

Official Programme



1ST JUNE 2025

Full | Half | 10k

**CORK CITY
MARATHON
2025**



YOUR RACE *Their Hope*



Comhairle Cathrach Chorcaí
Cork City Council

Irish Examiner

Cork's 96FM
96.1 FM

CORKCITYMARATHON.IE

A photograph of two women in yellow athletic wear hugging each other. The woman on the left has her eyes closed and a joyful expression, while the woman on the right is smiling broadly. They appear to be celebrating a finish. A red diagonal banner with white text is overlaid across the image.

WE ARE CORK.

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

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 1st 2025.



Let's be
SOCIAL



@CORKCITYMARATHON



CORKCITYMARATHON



@THECORKMARATHON

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

#CORKCITYMARATHON25
#EVERYMILEISAMEMORY

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**ANALOG
DEVICES**

**OFFICIAL PARTNER OF
CORK CITY MARATHON
2025**

**CORK CITY
MARATHON**
2025





Message from The Lord Mayor

Cork City Marathon is a huge flagship event for Cork City Council across the sporting, social and economic sectors of our City and we are thrilled to welcome our runners, joggers, walkers, and supporters back to the banks of the river Lee on Sunday 1st of June 2025.

The Cork City Marathon is a wonderful example of a community in action, it's what we mean when we say We Are Cork.

There are so many people to thank for making this such a success, firstly, the organising team behind the event, the officials, and the many, many volunteers who will line the route and operate the water stations in support of the participants. Your work ensures a safe, successful and enjoyable event for all.

Thank you to all who have worked together and worked so hard 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; sponsors; Cork Sports Partnership; local clubs; community groups; the Cork supporters and, of course, our fabulous volunteers.

Each of you plays a pivotal role on race day and without you the marathon would not happen. I'd also like to give a very special mention to all the charities that have come on board this year and it is looking like a record breaking year for monies raised by the Cork City marathon.

Cork is a leading member of the Healthy Cities initiative, and the Cork City Marathon is ideal for encouraging and fostering healthy lifestyles. Completing a 10k, half marathon or full marathon is an exceptional achievement. For many of you, a full marathon will represent your biggest goal and challenge. You will have dedicated many long hours on your feet in the winter months to make it to the start line and indeed to the finish line. Some of you will be competing to win, others for personal bests and many more will be delighted just to make it around the 26.2 mile course and cross the hallowed finish line. No matter what your goal, a huge congratulations on doing it! The 10k gives everyone an opportunity to be part of this great occasion and experience Marathon day, best of luck to all our 15-18 year olds taking part in the Youth Challenge race.

This year, alongside our runners from Direct Provision Centres, over 1000 participants are supporting the multi-award-winning Sanctuary Runners. We are delighted to have you running alongside us once again on race day.

Enjoy and endure!

Clr Dan Boyle

Lord Mayor of Cork

Message from **Cork City Council Chief Executive**



To all of you who have chosen to participate in this year's Cork City Marathon, as a runner, a walker, a volunteer, a spectator, as part of a group, as someone who is fundraising, or just coming out along the route to enjoy the atmosphere that the marathon always brings, a hundred thousand welcomes from all of us at Cork City Council. Cead Mile Failte o ngach duine i gComhairle Cathrach Chorcaí.

This is our 17th year hosting Cork City Marathon, which now has international profile and attraction. It attracts elite runners, and those who are not runners at all, and we think that is special. You are the people who bring this event in our City from strength to strength through the years, particularly those of you who come to the marathon every year and spread the word, in turn attracting newcomers and greater numbers all the time. As participants, in whatever capacity, you may not consider the huge benefit you bring to the City, but in Cork City Council, we do and it is so appreciated. And so, because of you, we are delighted to be able to once again host the Cork City Marathon.

We are very proud that our marathon has a focus on inclusion, health, community, youth, schools, groups, abilities of all kinds, elite athletes, competition, charity and much more – in short, Cork City Marathon is for everyone, and everyone is so welcome regardless of the level at which you participate. The best thing for the City is that you are here, with us, for a very positive reason and that is so important to the brilliant team in Cork City Council who work tirelessly to deliver this major logistical undertaking. Without you, there would be no Cork City Marathon.

Huge thanks to the City Council team, made up of people who are second to none, and to all those who work with us to deliver the marathon; from the Cork County Board of the Athletics Association of Ireland, to An Garda Síochána, the Cork Business Association, the Defence Forces, the Emergency Services, the HSE and all of the voluntary medical services. The mammoth effort from an army of volunteers who give of their time and experience to make sure the race goes smoothly is absolutely crucial and without your combined effort, experience and skill, this event would not be possible.

Thanks also to the Lord Mayor and our thirty one elected members of Council who are always supportive. Particular credit and thanks goes to the many businesses, clubs, communities and members of the public who show up year after year to support the runners.

I hope that your time in the City for the Cork City Marathon allows you to enjoy the city itself, its beauty, its culture, its people and all it has to offer. I wish you all the best of luck as you take part, in whatever way. I hope your time here makes good memories and draws you back again to Cork City.

*Cork City Council is very happy and proud to bring you the 2025 Cork City Marathon.
Go n'eiri an bother libh. See you in 2026!*

Valerie O'Sullivan
Chief Executive, Cork City Council



Message from **Director of Service Corporate, Community & Cultural Affairs**

"I am delighted to Welcome everyone to the Streets of Cork City to take part in the Cork City Marathon, Half Marathon and 10k.

We pride our City as a City of Welcomes and this event focuses on Community, inclusion and integration and shows off all of Cork City's best qualities.

Our community support programme from Cork City Marathon has supported half price entry for people on Social Welfare, supported community based initiatives such as Run for All, Youth Challenge, Female Half Marathon training group from our SheRACES programme, Back 2 Boston and United by Miles and of course the wonderful Sanctuary Runners. This year the Sanctuary runners will have approximately 1200 people running in our event a dramatic increase on last year. This group includes 250 people from the direct provision service showing that Cork City Marathon is the forerunner in Community participation in the running arena.

I hope everyone has a great weekend and enjoys all that Cork City has to offer."

Rebecca Loughry,
Director of Services
Corporate, Community & Cultural Affairs Directorate



THE **1ST** MILE
IS

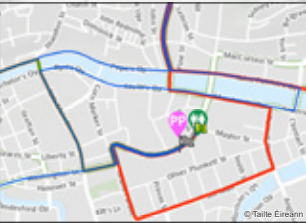
MENTAL

THE REST IS












ALL

HEART

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**

10k Route



REGISTRATION & EXPO AT CITY HALL

Registration and Expo will take place in City Hall, Cork City.
Eircode T12 T997

**Friday 30th May from
12 Midday - 7pm**

**Saturday 31st May from
11am to 6pm.**

ALL RUNNERS WILL NEED TO REGISTER AT THE EXPO & 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



Analog Devices

The Runners Diary

The Edge Sports

Elverys Intersport

Bodylite

42K

The Irish Runner

Apex Nutrition

Recycle Shirts

The Defence Forces

Taranis Recovery

Buff Barrier

Kinsale Tri Club/Effortless Running

New Lev1

Info/Pacers

Eventmaster

All Strings Attached

Patrick Carroll

Charity Row. Visit your Charities



RACE STARTS LOCATIONS & TIME



Full Marathon

8.15am
Sunday 1ST June.
On St. Patrick's Street



10K

8.45am
Sunday 1ST June
On St. Patrick's Street



All 10K runners must assemble at 08:15am 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 1ST June
On Monahan Road
(Assembly at Kennedy
Park T12 H9CF)



BAG DROP:

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



Message from Race Director

We welcome our runners from all over Ireland and indeed the world who all converge on our city this June weekend. You make a significant contribution to 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 1st.

