



GARY: Wants to race again

Brave Gary's race to beat own record

BY ESTHER MCCARTHY

BRAVE Gary Kirwan has vowed to take part in next year's Dublin City Marathon - so he can beat the 10hr 46 min time he took to complete it this week.

The Limerickman - who has lost an incredible 12 STONE since January - set a course record for the longest time to finish the marathon. Currently weighing in at 29 stone, he was also the heaviest person ever to complete the event.

"I set a course record for being last and I have decided that I'm going to come back and beat it next year," joked Gary, whose determination to get back in shape has won him an army of supporters.

BUZZ

He says: "I reckon I can do a better time than that. Seriously, I'm going to do it again because it's the most incredible event in the world and the buzz and support I got from people was wonderful."

Gary - who decided to turn his life around this year after weighing in at over 41 stone in January - has been charting his progress via regular interviews on Today FM's Ray D'Arcy show.

Before he walked the course on Monday, he had no idea how much his story had inspired others.

"There were so many kindnesses from people. Up in Phoenix Park, a group of about ten kids went along beside me, cheering me on.

"Later in the day the water stations were closed and one couple waited with a drink for me to come along in case I was thirsty. People were keeping their horns."

The 31-year-old has been on a strict diet and training routine since vowing to lose the weight earlier this year. He swims every day, does four personal training sessions a week and walks eight hours a week to shed the pounds and is also on a no sugar, no carbohydrates programme.

FUNDAY WORLD

A LEARNER arriving for her driving test in South Dakota, USA, crashed into the building where she was due to take her exam - and left a giant hole in the brick-work. She failed.

Big Tony's on target as the best Bainisteoir

BY GERALDINE COMISKEY
PICS: CONOR O'MEARAIN

IT was never going to be a match of equals.

Celebrity Bainisteoir went GAA-GAA this weekend for one of the all-time greats of international soccer and a bloke who was only recently kicked out of ICA Bootcamp.

It was Go-Go-Gogarty, as the former TD took on Tony Cascarino - and nearly beat him.

Legend Cas may be a bit green when it comes to our native sports, having spent his



SWING OF IT: Derek and Mary

entire career as a soccer star in England, Scotland and France.

But he thought Paul Gogarty and his lads from the Seamus O'Maille club in Oughterard, Co Galway, would be no match for his team from Killeslin, Co Laois.

The foul-mouthed ex-Deputy is best known for telling Labour's Emmett Stagg to focail off, but he was last seen getting told off by a bunch of nice ICA ladies for wimping out of a meat-chopping task - shortly after getting the boot from Dail Eireann.

Brave

It should have been a walk in the park for the former Irish striker.

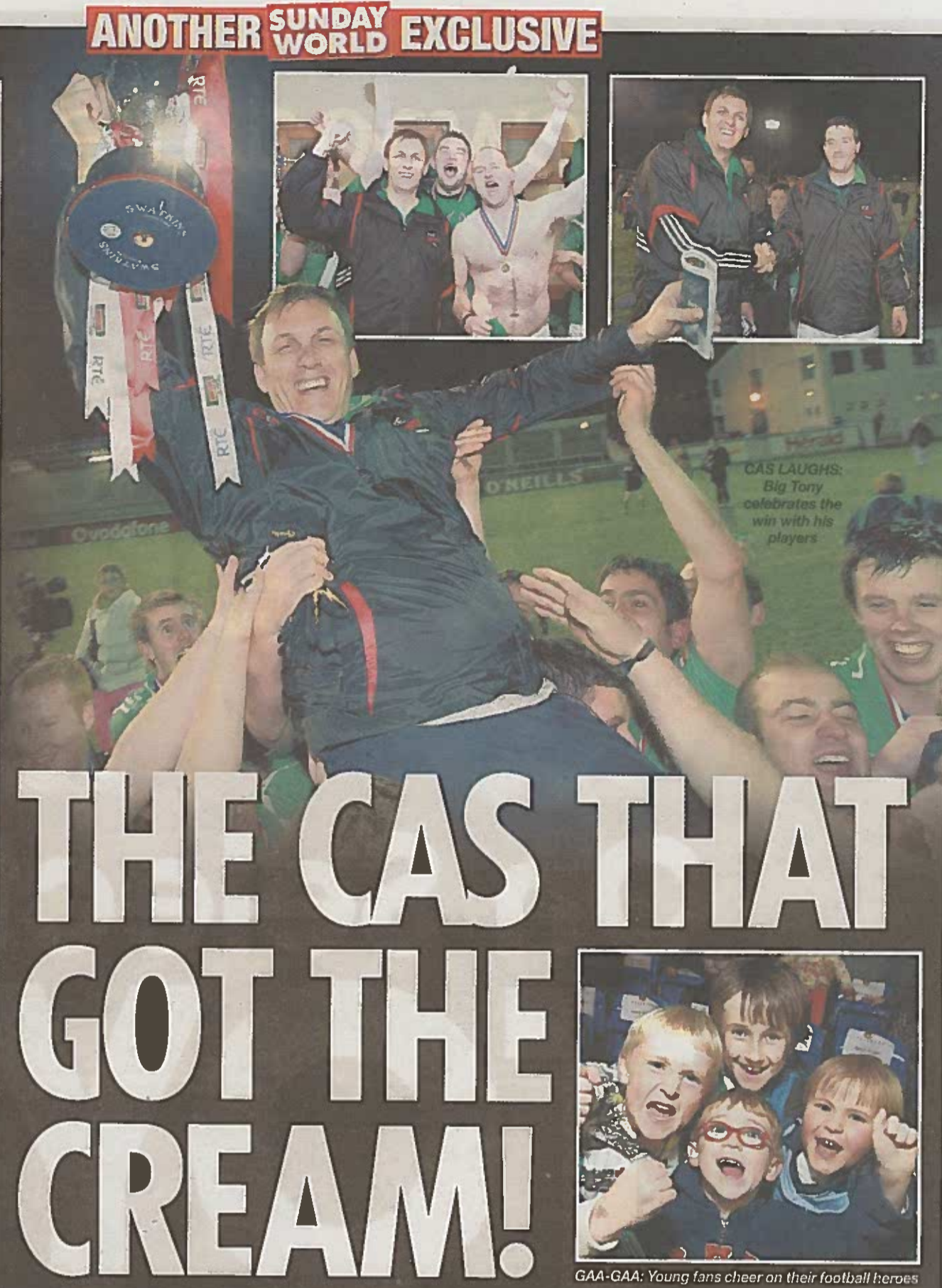
However, Gogarty's green-and-navy army from Oughterard put Cas's lads under pressure on Friday night at Dublin's Parnell Park.

