

# Tonight at the Markets Field Hop Over can make it three in a row

(By DES HANRAHAN)

CLASS in the first race at the Markets Field this evening does not appear to be exceptional, and Mr. P. McCreedy's (Clarecastle) Hop Over is made a fairly hopeful choice to complete a hat-trick of wins. He was far from "breaking the clock" in his last two outings, but his winning margins were substantial and he should about score from Swiftly Julie, which lost in a photo-finish with Liselton a few nights back.

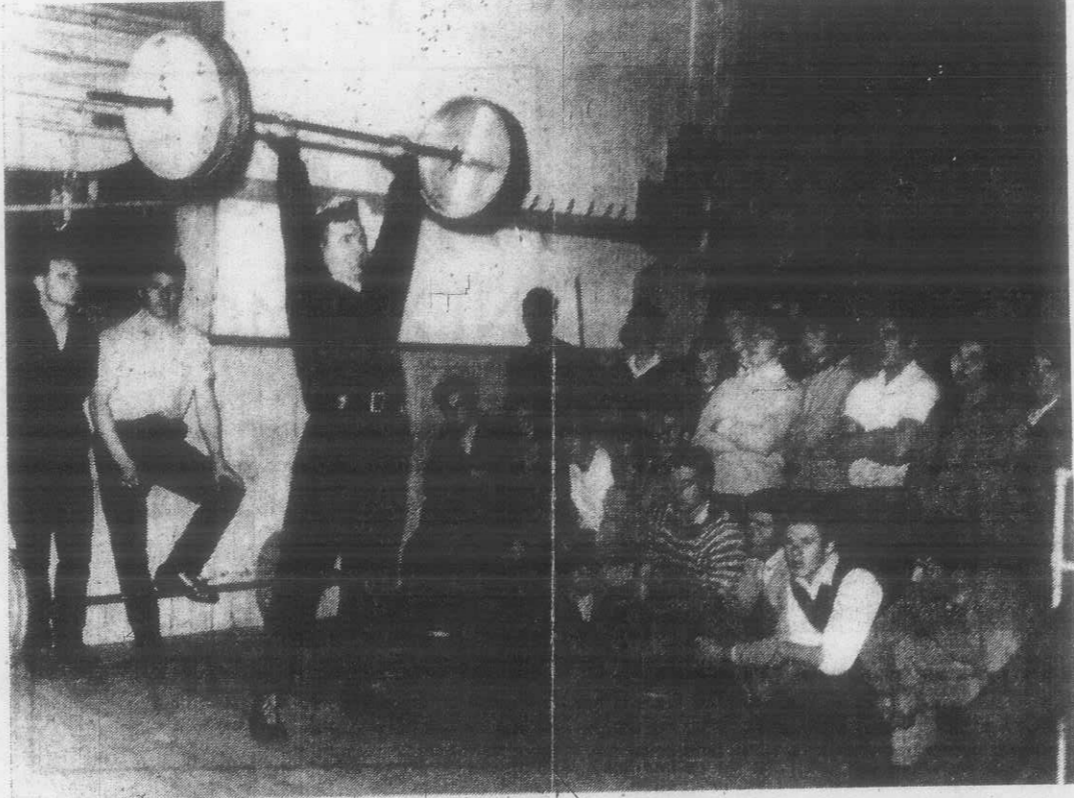
For the second race, none appears as strongly as Mid Cure, a young bitch with tremendous scope for improvement. I was impressed by this one's running when third to Glittering Belleville and Lady Clementine and shall be disappointed if she does not go very close this time. Crystal Toast's card shows that she was beaten 9 lbs. by New Eve, but in actual fact she was there with a winning chance approaching the turn for home. On this score, she must rank as the chief danger. Of the remainder, Rustling Reed makes most appeal. Valiant Bawnie, looking every ounce of his 85 lbs., and Hi Street both ran very well when qualifying, but Won't Ask has had the benefit of two runs in race company under lights and her winning effort against No Pepper will probably earn her the leading place in the betting. I think she will about win again. Black Heiress has a very interesting-looking card and her chance of winning the fourth event is obvious. But, while fully expecting the daughter of Prairie Chieftain—Miss Heiress to make a very brave bid for victory, I feel that Local Dance or Cool Music will win. Local Dance, by Sword Dance ex Kathleen Mavourneen, won very smoothly when coming from behind to beat Dawn Picture and others. Cool Music has a good win over Cree Beauty to his credit. In the belief that Cool Music can be made much fitter, he is given the vote. Until beaten by General Eotter, White Shesek had run up a tidy list of wins and, no doubt, she will be backed to pick up the winning threads again when she contests the fifth event. I have little doubt but that she will run extremely well, but this time I am going to take a chance with Mr. Danny Sexton's (Newcastle West) Western Fame, which revealed race out of the ordinary when scoring by 43 lbs. from The First One. For those hoping for a good outsider, Bellhey is suggested. Miss Sadie Irwin's runners are always fit and seldom far away at the finish. I expect Love, Mistress to boost the many wins of the Charleville

