

GUINNESS WORLD RECORD ATTEMPT

By

**TONY
MANGAN**



running

48 HOURS

on

TREADMILL

before



LOCATION



St. Mel's College,
St. Mel's Road,
Longford,
Co. Longford,
Ireland.

TIMETABLE

 	<p>TM 48HOUR - WRA - START - FRIDAY 22ND AUG 10:00hrs</p> <p>NOS COLLECTION FOR MARATHON OPENS 13:00HRS SATURDAY 23RD AUG</p> <p>PASTA PARTY STARTS SATURDAY 23RD AUG 18:00hrs</p> <p>NOS COLLECTION FOR MARATHON CLOSES 20:00HRS SATURDAY 23RD AUG</p> <p>PASTA PARTY CLOSSES ??</p> <p>NOS COLLECTION FOR MARATHON OPENS 07:30HRS SUNDAY 24TH AUG</p> <p>WALKERS FOR FULL MARATHON START 08:30HRS SUNDAY 24TH AUG</p> <p>TM 48HOUR - WRA - FINISH - 10:00hrs SUNDAY 24TH AUG</p> <p>WHEELCHAIRS FOR FULL MARATHON START 10:15HRS SUNDAY 24TH AUG</p> <p>LONGFORD MARATHON START 11:00HRS SUNDAY 24TH AUG</p>
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<p>GUINNESS WORLD RECORD ATTEMPT by TONY MANGAN Running 48 HOURS On TREADMILL</p>	<p>48 HOUR TREADMILL</p> <p>START 10:00am Friday 22nd August</p> <p>FINISH 10:00am Sunday 24th August</p> <p>Tony will have a 1 hour break, then run the full marathon.</p> <p>MARATHON</p> <p>START 11:00am Sunday 24th August</p> <p>FINISH ??:??pm</p>
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TONY MANGAN - Running CV and background



WORLD RECORD HOLDER

48 HOURS INDOOR
Brno, Czech Rep - 2007

Tony has been running for 21 years now, and started ultra running when he lived in the Colorado Rockies 10 years ago. Initially he started running 50 mile trail races but now prefers timed events such as 24 and 48 hour races.

PERSONAL BESTS

- ★ MILE - 4mins 50secs
- ★ 5K - 16mins 30secs
- ★ 10K - 31mins 01secs
- ★ 1/2 MARATHON - 1hr 15min
- ★ MARATHON - 2hrs 38mins 29secs
- ★ 50KM - 3hrs 52mins
- ★ 50 MILES - 7hrs 10mins
- ★ 100KM - 8hrs 44mins
- ★ 24 HOUR ROAD - 228.299KM (141.858miles) - **Irish 24 hour road record**
- ★ 24 HOUR TRACK - 223.700KM (139.000miles) - **Irish 24 hour track record**
- ★ 24 HOUR INDOOR - 223.133KM (138.648miles) - **Irish 24 hour indoor record**
- ★ 48 HOUR ROAD - 340.000KM (211.266miles) - **Irish 48 hour road record**
- ★ 48 HOUR TRACK - 401.114KM (249.240miles) - **Irish 48 hour track record**
- ★ 48 HOUR INDOOR - 426.178KM (264.814miles) - **WORLD RECORD**
- ★ 72 HOUR ROAD - 450KM (279.617miles) - **Irish 72 hour road record**

Treadmill

- ★ 24 HOUR - 222.200KM (138.068miles) - October 2003
- ★ 48 HOUR - 372.000KM (231.150miles) - October 2003

In **January 2007** his running club , **METRO ST. BRIGID'S** made him a **Life Member** and Tony is rightly very proud of this honour.

EXISTING 48 HOUR TREADMILL WORLD RECORD IS
386.410KM (240.104 miles)