

Southsider on South American leg of epic run

AN INSPIRATIONAL Southsider who has embarked on a run around the world has taken his first steps on the long South American leg of his unprecedented global journey.

by **Jamie Deasy**

14,000km or 8,700 miles in 323 run days! That is an average of over 43km or 26.9 miles per day. Or, more than 323 marathons in a little over a year.

Tony visited Ireland on a short respite break over Christmas and returned to Panama on December 31 to recommence his epic expedition on January 1. He is currently fundraising to meet the cost of funding a support vehicle for his trip through South America.

The inspirational Southsider, who cycled around the world in the late 1970s, also holds two world records for running over 48 hour periods. He has been dreaming of

running around the globe for the last 20 years.

"I had this dream for over 20 years but for many reasons I decided not to do it immediately," he explained. "In 1978 and 1979 I cycled around the world and while I was doing that I felt I was travelling too fast. I thought 'wouldn't it be

great to see the world on foot'.

"Then I became an extreme runner and was covering huge distances, so it was just a natural progression. All the time I was feeding this monster by reading all these travel books."

Tony said several people have already been recorded in the Guinness Book of Records for either walking or running around the world but he maintains that his route is by far the most comprehensive.

"Very few people have matched up the route I have. What I am actually doing is consecutive, unbroken around the world running."

He said that his mental strength and commitment to completing his goal were key to his ability to keep going on the gruelling four-year-long journey.

"When I get to the finish line I am going to get down and kiss the ground," he revealed. "All the travel books will tell you that you can't

focus too much on the finish because it will wear you down. But my focus and mind strength is incredibly strong, so I know that I can lapse and dream about it and it still won't affect me."

Tony has financed himself almost fully but now needs a support vehicle, particularly for the arduous South American leg of his journey, which will involve running for long periods in the Andes mountain range.

This will cost €1,500 per month including the hire of a driver, use of vehicle, fuel and daily expenses. Tony already has a driver and vehicle lined up but requires urgent funding to go ahead.

A bank account has been opened for donations. Tony Mangan, Permanent TSB, 70 Grafton Street, Dublin, Sort Code: 990610, Account: 19980028

Readers can follow Tony's progress on his live blog of his run by logging onto www.theworldjog.com/blog



● Inspirational runner Tony Mangan (inset) and (main pic) entering Nicaragua earlier on his epic round the world journey.

So far he has covered over

Over a year ago former construction worker Tony Mangan (60) who is from the Liberties area, ran the Dublin Marathon and he has been running ever since.

The marathon marked the start of Tony's incredible attempt to fulfill a dream to run all around the world. He hopes to mark the completion of one of the most gruelling world journeys ever undertaken by circumnavigating the globe from east to west, through all five continents.

He aims to run the 'last' leg by completing the Dublin Marathon in October, 2014. By then he will have covered approximately 50,000km or 31,000 miles.

Already Tony has run across Ireland, followed by a trot from Newfoundland down through and across the USA, all the way to California. Then he went down through Mexico, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica and Panama.

He has endured extreme conditions ranging from freezing blizzards in Canada to scorching heat in Arizona and Mexico and two months of continuous torrential rain in Central America.

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