ANALOG DEVICES
CORK CITY
MARATHON

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## The 10K:

Anybody who is 15 years old on race day can enter the 10k!

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.

This race has proven really popular so book early to avoid disappointment.

### 10k route description

The race will begin at 08:45 in the city centre, following the start of the full marathon. Runners will proceed 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 in the city centre.

### 10k Start and Assembly

All runners must assemble at 08:15 on South Mall. 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.

**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!

**Athletic Club Teams.**

Athletic Club teams will be formed automatically from those registered as Athletes and have chosen their clubs in registration.

People will get their individual prizes for the first 3 winners of male and female and then if entered as a team the fastest team would win another prize which they can then win for their club. It would also be a great challenge and give everybody a chance, as it doesn't mean the team with the fastest runner will win the team prize. Another team might come in after the first 3 but their times added up might be better than the team with the fastest runner.

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 and suitable for walkers, fast runners and people with disabilities.

Minimum age is 15 years old

Wheelchair users can participate

It's a community focused.

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

## Prize Structure (purse €3,400 up from €2,500 in 2025)

10k prize structure 2026:

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

1st: €400

2nd: €250

3rd: €150

**Course Record €200**

**Team Prizes:**

1st All Female Club Team €200

2nd All Female Club Team €150

3rd All Female Club Team €100

1st All Male Club Team €200

2nd All Male Club Team €150

3rd All Male Club Team €100

**10k team prize rules**

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.

How's Your Training Going?

If you're already following a training programme that works for you, stick with it. If you're not, you might want to check here for our 12-week programmes which you can tailor to suit your experience and time frame.

Join us on the June bank holiday weekend for a unique run through the streets of Cork city.

€50 for 1st in each age category male and female:

35–44

45–54

55–64

65–74

75+