**Contents**

***Foreword***, by Eamonn Coghlan *ix*

***Preface****,* by Michael Gygax 1

**Excuse Me . . . What Age Are You?** *. . .* by Owen McLoughlan 3

**Jimmy Bennett: *Gentle Jim****,* by Cillian Lonergan *7*

**Pat Bonass: *Fitness – The Thread that Keeps the***

***Fabric of the Mood Buoyant*** 11

**John Buckley: *From Teeange Star to Masters Champion,*** by John Walshe 14

**Noel Carroll: *From Eccentric to Expert,*** by P.J. Browne 17

**Sheila Champion: *Sheila, Champion of the World****,* by Michael Gygax 28

**Eamonn Coghlan (1): *Eamonn Coghlan****,* by P.J. Browne 32

**Eamonn Coghlan (2): *One Eamonn Coghlan****,* by Kevin Humphreys 38

**Pat Conby: *An Authentic Voice****,* by Jim Kelly 43

**Michael Connolly: *Nights of Dark Cold Rain and Snow***

***Transmute to Gold*** 45

**Nicholas (Nick) Corish: *A National Treasure****,* by Ciaran O Coigligh 48

**Emily Dowling: *A Sporting World,*** by Michael Gygax 53

**Hugo Duggan: *A Jumping Success***, by Hugo Duggan & Michael Gygax 56

**Willie Dunne: *Beyond Brotherhood****,* by Neil Farrell 61

**Jim Fanning: *Beat the Bookie*** 69

**Hugh Gallagher: *Never Mess with a Gallagher,*** by Neil Farrell 72

**Joseph Gough: *An Expert in the Art and Science of Racing***,

by Michael Gygax 79

v

**Patricia Griffin: *Putting Leitrim on the Map****, by* Colin Griffin 83

**Frank Hearns: *A Rich Heritage of Faith, Blessings and Genes*** 87

**Jim Hogan: *All or Nothing,*** by P.J. Browne 93

**Mary Ryan Jennings: *Catching Up with Mary,*** by Lindie Naughton 104

**Adam Jones: *King of Athletics and Ace of Many Trades,***

by Zoe Melling 109

**Padraig Keane: *Keep it Country,*** by Peter McDermot 112

**Fr. Liam Kelleher: *The Prophet****,* by Michael Gygax 118

**Murt Kelly: *Home-grown Strong Men****,* by Kieran Kelly 122

**Christine Kennedy (Boyle): *New Frontiers****,*

by Lindie Naughton and Joe Conway 124

**Jerry Kiernan: *Reflections on an Olympic Marathon,***

by Dr. Eamonn De la Hun 128

**Bobby King: *Bobby, High King of Race Walking***, by Michael Gygax 133

**Maeve Kyle: *A Historical Figure***, by Malcolm McCausland 138

**Brian Lynch: *The World Record in His Hands***, by Caoimhe Lynch 144

**Danny McDaid: *The Flying Postman***, by Michael Gygax and

Bernie O Callaghan 148

**John MacDermott: *Getting Quicker with Age*** 153

**Jim McDonagh: *Shufflin’ Mac: An Aristocrat of the Running Spirit***,

by Ian O’Riordan 157

**Martin McEvilly: *Excellence is Contagious*** 160

**Michael McGarry: *The Joy of Throwing*** 164

**Dorothy McLennan: *A Granny’s World*** 169

**Sean McMullen: *In Search of Long Lost Race-walking Medal*** 171

**Jim McNamara: *Born to Run***, by Jim Kelly 175

**Evelyn McNelis: *From the Mullet to Porto Allegre***, by Willie McNelis 180

**Padraic May: *Analysis of a Sporting Life*** 183

**Robert Miller: *Banking on Miller*** 187

**Edward Mulcahy: *A Giant of a Man*** 192

**Maurice Mullins: *Eternity in the Present Moment***, by Michael Gygax 196

vi

*A Golden Era*

**Frank Murphy: *The George Best of Irish Athletics,*** P.J. Browne 202

**Paddy Murphy: *You Are in the Army Now***, by Michael Gygax 210

**Tony Murphy: *You Will Be Okay Son*** 214

**Pat Naughton: *Not a Care in the World***, by Peter Gleeson 217

**Liam O’Brien: *The Flying Corkman***, by David O Dwyer 222

**Bernie O’Callaghan: *Footsteps in the Sands of Time***,

by Patsy McGonagle and Michael Gygax 225

**Flor O’Leary: *St Finbarr’s A.C., My Spiritual Home***,

by John Walshe and Fergus O Donovan 231

**Jean O’Neill: *My Running Life: Orienteering, Veteran Athletics,***

***Mountain Running*** 236

**Jimmy O’Neill: *Jimmy – Tough of the Track***, by Brian Timmons 242

**Brendan O Shea: *Where Have All Our Good Marathon Runners Gone?*** 246

**Pat O’Shea: *Kerry’s Toughest Men***, by Michael Gygax 251

**Carmel Parnell: *Better Late than Never***, by Hugh Parnell 254

**Frank Reilly: *An Anglo Irish Tale*** 258

**Pam Reynolds Rielly: *Sport Adding Sweetness to Life***,

by Michael Gygax 263

**Brendan Sherlock: *“Keep On Running, Keep On Rocking”*** 268

**Pat Timmons: *Health Matters***, by Sean McGolderick 273

**Anne Woodlock: *Treasure- races, Faces and Places***, by Frances Macken 278

***About the Author*** 282

***About the Contributors*** 290

vii