop an event, which builds a sense of pride and identity in Cork.

This year for the first time ever we have a Lord Mayor's Trophy, which I will present to someone who has either exceeded incredible odds to partake in the Marathon or has an inspiring story fuelling their marathon journey.

Cork is also a leading member of the Healthy Cities initiative,



and the Marathon is ideal for encouraging and fostering healthy lifestyles amongst our citizens.

I would like to thank all who have worked together to make this event a success – the staff of Cork City Council, An Garda Síochána, the Defence Forces, Athletics Ireland and the Business Houses Athletics Association, the HSE, the Civil Defence, doctors, nurses, paramedic and first-aid providers, and of course, our fabulous volunteers.

A big thank you also to our sponsors – Cork ETB, Cork Sports Partnership, local clubs and community groups, and Corkonians.

Finally to our visitors from all over Ireland and indeed the world we hope you enjoy your trip to Cork and we wish you a warm Cork welcome.

Is mise le meas,
Cllr. Kieran McCarthy.
Lord Mayor of Cork

Message from Cork City Council Chief Executive

Welcome to all of you involved in the 2024 Cork City Marathon, whether you are a runner, a volunteer or an organiser.

This is the third event since Covid shut down the city, so it will be great to see you all back out on the streets of Cork, with record numbers registering for the race this year.

Cork City Council has always promoted, and supported, sport and physical activity within the city as we recognise the benefits of this for our physical and mental wellbeing and so we are delighted to be able to deliver this great event for the city.

Again, this year, I extend a warm welcome to our Ukrainian friends who will be running alongside the Sanctuary Runners, who have played a huge part in fulfilling our ambition of making Cork a Sanctuary City.

Welcome also to our Youth Challenge participants, which includes our runners who are 18 and under, many of whom will run with their school or youth group team for the first time.

The Cork City Marathon strives to be, first and foremost, an inclusive and community friendly event with concessions for people with disability or on social welfare. Thank you to the Communities and Businesses who come out on the streets to support on our runners with offerings of refreshments and words of encouragement. The marathon also assists in showcasing our beautiful city with hotel rooms filling up on a weekend on the shoulder of the main tourism season.



Any marathon is a major organisational undertaking that could not succeed without cooperation and support from manybodies, both statutory and voluntary including the Cork County Board of the Athletics Association of Ireland, the Cork Business Houses Athletics Association, An Garda Síochána, the Defence Forces, the HSE and voluntary medical services. In particular I would like to acknowledge the contribution of the volunteers who, every year, give their free time to ensure that the race runs smoothly, bringing years of experience to the event and without whom, this event would not be possible.

My thanks are also due to the Lord Mayor, Cllr Kieran McCarthy, and all the City Councillors for their continued and enthusiastic support.

Finally, I would like to say good luck to all who are taking part in this year's event, especially those who are fundraising for their chosen charities.

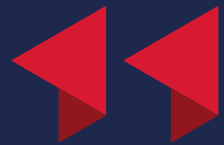
Cork City Marathon is going from strength to strength, attracting more elite runners, bigger numbers, younger participants and raising more funds for deserving causes.

I am very proud that Cork City Council is responsible for this wonderful event and wish all involved every success.

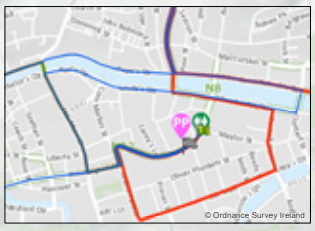
Ann Doherty
Chief Executive, Cork City Council














**EVERY
JOURNEY
STARTS
WITH
THE
FIRST
STEP**



ROUTE MAP



MAP LEGEND

-  **Marathon Mile Marker**
-  **Half Marathon Mile Marker**
-  **10 Kilometer Marker**
-  **Start/Finish**
-  **Marathon Route**
-  **Half Marathon Route**
-  **10 Kilometer Route**
-  **Water Station**
-  **Water & Lucozade Sport Body Fuel Orange Station**
-  **Period Products**
-  **Toilets**



Irish Examiner

MARATHON RESULTS & PICTURE SPECIAL

Don't miss your results in our Cork City Marathon
Results and Picture Special supplement.

Tuesday, June 4



MEDIA PARTNER

Irish Examiner

RACE STARTS

LOCATION & TIME

Full Marathon

8.15am
Sunday 2nd June
On St. Patrick's Street



10K

8.45am
Sunday 2nd June
On St. Patrick's Street



All 10K runners must assemble at 08:15 on Merchants Quay. Please note that the race will start promptly after the full marathon, and route closures may prevent latecomers from participating.

Half Marathon

10.15am
Sunday 2nd June
On Monahan Road
(Assembly at Kennedy Park T12 H9CF)



BAG DROP:

City Hall Underground Car Park
Eglington Street, Cork City T12 H795
Open 7am to 5pm

REGISTRATION & **EXPO AT CITY HALL**

Registration and Expo will take place in City Hall, Cork City. Eircode T12 T997 on Friday 31st May between 12 Midday and 7PM and Saturday 1st June from 11am to 6pm.

All runners will need to register at the Expo and pick up their race numbers, T-shirts and gifts.

Entrance Albert Quay side.

Even if you are not participating in this year's Marathon, come on down and chat to the exhibitors and stock up on some of your apparel for the coming season.

Among the Exhibitors are

John Buckley Sports

The Edge Sports

Bodylite

Elite Events

Sanctuary Runners

The Runners Diary

Precision Fuelling

Pillar Performance

Irish Guide Dogs for the Blind

Kinsale Tri Club

Biofreeze

Pacers

Race tee shirts

Elverys

42k



Message from Race Director

I am delighted on behalf of Cork City Council, Cork Athletics County Board and Cork BHAA to welcome you all to Cork to run in our three races on Sunday June 2nd. A City needs a marathon and we could not have one without such massive support from you the running public.

You the runner are responsible for so much good. You have trained hard and maintained a healthy lifestyle for a long period of time. Living a healthy lifestyle by enlarge means less trips to the doctor, hospitals etc. In fact Mass Participation marathons were recognised by the Thatcher and Regan governments as a way of reducing spend in the health service by trying to keep a large number of people in society living a healthy lifestyle.

Secondly some of you have raised large sums of money for charities, money some of these charities could not do without to survive.

Thirdly you will all converge on our city this June weekend and spend money which will help local businesses within the city.

So thank you all. On our side we have worked around the clock with all the stakeholders to ensure you have a great day on June 2nd.

Cork City Marathon continues to break down financial barriers to sports entry through our concession entry scheme. Cork City Marathon are also very proud to work closely with the Sanctuary Runners to ensure that runners from our Direct Provision Centres have a route to integration in our society. The amazing work the Sanctuary Runners do week in week out in promoting integration is something we all at Cork City Marathon are proud to be associated with. This year



we have two Pacers Noel and Kofi who have been through the Direct Provision system.

The Cork City Marathon Race Team made up of its different stakeholders all subscribe to the key values of Healthy Lifestyle, Inclusion and Climate Action. Through these three pillars we look forward to serving up many successful Cork City Marathons for years to come.

The Cork City Marathon could not take place without the amazing support and contribution of the members of An Garda Síochána, under Chief Superintendent Tom Myers, and our medical-response team, under Dr Jason van der Velde and Michael O'Reilly, is critical to the safe running of the Race and is very much appreciated.

We in Cork City Council are always grateful to the Defence Forces for delivering the large quantity of water around the course. It's a complex logistical exercise and it's reassuring that it is in safe hands. The Irish Examiner have been a brilliant media partner this year. Thank you all so much for the huge coverage you have given us it has been amazing.

Id like to thank our official Podcast Partner the Runners Diary. I really want to thank Brian and Damien for their invaluable contribution to the Cork City Marathon this year. Their podcast has gone from strength to strength and we are so lucky to have them on board as partners.

Message from Race Director

I also thank our broadcast-media sponsors, 96/C103FM, for their copious amounts of airtime and promotion.

I'd like to thank all our Sponsors, Biofreeze, Fulfil, Steigen, John Buckley Sports, Keanes Jewellers, Tony's Bistro, Kevin O' Leary Motors and others.

I also want to thank the amazing and dedicated team in Cork City Council who work tirelessly to ensure this event is a success. In particular on a personal note I'd like to thank David Walsh and Fran Lynch for their massive work on this event.

I'd also like to thank Dympna Murphy, David O' Brien and Rebecca Loughry from Cork City Council for their huge support to me on this event.

To our organising committee of Pat Walsh, John Quigley, Timmy Murray and Kevin Cummins from our Athletic partners Cork County Athletics Board and Cork Business Houses Athletic Association we extend our deep thanks



for all your help not just this year but since our first event in 2007. To Becky Turncock and Gerry Copeland thank you for your dedication and work on our committee this year.

To our runners advisory committee of Karen Bevan, Ruari Egan, Alex O'Shea and Brian Ahern. We've had a laugh on the chatgroup and your advice has been crucial and is so important to me.

To our many volunteers thank you so much, as a runner it is very much appreciated that a race like this cannot go ahead without people like you willing to give up your free time to help others.

Finally to you the runners the very best of luck.

The hard work is done this is just the victory lap.

Eamon Hayes
Race Director




SheRACES

**We are delighted to accredit
Cork Marathon as a race
supporting women!**









**CORK CITY
MARATHON
2024**



Our goals are to:

-  **Get more women on start lines**
-  **Give us a great experience when we race**
-  **Equally value our competition**

**Using our research, we have developed 9 key commitments that apply to all events.
If you race meets these, we would love to have you join our Hall of Fame**

-  Show a diversity of athletes in marketing imagery.
-  Ensure all prizes and rewards for women are of at least equal value to those for men. This includes prize money, number of categories and a choice of female fit of unisex t-shirts.
-  Review toilet and changing facilities to ensure they are sufficient and well communicated. Having period products available at start and finish lines, and where possible of course.
-  Ensure the women's race is given equal prominence in celebrations, social media posts, interviews and other communications.
-  Allow women who fall pregnant before the race transfer their place to a future event within 2 years (for non-ballot races, refunds or athlete transfers are also permissible).
-  Communicate and enforce a no-tolerance policy for harassment of any kind (to include runners, all event volunteers and staff).
-  Actively seek feedback from participants after each race and making best efforts to make changes to support them better.
-  Make these commitments easy to find on your website or in participant information.

Period Products will be available for participants at



7 Water Stations & 2 other locations

1. City Hall Bag Drop

(New Bag drop area @ Basement Car Park City Hall, clearly labelled on a table) Eglinton Street, Eglinton St - [Google Maps](#)

2. Start line Half Marathon

(on a table adjacent to the portaloos in Kennedy Park) Monahan Rd - [Google Maps](#)

Period Products at Water Stations with approximate Google Map Locations

3. Mahon Point R852 - [Google Maps](#)

4. Blackrock Castle, Castle Rd - [Google Maps](#)

5. Greenway Atlantic Pond

(new location just before Pairc Ui Chaoimh. The Marina) - [Google Maps](#)

6. The Lough, Glendalough Park - [Google Maps](#)

7. Leevale Farranlea Road, Farranlea Rd - [Google Maps](#)

8. Kingsley Hotel N22 - [Google Maps](#)

9. Finish Line 103 St Patrick's St - [Google Maps](#)

Period Products available will be Pads and Tampons.

At the 7 Water Stations listed above the products will be available in a cardboard box at the end of the last table, clearly labelled.