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 1st. This year saw unprecedented sales with all races selling out by the end of January. Running's popularity as a socially inclusive sport is showing how people of all ages and backgrounds can come together as one. Cork City Marathon prides itself in our community and our community groups. We welcome everyone to Cork this weekend, and we hope you enjoy our races. In this programme you will see how Cork City Marathon can help community groups, and this is something that we will continue to increase over the coming years

People helping others is central to what we are about at Cork City Marathon and this year we reached out to charities to help them to raise as much money and awareness as they possibly could. In 2024 Cork City Marathon raised €170,000 for charity. This year we have set a target of €250,000 which we are well on our way to achieving.

A City needs a marathon and we could not have one without such massive support from you the running public. Runners are amazing people. 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 and benefits society hugely.

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 approximately 1,200 people will take part supporting the Sanctuary Runners. This year we have three Pacers Noel, Koffi and Busie who have been through the Direct Provision system.

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.

Message from Race Director

I'd like to thank our official Podcast Partner the Runners Diary. I really want to thank Brian, Damien and Andy 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.

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

To our Sponsors Analog Devices, Biofreeze, Patrick Carroll (the Running Buddy), Boston Scientific, Red Bull, Kevin O'Leary Motors, John Lynch (Sports Massage Therapy) and Keane Jewellers thank you for your support throughout the year. You have all been great to work with.

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 Alex Looney for their massive work on this event.

To our organising committee of Pat Walsh, John Quigley, Stephen Geoghan, Denis O'Sullivan 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 Tony O'Brien and his team thank you for your dedication and work on our committee this year.

This year one of our long serving committee members Timmy Murray retired after years of dedicated service to running in Cork. Timmy is a huge loss to the committee, and we still depend on his knowledge and advice from time to time. We wish him all the best in his retirement and look forward to seeing him at races.

To our runners advisory committee of Karen Bevan, Ruairi Egan, Alex O'Shea and Brian Ahern. Definitely the group I depend on to keep my sanity in check! They are each individually such a massive part of the running scene in Cork. Together they are a dream team of ideas. 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



Pawel Kosek

Attempting to go where no man has gone before:

In 2024 Pawel Kosek became the fourth man ever to retain the Cork City Marathon title after Sergiu Ciobanu, Bartosz Mazerski and Gary O'Hanlon claimed back to back titles previously. On June 1st Pawel aims to go one better and claim a record three in a row. Three in a row titles have been claimed in the Female race with Lucy Brennan winning in 2008, 2009 and 2010. The big question on everyone's lips is can Pawel become the first male runner to match Lucy's record achievement.



Pawel has become a crowd favourite over the last few years with his friendly demeanour and his thrilling performances. After finishing 5th in 2018 Pawel went one better with an impressive 4th in 2019. Following the covid shutdown Pawel reemerged with a superb 2nd place in 2022 and obviously has gone one better in 2023 and 2024. In many ways his smiling face crossing the finish line has become iconic. We had a quick chat with Pawel about what it would mean to become three in a row champion and got to know him a little bit.

Q. Hi Pawel. Hope you are well. Are you looking forward to a potential three in a row on June 1st.

A: Hi, Yes to win three in a row is definitely my goal. It would be something special for sure, some sort of a personal challenge because there were a few runners who had won two in a row, but no male has ever won three in a row. It will be a challenge but I will definitely try and go for it.

Q. That's great to hear Pawel. I wonder is there any runner who inspires you.

A: There are two. In Ireland Gary O' Hanlon, mostly because of his age when he started to achieve great results. Not only was he in great form, but he also managed to make great progress. He has won Cork and it's great for me to both follow his footsteps and race against him. In Poland Grzegorz Kujawski, because at the age of 47, he can achieve great results, he also breaks national records in his age category and leads in major "open" runs. He is my inspiration.

Q. Pawel it's great to hear that you are so knowledgeable about running in Ireland and of course Poland. What part of Poland do you live in.

A: I live in Tychy. It is a beautiful town mostly because of the large number of forests. Therefore it's easy to choose a nice running path.

Pawel Kosek

Q. What are your favourite runners.

A: Nike Alphafly for me. But I also like Nike Vaporfly2. For shorter distances (5-10K) I usually choose Nike Vaporfly 3.

Q. What is your best memory of Cork.

A: The best memory is when I crossed the finish line for the first time as the winner. The last 500m before the finish, when the people are all lined up at the side of the street. I get goosebumps all over my body. These emotions were at the highest level when I was just about to become the winner.

Q. Thank you Pawel for taking the time to chat. We wish you all the best in your quest for three in a row.

A: Thank you. Im looking forward to arriving in Cork.



CORK CITY MARATHON 2025



Cork City Marathon are proud to support Community Initiatives. If you know of a group that we could support in anyway please get in touch. Email info@corkcitymarathon.ie

Cork City Marathon
at the heart of
the Community

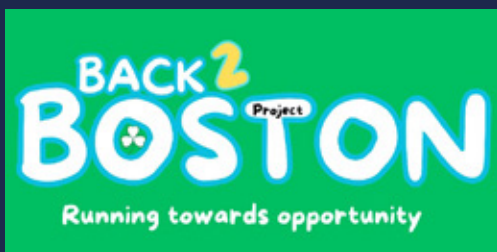
This year we supported many great projects.

The back2boston Project

Sometimes at Cork City Marathon someone gets in touch with us with a brilliant idea that aligns perfectly with what the Cork City Marathon is all about and we can't say yes quick enough.

Enter John Kinsella. John a well-known Limerick runner who is the first person in the world over the age of 40 to run the World Marathon Majors of London, Berlin, New York, Chicago, Tokyo and Boston in under 2 hours 30 minutes. When you get a message from someone like John it obviously sparks your interest straight away but when we heard what he had planned we were on board immediately.

John had an idea. His mission was to empower individuals from disadvantaged areas by providing them with an opportunity to run a marathon and ultimately guide them to qualify and hopefully participate in the Boston Marathon. His aim is to demonstrate how running can transform lives, foster personal growth and build a sense of community. This aligns so much with our own mission in Cork City Marathon that we were thrilled to support John and his back2boston project and we welcome his runners to Cork and wish them every success in their bid to qualify for Boston. More importantly we hope they enjoy their experience at Cork City Marathon and the journey over the past weeks and years to get to the finish line on June 1st.



