

## WLRfm Waterford Viking Marathon 2014



Pictured at the Waterford Viking Marathon 2014 Launch which was held in Bishops Palace on Friday last was Roisín Ferris, Viking Marathon committee with sponsors, Dave O'Brien, Sun Life, Eric O'Brien and Ollie O'Brien, Urma Sports and Frances Carey, Whitfield Clinic.

On **Saturday 28<sup>th</sup> June 2014** the streets of Waterford will once again fill with runners and joggers from far and wide as the city plays host to the third annual 'WLRfm Waterford Viking Marathon'.

The 2014 marathon was officially launched on Friday last by, well-known Waterford athlete, Kelly Proper and last year's Marathon winner Gary O' Hanlon.

Speaking at the launch in the Bishops Palace Des Whelan, WLRfm's Managing Director and Chairman of Waterford Viking Marathon, said "Following two successful annual events, WLRfm's Waterford Viking Marathon 2014 is open for registration once again.

2014 will be very special as Waterford celebrates 1,100 years and following in the steps of our Viking ancestors the marathon route will take in the historical Viking Triangle and travel through the ancient city streets before heading out towards Tramore.

"WLRfm are delighted to be involved with this event once again. It's a great opportunity for people to embrace a healthy lifestyle whilst also supporting local and national charities. This year I am happy to say that IMNDA and Aware are our two nominated charities.

"As title sponsor WLRfm's involvement will help make it possible to promote this great sporting event to our listening audience in the city and county and we certainly share the vision and aim of the organisers to grow this event into one of the headline Marathon's on the calendar".

Des went on to express his heartfelt thanks to all involved and to acknowledge the hardworking committee, sponsors and partners who have supported the event to date in particular our media partner The Irish Examiner.

Race Director Joe Cawley outlined the new improved route which makes the course even flatter and faster than before. A new quarter marathon event has been introduced for next year, which, in addition to the full and half, gives runners of varying levels an opportunity to take part.

Cheques were awarded to the two nominated charities for 2013, Waterford Hospice and The Alzheimer's Society, Waterford.

Early bird rates now available. For further information and route map log on to

[www.waterfordvikingmarathon.com](http://www.waterfordvikingmarathon.com)