Message from **THE BHAA**

On behalf of the Cork BHAA I wish to welcome all the athletes who are participating in this year's Cork city marathon. Once again we are delighted to work with Athletics Ireland in conjunction with the Cork City Council who are running the event.

I want to welcome all the visitors to our city and hope they enjoy the race and the welcome they receive in the city and hope they return again.

This year we are continuing with the format of full marathon half marathon and 10k races this proved very successful last year and proved very popular with all the runners.

As ever I want to thank all our volunteers who steward, man water stations etc its a long day some have been with us from the beginning but without their input there would be no Cork city marathon so thank you one and all.

As always we invite people training for or seeking to improve their marathon times to join our organisation and participate in our many events through the year.

Finally the best of luck to everyone I hope you achieve your goals and if you wish to run some more races log on to our website at www.Corkbhaa.com you will be very welcome.

Yours in sport
Tim Murray
BHAA CHAIR



Message from **ATHLETICS IRELAND, CORK**

On behalf of the Cork County Board of the Athletic Association of Ireland, I would like to wish everybody taking part the best of luck.

There has been unprecedented interest in the three races this year and we hope all who take part will enjoy it.

Many thanks to all who work so hard to ensure the success of our Marathon and sincere thanks also to those who will be helping out once again this weekend. A special welcome to all our visitors and I hope you will have a great marathon and a pleasant experience here in Cork.

For those of you looking for more athletic challenges, why not take up the cross-country challenge or track and field challenge and join your local athletic club. For club details, fixtures, results, and athletics news, see CorkAthletics.org.

We would like to acknowledge the key role of Cork City Council in the hosting of this major athletic event for the city. It would not happen without them. It is great to work with the BHAA in the organising of this event.

Once again, best of luck to all taking part in the marathon and enjoy the experience.

Pat Walsh

CHAIRMAN, CORK COUNTY BOARD AAI





CORK CITY MARATHON

OFFICIAL AFTER PARTY
LIVE IN DEEP SOUTH

02.06.24

CORK CITY
MARATHON
2024



ENDURANCECONNECTION

DEEP SOUTH

The 10K

The 10K will begin at 8:45 on St Patrick Street, following the start of the full marathon

The 10K route is completely flat and fast designed both for fast elite times and as a great introduction to 10ks for novice runners as there are no hills! By covering many of the breathtaking locations from the full and half marathon routes, the runners can truly immerse themselves in the Cork city experience. Please note you must be aged 15 or over on the day of the race in order to enter the 10k.

The 10K race will replace the previous relay race option and has proven really popular.

10k Route Description

The race will begin at 08:45 on St Patrick Street, following the start of the full marathon. Runners will proceed down St Patrick Street and outwards onto Washington Street/Western Road. From there, they will turn onto Mardyke walk and cross the river via Mardyke Bridge. The route will continue on the Banks of the Lee walkway before re-entering the city roads at the North Quay, proceeding along Popes Quay, and following the full marathon route out the N20

to its turnaround point. Once back in the city, the runners will turn left onto St Patricks Quay and cross the river again via Brian Boru Bridge. On the south side of the river, the race will move along Merchants Quay, turn onto North Main Street, and return to Washington Street before finishing on St Patricks Street.

10k Start and Assembly

All runners must assemble at 08:15 on Merchants Quay. Please note that the race will start promptly after the full marathon, and route closures may prevent latecomers from participating. For your convenience, the race will have pacers to accommodate various running levels and finish times, ranging from 40 minutes to 60 minutes.

The addition of the 10k race was a widely popular decision as it opens up participation in the Cork City Marathon to those who would like a less challenging and more fun and inclusive challenge, be it on your own or with a group! It will be a great opportunity for everybody who participates in the very popular 5k park runs to join the Cork City Marathon 10k challenge.

The 10K

Who can participate in the 10k?

If you are at least 15 years old and have recently started running, or doing any fun runs or 5k runs on weekends, recommenced training, or are in recovery from an injury and are worried that the Half Marathon or Full Marathon might be too much or too strenuous for you, the 10K could be the perfect option for you! You will get a medal crossing the finish line and there will be cash prizes up for grabs, similar to the other races of the day!

Participants will have the opportunity to enter individually or as part of a team in which they could run together and encourage each other. They would all get their individual results which will be posted on the race page and if registered as a team, their team results would also be published!

Why the 10k?

Everybody will start together which will lead to a great atmosphere at the start line.

Teammates can encourage each other during the race.

It is very inclusive as individuals and teams can participate

Minimum age is 15 years old

Wheelchair users can participate

It's community focused as teams can win an additional prize
All members have their finish times published on the race results page

Minimal waiting times as everybody will start together. Especially running together with a friend, in a group or with a team will encourage each other and make the 10k race super enjoyable

Everybody can walk easily to the start line from city hall after the bag drop

Also small charities can participate if they only have 1 or 2 people running for them, as there is no min or max number of participants needed.

The 10K

Prize Structure

10k prize structure 2024:

Prizes will be awarded in the following categories both male and female:

- 1st:** €400
- 2nd:** €250
- 3rd:** €150

Team Prizes:

- 1st All Female Club €200
- 2nd All Female Club €150
- 3rd All Female Club €100

- 1st All Male Club €200
- 2nd All Male Club €150
- 3rd All Male Club €100

- 1st All Female Non Club €200
- 2nd All Female Non Club €150
- 3rd All Female Non Club €100

- 1st All Male Non Club €200
- 2nd All Male Non Club €150
- 3rd All Male Non Club €100

10k team prize rules

This year the winners of the Male and Female 10k Races will receive the James O'Connor Perpetual Cups donated to us by the family of the late James O'Connor who competed in our event last June but tragically died last December.

For teams to qualify, they must have a minimum of 4 runners registered to run the race. The Male and Female team's results will be calculated on the fastest team based on finishing chip time of the first 4 runners. i.e. If a team has more than four runners, the result will be calculated based on the top four runner's finishing positions.

In an event of a draw, the winning team with the highest finisher place will win.

JAMES O'CONNOR PERPETUAL TROPHY



The Half Marathon

The Half Marathon will start on Monahan Road at 10.15am.

It is overall, a fast and flat course over 21.1km/13.1 miles.

As with all major city marathons, the challenge for the marathon course committee was to design a route that would maximise the runners' experience while minimising the disruption to the public. We also wanted to make this truly a city marathon, by bringing the race to as much of the city as is possible.

[Click here to view the route on the map](#)

Prize Structure

Half Marathon prize structure 2024:

Prizes will be awarded for the following positions

Male and Female

Categories:

1st: €600

2nd: €300

3rd: €200

4th: €150

5th: €100

€75 for 1st in each age category male and female:

35 - 44

45 - 54

55 - 64

65 - 74

75+

*For 2024 we have waived the previous minimum of 3 in a category rule to encourage gender equality and age diversity

*Prizes are awarded equally to male and female categories.

Keane's Jewellers Perpetual Cork City Half Marathon Trophies

Kindly donated by Keane's Jewellers, the first across the line in the men's and women's half marathon will receive a beautifully crafted silver trophy. The trophies will be engraved with the winners' names. Unfortunately, the trophies are perpetual, so the winners have to part with their silverware at the end of their reigning year!

The Marathon

The marathon will start on St Patrick's Street at 8.15am.

The Cork City Marathon is an official 42.195km (26 miles and 385 yards) marathon course and serves as a Boston qualifier. It is overall, a fast and flat course.

As with all major city marathons, the challenge for the marathon course committee was to design a route that would maximise the runners' experience while minimising the disruption to the public. We also wanted to make this truly a city marathon, by bringing the race to as much of the city as possible.

There are a few immovable constraining factors: The options to the north of the River Lee are limited because of the steep hills. To the south, the potential course is restricted by the critical South Ring Road, which carries large amounts of traffic into or around the city centre. Despite these restrictions, the course committee designed a route that takes the runners north, east, south and west of the city centre along a very flat course.

The marathon begins and finishes on the city centre's main street, St Patrick's Street.



The Marathon

[Click here to view the route on the map](#)

Prize Structure

Full Marathon prize structure 2024:

Prizes will be awarded in the following categories*:

€11,000 in total

1st: €1,000

2nd: €900

3rd: €800

4th: €700

5th: €600

6th: €500

7th: €400

8th: €300

9th: €200

10th: €100

Wheelchair

1st €100

2nd €75

3rd €50

€100, €75, €50 for 1st, 2nd & 3rd respectively in each age category: €2,250 in total

35 - 44

45 - 54

55 - 64

65 - 74

75+

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CORK CITY MARATHON HISTORY

Cork has always been associated with Sports Stars. From Athletics to Hurling, from Rugby to Rowing from Soccer to Gaelic Football, Cork has produced iconic superstars over the years. The streets of Cork City have also been host to some legendary Sporting events from early Grand Prix in the 1930's to The Kelloggs Criterium City Centre Cycling races and Nissan Classics in the 1980's to hosting a finish to a stage of the Tour De France in 1998.

There is something unique when for one day a year the City's streets are closed to host a major sporting event. All these events brought big footfall and revenue into the city and showed off our beautiful city to the world. Now Cork City Marathon carries this torch and hosts visitors from all over the world to run along the banks of the River Lee.

Though the current format of the Cork City Marathon began in 2007 the first ever Cork City Marathon actually took place in 1982 when John O'Toole from Tullamore and our own Marie Buckley from Leevale took the honours. As you can see below some famous names battled it out in the 80's with some amazing finishing times. The 1984 races in particular were top class battles. Some familiar local names on the podium in the 1980s too. Some you will see volunteering around the course and still heavily involved with local clubs.



CORK CITY MARATHON HISTORY

1982

750 athletes

1. John O'Toole (Tullamore) **2.20.40**
2. Michael Walsh (Leevale) **2.21.03**
3. Tom Jordan (Waterford) **2.22.41**

1. Marie Buckley (Leevale) **3.08.17**
2. Catherine Sutton (Dublin) **3.19.08**
3. Teresa Dwane (Cork) **3.38.53**

1983

1,011 competitors

1. Jerry Kiernan (Clonliffe) **2.13.20**
 2. Ray Treacy (Deise) **2.16.54**
 3. Pat Murphy (Kildare) **2.17.31**
-
1. Lucy O'Donoghue (Leevale) **3.13.33**
 2. Maura Curtin (North Cork) **3.17.04**
 3. Corinne Reidy (Limerick) **3.23.08**

1984

1,138 competitors

1. Jerry Kiernan (Clonliffe) **2.14.30**
2. Dick Hooper (Raheny) **2.14.39**
3. Gerry Deegan (Waterford) **2.18.20**

1. Deirdre Nagle (Dublin) **2.48.36**
2. Christine Kennedy (Galway) **2.49.46**
3. Lucy O'Donoghue (Leevale) **2.56.06**

1985 (Cork 800 marathon)

733 competitors

1. Billy Gallagher (Ballaghadreen) **2.18.58**
 2. Paddy Murphy (Kildare) **2.19.52**
 3. Michael Carey (Leevale) **2.26.42**
-
1. Sheila Curtin (North Cork) **3.01.23**
 2. Catherine Speight (Leevale) **3.04.13**
 3. Marion Lyons (St Finbarrs) **3.06.58**

1986

1. Billy Gallagher (Ballaghadreen) **2.20.12**
 2. Thomas Brouder **2.24.29**
 3. Michael Carey **2.25.42**
-
1. Marion Lyons (St Finbarrs) **3.01.05**
 2. Brigid McCabe **3.09.20**

The route in the 1980s was

Sunbeam Gate
Water Street
Mardyke
Victoria Cross
Inchigaggin
Curraheen Road into town
Patrick Street
Marina
Blackrock
Skehard Road
Kinsale Road
Togher Road
Hartlands Avenue
Barrack Street



THE REBIRTH OF CORK CITY MARATHON

In 2005 Cork was European City of Culture.

