

SONIA O’SULLIVAN TO HOST INTERACTIVE Q&A SESSION FOR MARATHON PARTICIPANTS

On **Saturday, 5th June 2010 at 2pm** in City Hall, Olympic legend Sonia O’Sullivan will host an intimate Q&A session for those taking part in this year’s Bord Gáis Energy Cork City Marathon, taking place on Monday June 7th 2010. Sonia will be joined by Sergiu Ciobanu who won the Irish National championship in a time of 2.22.06 in Dublin last year, and Michael Herlihy, Winner of last year’s Bord Gáis Energy Cork City Marathon for the one-hour session.

The event is open to all those registered for this year’s marathon and is free to attend. Sonia, Sergiu and Michael will give valuable personal insights and advice to those in their final preparations for running the marathon, whether it’s the full 26.2mile individual race or the five-stage team relay event. Michael is also a sports scientist who has worked for 3 years with top Olympians at the Australian Institute of Sport so for anyone wishing to ask more technical training questions, Michael will be able to give them the science behind the training methods discussed.

“The session will be very interactive and informative. It’s a great opportunity for people to meet other runners, swap tips and contact details and maybe find a running buddy for the race. The session gives participants the chance to resolve any last minute questions about final preparation, carbo-loading, hydration or any niggling injury worries. We also talk through the route, giving tips on pacing and getting psychologically ready for the demands of the 26.2 mile course. Everyone is welcome and I look forward to being back among my fellow Cork runners.”

Event Summary:

What: Q&A Session with Sonia O’Sullivan, FREE entry to those registered for the Bord Gáis Energy Cork City Marathon.

Where: Cork City Hall (Stage area)

Time: 14:00 - 15:00

For further press information please contact:

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