## THIS WEIGHT LIFTING AND HEALTH CLUB IS DOING

# Great work for Limerick youth

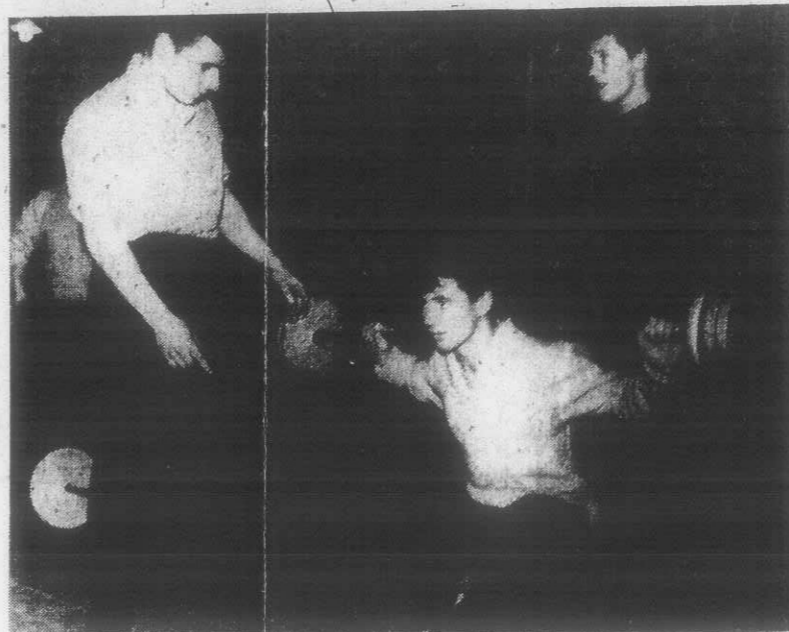
75 young men from Limerick and district, and at least six bonnie lassies, are about the testimonial the Limerick Weight-Lifting and Health Club could have. On alternate nights they have a few pleasant hours to the important business of body development, and if you would like to know they are getting on you have an open invitation from instructor Paddy McMahon to call and have a look for yourself.

London he was invited to go as professional wrestler with well-known promoters Dale and Martin, but he turned down the offer as he would prefer to live here than in England. He has wrestled against Joe Peahay and against Gerry Martini, who represented Ireland in the last Olympics. Paddy was "capped" for Ireland in international weight-lifting competitions in London and Wales. He had a remarkable success at the latter venue by breaking the newcomers' record. Playing soccer with Pike Rogers, he won a minor cup medal, and in rugby, with the Richmond Club, he won a juvenile cup medal. With Thomond Swimming Club he has won five junior cup medals for water-polo. He likes to specialise in long



Top—Paddy McMahon, holder of the Irish senior weight-lifting championship, is watched by his brothers, Jimmy and Paul, and a section of his physical culture class as he lifts the 410-lbs. bar-bells.

Below—Paul McMahon, a winner of the "Mr. Munster" title and nine physique contests, instructs schoolboy soccer international Tony Aherne. Standing in the background is another 16-year-old soccer "cap," John Ryan.



the body-building course are his three brothers, Paul, Jimmy and Joe, while Tom Halvey is the club's judo expert. And all four are highly proficient in their work. Paul, who specialises in body-building, also trains in self-defence and judo and, in addition to the "Mr. Munster" title, he has won nine other physique contests. He is a porter in the Munster and Leinster Bank.

Body-building specialist Paul McMahon, who also instructs in judo and self-defence, is seen taking a tumble—as it should be taken.

distance swimming, and of Limerick's proposed indoor pool this remarkable all-rounder says: "I would like to see it materialise; the material is here for good swimmers, the facilities are absent."

Competent Instructors Helping Paddy to instruct in the various branches of

In recommending the self-defence course, he says it is more difficult to master than judo, but it gives protection against knives, belts, kicks and nerve blows. Practising three nights per week, a fair degree of proficiency can be attained in a month. Jimmy is a member of the Defence Forces for the past six years and is attached to the Army Physical Culture Class. His field of instruction includes hand springs, neck springs and head springs. Paddy, who, with his brother, is employed with Messrs. Rank Ltd., has also a life-long interest in physical culture and sports with the training of club members.

### Judo Expert

The club's judo instructor, Tom Halvey, studied in Belfast under a world-famous Japanese professor and took a further year's course under "Tan Judo" one of the instructors to the British Judo Association. In Limerick, he practised with a Relelan member of Sabena Airlines, who is a holder of the coveted Black Belt.

Tom was graded Yellow Belt in Belfast and, after advancing to the Orange Belt in Limerick, was awarded the Green Belt. Though his classes have only recently commenced he has already 16 enthusiastic pupils.

Of judo he says: "It is of enormous benefit and for attainment to physical perfection there is nothing like it. It is also a great training in self-control, for to lose

one's temper in judo is to lose face. Mentally and physically, the training is hard, but the ultimate result justifies the effort."

### Soccer "Caps" in Training

Included in the 76 pupils of the Limerick Weight-Lifting and Health Club are many well-known sportsmen. Two 16-year-olds, Tony Aherne and John Ryan, were both "capped" for Ireland's schoolboy soccer team.

Tony says: "The training was rigorous but keeps one fit. Shortly after commencing the course I could feel its benefits and it has helped me considerably in my training for soccer."

John Ryan, who runs with Limerick "C" says: "The training is a great help towards one-and-a-half hours hard play on the soccer field."

### A Problem

But Paddy McMahon and his club members are faced with a problem. The hall in which they train is very centrally situated in Watergate, but this area is earmarked for a new housing scheme. And so, when the time comes it is to be hoped that Limerick's Weight-Lifting and Health Club will have its advocates in the Limerick Corporation. This great work for Limerick's youth must continue and it is deserving of all the support it can get.

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Weight-lifting Champion Limerickman Paddy had an early start in physical culture. Eight years ago he won the Irish title for the championship for lifting and every year when he has taken the title. This is only one of his achievements in the field of physical culture. In

Canada's Charlotte Whitton:

...but a good Mayor?