This gave Cork a new confidence and a sense that it could host important international events. Following 2005 Director of Services in Cork City Council Jim O'Donovan felt that Cork should have some event every year where it showcased the city to the world and attracted tourists. Jim being very socially oriented felt it should be an event that all people in Cork should have access to. Enter Michael O'Brien a keen runner who suggested to Jim that a Marathon would tick all these boxes. Jim wanted to be sure that the event could be accessible to all so they travelled to the Belfast Marathon in 2006 with Jim taking part in the relay and he was

convinced that a Marathon with a team relay was just what the city needed.

The first step was to hire Gina Johnson who had organised big events in Cork in the previous years. Once Gina agreed to come on board (after some convincing by Jim) the wheels started to turn. The next step was to set up an organising team. Gina gathered a team of City Council staff around her Jim, Michael, Tony Brauders, Niamh Spillane, Eucharia Savage, Cathy Buchanan, Sarah Walsh (Cooney), Sandra O'Shea all came on board to help. The event proved a success and the Marathon remains to this very day because of the work put in by this group in conjunction with Cork Athletics and Cork BHAA.

Others joined in the following years Fran Lynch, Stephen Scully, Paul Moynihan, James Goulding and Tony Power in particular did trojan work on the event over a 10 year period. Gina stayed on and organised every marathon



up to and including 2019. Her dedication, friendly personality and brilliant organisation skills almost single handedly insured that the event survived. Gina will still be seen around the place helping out at race weekend but she has a much more important role now as part of the City Council's climate action team.

The first Cork City Marathon in its current format took place in 2007. Bantrys Alan O'Shea won the men's race in a time of 2.27.36 followed by Eagle AC's Wieslaw Sosnowski with Roy Fahy of East Cork (who would win the following year) in 3rd place with Alan Merritt of Togher AC in 4th and Cathal O'Connell of St. Finbarrs in 5th (who has 9 top ten finishes). In the women's race Clare's Tracy Guilfoyle, of Kilnaboy AC (a top 40 finisher in the London Marathon a few months earlier) won in a time of 3.01.52 with Mary O'Leary originally from Castletownroche in 2nd place (running for FC Perlach in Munich), Sinead Ní Chonchuir in third with Anne Marie Holland in 4th and Angela Shine in 5th. 2007 saw two wheelchair athletes Darrell Erwin and the legendary Jerry Forde who is still competing in our marathon to this very day. The event has grown from strength to strength over the years with a half marathon added to the Marathon and Relay in 2011 while in 2023 a 10k replaced the relay which led to a dramatic increase in numbers in the event.



ROLL OF HONOUR MARATHON

Year	Male		Female	
2007	Alan O' Shea	2:27:36	Tracy Guilfoyle	3:01:52
2008	Roy Fahy	2:33:55	Lucy Brennan	2:52:47
2009	Michael Herlihy	2:30:36	Lucy Brennan	2:51:25
2010	Sergiu Ciobanu	2:25:54	Lucy Brennan	2:54:38
2011	Sergiu Ciobanu	2:25:34	Angela McCann	2:53:31
2012	Freddie Kearon	2:22:12	Angela McCann	2:52:56
2013	Bartosz Mazerski	2:28:29	Pauline Curley	2:47:47
2014	Bartosz Mazerski	2:28:38	Pauline Curley	2:43:47 CR
2015	Cillian O'Leary	2:30:41	Nollaigh Hunter	2:57:45
2016	Philip Harty	2:32:58	Nollaigh O'Neill (Hunter)	3:00:37
2017	Chris Mocko	2:26:43	Jill Hodgins	2:48:18
2018	Gary O'Hanlon	2:21:07	Zola Flynn	2:58:49
2019	Gary O'Hanlon	2:21:42	Angela McCann	3:02:53
2020 and 2021 No race due to Covid19				
2022	Tim O'Donoghue	2:18:37 CR	Lizzie Lee	2:44:54
2023	Pawel Kosek	2:28:24	Georgie Bruinvels	2:49:59

RECORD NUMBER OF WINS

Male	Female
2 wins	3 wins
Sergiu Ciobanu	Lucy Brennan
Bartosz Mazerski	Angela McCann
Gary O' Hanlon	

COURSE RECORDS

Male		Female	
Tim O'Donoghue	2:18:37	Pauline Curley	2:43:47



ROLL OF HONOUR HALF MARATHON

The Half Marathon race was introduced in 2011. The first winners were TJ McHugh 1:12:51 and Lizzie Lee 1:19:45

Year	Male		Female	
2011	TJ McHugh	1:12:51	Lizzie Lee	1:19:45
2012	Gary O'Hanlon	1:09:15	Lizzie Lee	1:20:34
2013	Freddie Kearon	1:08:33	Lizzie Lee	1:19:53
2014	Sergiu Ciobanu	1:10:18	Emma Murphy	1:21:34
2015	Sergiu Ciobanu	1:07:40	Norah Newcomb-epieterse	1:21:12
2016	Peter Somba	1:11:17	Aoife Cooke	1:25:26
2017	Peter Somba	1:07:47	Claire McCarthy	1:16:34 CR
2018	Sergiu Ciobanu	1:07:57	Claire McCarthy	1:16:46
2019	Gavin Sweeney	1:09:04	Fiona Santry	1:23:17
2020 & 2021 cancelled due to Covid 19				
2022	Jake O'Regan	1:04:04 CR	Courtney McGuire	1:19:22
2023	Ryan Creech	1:06:45	Aoife O'Leary	1:23:41

RECORD NUMBER OF WINS

Male	Female
3 wins	3 wins
Sergiu Ciobanu	Lizzie Lee



COURSE RECORDS

Male		Female	
Jake O'Regan	1:04:04	Claire McCarthy	1:16:34

ROLL OF HONOUR 10K

The 10k was introduced in 2023 with Denis Hegarty winning the mens race in 32:12 and Lizzie Lee winning the female race in 35:15

Lizzie Lee is the only athlete to win the Full Marathon, Half Marathon, 10k and relay



Angela McCann
Sergiu Ciobanu
Lucy Brennan
Gary O'Hanlon
Lizzie Lee
Pauline Curley

OVERALL INDIVIDUAL WINS ACROSS FULL/HALF/10K

Male	Female
5 wins	5 wins
Sergiu Ciobanu	Lizzie Lee



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5pm.

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THE MEDALS 2024

We've redesigned the much sought after medals, which this year will be made from recycled metal, in keeping with our sustainability goals.

The full Marathon is based on a concept design by Ultra Runner Alex O'Shea which symbolises participants running under the River Lee through the Jack Lynch Tunnel.

The half marathon medal showcases another of Cork's famous landmarks - St. Finbarrs Cathedral while the 10K medal continues the nautical theme of the marathon medal with participants running along the banks of the River Lee. We can't wait to present these to all participants as they cross the finish line on June 2nd.

**CORK CITY
MARATHON
2024**





MESSAGE FROM SANCTUARY RUNNERS **Graham Clifford**

The sight of hundreds of blue Sanctuary Runner t-shirts darting their way through the streets of Cork on the June Bank Holiday weekend has become synonymous with this – Ireland's most friendly and welcoming community marathon.

Since 2018 we've taken part in this wonderful run with the support of Cork City Council.

And what a team it is – made up of sound Corkonians and those who have moved to our city for a wide variety of reasons including our dear friends who are seeking international protection, safety and sanctuary.

This Marathon Day we, say louder than ever, that Cork is a city of welcomes, a city where EVERYONE is respected and valued equally regardless of their

legal status, nationality, skin colour, religion, culture, gender or sexual orientation. A city where decency, respect and kindness form our united culture – and will always do so. A city that's sound.

So, if you happen to find yourself running alongside a Sanctuary Runner today please say hello or if you're a spectator please give us a shout – you'll never know how welcomed and well-received such a warm roar of support will be.

Because we all run through life together and the finish line will come for us all. Let's make sure the run is one where we all support each other even at the hardest points.

To find out more about the Sanctuary Runners visit Sanctuaryrunners.ie

ADDITIONAL CAR PARKS

Name	Location	Opening & Closing times
Paul Street Car Park (multi-storey)	St Paul's Ave, Centre, Cork	Mon - Sat: 07:30 - 0:00 Sun: 11:30 - 0:00
North Main Street Car Park (multi-storey)	Kyrl's Quay, Centre, Cork	Mon - Sat: 07:30 - 21:30 Sun: 11:30 - 21:30 (Closed Bank Holiday Monday)
Merchants Quay Car Park	5 St Patrick's St, Centre, Cork	Mon - Sat: 08:00 - 23:00 Sun: 10:00 - 20:00
Lapps Quay Public Car Park	27 Oliver Plunkett Street Lower, Centre, Cork, T12 C2C1, Ireland	24 hrs
Park it Here	50 Grand Parade, Centre, Cork, T12 D638, Ireland	Mon - Sun: 06:00 - 22:00
Moore Street Car Park	4 Moore St, Centre, Cork, T12 Y7W0, Ireland	24 hrs
Patrick's Quay Car Park	34-36 St Patrick's Quay, Centre, Cork, T23 T624, Ireland	Tue - Sat: 07:00 - 0:00 Sun - Mon: 08:00 - 20:00
Patrick's Bridge Car Park	6 St Patrick's St, Centre, Cork, Ireland	Sat: 06:30 - 19:00 Closed Sun and Mon
Kent Station Car Park	Lower Glanmire Rd, Cork, Ireland	24 hrs

BUSES - PARK AND RIDE

The Park & Ride service from the Black Ash centre, on the South City Link (N27), into the city centre will operate every 8-12 minutes from 06:15 am. The service costs €5 for the day. Participants and spectators are urged to use this facility and leave their car outside the city centre. The bus will bring you to the centre, a minute's walk from the City Hall.

ADDITIONAL TRAINS

There will be additional early morning services on Sunday 2nd of June. These trains will leave Cobh and Mallow at 7.00am and Midleton at 7.15am on Sunday, June 2nd.

GENERAL BUS INFORMATION

City and suburban bus services will be restricted because of the race during the bank holiday weekend. Information for general bus operations for the 2nd of June can be found below.

Route 202: - Northside Shuttle:

From 08:00 hrs., service from Hollyhill (Apple), will operate as normal as far as North Cathedral Bus Stop, then via Gerald Griffin Street, North Monastery Road, Wolfe Tone Street, Cathedral Road, and normal Route to Hollyhill (Apple). Normal services will resume at approx.10:30 hrs.

Route 202: - Southside Shuttle:

From 08:00 hrs. service will operate from Anglesea Street (City Hall Bus Stop) to Bessboro via 215 routes. From 10.30 hrs. service will operate between Apple as Bessboro via 215 routes. Normal service to resume at approx. 13:00 hrs.

Route 203: - Northbound: - start of service- 11.30.

Ex Manor Farm, via Pouladuff, N40, South City Link, Eglinton Street, T Mc Sweeney Quay, Parnell Place, right to Merchants Quay, left for Brian Boru Bridge, via Summerhill North, left to North Ring Road, right to Blackpool Flyover, left to normal route at Dino's and resume normal route.