United by Miles

When we heard of a running group based in Blarney called United by Miles we just had to get in touch and congratulate them and lend our support on what has become a really transforming project. United by Miles was formed from an Addiction Recovery Centre with an aim to get a group together to run a local park run in Cork. Organised by the amazing Frankie, Niamh and Aine who volunteered their time and organisational skills to set up the group who meet twice weekly. This group is transforming lives daily, and we were so happy to get involved and sponsor running tops. We believe this group have created a fantastic template for others to follow and perhaps spread the United by Miles branding and template to others nationwide.



On June 1st members of this group will take part in our 10km race. We wish them so much success on Sunday and in their future running journey.

Female Only Training Group

Cork City Marathon is a SheRACES certified race where we sign up to the sheRACES guidelines which aim to get more women to the start line of our races. Part of the feedback from last year was interest in a female only training group.

For the first time this year Cork City Marathon in conjunction with Cork Sports Partnership and Togher Fit 4 Life set up a female only half marathon training group which met in Blackrock castle every week and on June 1st will complete the Cork City Half Marathon.

This group will be a springboard to future similar groups that will help increase the number of female runners in our longer distances.

SheRACES



Cork City Marathon in conjunction with Cork Sports Partnership and Horizon are proud to introduce our first run for all race at Cork City Marathon on 1st June.

For the first time, the 2025 Cork City Marathon will include a pilot disability inclusive mile for adults with disabilities. Participants will complete the last mile in the Cork City Marathon to complete their programme.

What is Run 4 All?

- Run 4 All is a six-week, in person walk-to-jog programme which will support adults with disabilities to prepare for completion of the inclusive marathon mile.
- The programme is open to adults with a physical, intellectual or sensory disability who have an adult parent, guardian, sibling or friend to participate each week with them.

What was included?

- Weekly group training sessions with a coach.
- Two registered spots in the inclusive section of the marathon.
- A six week walk - to - jog training plan.
- Each participant will receive a marathon medal, marathon t-shirt and marathon goody bag.

Programme Details

- Participants must be available to attend six weekly training sessions and participate in the mile section of the marathon.

Dates:

Six weeks, started Wednesday April 16th, ran every Wednesday until May 21st.

Location: Tramore Valley Park

Time: 6 - 6.45pm



Half Price Entry for People on Social Welfare & Full Time Students

Cork City Marathon are proud to offer half price entry to people on social welfare and full-time students in our full marathon and half marathon races. This initiative makes Cork City Marathon unique and signifies our strong connection to our community.

HALF PRICE ENTRY

This year Sanctuary Runners expect to have an incredible team of over **1,200** people taking part in the full and half marathon - and the 10km challenge.

It's a record number for the multi-award-winning-organisation which welcomed President Michael D Higgins as patron in recent weeks.

This includes 225 people seeking international protection and almost 100 secondary school students.

Cork City Marathon and Cork City Council are proud to support this group and look forward to continuing on this great relationship into the future.

Sanctuary Runners



Message from **THE BHAA**

Welcome from the BHAA to 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.



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.

Bill Allen

**CHAIRMAN, CORK COUNTY BOARD
AAI**



Running in the Years

Cork City Marathon 2015: Male Race.

We caught up with Cillian O' Leary before this year's race and recalled when Cillian who was born in Cork but living in Dublin won the 2015 Cork City Marathon.

Cillian great to meet you again I know you and your wife Aoife (winner of the 2023 half marathon) run in Cork as much as you can.

Cillian: Yes great to chat, we love running in Cork and we both are running again this year Aoife in the 10k and myself in the half. Lets cast our thoughts back 10 years and how you were feeling leading up to the event.

Cillian: I was being coached by Jerry Kiernan at the time. I had a solid few months of training in the build-up. I had done the Limerick half on the May bank holiday expecting to have a good one and instead felt very flat and ran poorly. Jerry felt I had gone over the top a bit and needed to get my energy back. So I spent the last month easing back a bit which worked out for me.

Lets talk about your memories of the race in 2015. I think it was a bad day weatherwise if memory serves?

Cillian: Ya the weather was forecast to be very wet and windy. Jerry had rang the night before and had said forget about times in weather like that, just run for the win. He recommended that I wait until 22 miles before I made any moves. Me and my dad had also worked out that the wind would be on my back coming in the straight road and into town in the last three miles and I parked that info in my mind in case I needed to utilise it on the day. The race started out slowly, with a group of eight or so athletes sticking together. The wind and rain discouraged any breakaways. There were two Kenyan athletes in the group but both were staying at the back and doing as little as possible. Their strategy seemed to be to sit in and wait for something to happen.



Running in the Years

On the Centre Park Road, at around 16 miles, my heels were clipped from behind due to the pack being so close together and I nearly went down. I decided to abandon the plan to wait until 22 miles and to make a break. I was feeling good and I knew a fall would more than likely mean game over. One of the Kenyan runners Vincent Chepyegon came with me and we ran together for the next mile or so. He started to push the pace and by the Sextant pub he had a small gap. I made the assessment that I couldn't hold that pace for the next nine miles and he started pulling away from me. I ran on my own from the South Link Road, through Pouladuff, Glasheen etc. and the gap was increasing between me and him all the time. It was only on the Model Farm Road my wife Aoife said that the third and fourth place runners weren't too far behind. That gave me a bit of a jolt, and I started to pick up the pace. This was around 22 miles into the race. Instead of the gap widening it started to narrow. I still didn't really think it was realistic that I'd catch him as the gap was over a minute at one point. But I said to myself don't let this be a hard luck story; "the time I could have won Cork." I also had it in my mind that the wind would be on my back once I hit the straight road and that I'd put in a big effort all the way back into town.

By the Mardyke the gap had narrowed significantly but I still thought I'd left it too late as there were only two miles left. When he turned off the Mardyke and past the skate park I lost sight of him for a couple of minutes but I was really going full pelt at this stage. By the time we came out at the bottom of Sundays Well he was suddenly only around 30 metres ahead of me. I wasn't going to be giving him a second chance at that stage and I went past him and kept pushing for the finish. I went past my dad on the North Mall, the last he had seen of me was around Clashduv and I was a good bit behind at that stage, the thought crossed my mind that I hope this doesn't give him a heart attack!

Q. What shoes did you run in?

I ran in Nike Lunaracers, if anyone remembers them! Little did we know what was around the corner in terms of shoes!

Q. What it's like to win Cork City Marathon?

It was an unbelievable buzz. I had won the National Half Marathon in 2008 which was the only thing that was comparable for me. And outside of athletics circles few people I knew would have heard of that. People I hadn't heard from in years contacted me after winning Cork. When I bump into old school mates now that I mightn't have seen in decades it's quite often the first thing they mention. When the marathon came back in 2007 I said to myself that it was something I wanted to win so it was great to do it in 2015.

