



For Immediate Release: 09/09/2022

Cork Sports Partnership – 10th Anniversary of the Cork Rebel Run

- **The run takes place on Sunday morning October 23rd in MTU**
- **There will be both options of 5km or 10km on the day**

Cork Sports Partnership, Leisureworld Cork & Munster Technological University are once again coordinating the Cork Rebel Run which will take place on Sunday October 23rd. This will be the 10th anniversary of the event which has grown in popularity every year since 2012.

For 2022 it is hoped the Rebel Run will bring just over 1000 participants to MTU. For both the 10km & 5km routes the courses are suitable for every type of runner. Starting in MTU taking in the Curraheen Riverwalk & finishing on the state-of-the-art Athletics Track in MTU. Each participant receives a goody bag which includes a special edition 10th year anniversary t-shirt & water bottle as well as other goodies. You can expect lots of encouragement and a fun atmosphere throughout the day.

The Rebel Run event started in 2012 with just over 400 participants and in recent years has since grown to just over 1,100 participants. Speaking at the launch of the event, Craig Harrington, Athletics Development Officer for Cork said *“We look forward to welcoming both returning and new runners to MTU on October 23rd. This race has something for everyone, whether it be the recreational runner or the serious athlete. For the 10th anniversary of the event everyone is working hard to make it the biggest & most memorable Rebel Run to date.”*

As part of the 5km event 10 communities which totals over 200 runners are currently undertaking couch to 5km programmes in preparation for their first ever 5km. These programmes are currently taking place in Bishopstown, Ballincollig, Turners Cross, Whitechurch, Dunmanway, Bandon, Kinsale, Carrigaline & Macroom. Over the past number of years many communities have used this event as their first ever 5km.

Craig Harrington also highlighted the growth of the Couch 2 5k Programmes as key pathways for people into running & jogging *“It is great to see many more communities coming on board 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”* he 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 17th. The Rebel Run a Mile Challenge is a 6-week training programme for people with disabilities in Cork day centres. The programme will bring together over 400 participants from day services all over Cork City & County. Services right from Skibbereen to Youghal have registered to take part in the programme.

There is a fantastic schedule of events lined up for the 10-year anniversary of the Cork Rebel Run across the week, finishing with the 5k & 10k event on Sunday October 23rd.

Claire Hurley, Programmes Manager with the Cork Sports Partnership said *“Cork Sports Partnership is delighted to be celebrating 10 years of the Cork Rebel Run. Since 2012 the event has grown to become one of the highlights on the running calendar and is now a key focal event for people of all abilities and fitness levels across Cork. Key to its success is the support from the local running community, event*





partners MTU and Leisureworld Cork, sponsors Cork City Council and Cork County Council as well as Boston Scientific who sponsor the Rebel Run a Mile Challenge. We wish all those preparing for both the Rebel Run a Mile and 5k & 10k events the very best of luck and looking forward to celebrating with you across the week."

Entries for the Rebel Run will open on Friday September 16th & just like the last number of years the event is expected to sell out. Visit www.rebel.run.ie for more information.

For more information on upcoming participation opportunities in Athletics in Cork visit www.corksports.ie or email charrington@corksports.ie.

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