Route 203: - Southbound: - start of service- 11.30.

Ex Parklands, normal route to Dino's, turn right to N20, left on to North Ring, right to Ballyhooly Road at Dunnes Stores, continue via Summerhill North to Brian Boru Bridge, Clontarf St and Bridge, right on to T Mc Sweeney Quay, left to City Hall Stop, left to Station Road, right to South Link, left to N 40, then slip to Pouladuff Exit and resume normal route to Manor Farm.

Route 203: - Southbound: From 11:30 hrs. – 15:00 hrs:

From St Patricks Bridge, service will operate via Merchants Quay, Clontarf St, Anglesea Street (City Hall), South Link Road, N40 and take the Togher slip to Manor Farm.

Route 203: - Northbound From 11:30 hrs. – 15:00 hrs:

Service will operate via the N40, South Link, Parnell Place, Merchant's Quay to Parklands.

Ex Parklands via Merchant's Quay/City Hall.

Route 203: - Northbound From 15:00 hrs. – 18:00 hrs:

Normal route to Parliament Bridge then operate via South Mall, Parnell Place, Merchants Quay then right onto St. Patricks Bridge and normal route thereafter.

Route 203: - Southbound From 15:00 hrs. – 18:00 hrs:

From St. Patricks Bridge operate via Merchants Quay, Clontarf St, City Hall, and normal route thereafter.

Route 205: - From start of service to 12:00.

MTU to Anglesea Street (City Hall) service will operate from via Curraheen Rd. Wilton Roundabout, N40 and South Link Road, Anglesea Street to MTU service will operate from via South Link Road, N40, Wilton Roundabout Curraheen Rd. Melbourne Rd, MTU. Kent Station will not be served before 12.00.

Route 205: - From 12:00 hrs. – 15:00 hrs:

From MTU service will operate via Curraheen Rd, Wilton Roundabout, N40 and South Link Road, Merchant's Quay, St Patricks Bridge and on to Kent Station.

From Kent Station, service will operate via City Hall/South Link Road, N40, Wilton Roundabout Curraheen Rd, Melbourne Rd and on to MTU.

Route 205: - From 15:00 hrs. – 18:00 hrs:

MTU to Kent Station, service will operate from via Grand Parade, South Mall and Merchant's Quay, St Patricks Bridge, and normal route thereafter.

Kent Station to MTU, service will operate from via Clontarf St, Anglesea St, South Terrace, Grand Parade, and Washington Street. Normal service will resume at 18:00 hrs approx.

Route 206: - From 07:30 hrs. - 10:30 hrs:

Services from Grange will operate as normal on the Douglas Rd. then via Tramore Lawn, Douglas Road and City Hall.

Outbound services to Grange will depart from City Hall operating as per the normal route. There will be no access to South Mall from 07.30-10.30. From 10:30 hrs. approx. services will operate to/from South Mall. Inbound diversion will remain in place via Tramore Lawn and Douglas Rd with resumption to full normal route from approx. 13:30.

Route 207: - Southbound: - Start of service – 11.00:

Service will operate from Summerhill to Brian Boru Bridge, Clontarf St and Bridge, right on to Terrance Mc Sweeney Quay, left to City Hall Stop and normal route thereafter.

No. 207: - Northbound: - Start of service – 11.00:

Operate via Cotter St, Old St Road, Old Station Rd, Eglinton St, Terrance McSweeney Quay, Parnell Place, right to Merchants Quay, left for Brian Boru Bridge, Summerhill, and normal route thereafter.

Route 207: - From 11:00 hrs. – 18:00 hrs:

Northbound services will operate via South Mall and Merchant’s Quay, St Patricks Bridge, and normal route thereafter.

Southbound services to Donnybrook will operate via Merchants Quay, Clontarf St, Anglesea St. and normal route thereafter. Normal service will resume at 18:00 hrs. approximately.

Route 207A:

Service will not operate before 11:00 hrs.

Route 208: - Northbound from Start of service – 11.00:

Will operate via Wilton Roundabout, Sarsfields Rd Roundabout, via N40 and South City Link, Eglinton St T Mc Sweeny to City Hall, Parnell Place, right on to Merchants Quay, left on to on to Brian Boru Bridge, and normal route thereafter.

Route 208: - Northbound from 11.00 - 15.00:

Will operate via Wilton Roundabout, Sarsfields Rd Roundabout, via N40 and South City Link, Eglinton St T Mc Sweeny Quay to City Hall, Parnell Place, left on to Merchants Quay, right on to Patricks Bridge, and normal route thereafter.

Route 208: - Southbound Start of service – 11.00:

Will operate via Brian Boru and Clontarf Bridge operate via South Link and N40, Sarsfield’s Road Roundabout, Wilton Roundabout, 1st exit on

to Bishopstown Road, then normal route. Normal route to resume from 18:00hrs.

Route 208: - Southbound from 11.00 – 15.00:

Will operate via St Patricks Bridge, Merchants Quay, Clontarf Street, City Hall, South Link and N40, Sarsfield's Road Roundabout, Wilton Roundabout, and normal route thereafter. Normal route to resume from 18:00hrs.

Route 208: - 15:00 hrs. to 18:00 hrs:

Services from Curraheen towards Ashmount will operate as normal to Washington Street, then via South Mall, Parnell Place, Merchant's Quay, St Patricks Bridge, and normal route thereafter.

Services from Ashmount will operate Clontarf St, Anglesea St, South Terrace, Grand Parade turning left onto Washington Street.

Route 212: No Service until 13.30

Route 213: - Park & Ride

Services will operate between Black Ash Park and Ride site, Eglinton Street and Anglesea Street (City Hall). Every 12 mins from 06.15 – 17.00.

Route 214: - From 07:00 hrs. – 14:30 hrs:

Services from CUH will operate via Sarsfield Road, South Link Road, Eglinton Street and Anglesea Street (City Hall). Then operate via South Link Road, Tunnel, Dublin Road to Glanmire and then to terminus.

Services from Glyntown will operate as normal to Dunkettle Roundabout to Dunkettle Interchange, Tunnel, South Link Road to City Hall. Then via South Link Road, Sarsfield Road to CUH.

Route 214: - From 14:30 hrs. – 18:00 hrs:

14:30 -18:00 From CUH normal route to Washington St. Then via Grand Parade, South Mall and MQ, St Patricks Bridge and normal route thereafter.

From Glyntown will operate via Clontarf Bridge, City Hall, South Terrace, Grand Parade, Washington St., and normal route thereafter.

Route 215: - From Blarney from start – 11.00:

Before 11:00 -Normal to Bros Delaney Road, turn left to N20, left on to North Ring, right to Ballyhooly Road at Dunnes Stores, continue via Summerhill South to Brian Boru Bridge, Clontarf St and Bridge, right on to Terrance Mc Sweeney Quay, left to City Hall Stop then normal route terminating at Bessboro.

Route 215: - From Bessboro to Blarney Start – 11.00:

Start at Bessboro, normal route to South Terrace, then operate via Copley Street, Cotter Street, Old St Road, Eglinton Street, T Mc Sweeney Quay, Parnell Place, right to Merchants Quay, left for Brian Boru Bridge, via Summerhill North, left to North Ring Road, right to Blackpool Flyover, right to Bros Delaney Road then normal route thereafter.

Route 215: - towards Blarney From 11.00 hrs. to 18:00 hrs:

11:00 -18:00 operate via South Terrace, South Mall, Parnell Place Merchants Quay, St Patricks Bridge, and normal route thereafter (before 13:00 the service only operate from Bessboro, after 13:00 operate as normal from Jacobs Island.

Services from Cloghroe will operate via Merchants Quay, Clontarf Street, Anglesea Street, then normal route (until 13:00 operate to Bessboro only, after 13:00 operate as normal to Jacobs Island. Normal services will resume from 18:00 hrs. approx.

Route 216: - From start of service to 14:30 hrs:

Services from CUH will operate via Sarsfield Road, South Link Road, Eglinton Street, Anglesea Street (City Hall) and then normal Route.

From 11.00- 14.30

From CUH will operate via Sarsfield Road, South Link Road, Old Station Rd. South Terrace, South Mall, and normal route to Monkstown.

Services from Monkstown will operate normal route to South Terrace, then via Cotter Street, Copley Street, Old Station Road, Eglinton Street, Anglesea Street (City Hall), South Link Road and Sarsfield Road to CUH

Route 220: - Carrigaline/Crosshaven to City Centre/Ballincollig/Grange Manor 07:30 - 15:00:

Normal to South Terrace then via Cotters St, Old Station Rd. Eglinton St to City Hall City Hall then via South Link, N40 to Poulavone Roundabout and normal route thereafter.

Route 220: - Ex EMC/Ballincollig City Centre; Carrigaline/Crosshaven 07.30- 11:00 hrs:

From the Poulavone Roundabout then via the N40 and South Link Road to Eglinton Street, Anglesea Street (City Hall) and normal route to Carrigaline/Crosshaven.

11.00- 15:00 hrs. services will operate normal service route to Poulavone Roundabout then via the N40 and South Link Road, Old Station Road Georges Quay, South Mall, and normal route thereafter. Services will revert to normal route from 15:00 hrs.

Route 223: - 07.30 – 11.00:

Inbound from Ringaskiddy, services to operate via South Terrace, Cotter Street, Copley Street, Old Station Road, Eglinton Street, Anglesea Street (City Hall); then operate outbound from Anglesea Street (City Hall) as per normal route. Normal service will resume at 11.00 hrs approx.

Route 225 07.30 - 11.00:

07:30 -11:00 - All services operate ex Clontarf Street and normal route thereafter. (Kent Not Served)
Inbound services will terminate at Parnell Place.

Route 226: - 07.00 - 11.00:

All outbound services will operate ex Clontarf Street.
Inbound services will terminate at Parnell Place. only no access to Turners Cross (Kent Not Served).

11.00-13.30

Services will resume service to Kent Station. Service will operate via City Hall, Old Station Rd, South Link. No access to Turners Cross until 13.30.

**Outbound Stage Carriage/Expressway From
07.30 – 15.00 Approximately**

Services to West Cork and Tralee 07.30 – 16.00.

Services will operate via South Link, N40 West, Sarsfield Rd. Roundabout, and normal route from Wilton Roundabout.

Services to West Cork and Tralee 16.00 – 18.00.

Will operate via Clontarf Street, Anglesea St. South Terrace, Grand Parade and left onto Washington St and normal route thereafter.

Services to Macroom/Farnanes 07.30 – 16.00.

Will operate via South Link and, N40 take exit 1 towards Blarney N22 to Poulavone Roundabout and normal route thereafter.

Services to Macroom/Farnanes 16.00 – 18.00.

Will operate via Clontarf Street, Anglesea St. South Terrace, Grand Parade and left onto Washington St and normal route thereafter.

Services to East Cork, Waterford, and Dublin 07.30 – 14.00

Will operate via South Link and Jack Lynch Tunnel.

Route 51 services towards Limerick/Galway 08.25 – 12.25.

Will operate via Brian Boru Bridge, Summerhill, left onto North Ring Rd. R635 to Blackpool flyover, turn right and normal thereafter.

