

TONY Mangan let his emotions flow freely on Saturday, September 13, and shed tears of joy after disembarking from the Stena Line ferry at Dublin to be greeted by family and friends who were there to welcome him home from his amazing four-year Jog the World odyssey.

It seemed only a few months had elapsed since the Dublin globe-trotter featured on the cover of *Irish Runner* magazine and we gave him a big send-off on his world tour with a six-page special feature. At that time, Tony's emotions oscillated between exhilaration and apprehension, occasionally bordering on terror.

As Ronnie Bellew wrote: "Tony is experiencing exhilaration because he's about to embark on an ambition that has held him captive for two decades and

could go wrong on an adventure that could become the stuff of legend."

The finishing line of the 2010 SSE Airtricity Dublin Marathon was the starting point for Tony's journey and when he completes this year's Dublin Marathon, Mangan will have completed a total of 50,000km in four years on the road.

The day after the 2010 Dublin Marathon Tony ran across Ireland as far as Dunquin, Dingle; the most westerly point in Ireland.

He then set off to Jog the World on a trip that would take him across North America, South America, Australasia and Asia, before returning to run through Europe last June.

It was a gruelling journey by any standards for the 57-year-old Liberties native, who said in his *Irish Runner* interview of four years ago: "The World Jog is not something thought up overnight over a few pints. It has been incubating in my mind for 20 years and has grown into an absolute monster. I feel like I am a prisoner of this idea and ambition."



Tony Mangan returns home to Dublin after his Jog the World Odyssey. PHOTO: TOMAS GREALLY SPORTSFILE.COM

Even before he set off, Mangan was no stranger to adventure. Long before he became a runner, he set off around the world on a bicycle at the age of 21, inspired by Dervla Murphy's travel classic, *Full Tilt: Ireland to India with a Bicycle*.

Mangan ran his first marathon in Dublin in 1986, finishing in 3:09 after just five weeks' training. He pared that marathon best time down to 2:38, but it was only after emigrating to Colorado in 1994 that he discovered ultra-running and realised that the longer the

distance was, the more he became. His ultra-run was hugely impressive.

He set world-best distance 24 and 48-hour treadmill records at the 2003 Dublin Marathon, reached an ultra-running four years later when he broke the world indoor 48-hour record in the Czech city of Brno.

He completed 426.179 miles in a race, running for 47 hours and walking just 750 metres.

Mangan, who runs with the Metropolitan St Brigid's



RATHFARNAM/WSAF AC

THIS PROGRESSIVE CLUB ALWAYS EXTENDS A WARM WELCOME TO NEW MEMBERS LOOKING TO GET FIT AND RUN, WRITES **FRANK GREALLY**



Members of Rathfarnham/WSAF AC

RATHFARNAM/WSAF Athletic Club is based on the main street of this Dublin south side village and for many years has attracted members from the Rathfarnham, Walkinstown and surrounding areas.

As a community-based club, Rathfarnham/WSAF AC welcomes juvenile members aged 8-16 who wish to develop their fitness levels and run some races: inter-club cross-country or schools events. There is always a big welcome on the mat for new members at this very progressive club with close to 300 members.

One of the club's high-profile members is Dublin and National Marathon Champion Sean Hehir.

Clare native Hehir has been a club stalwart for years

and was first Irish runner home in the marathon at the recent European Track and Field Championships in Zurich — finishing in 2:17:44. Hehir also placed third in the 10,000m at the GloHealth National Track and Field Championships in Santry this summer and led his club team of Eoin Flynn, Eoghan McGinley and Kevin Donagher to bronze medal success in the National Half Marathon Championships.

Another Rathfarnham athlete, Mark Ryan, won gold in the over-35 age category at the European Mountain Running Championships in Austria recently. In the same event, the Irish team of Mark Ryan, Peter O'Farrell and Paul Fleming — all from Rathfarnham/WSAF AC — took bronze medals.

The big focus for the club in recent weeks has been the annual New Ireland Rathfarnham 5K Road Race which takes place next Sunday, September 28.

Entries have been pouring in for this popular promotion that is always superbly organised by Rathfarnham/WSAF AC. The club is delighted to welcome New Ireland Assurance Company on board as title sponsor for this year's event.

COMMITTEE

President: Zoe Melling

Treasurer: Peter McDermott

Coaching: Adam Jones

Masters: John Farrelly

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CATHERINA MCKIERNAN

I BROUGHT my children to a cross-country race in Skerries and was amazed how nervous some children were before their races.

It's common for runners to get a little uptight before racing but irrational panic in the build-up can undermine running goals.

There is a fine line, however, between normal nervousness and letting anxiety get the better of you. If you get over-anxious it can put a damper on the enjoyment of racing and significantly hinder your performance.

Most runners worry and focus solely on the physical components of training, but do very little on the mental and emotional preparation.

Focus on the things you can control and don't worry about the things you can't. You can't control the weather on race day. You can't control if your competitors have a great race or the actual outcome of your race. You

can, though, own your physical preparation.

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Some runners lessen the treating another

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