

Sonia Comes Home: Sonia 5k Celebrates 20 Year Anniversary of Historic Gold at World Championships

Be a World Champion for a Day in Cobh at the Sonia 5k

Athletics Ireland is delighted to announce the Sonia 5K in association with Euromedic Ireland takes place on **Saturday 19th of September at 6pm** to mark the 20th Anniversary of Irish athletics icon Sonia O'Sullivan's historic victory in the 5,000 metres at the IAAF World Championships in Gothenburg in 1995 **in her hometown of Cobh.**

This will be the second running of the Sonia 5K which got off to a great start in Dun Laoghaire on June 13th. Join the former World Champion and Olympic Silver Medallist in this Special Celebration event on a beautiful scenic route in the seaside town of Cobh – the homeland of Sonia.

"It's always great to come home and run through the streets of Cobh," said the Cobh express. "There was a time when not so many people ran through the streets of Cobh but that has changed recently and it's amazing really how long it took for some people to catch on to the running bug that I haven't been able to let go of and still continue to enjoy.

"It was a surprise to notice the significant numbers of women taking part in the Dun Laoghaire Sonia 5k. It was so much fun to see so many groups of women come along for the evening and for me to get the opportunity to run back and share the run with them as they streamed in to the finish line. This is a great opportunity for the women of Munster to join in the fun and make their presence felt on the streets of Cobh."

All finishers will receive a **Unique Commemorative Medal** - an exact replica of the World Championship Gold Medal won by Sonia when she became Ireland's first-ever female Athletics World Champion.

"The Sonia 5K is about much more than running; it is about highlighting the importance of taking time each day for personal health and wellness, it is about encouraging activities and participation in your own personal fitness activities whether you run, walk, or jog and it gives Euromedic Ireland the opportunity to honour the legacy of one of Ireland's greatest athletes, Sonia O'Sullivan," said Tom Finn, CEO of Euromedic Ireland.

"The inaugural Sonia 5k in Dun Laoghaire on June 13th was a great success and Euromedic, as title sponsor, is looking forward to the second running in Cobh on September 19th."

The **entry fee** for the 5k is **€15** and there will be a Kids Mile Run too so they can join in the fun (entry fee is €8). Log on to www.sonia5k.ie/cobh/