Race Day Departures From Parnell Place

07:25 Galway Operate Normal Route

07:50 Midleton / Ballinacurra Operate via South Link and Jack Lynch Tunnel

08:00 Dublin Operate Via South Link And Jack Lynch Tunnel

08:25 Galway Operate Via Brian Boru Bridge, Summerhill, North Ring To Blackpool Flyover And Normal Thereafter

09:00 Skibbereen Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

09:25 Galway Operate Via Brian Boru Bridge, Summerhill, North Ring To Blackpool Flyover And Normal Thereafter

09:40 Waterford Operate Via South Link And Jack Lynch Tunnel

10:25 Galway Operate Via Brian Boru Bridge, Summerhill, North Ring To Blackpool Flyover And Normal Thereafter

10:30 Glengarriff Castletownbere Operate via South Link, N40 West, Sarsfield Rd. Roundabout and normal route from Wilton Roundabout

10:30 Youghal Operate Via South Link And Jack Lynch Tunnel

10:30 Tralee Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

10:40 Waterford Operate Via South Link And Jack Lynch Tunnel

11:00 Fermoy Operate Via South Link And Jack Lynch Tunnel

11:25 Galway Operate Via Brian Boru Bridge, Summerhill, North Ring To Blackpool Flyover And Normal Thereafter

11:30 Goleen Operate Via South Link, N40 West, Sarsfield Rd. Roundabout and Normal Route From Wilton Roundabout

11:30 Midleton / Ballinacurra Operate via South Link and Jack Lynch Tunnel

12:00 Dublin Operate Via South Link And Jack Lynch Tunnel

12:25 Galway Operate Normal Route

12:30 Tralee Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

12:40 Waterford Operate Via South Link And Jack Lynch Tunnel

12:45 Farnanes Operate Via South Link And, N40 Take Exit 1 Towards Blarney N22 To Poulavone Roundabout And Left Onto Normal Route

13:00 Fermoy Operate Via South Link And Jack Lynch Tunnel

13:00 Midleton / Ballinacurra Operate via South Link and Jack Lynch Tunnel

13:25 Galway Operate Normal Route

13:30 Tralee Via Ballyjourney Operate via South Link, N40 West, Sarsfield Rd. Roundabout and normal route from Wilton Roundabout

13:30 Glengarriff Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

13:40 Waterford Operate Via South Link And Jack Lynch Tunnel

14:00 Dublin Operate Normal Route

14:25 Galway Operate Normal Route

14:30 Tralee Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

14:30 Skibbereen Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout

14:30 Youghal Operate Normal Route

14:40 Waterford Operate Normal Route

14:50 Clonakilty Operate Via South Link, N40 West, Sarsfield Rd. Roundabout And Normal Route From Wilton Roundabout



15:00 Fermoy Operate Normal Route

15:25 Galway Operate Normal Route

15:30 Midleton / Ballinacurra Operate normal route

15:30 Tralee Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

15:40 Waterford Operate Normal Route

16:15 Skibbereen Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

16:15 Midleton / Ballinacurra Operate normal route

16:25 Galway Operate Normal Route

16:30 Bantry Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

16:30 Tralee Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

16:40 Waterford Operate Normal Route

17:00 Clonmel Operate Normal Route

17:15 Midleton / Ballinacurra Operate normal route

17:25 Galway Operate Normal Route

17:30 Tralee Via Ballyvourney Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

17:30 Macroom Via (Ballincollig) Operate Via Clontarf Street,Anglesea St. South Terrace, Grand Parade And Left Onto Washington St

17:40 All Services Can Resume Normal Routes.

How Far Will YOU Run in the Cork City Marathon - *It's All About the SPR!*

**by John Quigley,
AIMS/World Athletics Grade
'A' International Measurer**

The Cork City Marathon, Half-Marathon, and 10k have been measured to AIMS/World Athletics standards. This certifies that the course is at least the specified distance

Courses are normally measured starting from the finish line, back to the start, so you're going in reverse to the runners direction. Because of issues like the South Link Road, where you'd be cycling against traffic, and the Jack Lynch Tunnel, where traffic is manic at the best of times, the Cork Marathon's measurement takes place over four separate Sunday's, early in the morning. In normal circumstances, the Marathon would be measured in a single session...but the First Rule of Measurement is 'Go Home Safely'

The South Link, South Ring Road, Tunnel and Tivoli sections are done with Garda 'Protection', with several large Garda 'Jeeps'



acting as shields/protection, keeping traffic backImagine, driving at 100kph, on the South Ring, approaching the Jack Lynch Tunnel, and coming across a cyclist cutting across the road in front of you! RTE News that evening "An auld fella, who should know better, became roadkill, cycling all over the road on a dual carriageway!"

So... Measurement is taken seriously, and personal safety even more so. Course certification lasts five years, so Cork will need to be done again before the 2027 event, unless the course changes.

Every year, it's disappointing to see so many runners, particularly those at the front of races, 'running all over the gaff', and

yet, afterwards they'll claim to have run the shortest line, even when photos and videos show otherwise!

Tips on Where to Run the SPR - Shortest Possible Route - and possibly Save Yourself Both Distance and Minutes

The main areas where people run long are; the section from Christy Ring Bridge to Ladyswell Brewery, both on the way out, and back, The section between 4 Miles and the Tunnel. The Tunnel itself, and the South Ring to Mahon Point slip road, from Mahon Point slip road to the Dog's home are MAJOR areas where you can lose time/run long...and most do!

The next big 'loss making' section is the South Link, particularly from the Elysian to Boreenmanna Road, however the biggest 'loss maker', after the Tunnel/South Ring/Mahon Point section, is Curragh Road to Tramore Road Tunnel to Mahon Point.

The entire length Tunnel itself was measured along the centre wall, yet pretty much everybody runs along the other lane, with many close to the opposite wall. After this, on the approaches to Mahon Point, most go out in the road, whereas it is measured, for the most part, in the hard shoulder, close to the edge of the tarmac

SPR - How to run on a 'twisty road'

This is where the course is measured 'Line of sight...Bend to Bend'. Where's the next Bend/Corner? Head straight for it!

Why run a longer distance?

You've trained for months... and then underperform because you run farther than you need. The strategy should be the same for your shorter races too. The primary reason for not running the SPR is when you're heading into a strong headwind. and you're sheltering behind someone bigger than you <grin> ...been there done that!









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A Trip Along **The Route**

Course Description

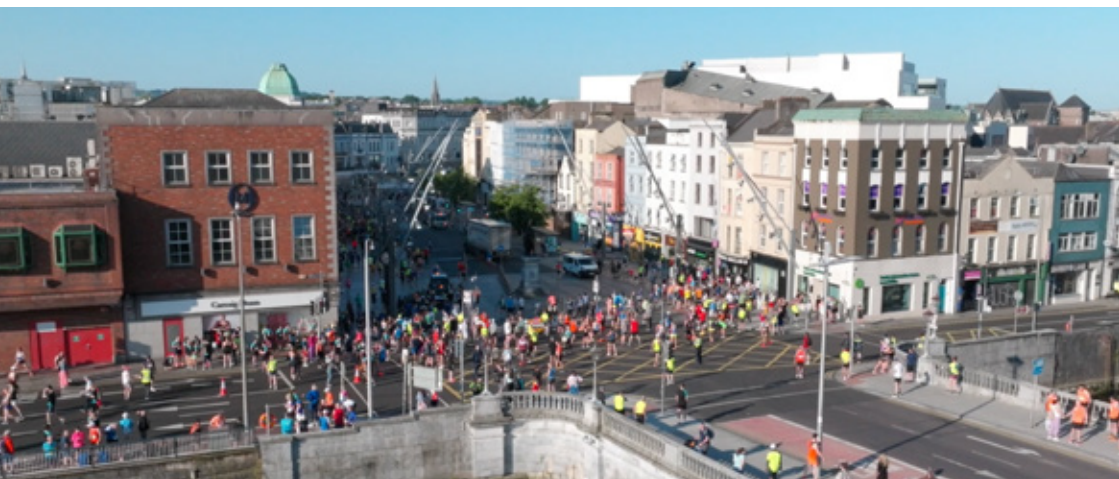
The Cork City Marathon Course is generally a flat course and is the flattest City Marathon in Ireland with the two worst hills on 30km and 34Km i.e. 18 and 21 miles.

The Start

St Patrick's Street

The curve of St Patrick's Street follows the line of a river that once flowed freely along it. In fact, you'll be running on top of old rivers for most of the first mile! St Patrick's Street, the Grand Parade, the South Mall, Parnell Place (once known as Nelson's Quay) were all rivers until they were culverted and paved over in the 1780s to cater for the expanding city.

St Patrick's Street has held many historic gatherings over the years with rallies from political figures such as Charles Stewart Parnell and Michael Collins. Many of the buildings were destroyed during the Burning of Cork in the War of Independence in 1920. Today it stands proud as the main street in Cork City where the City Marathon both starts and finishes.





1

MILE MARK

Cork Opera House

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2

MILE MARK

Tomás Mac Curtain & Blackpool

Following Sinn Féin's victory in the local elections of January 1920, Tomás Mac Curtain was elected Lord Mayor of Cork on 31 January 1920. His tenure as the first Republican to hold the office, however, was cut short. In the early hours of his 36th birthday, on 20 March 1920, members of the RIC (the Royal Irish Constabulary) burst into his house in Blackpool and shot him dead in front of his family. The shocking murder brought near universal condemnation. At the coroner's inquest into the killing, the jury passed a verdict of wilful murder against the British Prime Minister, Lloyd George, and various members of the RIC.

Just before the Church of the Annunciation on Great William O'Brien Street, a monument to Mac Curtain stands on the right-hand side outside the Baldy Barbers' shop.

You'll pass Mac Curtain's house where he was murdered shortly after the two-mile mark, on the left-hand side just as you come onto Thomas Davis Street. It's commemorated by a plaque over the Daybreak shop, opposite the church.



3

MILE MARK

Look left and be thankful that you only look up St Patrick's Hill and don't have to run up it!

Some of the world's best cyclists have raced up St Patrick's Hill, with its 25% gradient towards the top, over the years – from Sean Kelly, Stephen Roche and Sean Yates, in the Nissan Classic in the late 1980s and early 90s, to Frank and Andy Schleck, in the 2007 Tour of Ireland. In 2009 Lance Armstrong famously decided not to risk the tricky ascent during a torrential downpour.

Today you are lucky – keep running along the flat banks of the River Lee and enjoy one of the flattest Marathons in Ireland. No climbing St Patrick's hill for you!



4

MILE MARK

Terence MacSwiney's Safe House

On the 4-mile mark along the banks of the lovely Lee look to the left and you will see a beautiful row of terraced houses called Myrtle Hill Terrace. Count 13 houses from the left and there is a house steeped in history. 13 Myrtle Hill Terrace was used as a safe house for Terence MacSwiney during the War of Independence in 1919/20. Terence MacSwiney was elected Lord Mayor of Cork in March 1920, succeeding the late Tomás Mac Curtain. In August 1920, he was convicted of possession of seditious material and died in Brixton Prison in October after 74 days of Hunger Strike.

After registering for the marathon in City Hall, you'll exit the main Concert Hall onto Terence MacSwiney Quay. MacSwiney and Mac Curtain are commemorated by two stone busts looking proudly over the river outside the City Hall.



5

MILE MARK

Tivoli and Sir Walter Raleigh

As you pass the first Relay Changeover area and the Clayton Silver Springs Hotel on the left-hand side you are now in the leafy city suburb of Tivoli. The Cedar Trees in the area are reputed to have been planted by Sir Walter Raleigh.

