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Get set for 'desk to 5k' run to help penny dinners

A CHARITY fitness initiative in aid of Cork Penny Dinners is getting up and running with a series of training sessions. Organised by the Cork International Hotel in association with Juliet Murphy Fitness, the desk to 5k will culminate in a charity run around Cork Airport on March 9 at 2pm. Those with a sedentary lifestyle are invited to take part by attending regular running sessions each Tuesday and Thursday from 5.45-6.30pm from now until the event. Training sessions will cost €20 altogether, with all funds raised going to the Little Hanover Street charity which provides hot meals to those in need. A team of instructors will be on hand to support each runner.

Former captain of the Cork ladies football team and fitness centre owner Juliet Murphy added: "Everyone is welcome to join us on the desk to 5k, whether you are a novice or advanced runner. We will ensure everyone is properly warmed up, running at pace and enjoying a great way to keep fit while raising funds for charity."

To take part in the training, register with kbasnett@corkairporthotel.ie or julietmurphy@icloud.com.



Juliet Murphy of Juliet Murphy Fitness gets Caitriona Twomey Cork Penny Dinners, and Aaron Mansworth, GM, into shape at the launch of Cork International Airport Hotel Charity Run for Cork Penny Dinners.

Picture: Gerard McCarthy