Running in the Years

Female Marathon 2007 Winner Tracy Guilfoyle Recalls the Day

I remember it well. I ran my first marathon in Dublin in 2003. I had applied to the Irish Runner magazine who were looking to train a group of first-time marathoners. I loved it! I hadn't ran for 20yrs since I was a teenager and our coach Brendan O Shea asked me did I want to keep training with him after it. So by the time Cork came I had 3 years of marathon training done.

When I heard Cork was doing a marathon again I was excited to have one a bit closer to home. There wasn't as many Irish Marathons at that time. I ran London 6 weeks before Cork in 2hrs 56 mins so I was a bit nervous of how that would affect Cork so I set off a bit more conservatively. My main rival in Ireland at the time was Lucy Brennan so when I checked the start list the night before and there was no Lucy I knew I had a chance to win.

The other girls I knew from running 10 mile races and they were faster than me but hadn't ran many marathons. The day was lovely and dry, a little warm so I knew not to start off too fast. As the relay was a part of the event it meant there was great support on the route. By halfway there was an announcer and I then knew I was in the lead and got a great cheer from the relay runners at their changeover, by 18 miles I was feeling a little tired but keen to keep my lead. A Russian man pulled alongside me and I asked him how close the next female was? "200 metre!" he said, then "come on!" So I hung on to him for the next 8 miles and we increased that lead.



Crossing the finishing line as the female winner was a brilliant feeling! As I ran past the applause was amazing and everyone was smiling back at me, I wasn't used to this as it was my biggest win. As I approached the line I realised I would have my picture taken and I thought, should I wave my hands in the air or do a number 1 with my fingers like Seamus Power used to do? I just smiled in the end! Receiving the cup and getting interviewed was all very exciting. I remember being a bit embarrassed by the sweaty state of me with a sachet of gel spilt down my top as I was racing! It was the first time my friends and family got to hear my result from the national news! My neighbour in Co Clare was minding my 4 children and came running out to them shouting "Your Mother won! Shes on the news!"

When me and my husband got home my club Kilnaboy AC and friends and neighbours were there with a surprise party to congratulate me. It topped off a fabulous day! Cork City Marathon holds a very special place in my heart.

THE MEDALS 2025

This year we have partnered with Badges and Medals for our three medals.

Badges and Medals have teamed up with Plastic bank with the commitment to remove 21,800 plastic bottles from the Ocean as a result of this contract.

The Medals are based on our landmark series which we started last year.

The Full

The Full Marathon medal shows the iconic Blackrock Castle which the full marathon runners pass on mile 11.



The Half

The Half Marathon medal shows the world famous Blarney Castle which many of our running tourists will no doubt visit during their stay.



The 10K

The 10k medal shows off a local favourite the Shaky Bridge.



Cork City Marathon

in partnership with Badges And Medals

has stopped
436kg of plastic

from entering the ocean, and helped collection members
in vulnerable coastal communities transcend poverty

equal to
**21,800
plastic bottles**



Two plastic bottles

are prevented from
entering our oceans with
every medal we present



Lord Mayors Prize Winner

This years Lord Mayor's Prize winner is an exceptional human being.

Do you happen to know anyone who could:

- (1) Mobilize 1,000+ people to participate in an event - not to mind actually run in the event?
- (2) Tap into pretty much every major Olympic runner in the Cork area and have them actively lend a hand?
- (3) Come up with an idea like the Global Solidarity Run to run a simultaneous event in multiple countries around the world - tapping into Ireland's soft power - and then get the funding for it from the Dept of Foreign Affairs?
- (4) Generate enough interest from the UN that they would fly him to Japan to run in a Global Solidarity Run as part of the World Expo?
- (5) Dream big enough to paint a picture of an Irish society that is actively using running to bring peace, harmony, solidarity, friendship and respect?
- (6) Build the framework and infrastructure to have this organization go global?

And all the while he is doing this mad running lark above he also found time to:

- * Found a choir in Fermoy (One Voice) that uses music to - you guessed correctly - help integrate people Irish society
- * In the midst of lockdown creates a multilingual repeatable solution that translated all HSE guidelines into 30+ languages in a video format to ensure the messages were being understood in every community in Ireland?

That man is
Graham Clifford
Founder of
The Sanctuary Runners

**We are so proud to
announce him as
the Lord Mayor's Prize Winner 2025.**



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

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.

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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 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

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.

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. 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. 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!

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!



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!*






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









**CORK CITY
MARATHON
2025**



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

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. 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.

BIOFREEZE
COOL THE PAIN

Official Recovery Partner of Cork City Marathon 2025



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 has replaced 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 2025:

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.

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.



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 2025:

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+

* 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

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

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

Prize Structure

Full Marathon prize structure 2025:

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

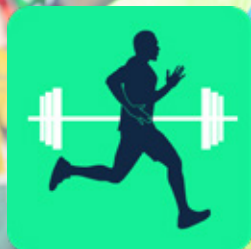
75+

* For 2025 we have waived the previous minimum of 3 in a category rule to encourage gender equality and age diversity

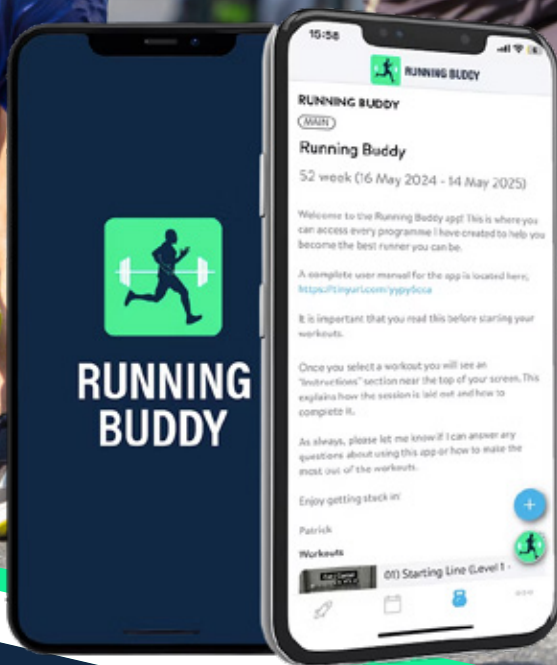
* Prizes are awarded equally to male and female categories.

Keane's Jewellers Perpetual Cork City Marathon Trophies

Kindly donated by Keane's Jewellers, the first across the line in the men's and women's marathon 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!