The Port of Cork dominates the riverside by Tivoli, with its container- handling facilities for oil, livestock and ore and car-import point. Until the 1980s, the Swansea-Cork ferry docked at the roll-on/roll-off ramp here.

Roughly halfway along the Silversprings dual carriageway, you cross over from the City into the County of Cork.



6

MILE MARK

The Jack Lynch Tunnel

So far you have run 6 flat miles. The good news is that there's another flat bit ahead for you to enjoy. From the six-mile marker, you are about to experience something unique. You are now about half a mile away from entering the Jack Lynch Tunnel, named in honour of an accomplished local sportsman and later Taoiseach.

The Jack Lynch Tunnel is an immersed tube tunnel. It's part of the South Ring Road (N40). The Tunnel takes the road under the River Lee and connects the South Ring Road with the M8 to Dublin, the N8 Road to the City Centre (which you've just run on) and the N25 to Waterford. It's a unique experience running in an underwater tunnel. The north-bound bore is closed to traffic for the duration of the race, so enjoy it and don't forget to holler OGGY OGGY OGGY, OI OI OI!



7

MILE MARK

After all that excitement, as you approach the 7-mile marker you begin to see light at the end of the tunnel (sorry couldn't resist). Just 19 more miles to go! We now have a hill out of the tunnel and onto the

N40. After 6.5 miles of dead flat, it's time to give the legs a small bit of a warm-up in the tunnel. This hill isn't too bad and flattens out relatively quickly after you exit the tunnel.



8

MILE MARK

Shopping Heaven

If you are visiting Cork for the weekend and fancy some out-of-town shopping, you are in the right place. You now take the slip road up past Mahon Point Shopping Centre. You won't have your wallet or purse with you but that's ok, it's not open yet anyway. Call back after the race when it's open and reward your efforts with a cup of coffee and get yourself something nice to remember your achievements in Cork.





9/10

MILE MARK
Sporting
Mahon &
Blackrock

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11

MILE MARK
Blackrock
Castle

Just before the 11-mile mark, you'll see the picturesque Blackrock Castle ahead. Perched on the shore of Lough Mahon, the castle was originally built as a fortified defence in the 16th century to protect the upper harbour and port. The castle was destroyed by fire twice, in 1722 and again in 1827, after which the castle as we see it today was designed by James and George Pain.

Within the castle, you can explore the universe at the CIT Blackrock Castle Observatory, or enjoy a meal in the Castle Café and Restaurant in the courtyard – a lovely setting away from the hustle and bustle of city life.

After the Castle, you enter the flat walkway that sweeps along the edge of Lough Mahon.



12

MILE MARK
The Lee
Estuary

We are being very good to you, another flat mile completed as you pass the 12-mile mark. Take a look around and ask yourself, 'have I ever run a City marathon in such a nice place?'. You have the beautiful River Lee estuary to your left and across the water are Rochestown and Passage West.



13

MILE MARK
The Railway
Line

Next up it's time to catch the train! Just before the 13-mile mark, we leave the Lough Mahon walkway using a steep bridge over the N40. But don't worry, it's just a short, steep hill and the rewards are worth it. Down off the short bridge and you enter the Old Cork to Passage West Railway line and another dead flat section. This is a spectacular section of the course. This is Greenway heaven! You get about a mile and a half of this, so enjoy it.



14/15

MILE MARK

Páirc Uí Chaoimh

After the old railway line and approx 14.5 miles into your journey, you come out onto the Marina. You are now on the banks of the River Lee again and in the newly opened Marina Park, directly across from where you were on mile 5. Now you have another feast in store. You are approaching the Historic Cork GAA Grounds Páirc Uí Chaoimh on the left. The redeveloped stadium opened in 2017. This is the heartbeat of Cork GAA and has hosted legends of the game since its original opening in 1976. Cork Legends of Hurling and Football, such as Ray Cummins, Jimmy Barry Murphy, Teddy McCarthy, Brian

Corcoran and Seán Óg Ó Hailpín to name but a few, created some magical moments here over the years. In fact, legends of music have also played here including Michael Jackson, Prince, Bruce Springsteen, U2, The Stone Roses, Paul Weller and Oasis. This year Páirc Uí Chaoimh has played host to Bruce Springsteen once more. You merge with the Half Marathon here. The Half Marathoners have the unique experience of running underneath the back of the stand. The Cork City Marathon organising Committee work very closely with the GAA and are grateful for their help and assistance.



16

MILE MARK

Centre Park Road and the Jewish Quarter

Flat again all the way to the 16-mile mark via the Centre Park road where in October 2017 Storm Ophelia wreaked havoc knocking 27 trees. The third Relay Changeover takes place here at the end of the road. This is a noisy spot so soak in the atmosphere as you come back into the City via the old Jewish Quarter.



17

MILE MARK

Turners Cross

As you approach the 17-mile mark there is a gentle hill out the N27 South Link Road. We have to ask you to climb a sharp hill too, right on the 17-mile mark. You have been getting away with it up until now but to get back across the city we need to climb a short, sharp slip road up towards Turners Cross. This hurts, we won't lie. However, it's very very short and over very soon. After an almost completely flat 17 miles so far I'm sure you won't

hold a small hill against us! At the top of this hill, you arrive downhill into Turners Cross.

Turners Cross is best known for the football ground of the same name on your righthand side. It's home to Cork City FC. Visiting Turners Cross is a rite of passage for most Cork people. The club boasts a proud tradition, with Hall of Famers Dave Barry, John Caulfield and Pat Morley household names for their exploits at 'The Cross'.



18

MILE MARK

Munster
Rugby

Another stadium on the 18-mile mark. This time it's Munster Rugby's second ground, Irish Independent Park (formerly Musgrave Park) on the righthand side. Rugby has a proud tradition in Cork with international household names such as Donal Linehan, Ralph Keyes, Ronan O'Gara, Peter Stringer and Donncha O'Callaghan adorning the rugby fields of Cork, Munster, Ireland and the World!



19

MILE MARK

Ballyphehane

We haven't spoken about hills much because quite frankly they have been few and far between. However, we've got one here on the 18.5- mile mark. We are now in Ballyphehane, one of the early suburbs of Cork. Many of the main roads through Ballyphehane are named after the executed leaders of the 1916 Rising.

Our hill is on Connolly Road, named after James Connolly. The climb itself could be described as a flat lead-up to a medium distance, medium gradient climb. It flattens out as you reach the 19 mile Mark. The compensation is that this is a truly Cork suburb, with fantastic local supporters who'll cheer you up that hill!



20

MILE MARK

The Lough

After roughly 19.5 miles you approach The Lough to your right. There aren't many bodies of water identified simply by their geographical description but this is one. Everyone in Cork knows where The Lough is! It defines the area, and rightly so. It's a shallow freshwater lake that's one of the oldest official wildlife habitats in Ireland. Designated in 1881, it's the protected home for numerous

species of wildlife. Give a wave to the swans as you run past. The 20-mile mark is up ahead.



21

MILE MARK

Farranlea
Road

From the 20-mile mark to 20.5 you are running downhill. Enjoy it, and it's time to take a nice breather before the last climb of the day on Farranlea road. It's our version of Heartbreak hill except it's not really all that bad. More like a mild romantic disappointment rather than heartbreak! I tend to split this climb into three. It's best described as one short, sharp climb followed by a plateau. A second long, light, almost flat gradient climb followed by a high, short step at the end. Confused? Don't worry. You have the worst of the climb over you when you reach the top of the hill behind County Hall. When you come out towards Model farm Road there is a very short, sharp step up onto Model farm road. You've 21 miles down and the remaining 5 miles are flat.



22

MILE MARK

The Last Leg!

The final changing of the Relay guard takes place close to the 22- mile mark near MTU on the Model Farm Road. More noise and excitement as you pass through the final Changeover. You know that the hills are behind you and glory is ahead. We now take you down a quiet country lane just to cover off everything. You've run on every kind of road Cork has to offer from bridges to tunnels, railways, greenways, motorways and now the country boreen! Get some fuel on here before you exit onto the Straight Road.



23

MILE MARK

Carrigrohane
Straight

You are now on the Carrigrohane 'Straight' Road (N22). As the name suggests, it is straight – you have a full mile, dead straight and dead flat, ahead before you reach the County Hall.

Built in the mid-19th century, the Straight Road was served by trams in the late 19th/early 20th centuries. In the 1920s, it became one of the first concrete road surfaces in Great Britain or Ireland. Because it was built on a flood plain, the road and its surrounding areas have seen dramatic flooding, most recently in 2009.

The Straight Road used to be part of a Grand Prix Circuit, believe it or not! Combined with the Model Farm Road, it made for a nice looped circuit where The Cork Grand Prix was held in the late 1930s. The 1936 race was the first-ever motor race in Cork, and by 1938 Cork hosted the only motor race ever in Ireland to run to the then new International F1 rules. It was won by GP legend René Dreyfus of France, in a 4500cc Délahaye 145, averaging speeds of almost 93mph. Just imagine a former Monaco GP winner tearing down the Carrigrohane straight in an F1 car today!

Due to the flat surface of the Straight Road, it has also proved suitable for motorbike and car speed trials, where the Irish Land Speed record was set many times.

The Carrigrohane Straight hosted the finish to a stage of 1998 Tour De France. This Dublin to Cork stage was won by the Mapei rider Jan Svorada, in the year that the late Marco Pantani won the Tour.

Enough talk of speed. At this stage in your run, you are no doubt going a lot slower than René Dreyfus or the Tour De France Peloton!



24
MILE MARK
County Hall

You have got there. It's County Hall. At one stage while you were running along the Straight Road you thought it was getting further away. But it's here now. County Hall is the administrative headquarters for Cork County Council. The 67m-storey building opened in 1968, but the cladding was extensively redeveloped in the early 2000s. Oisín Kelly's statue, Two Working Men, stands outside the complex.





25

MILE MARK

Sonia O' Sullivan Track at the Mardyke

After County Hall, you hang a left at the AIB Bank and a right down the Mardyke past the Mardkye Arena and the Sonia O' Sullivan Track, named in honour of the Legendary runner from Cobh. Sonia won a host of titles from Gold Medals at European Championships for 3,000, 5,000 and 10,000 meters, Gold at the World Cross Country Championships for 4k and 8K, Silver at the 1993 World Championships in Stuttgart for 1500 meters and of course Gold at the 1995 World Championships in Gottenburg over 5,000 meters and Silver in the Sydney Olympics in 2000 for 5,000 meters.

Further along the Mardyke is Fitzgerald's Park on the left-hand side. A public park, Fitzgerald's Park is also home to the Cork City Museum which is well worth a visit.

The 25-mile marker is at the end of the Mardyke after you turn left, just as you approach the walkway known as Slí Cumann na mBan (the Republican Women's Council). Commemorating women's role in the establishment of Irish Independence and of the Irish State, celebrating Irish women's right to vote and the appointment of Countess Markievicz as the first female elected to Parliament.

THE FINAL STRETCH

Medieval Cork and, later, the Birthplace of Terence MacSwiney

After the 25-mile marker, you cross the River Lee and into the heart of Medieval Cork. You're possibly feeling that ancient at this stage but hold on, you are almost there! The hint is in the name – you cross the North Gate Bridge and the site of the City Gate Prison that guarded the northern approach to the medieval City of Cork. Your flat run along North Main Street, with its dozens of ancient laneways, left and right fossilised in the modern street layout, will be slightly enlivened by cobbled stone ramps.

