

Runner on home stretch



World runner Tony Mangan on the outskirts of Alice Springs this week and headed towards the 30,000km mark of his journey

Picture: BARRY SKIPSEY

Dale Fletcher

WORLD runner Tony Mangan ran through town this week on the last leg of his four-year campaign.

Mangan, an Irish-born athlete, said the decision to run around the world was an easy one.

"I just wanted to see the real world with my own eyes," he said.

The 56-year-old, who celebrated his birthday on Sat-

urday when he ran into town, said the idea came to him in the late '70s.

"In 1978 I wanted to cycle around the world, but running is slower and I can take more in," he said.

Mangan's run started at the Dublin Marathon in 2010 and will be completed in the 2014 Dublin event.

"It's literally going full circle," he said.

Even after reaching the Red Centre on Saturday

morning, Mangan then competed in the Alice Springs Running and Walking Club event.

"They knew I was coming. I had been in contact with John Bermingham, and they had a cake there for me," he said.

Mangan left Wednesday morning and will pass the 30,000km mark on the way to Tennant Creek.

"I set the goal to run 60km a day at Coober Pedy so I got

to Alice Springs on my birthday," he said.

He has dubbed the run the "most daring expedition of the millennium" and has fallen in love with running.

During his run, Mangan has gone through an incredible 32 pairs of shoes.

"You have to treat your shoes like a person," he said. "I always give my shoes a day off after a run."

"Now I am running with pairs 33 and 34."

Mangan broke the 48-hour world record in 2007, running more than 426km in two days.

"I walked for only 750 metres of that trip," he said.

Mangan's love for the sport blossomed when he moved to Colorado in 1994.

"Colorado is the long distance running capital of the world," he said.

Mangan will run to Darwin before leaving the country bound for East Timor.

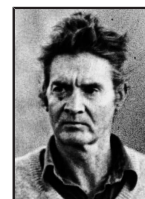
PAT FARMER

A holder of multiple world records for endurance running, Pat has run around Australia and across North America twice and even served as a federal politician for eight years. Praised for his motivational speaking, Pat has also penned his own book *Pole to Pole* about his inspirational run from the North Pole to the South Pole.



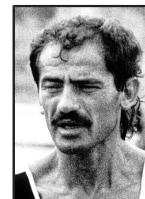
CLIFF YOUNG

Renowned for his shuffle-like run, Cliff became famous for winning the 1983 Sydney to Melbourne ultra-marathon in record time. Despite the 61-year-old farmer's lack of training, he shocked competitors and audiences when he won the race in his work boots and overalls by running for five days straight.



YIANNIS KOUROS

A Greek marathon runner based in Melbourne, Yiannis holds multiple world records but is known for winning the Sydney to Melbourne ultra-marathon in 1985 where he beat Cliff Young's previous record. He also starred in the movie *The Story of the Marathon: A Hero's Journey*, which chronicles the history of marathon running.



Growing our tourism

TOURISM Minister Matt Conlan will join 22 tourism businesses from across the Territory at the largest international travel trade show in the southern hemisphere in Sydney from today until Tuesday.

Mr Conlan and Minister for business David Tollner

said the annual Australian Tourism Exchange brings Australian tourism businesses together with airlines and tourism distributors from around the world.

Mr Conlan said growing the Territory's tourism was an absolute priority.

Push for vaccination

CHILD immunisation programs and annual flu injections will be the focus of World Immunisation Week, which was officially launched at Parliament House on Wednesday.

Immunisations are one of medicine's most powerful weapons against infectious

diseases, and people are encouraged to protect themselves against preventable diseases.

Health Minister Robyn Lambley said immunisations prevented about two to three millions deaths worldwide every year, so they were important.

Kids to draw on this

A WORKSHOP on the basics of illustration will be run at the Alice Springs Public Library tomorrow.

Dub Leffler will lead the workshop for children aged eight to 12, exploring illustration, where it can be found and used.

Mr Leffler is best known

for his debut book *Once There Was A Boy*.

Children will enjoy activities including Drawing Conveyor Belt, Drawing Your Own Illustration and Dub Says Draw!

Bookings are required. Call the library on 8950 0555 or see the information desk.

Canadian Club Whiskey and Dry Cans OR Jim Beam White Label Bourbon Cans 10x375ml

Corona Extra Bottles 24x355ml OR Crown Lager Bottles 24x375ml

Purchase ONE bottle of Wether Hills Marlborough Sauvignon Blanc 750ml PLUS TWO bottles of Seven Degrees Marlborough Sauvignon Blanc 750ml for \$26

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