RUNNING BUDDY



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TRAINING FOR RUNNERS

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OFFICIAL CORK CITY MARATHON

After Party



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



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
2024	Pawel Kosek	2:23:54	Aoife Cooke	2:56:33

ROLL OF HONOUR MARATHON

RECORD NUMBER OF WINS

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

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
2024	William Maunsell	1:08:13	Niamh Moore	1:21:21

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

2023	Denis Hegarty	32:12	Lizzie Lee	35:15
2024	Michal Wojcik	31:22	Niamh O Mahony	35:25

OVERALL INDIVIDUAL WINS ACROSS FULL/HALF/10K

Male	Female
5 wins	5 wins
Sergiu Ciobanu	Lizzie Lee

LORD MAYORS PRIZE WINNERS

2024	Mary Sweeney
2025	Graham Clifford



Angela McCann
Sergiu Ciobanu
Lucy Brennan
Gary O'Hanlon
Lizzie Lee
Pauline Curley
Graham Meikle (Volunteer)

The Runners Diary

July 2nd 2022 the all new Runners Diary Podcast quietly introduced themselves to the small mainly local Running Community, now three years on the Podcast has national and international recognition and is a staple part of many a runners week. Over the three years we have watched the Podcast grow and with it the audience has gone from tens to now thousands listening in each week.

While the format has been tweaked over time weekly Andy, Brian and Damian walk us through the major news, results, fixtures and amazingly have continued to have a weekly guest where they interview some of the top runners, coaches but also real life stories of people who have overcome challenges with the help of running. They also weekly with the support of running events give away prizes too but it doesn't stop there.

The podcast has always been proud of giving back to community and year on year they have supported some worthy charities. The novel idea last year of getting the kids of Bweeng National School to design a running



tshirt helped them raise over €5000 which was split between Crumlin Childrens Hospice and Breakthrough Cancer Research. Once again for 2025 the Podcast has joined forces with the Cork City Marathon to bring so much more to the event. Earlier in the year the lads came up with the idea of a "Follow The Leader" programme and from hundreds of entries Padraig, Angeline, Fearghal and Aisling were chosen. We have been following their journeys on the Runners Diary Youtube channel and it has helped so many others in hearing their stories which are so relatable to all. The youtube episodes were also supported by Apex Nutrition, Running Buddy and Bodylite and with Coaches Ken Nason and Kieran McKeown some great advice has been given to the running community.

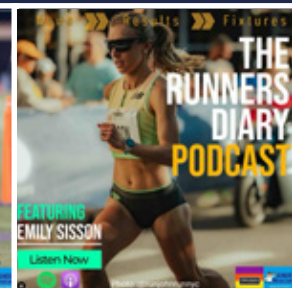
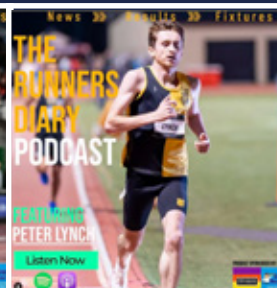
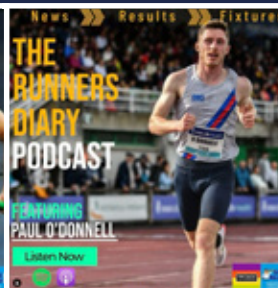
Another first this year was the Information evening hosted by the Podcast which once again brought more insight,

knowledge and prepared participants in the Cork City Marathon, Half and 10k with all the necessary information they need to have a successful day out.

Behind the scenes the team is bolstered by some strong support from well known Radio presenter and keen runner Ruairi O'Hagan who makes the lads sound their best each week. Johnathan Kenneally the younger and better of the Kenneally brothers is another to support and Eoghan O'Connor also helps out with the social platforms. Weekly also the podcast is indebted to Lindie Naughton who chips in with great reports from Dublin and mainly the East of the country along with some of the big stories of Irish athletes abroad and of course Mags Hassett too who reports on all things trail running related.

Its impossible to pick any highlight over the past year

and years as each week there is plenty of fun and inspiration to be found from the hosts or the incredible guests they have had. The Podcast is also quick to point out the amazing support they have got from their main sponsor Shoe Rescue which is an Irish owned company producing a product that should be in every runners kit bag!! The after party is back again this year with a new venue of Clancy's Bar and Restaurant. Within a few hours of announcing the venue all table were booked out however there still is standing room and hope that more tables will be made available on the day. So make sure to join up with the lads for celebration of your efforts or just give them a listen on your chosen podcast platform. Just search The Runners Diary Podcast which is still and out on its own the most listened to Running Podcast in Ireland.





WAKE UP
WITH

LORRAINE & ROSS



DRIVE HOME
WITH

IZZY SHOWBIZZY

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.



PACERS

How to Use the Pacer & 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.

Your 2025 Pace Team



Full Marathon

Mister Motivator: Aidan Hogan

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.

Lee O' Leprechaun: Fozzy Forristal

If the straight road is the test Lee O' Leprechaun is the answer. Bored after the mile long straight and feeling like a lift. Lee O' Leprechaun will give you the boost you need for the last few miles. Keep an eye out for him, he will be hard to miss.

3 Hour Team:

Andy Goulding, Michael Morgan, Mark Murphy, Alan O'Brien:

They might sound like investment bankers but Andy Goulding and Micheal Morgan will be pacing the three hour group from start to finish.

They will be joined half way by Mark Murphy and Alan O'Brien who are our insurance policy as pacing 3 hour marathons is tricky business. Micheal, Mark and Alan are all well

known on the Cork running Scene. Andy we aren't sure who he is. We joke of course Andy is probably one of the more well known pacers on the team. No doubt most of our runners tune in weekly to the amazing Runners Diary Podcast hosted by Andy, Brian and Damien.

3 Hour 15 Minutes:

Jacek Latala, Conor O'Neill & Stephen Rooney:

Jacek and Stephen have been on the pace team for years with Conor being an excellent new addition in recent years. Bags of experience between the three of these.

3 Hour 30 Minutes:

Anna Klimek, Dante Aquino, Marc Orantes Bravo & Ger O'Toole:

Regular pacers Anna, Dante and Ger are joined this year by Marc. Marc was due to pace Cork last year but a late injury scuppered his chances. He is delighted to make it this year injury free.

3 Hour 45 Minutes

Brendan Hallissey, Andrejz Chomizc, Colette O' Donoghue & Laura Rooney:

YOUR 2025 PACE TEAM

North West and North East Cork represented well here. This is a great group you will remember your time on the road with this gang.

4 Hour

Karen Bevan, Akram Shalabi, Ruairi Egan & Anne Jennings:

One of the most experienced team here. Three of them fresh off pacing the TCS London Marathon 2025. Karen and Ruairi give a lot of help throughout the year also to the Cork City Marathon team and are Race Directors for the Fota Run and Carrigaline 5 miler. Anne is a hugely successful ultra marathon runner and Akram has bags of experience with over 140 marathons under his belt including 30 Majors.

4 Hour 15 Minutes

Jimmy Kelly, Jer O' Mahony & Paula Wright:

A wealth of experience here again, Jimmy with in and around 200 marathons under his belt. Paula a well decorated International Ultra Marathon runner and Jer returning to his native Cork to pace Cork City Marathon for the first time. Jer is a regular TCS London Marathon Pacer.

4 Hours 30

Tamara Lopez, Michael Van Der Klei & Paul Hogan:

You would need a calculator to tot up the amount of marathons and Ultra marathons Michael and Paul have covered at this stage. Tamara a very popular and successful pacer with Cork City Marathon for years also has a wealth of experience on the road and completes an excellent team.