If you have the energy as you approach its end, you might glance down Castle Street on your left – it's the street that was once yet another waterway and one that gives Cork its Coat of Arms and its motto *Statio Bene Fide Carinis*, a Safe Harbour for Ships. It's hard to believe you're running on what was once a defended medieval island surrounded by marsh!

To square our marathon circle, our venerated Lord Mayor Terence MacSwiney, encountered four miles into your journey, was born on North Main Street.

At the end of North Main Street you take a left onto Washington Street and left again to finish on St Patrick's Street.

You are back where you began and have achieved something great.

You have completed the Cork City Marathon!



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ULTRA RUNNER AND WORLD RECORD HOLDER ALEX O'SHEA ANSWERS THE QUESTION ON EVERYONES LIPS - WHAT TO DO IF ITS HOT?

A popular question we are being asked? What if Cork marathon experiences a hot day? With Cork marathon taking place early in the summer we don't have any great certainty when it comes to the weather we can experience some hot summer conditions or some summer showers.

Well while the weather is out of our control there are measures we the organisers and you the runner can implement. So remember if it's sunny you could

potentially be in the sun for a few hours take responsible measures such as *use a good tried & tested suncream*. Your sports shop can advise you on a suncream that will give you good UV protection whilst running over several hours. Test it out on your training run you don't want to be testing new things on race day.

In very hot conditions a small % of people will opt to run in a very thin light sleeve top providing total UV protection. This is something that you need to be

used to doing and you would regularly wet the sleeves to aid cooling & heat evaporation. This is more helpful in really hot conditions...Like everything *Practice on a training run and adjust before the big day.*

Clothing - it needs to be light but above all comfortable and wick sweat/ moisture away from the body. So no cotton. Kkeep with the modern hitec sports fabrics and don't forget this means a good quality sock also.

Consider a hat, a visor or sunglasses again this is a personal choice. If the hair is light on top a light running hat will offer best UV protection but keep it wet as not to over heat the head. Again buy your hat in a sports shop as a running specific hat will be lighter and usually allow the head to breath. A visor will allow the head breath and still provide some shade on the face. Glasses light and effective you don't want to be squinting running in the sun but again they can take a bit of getting used to for running .. Again practice with them....

A buff this is a neck tube type scarf that can be a hat, scarf bandana or simply worn on the wrist, it provides good cooling when wet and helps regulate heat.

Run in the shade when safe to do so?

The shortest course is a straight line from A to B and will have been measured accordingly and at the front of the race runners will automatically run this invisible line... But if you are feeling the heat you may want to consider running in the shade if it's an option and safe to do so. There are good sections of the course that will provide good shade.

When you get hot you might confuse thirst with the need to cool (you need both)

So with thirst, sip your fluids over a longer period. Drinking a lot quickly will cause stomach upset & you may feel bloated with a full tummy..

So pick up a bottle, sip and carry it for a while. You can carry it in your hand, they are a small sized bottle easy to run with but again something to practice. Or you can invest in a running belt (ask your local sports shop). The belts are an elasticated waistband with a couple of stretchy pockets great for training and race day to carry your water bottle a few gels etc. a very useful bit of kit but again find one that fits you correctly and practice so on race day it's not something new.

So when finished drinking use the remaining water to cool the head, shoulders, wet your buff hat etc ..

Tip

If you stop to pour a lot of water over your head it provides very short term relief, it slows your race and large volumes of water could well result in friction issues with your clothing getting very wet as it just runs off your head wet top shorts and wet feet leading to blisters...

You now find yourself running a hot marathon but needing advice for a very wet marathon? So if you are doing the big water over the head pour, stop, lean your head forward so it's not over your shoes and pour slowly targeting your head. But personally I'd go with use small amounts of water on your head shoulders arms etc and do it more often while maintaining your run..

Should I run through the shower on the course?

In the past on hot days there has been a water shower. Yes you can run through it. The water is in mist form, light droplets for cooling. Ideally run through and keep on pace.

Don't stop in it, you will go past cooling and just get extremely wet. Feels good until you realise your clothes and shoes are now very wet and may cause you other issues.

Remember keeping our feet dry is important.



ATHLETICS
IRELAND
IS FOR
EVERYONE

Best of luck to everyone
participating in events at the 2024
Cork City Marathon.



The Runners Diary

Many great stories begin by accident or by chance and that is no different when it comes to the number one running podcast in Ireland and our Podcast Partners the 'Runners Diary Podcast'. To trace it all back we have to head to a rural village in North Cork. A little village that has a house that will not be mentioned in the great stories of athletics but is the home to the formation of a club, the formation of a high profile race and also where the Runners Diary Podcast tones were first heard.

Brian Ahern was the original founder of the Podcast in its most basic and as he says now almost embarrassing state. A short 15 to 20mins piece on fixtures and results....it soon was going to be cast to the rubbish bin when Damian Kenneally approached Brian about how to start a podcast. That conversation led to both joining forces and the rest as they say is history!!

Damian Kenneally is known to many over the years for his own running pedigree he is also well known to the running public as he works with the Edge Sports and gives great advice to those looking for a bit of help in choosing the right shoes and accessories needed to help with running. Brian Ahern is also well



known with his enthusiasm in getting a new club "Bweeng Trail Blazers" formed and also as the race director of the Bweeng 5k.

Both have taken a hobby to an extremely high level and their weekly podcast has been nothing short of sensational when it comes to all matters running related. The duo are extremely proud of how far they have come taking their podcast on a journey to now being weekly the most listened to running podcast in Ireland and that includes some big overseas hitters that runners would follow here too. The show's format is like a weekly magazine where they bring us the news of the week, the results of races, upcoming fixtures and weekly competitions. The most popular element of the show is generally the weekly interview and the list is endless from Olympians such as Catherina McKiernan, Aoife Cooke to some of Ireland's best coaches. We have heard inspirational stories from people like Jerry Forde and Keith Russell

and amazingly in recent times they even managed to get an interview with Gary Cantrell AKA Lazarus Lake from the Netflix fame "Barkley Marathons".

Another element to the podcast is how much the lads have given back. They help out clubs by featuring weekly fixtures and with the help of the clubs giving free entries to their followers. This helps the clubs and the followers and with no charge to anyone, it is certainly a Win/Win.

They also have kept fundraising for charities as a key element of what they are about, in 2023 they raised great funds for Cork Penny Dinners, Mallow Search and Rescue and Cork Missing Persons Search and Rescue. This is something that is really important to the lads and once again in 2024 they are pushing that forward again with their latest fundraiser for Crumlin Childrens Hospice and Breakthrough Cancer Research. You can get behind their fundraiser by purchasing their 2024 Runners Diary Podcast tshirt where all profits from the sale are going directly to the two charities.

The podcast has also been the podcast partners to the Dublin and Cork Marathons over the past 2 years. In 2023 they suggested to the organizers that they would host an after

party something that has never been done at the Cork Marathon before. It was a bold and brave step into the unknown however their bravery was rewarded with a day to remember. This year they are back again and make sure to join them after you cross the finish line in the Deep South Bar and Beer Garden where they will be joined by Ed Fitzgerald who will amazingly on the day be lead biker/ Pacer and DJ at the event!! There will also be many special guests at the event similar to last year. This year as an added bonus there is going to be some amazing prizes to be won too at the event.

While Brian and Damian are the men behind the podcast it would not have made it to the level it has without the support of some others too. Ruari O'Hagan helps each week to put some magic on the editing of the podcast, Jonathan Kenneally and Andy Goulding also regularly help out, with Andy the self-confessed Runners Diary Ambassador!! Weekly contributions from Mags Hasset (IMRA) and Lindie Naughton have also helped raised the levels of this incredible podcast. The show has also been thankful to attract some sponsors who have got fully behind what Brian and Damian are trying to do. Pillar Performance has been the main sponsor of the show, Local company Shoe Rescue have been a huge help and others like Well Bean and

Precision Fueling have also been of great assistance.

Another first and brave step this year was their journey into a 16 week plan to help novice and beginner runners get to the start line with all the training and information they would need to have as enjoyable day as possible. They enrolled the help of well known coach Ken Nason and along with Ken they published a weekly YouTube guide on the training needed to get to the Cork marathon, they also have a questions and answers session each week giving interactive feedback that normally is not seen. Of course there was even more competitions again with a weekly prize for their youtube followers. The Podcast just seems to have all the boxes ticked when it comes to the complete package of what a runner of all level needs.

The most important factor of all however that they both want to highlight is the support they have got from so many of their followers, those that listen in each week, those that follow them on social media, the clubs and races. As they often mention on the Podcast we are all one big team. So get behind the Runners Diary, get behind their fundraiser and make sure to join them for another after party at the Deep South.

The Runners Diary Podcast are delighted to launch our 2024 fundraiser and have chosen Breakthrough Cancer Research (@breakthroughcancerresearch) and Crumlin Childrens Hospital (@cmrf_crumlin) as the charities we will work with and raise as much funds as possible. The t-shirts are available on @rwsports.ie website at a cost of €30 including delivery, with €15 going directly to the chosen charities.

Link for tshirt is available here:
Pre-Order Runners Diary 2024 Fundraising Top - RW Sports Shop



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PACERS

What Is A Pacer

A pacer is someone who gives up their own race time to try to help others get under a specific time. The Cork City Marathon has a professional vastly experienced team of pacers placed at every 15 minutes starting at 3 hours and ending at 5 hours for the full and every 10 minutes in the half from 1.30 to 2.30 with a bonus set of pacers at the popular target time of 1.45. There will be pacers at 40,45,50,55, and 60 minutes in the 10k. Some of our Pacers have represented their countries, some are ultra marathon runners and all have bags of experience.

The pacers (at least 2 at each time slot) will run the race at an even pace and finish the race just under their predicted time. Pacers will generally cross the line 30 seconds ahead of schedule to allow for runners who are struggling over the last mile of the race to get in on time. Pacers pace chip time rather than gun time so don't panic when you see the clock coming at the finish line the pacer will be pacing according to when they crossed the start line so its important to start in the correct area where your pacer is.



How to Use the Pacer and what to consider:

When deciding whether to follow a pacer or not a runner should take a few things into consideration and understand how the pacer is measuring his/her pace. The pacer will use their GPS watch as a guide only and will be measuring pace accurately from mile markings marked on the road. Runners need to understand that some miles can in fact be longer than others on their GPS if there are many twists and turns in a particular mile. It is not uncommon for a runner to run 26.4 miles or more in the Cork City Marathon or similar Boston qualifier events as the course is measured to a high degree of accuracy. A runner will not always follow the shortest route and at times will run wide due to the crowd or just naturally. Therefore the difference between 26.21 and 26.4 miles will also need to be taken into consideration when pacing accurately. You will find that the first few miles you run in cork are actually longer than miles at the end due to runner congestion and twists and turns on the course. So your own GPS may have you running 10 seconds faster than your target pace and beeping well in advance of the mile marker. That is because you have ran a little bit extra. So if you had targeted 8 minute mile pace to get 3 Hour 30 minute marathon

time in a race the pace that will appear on your watch to get under the 3 hour 30 will most likely be somewhere around 7.55 pace and will go as fast as 7.50 or even 7.45 at times. On downhills pace may naturally pick up also.

Also consider that at certain times in the race you may struggle but you may regain momentum later. It would be a bad choice at times when you are struggling to religiously keep step for step with the pacer if you are not able to do so. It would be wiser in these circumstance just to keep the pacer within vision maybe allow a little gap to appear and close this gap on a downhill or at a time when you are feeling better.

