



Cork Sports Partnership – 11th Running of the Cork Rebel Run

- **The run takes place on Sunday morning October 22nd in Munster Technological University**
- **5km or 10km routes**

The 11th annual Cork Rebel Run returns to Bishopstown and Munster Technological University on Sunday 22nd October. The event, sponsored by Cork City Council and Cork County Council, is organised by Cork Sports Partnership, Leisureworld Cork & Munster Technological University and has 5k and 10k route options.

Up to 1,000 participants are expected to turn out for this year's event which has gained in popularity since first being established in 2012. Both 5k and 10k routes start and finish on the MTU campus and incorporate the popular Curraheen River walk. All registered participants receive a goody bag containing a special edition Cork Rebel Run T-Shirt, an EDGE Sports water bottle as well as other goodies.

Speaking at the launch of the event, Craig Harrington, Athletics Development Officer for Cork said *"We look forward to welcoming everyone to MTU on October 22nd. As always, the run has something for everyone, whether it be the recreational runner or the serious athlete. Like any other year everyone is working hard to make it the biggest & most memorable Rebel Run to date."*

In advance of the 5km event, over 200 people from 12 different Cork communities will take part in Couch to 5k programmes in the coming weeks in preparation for the event. These 8-week tutor led programmes will take place in Bishopstown, Ballincollig, Turners Cross, Whitechurch, Ballineen, Glanworth, Kinsale, Ballingearry, Kanturk, Bantry, Skibbereen & Glanmire with limited places remaining at each venue.

"It is great to see more communities coming on board for our Couch to 5k programmes each and every year. It has become tradition all over Cork that people use the Rebel Run 5km as their first ever running event. At Cork Sports Partnership we are very proud of this & hope this relationship with community running groups grows more and more every year" Craig concluded.

In addition to the 5km & 10km events, Disability Services from all over Cork are training hard for the Rebel Run a Mile Challenge with the culminating events taking place the week of October 18th. The Rebel Run a Mile Challenge is a 6-week training programme for people with disabilities in Cork day centres. The programme will cater for over 500 participants from 10 different Disability Services all over Cork City & County.

Maurice O' Sullivan, Sports & Marketing Manager with the Cork Sports Partnership said *"We are excited to build on the success of the last few years with both the Rebel Run events and Rebel Run a Mile Challenge. Numbers participating have increased year on year which shows the appetite from the Cork Community to get involved and take part"*.

He added *"Providing opportunities for all ages and abilities is central to work of Cork Sports Partnership and initiatives such as these highlight what can be achieved when key partners and organisations come together to develop projects. Special thanks to all our event partners, MTU, Leisureworld Cork, The Edge Sports as well as our Rebel Run event sponsors, Cork City Council and Cork County Council and Rebel Run a Mile Challenge sponsors, Boston Scientific, for their continued support, without which it wouldn't be possible to coordinate these events"*.

Registration for this year's Cork Rebel Run is now open and is expected to sell out quickly. To register or for more information on the event, see www.rebelrun.ie

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More Information:

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