4 Hour 45 Minutes

John Walsh & John Chapman:

John Chapman is one of our longest serving pacers and John Walsh joined us for the first time in 2024. Both have a long list of marathons under their belt. John Chapman I think has the most marathons ran in the pace team and if John Walsh keeps running the way he is going at the moment he wont be far behind him in a few years.

5 Hours

Johnny Healy & Gary O'Donovan.

Johnny another seasoned marathon runner with something around 300 marathons ran. Gary himself a seasoned campaigner gives huge hours every year at the marathon registration desk and is a huge help to us.

YOUR 2025 PACE TEAM

Half Marathon

1 Hour 30 Minutes

Arkadiuz Skupin, Tadhg O'Sullivan, Noel Selorm:

Arka a well known pacer who has paced Cork City Marathon for the last number of years. Tadhg a top elite runner with a number of exceptionally fast times under his belt takes up pacing duty with us for the first time this year. We are delighted to have such a top runner on the pace team. Noel is one of three Sanctuary Runners on our pace team and back in 2023 he was the first Sanctuary Pacer something no one can ever top. A superb achievement.

1 Hour 40 minutes:

Brian Ahern & Chris Grayson

Brian almost as famous as three hour pacer Andy will be well known as the brains behind The Runners Diary (sorry Andy and Damien). The Runners Diary Podcast is Irelands top running podcast and a must listen to. Brian is a very experienced pacer and has been pacing Cork City Marathon for years. Chris Grayson is pacing royalty and in our humble opinion the top pacer in the country. The professionalism that he shows at each pacing gig is unmatched and all the rest of the pacing team pick up so much tips from Chris.

1 Hour 45 Minutes:

Richard Hawkins, David Yelverton & Bryan Crowley:

Richard and Bryan and stalwarts at this stage and Dave joins the team for the first time this year. Another impressive line up for the 8 minute milers.

1 Hour 50 Minutes:

Eimear Burke, Vicky Lehane, Peter Fleming & Kofi Kpoglo

Eimear has paced Cork City Marathon for a number of years while Vicky, Peter and Kofi joined the team last year.

2 Hours:

Ed Fitzgerald, Elaine Guinane, Michelle Greaney, Mary Reynolds, Alison Hamlett:

A multi talented team. Ed is also the lead bike for the 10K. Elaine well known from Eagle AC and Michelle a well respected coach from the Kingdom are seasoned pacers with us. We are delighted to be joined this year by Mary Reynolds and a special welcome also for Alison Hamlett from the UK.

2 Hours 10 Minutes:

Shelia Magorian, Gerladine Hartnett & Cian O'Connor:

The famous team Magnett this

YOUR 2025 PACE TEAM

year are joined by Cian O' Connor. Cian also looks after the pacers on race day.

2 Hours 20 Minutes:

Karen McHugh & Tom Enright:

Karen is new to the pace team this year but brings a wealth of running knowledge and experience to the team. Tom has been with us for years and represents the Banner on the pace team!

2 Hours 30 Minutes:

Maria Hogan & Sibusisiwe Mhlophe:

Another great pacing team here. Loads of running experience and will smile the whole way around.

10K

The 10K pace team has one survivor from last year Mick Coholan. We have pacers every five minutes from 40 minutes to 60.

40 Minutes:

Mick Coholan & Eric Browne

45 Minutes:

Linda O'Connor & Donal Dowling

50 Minutes:

Anna Ordynska & Siobhan Daly

55 Minutes:

Helen Roche & Colette Crowley

60 Minutes:

Maria Madigan & Louise O'Sullivan Sheehan

That is our Cork Pacing Team 2025. 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 if you wish to avail of it.

[#Pacerforlife](#)





Kevin O'Leary | Silversprings

Official Motor Group of



How to Choose The Right Running Shoe for your Running Journey



By Damian Kenneally, The Edge Sports:
www.theedge-sports.com

With the Cork Marathon weekend just around the corner, there's no better time to make sure you're wearing the right type of running shoe - one that makes your runs more comfortable, enjoyable and efficient.

Trust me when I say that finding the right shoe - and even more importantly, the right fit - can be a game changer for both your training and race day performance.

I'm Damian Kenneally, and I've worked in the Running Department at The Edge Sports for over seven years. During that time, I've picked up plenty of useful tips to help runners like you get the best out of your footwear. Whether you're running your first 5K or taking on the marathon, here's how to make sure your shoes are working for you - not against you.

1. Do a Little Homework

Before you head to a shop, take a few minutes to consider what exactly you're looking for. The more information you can share with the run specialist, the better they can help.

Here's what to think about:

What do you want the shoe to do?

Is it for daily mileage, performance training, or race day?

What distances are you currently running?

What type of terrain do you usually run on?

Will you use the shoes solely for running, or also for walking, gym work, or other activities?



*Bring your current running shoes with you.
A specialist can sometimes gain a useful insight from
the wear patterns on the soles.*

THE RIGHT RUNNING SHOE

2. Visit a Specialist Running Store

Not all shoe stores are created equal. A specialist running shop (like The Edge Sports!) will have experienced staff who are runners themselves. They'll be able to assess your needs and recommend the best options.

3. Size Up (Literally)

Don't assume your running shoe size is the same as your casual shoe size. It's common to go up a size - because running shoes fit differently than fashion shoes.

You should have approximately a full thumb's width of space between your longest toe and the end of the shoe. The longer your runs, the more important this extra space becomes.

It may take some getting used to, but having the right fit will:

Reduce the chances of blisters and black toenails

Prevent premature wear on the heel and upper

Improve your overall comfort and performance

4. Be Open to Different Brands

You might walk into the store with a specific brand in mind - but don't be afraid to try something new. Different brands have different fits and features, and what works for someone else may not work for you.

Here's a trick: Walk around in the shoes without looking at them. Focus on the feel. Which one feels most natural? That's your best clue.

And yes, colour is important - but **comfort & function** come first. (You can always find a nice colour later!)

5. Test the Fit at Home

Once you've chosen a pair, try them on again at home - preferably both in the **morning** and in the **evening**. Your feet naturally swell during the day, and trying them at different times gives you a full picture of how they'll feel on longer runs.

This is especially useful if you're on the fence about width or toe space.

THE RIGHT RUNNING SHOE

6. Comfort is Everything

At the end of the day, the most important thing is how the shoe feels to you. As experienced as we may be, you're the one running in them. Trust your instincts. If it doesn't feel quite right, it probably isn't. Don't try to run through pain (unless it's a blister! - and even then, consider your sock choice for the future) - it invariably will lead to an injury. Stop and look for advice.

Ready to Run?

Choosing the right shoe can make training and race day so much smoother—and more fun. I hope these tips help you on your journey to finding the perfect pair for you.

If you're unsure where to start, pop into The Edge Sports and chat with our team. We're here to help you run stronger, safer, and more comfortably - every step of the way.