The pacer may also bag a tiny bit of time to allow runners to slow down slightly running up the two hills towards the end of the course when they might be struggling. Pacers will gain this time evenly over the first 16 miles or so of the race. It would be common for pacers to be 1 minute ahead of time coming into mile 16 to allow some time be lost over the last two hills which can be challenging. It won't seem like you are slowing down though as effort levels will be very high at this stage.

The 2024 Pacer Team has been selected and lines out as follows. (subject to swaps, changes and injuries)

Full Marathon

Mister Motivator:

Famous the world over Mister Motivator Aidan Hogan has a free role and runs up and down the course helping Runners. Using both the carrot and the stick he will get you over the line. Aidan has ran over 300 marathons.

3 Hour Team:

Alex O'Shea:

World Record Holder for running a marathon in full fire gear, Winner of the 2024 Beyond the Ultimate 240 KM Ice Ultra. Alex is a top pacer and is also part of the Runners Advisory Sub Committee for Cork City Marathon.

Arkadiusz Skupin:

Fresh from pacing the TCS London Marathon Arka is a regular pacer in the Cork City Marathon.

Jacek Latala:

Another regular pacer with us Jacek has ran the Cork City Marathon for years.

Sean O'Keefe:

The insurance Policy. Sean a well known top runner in Cork is making sure the job gets done.

3 Hour 15 Minutes:

JJ O' Byrne:

Known as the animal. JJ quite simply is a character. Leo the Lion to be exact. Not popular with Munster Rugby fans but JJ is that guy you see at Leinster matches out on the pitch dressed up as a lion doing cartwheels. He also stars in the Brady Tv Advert "come out you other hams". He is the one that winks and plays the bodhran!

Stephen Rooney:

A popular Cork runner from Watergrasshill club. Stephen is well known on the Cork running scene. Top man.

Marc Orantes Bravo:

Also fresh off pacing TCS London Marathon Marc is Barca through and through and comes to Cork to scout for potential new Lionel Messi's

3 Hour 30 Minutes:

Chris Grayson:

Where to start. Quite simply the best pacer in Ireland FACT. Fresh off pacing TCS London Marathon Chris is the standard we all aspire to. Part of the famous double act Team Grozzy who are kicking off their reunion tour in style in Cork this year.

Fozzy Forristal:

The other half of the famous double act. Fozzy is a top pacer and we are delighted to have him back this year.

Dante Aquino:

Another TCS London Marathon 2024 pacer. Dante is probably our happiest and friendliest pacer. Always in good form.

Anna Klimek:

Anna a regular pacer on the Munster running scene she brings great energy to the team. She has been a brilliant addition to our pacing team over the last few years.

3 Hour 45 Minutes

Dolores Duffy:

Dolores needs no introduction. Having recently completed her 100th Marathon in Manchester. Dolores is a regular at all marathons, winning a lot of them she joined our pacing team a few years back and has been absolutely brilliant.

Colette O' Donoghue:

A club mate of Dolores from Watergrasshill. Withdrawn from last years team due to a late injury. We are delighted to welcome her back this year.

Ger O'Toole:

Ger from Wicklow by way of Dublin and Blackrock AC. Ger has paced Cork City Marathon for the past few years. Another success story from the Gary O'Hanlon stable of runners Ger is flying at the moment.

4 Hour

Andrezj Chomicz:

Quite simply a legend. Always thinking of others and is a natural pacer. One of the most popular pacers among the pacing group.

Brian Ankers:

Brian has been pacing Cork for years and is one of our most experienced pacers and we are delighted to have him back again this year.

Akram Shalabi:

A marathon veteran with well over 100 marathons. Recently became a Simpson. Has paced many Marathon Majors and recently lead the pace group at TCS London Marathon.

4 Hour 15 Minutes

Anne Jennings:

Brings huge quality to the pacing

PACERS

team. A well decorated Ultra runner who has represented Ireland on several occasions Anne is a top class pacer.

Dave Stack:

A long time regular pacer with us in Cork Dave who hails from Limerick is an extremely popular pacer.

Ian Coxall:

Ian comes to Ireland for the first time. Ian is a regular pacer in top class marathons including TCS London Marathon. We hope he enjoys his weekend on Leaside and gets time to take in some of the local trad music.

4 Hours 30

James Kelly:

Wherever there is a marathon there is Jimmy Kelly. Top man, top pacer. Another very popular pacer.

Brendan Hallissey:

No stranger to Marathons and the Cork Marathon in particular. A great new addition to our team this year.

4 Hour 45 Minutes

Paul Hogan:

Like James, Paul is at every

marathon. An inspiring pacer. If you think you've heard a good team talk over the years wait until you hear Paul in full flow.

Michael Van Der Klei:

Experienced Pacer and Ultra runner. First year pacing Cork and brings bags of experience to the team.

5 Hours

Johnny Healy:

There is only one Johnny Healy. Ya it's the same guy every year. Johnny has been with us for years and again is an extremely popular pacer. One of the first on the team sheet every year.

John Walsh:

John an experienced marathon runner and Deise native is a massive addition to our pacing community this week. Fresh off an excellent job in the Great Limerick Run.

Half Marathon

1 Hour 30 Minutes

Brian Ahern:

Yes thee Brian Ahern. Brian has done so much for Running in Ireland through his Podcast the

Runners Diary. Brian also gives us loads of good advice and is on the Runners Advisory Committee of Cork City Marathon. He is also a damn good pacer.

Noel Selorm:

Noel is the first ever pacer who has come through the Direct Provision Centres. Cork City Marathon has very close ties with the Sanctuary Runners we are delighted to have Noel on our team. Noel is one of the friendliest guys you will ever meet and we are so happy to know him.

Pete Fleming:

Top runner and a new addition to our Pacing Team. Delighted to have Pete on board this year.

1 Hour 40 minutes:

Shane Collins:

Speaking of top class runners, they don't come a whole lot better than Shane. In fact he was the fastest Cork runner in the Cork City Marathon last year finishing 5th overall. Delighted to have him on the pace team this year.

Bryan Crowley:

Bryan is rock solid and paces with us every year. Another top class pacer with a wealth of experience.

1 Hour 45 Minutes:

Breda Gaffney:

If there is a race on Breda is at it. Fresh from pacing the TCS London Marathon Breda is a top pacer and hugely popular on the cork running scene.

Richard Hawkins:

Richard is another constant on our pacing team the last few years. Well known in cork running circles for years.

Anthony Creed:

Anthony has a wealth of experience pacing Cork City Half Marathon. The 1.50 group are in very safe hands.

1 Hour 50 Minutes:

The Eagles.

Its welcome to the Hotel California with this group.

Karen Bevan:

A top runner and the race organiser of the Fota Run and Carrigaline 5 mile among others. Karen also sits on the Runners Advisory Committee. First name on the team sheet.

Ruari Egan:

As above. Delighted to have Ruairi on the team again this year.

Eimear Burke:

Another stalwart and returning pacer. Very popular with runners in last years group. Plenty of encouragement and good advice on tap.

Vicky Lehane:

New to the pacing team this year. Another well known local runner who is a big addition to the team this year.

2 Hours:

Elaine Guinane:

Elaine has a wealth of experience and a very active organiser and club member with Eagle AC. Paces the 2 hour group every year.

DJ Ed Fitz:

We keep Ed busy on race day. He is lead bike for the 10k. 2 hour Pacer for the Half Marathon and DJ at the Official After Party in Deep South. He has Monday off.

Kofi Kpoglo:

Kofi joins us pacing Cork for the first time this year. Kofi is our second pacer to come through the

Direct Provision system. We are delighted to have him pacing with us this year.

Ed Dunphy:

Cool as a cucumber the second Ed of the 2 hour group paces with us every year. He brings calm to the storm.

2 Hours 10 Minutes:

Michelle Greaney:

Michelle coming from the Kingdom. Top coach and runner. Loads of good advice from Michelle in this group. Delighted to have her back again this year.

Cian O'Connor:

Cian not only paces the race but also makes sure that the other pacers are all sorted and there on time. So if any of them are late let him know.

2 Hours 20 Minutes:

Tamara Lopez:

Tamara a returning, experienced and popular pacer takes the 2.20 group this year.

Donal O' Donoghue:

Donal another well known runner brings with him great experience

and attention to detail when he paces. Paced GLR half Marathon a few weeks back also.

2 Hours 30 Minutes:

Tom Enright:

Vastly experienced and good humoured pacer. On the list every year without question. Delighted to have him again this year.

Mike Collins:

Mike is back with us this year and like Tom brings a wealth of experience. This is a top pacing combo.

10K

40 Minutes:

Mike Coholan:

One of the toughest slots to fill. We are delighted to have Mike with us this year. If you can keep up with him and get under 40 minutes you will have ran a cracking time.

45 Minutes:

Conor O'Neill:

Conor joins us on the team this year for the first time and we are delighted to have him on board. This will be a very popular slot.

50 Minutes:

TBA:

55 Minutes:

Sheila Magorrian:

Returning pacer and forms ½ of this very popular pacing team.

Geraldine Hartnett:

Another returning pacer and the other half of the 10ks equivalent of Team Grozzy. This is TEAM MAGNETT. So stick to them people.

60 Minutes:

Eileen Olden:

New to the team this year we are delighted Eileen is on board with us to help people get in under the hour mark.

That is our Cork Pacing Team 2024. All Volunteers giving up a much faster finish time to help you the runner. You run your own race but this is an extra help for you.

#Pacerforlife

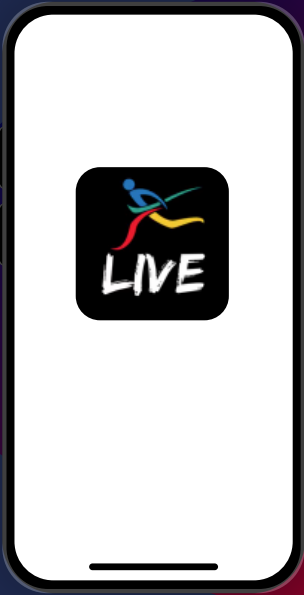


▶▶▶▶▶▶▶▶▶▶ Best Of Luck To All Participants

Wishing all the participants of the 2024 Cork City Marathon the best of luck!

As the anticipation builds, we eagerly await your arrival in the beautiful city of Cork. May your determination carry you through every step of the race, and may the cheering crowds and scenic views inspire you to reach new heights. Prepare to be embraced by the warmth and hospitality of Cork as you embark on this incredible journey. We can't wait to welcome you with open arms and celebrate your achievements.

Run strong, run proud, and enjoy every moment of this unforgettable experience!



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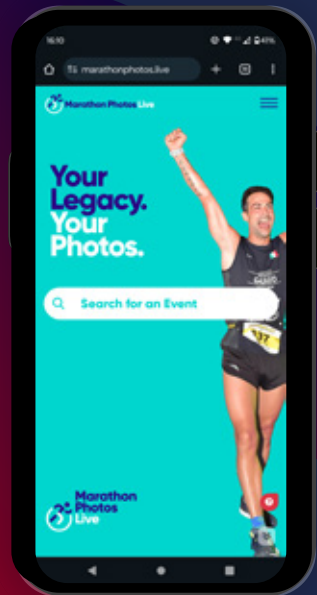
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Participants in the
Cork City Marathon
2024!***
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