In front of a screaming crowd of thousands, who had travelled up in coaches from the west and the midlands, it was point-by-point all the way. The nail-biting final went into extra time, when both teams reached a 0-12 to 0-12 stalemate. But Oughterard's extra three points were trumped by the Laois lads and the final whistle announced an 18-15 victory for Killeslin.

A sweating Cascarino told the *Sunday World* he needed to chill out after the match before he could really celebrate.

"I'll have a nice pint of Guinness with the lads now, but I'm having an early night," he said as he was congratulated by wife Jo.

But he said he'd hit the town



THE CAS THAT GOT THE CREAM!



CHEERS: (from left) Killeslin fans James Doogue, Dean Makone and Jamie Pender; Gillian Quinn and Galway supporters Maria and Chloe O'Neill, Evana Lyons and Finnuala de Paor, from Oughterard

over the weekend. "I'm not sure where yet but I need a night out to celebrate."

"It was very tiring leaving home at 4am to get the 6.30 flight, but it was worth it - they're a great bunch of lads and I had a really good bond with the players.

"It's been a very strange and intense eight-and-a-half weeks. They even had me milking a cow! I don't know what that's got to do with playing gaelic football, but it must have

helped because we won."

Gogarty was the real dark horse in the race. While he had former Galway inter-county player Matthew Clancy and his brother Conrad on the team, some of the lads complained to their mentors that he wasn't motivating them.

That was shortly before he beat Majella O'Donnell's Lissan club from Derry in the quarter-final. Majella, who is best known as the wife of our own Daniel O'Donnell, admitted she felt like

a mother to the boys - but she was one mean mammy when it became clear they were losing.

Power

Meanwhile crooner Tony Fleming was left singing the blues when his lads from St Pat's in Sligo were trounced by Big Tony.

The other Cas-ualties were mostly GAAGs. Our own Amanda Brunker, WAG Gillian Quinn and RTE's mad-cap Mooney Show reporter, Brenda

Donohue, all gave it girl power earlier on in the series - but it was a bloke's game in the end.

If Amanda's mentors are to be believed, her Wicklow lads were demoralised by the sight of her pink umbrella.

It took sterner stuff to scare off Gillian Quinn's Ballyporeen team - but despite a pep talk from her hubby Niall, they were second-best when they came up against Tony's lads.

Gillian turned up to cheer on Cas in the final, along with PJ Gallagher, Aidan Power and the voice of the GAA, Michael O'Muircheartaigh, who took his mic out of retirement specially for the occasion.

Last year's *Celebrity Bainisteoir*, Derek from *Crystal Swing*, gave the new *Bainisteoir* the ultimate seal of approval - the *Hucklebuck*.

As he watched the victory from the stands, Derek just couldn't resist doing some fancy footwork of his own.

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