See you out there - and best of luck at the Cork Marathon!



**CORK'S MORE
MUSIC BREAKFAST**

KEN TOBIN

WEEKDAYS 6AM - 10AM



FULL ROAD CLOSURE LIST

Road Re-Opening Schedule

(times are approximate)

Road closures begin at 04:00 hrs. on St. Patrick's Street and adjoining streets.

All other closures are put in place from 08:00 hrs.

Area	Street/Road	Closed
City Centre.	St Patricks street.	04.00 - 18.00 hrs.
City Centre.	North main street.	07.30 - 16.00 hrs.
City Centre.	Adelaide street.	07.30 - 16.00 hrs.
City Centre.	Kyles street.	07.30 - 16.00 hrs.
City Centre.	Castle street.	07.30 - 16.00 hrs.
City Centre.	Liberty street (to North Main St).	07.30 - 16.00 hrs.
City Centre.	Washington street.	Inbound one lane. Outbound closed 08.00 - 10.00 hrs.
City Centre.	Western road.	Stop/go between Washington street and Victoria cross. One lane only 08.30 hrs. - 09:30 hrs.
City Centre.	Grand parade.	07:30 - 10:30 hrs.
City Centre.	South mall.	07:30 - 10:30 hrs.
City Centre.	Parnell place.	Until 10.30 hrs.
City Centre.	Merchant's quay.	Until 10.30 hrs.
City Centre.	Lavitt's quay.	Until 10.30 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule

(times are approximate)

Area	Street/road	Closed
City Centre.	Coal quay.	Inbound only until 16:00 hrs.
City Centre.	Kyrls quay.	Closed 07:30 to 09:30 Inbound only until 16:00hrs
City Centre.	North mall.	Closed 07:30 to 09:30 Inbound only until 16:00 hrs.
City Centre.	North gate bridge.	Closed 07:30 to 09:50 Inbound only until 16:00 hrs.
City Centre.	Pope's quay.	Restricted until 10.30 hrs.
City Centre.	Carroll's quay.	Until 12:00 hrs.
City Centre.	North mall.	Closed 07:30 to 09:50 Inbound only all day.
Blackpool.	Blackpool village.	Until 10.30 hrs.
Blackpool.	Bypass into city via Carrolls Quay.	Until 11.30 hrs.
East Quays.	St Patricks quay, Horgans Quay & water street.	Until 12.00 hrs.
Tivoli & Glanmire.	DunkettleBround-about & inter-change.	Until 13.00 hrs.
Tivoli & Glanmire.	Lower Glanmire road.	Until 13.00 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule

(times are approximate)

Area	Street/Road	Closed
Tivoli & Glanmire.	Silver Springs dual Carriageway – in-bound.	Until 13.00 hrs.
Tivoli & Glanmire.	Silver Springs dual Carriageway – outbound.	Open
Tunnel.	Jack Lynch tunnel.	Open all day Contra-flow until 12:00 hrs. Re-opened from 13:00 hrs.
South Ring Road.	South ring road, Mahon Interchange, northbound.	One lane until 13.00 hrs.
Mahon.	Skehard road – east.	Until 13.00 hrs.
Blackrock.	Castle road.	Until 13:00 hrs. – restricted access for residents only
City.	Centre Park Road.	Until 13.00 hrs.
City.	Victoria Road.	Until 13.00 hrs.
City.	Monerea Tc/Albert Road.	Until 13.00 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule (times are approximate)

Area	Street/Road	Closed
Start of Half marathon.	Monahan's road.	Closed 08.00 - 12.00 hrs. Restricted access from Victoria road.
South city Link.	Albert street.	Until 13.00 hrs.
South City Link.	South City Link Road.	OPEN All Day Contra-flow until 13.30 hrs.
Turner's cross.	No traffic at junction	Until 13.30 hrs.
Turner's cross.	Access to Christ the King Church from Douglas direction is via Cross Douglas Road and Capwell Road car park. Restricted access from Evergreen Road.	
Ballyphehane/ The Lough & Surrounding Areas.	General - please see map for Routes for local traffic.	08:30 Until 14:30 hrs.
Ballyphehane/ The Lough & Surrounding Areas.	Curragh Road, Tramore Road And Lower Friars Walk.	08:30 - 31.30 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule (times are approximate)

Area	Street/Road	Closed
Ballyphehane/ The Lough & Surrounding Areas.	Connolly Road - full length.	08:30 - 14:00 hrs.
Ballyphehane/ The Lough & Surrounding Areas.	Pearse Road, local traffic only. Stop/Go at Con- nolly Road and Pouladuff Road. EXPECT DELAYS between 10.30- 13.30 hrs.	08:30 - 14:00 hrs.
Ballyphehane/ The Lough & Surrounding Areas.	Tory Top Road. Stop/Go at Roundabout. EXPECT DELAYS between 10.30 -13.30 hrs. Tory Top Park, McDermott Place.	08:30 - 14:00 hrs.
Hartland's Avenue.		10.30 - 14:00 hrs.
Magazine Road.	From junction with Dorgan's Road to St Francis' avenue.	09.30 - 14:30 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule (times are approximate)

Area	Street/Road	Closed
College Road.	From junction with St Francis' avenue to orchard road. Access to bons secours hospital is via Glasheen road and Highfield avenue or from city side.	09.30 - 14:30 hrs.
Orchard road.		09.30 - 14.30 hrs.
Glasheen road.		Open but with stop/go at Dorgan's road junction.
Wilton road.	Local traffic only. Avoid and use Sarsfield road and city Link for access to the city.	Until 14.30 hrs
Wilton road.	Access to Holy Ghost Church From Highfield Avenue and Sarsfield Roundabout.	09:30-14:30
Farranlea road & District.	Garda-assisted traffic only.	09:30 -14.30 hrs.

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule (times are approximate)

Area	Street/Road	Closed
Farranlea road & District.	Access to Rondevue bar from Dennehy's Cross direction only with restricted access to parking. Please wait for STEWARD'S Instructions.	
Model Farm road	Dennehy's Cross to Highfield Avenue - local access only.	09.30 - 14:30 hrs.
Model Farm road	Limited traffic from Rossa Avenue To model farm restaurant.	09.30 - 14:30hrs.
Inchigaggin Lane.	Access for residents only.	08:00 - 15:00 hrs.
Carrigrohane Road.	Outbound traffic only.	08:00 - 15:00 hrs
Carrigrohane Road.	Stop/Go in operation at Inchigaggin Lane. Expect long tailbacks to Victoria Cross from 12.00-13.30 hrs.	08:00 - 15:00

FULL ROAD CLOSURE LIST

Road Re-Opening Schedule (times are approximate)

Area	Street/Road	Closed
Western Road.	Please avoid and use Sarsfield road and south city link. Expect long delays at orchard road/Farranlea road and Victoria cross, especially between 12.00 hrs. - 13.30 hrs.	08:00 Until 15:00 hrs.
Mardyke Walk.	Restricted access for Residents only.	08:00 Until 15:00 hrs.



