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Desk to 5k run

Fitness has taken off at Cork Airport with the launch of a 'Desk to 5k' charity run. The Cork International Airport Hotel, in association with Juliet Murphy Fitness and the Cork Airport Business Park, has launched the fitness programme, which will culminate in a charity event for

Cork Penny Dinners on Sunday, March 9th. The initiative is encouraging sedentary desk dwellers and office staff to take part in twice-weekly running training sessions from 5.45pm to 6.30pm on Tuesdays and Thursdays. "Everyone is welcome to join us on the Desk to 5k whether you

are a novice or advanced runner," says Juliet Murphy. "We will ensure that everyone is properly warmed up, running at pace, enjoying a great way to keep fit and raising funds for charity."

The registration fee is €20, which goes directly to Cork Penny Dinners. If you'd like to

Juliet Murphy gets Caitriona Twomey, Cork Penny Dinners and Aaron Mansworth General Manager into shape for the Cork International Airport Hotel Desk to 5K Charity Run.
Picture: Gerard McCarthy

sign up can email kbasnett@corkairporthotel.ie or juliet-murphy@icloud.com.