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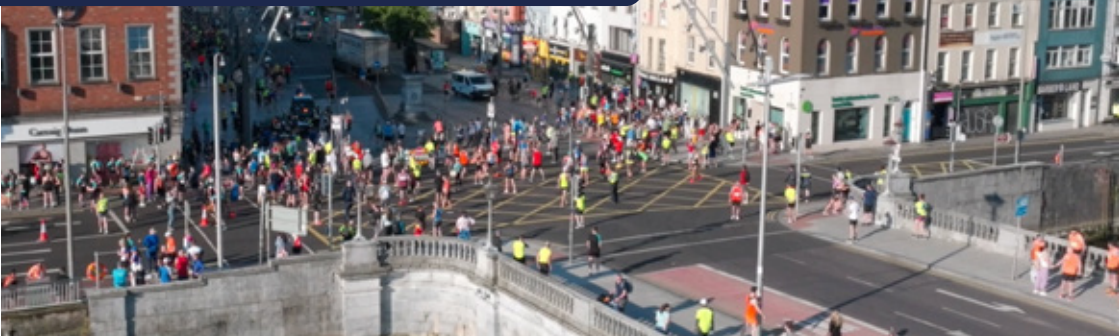
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On the day **TRANSPORT**



We encourage all racers and race attendees to make their way to race by foot, walk or public transport. However we do recognise that some attendees may be coming from further distances and may need parking to be made available to them.

CAR PARKING

Name	Location	Opening & Closing times
Q-Park Carrolls Quay	Carroll's Quay, Victorian Quarter, Cork, T23 P2TX	24 hrs
Q-Park City Hall	Eglinton St, Ballintemple, Cork, T12 H795	24 hrs
Q-Park Grand Parade	The Grafton Mall, Centre, Cork, T12 PXR5	24 hrs
Q-Park St Finbarr's	Wandesford Quay, The Lough, Cork, T12WC78,	24 hrs

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 1ST of June. These trains will leave Cobh and Mallow at 7.00am and Midleton at 7.15am on Sunday, June 1ST.

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 1ST 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.

GENERAL BUS INFORMATION

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.

GENERAL BUS INFORMATION

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:

GENERAL BUS INFORMATION

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

GENERAL BUS INFORMATION

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 Terrance, 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.

GENERAL BUS INFORMATION

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

Race Day Departures From Parnell Place

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 Ballyvourney 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

Race Day Departures From Parnell Place

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

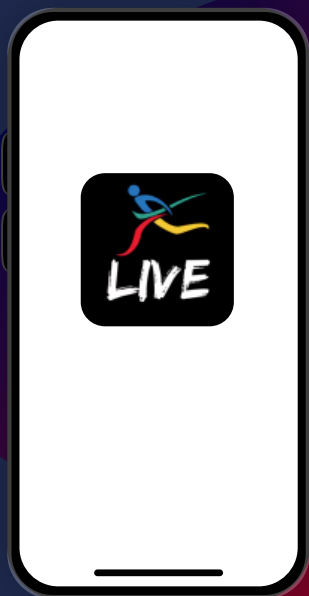
17:15 Midleton / Ballinacurra Operate normal route

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.



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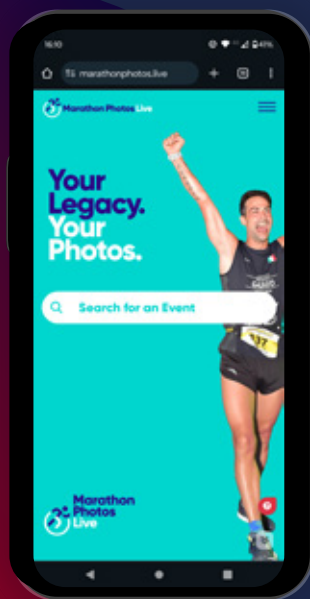
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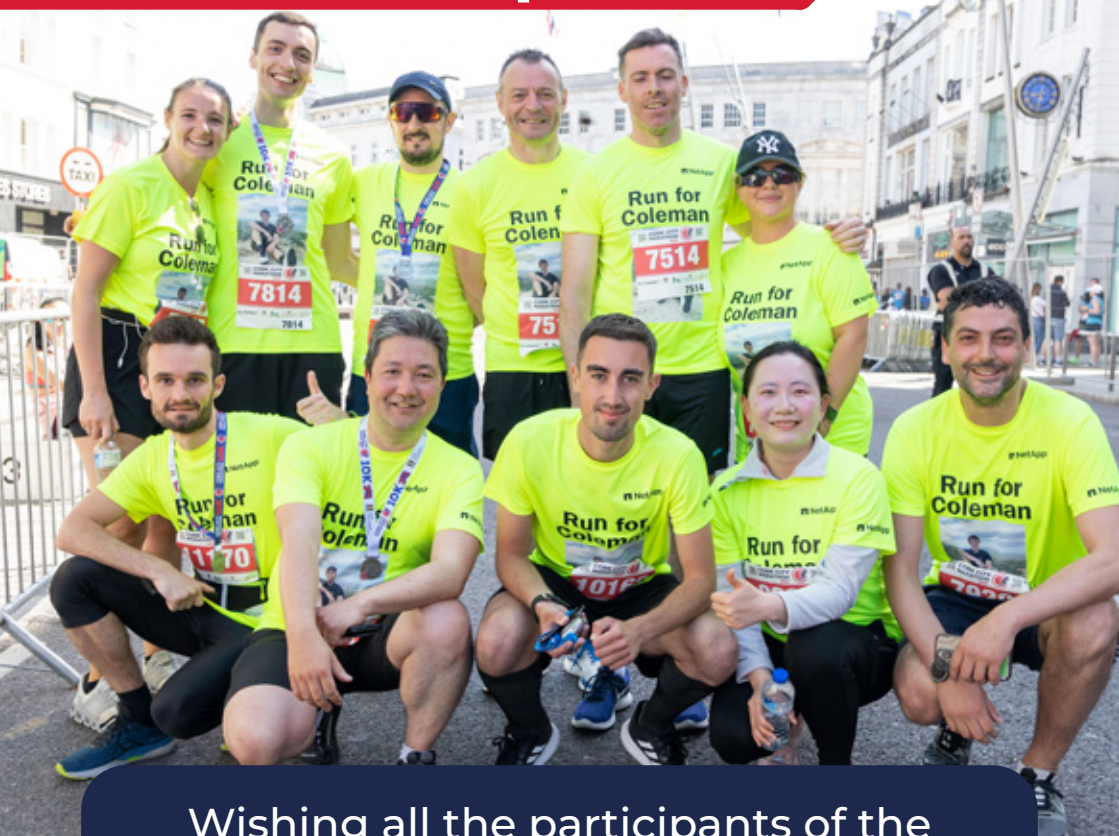
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Best Of Luck To All Participants



Wishing all the participants of the
2025 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!*