

THE GREAT GERRY DUFFY WILL MOTIVATE YOU INTO THE NEW YOU FOR 2012

A DECA Ironman
Champion - 10
Ironmans in 10
Days

24 miles of
Swimming,
1120 miles of
Cycling, 262
miles of
Running

Introducing a
Motivation
Seminar ... with a difference!



Two men ran 32
marathons in 32
counties in 32 days

AN AMAZING STORY OF
THE POWER OF GOAL
SETTING & AN
UNSHAKEABLE SELF BELIEF



The Hole in The Wall Pub presents
A lecture by Mr. Gerry Duffy
**Completed 32 marathons in 32 Days &
World Deca Ironman Champion**
Tuesday 24th January 2012 @ 7:30pm
Hole in the Wall Pub
Phoenix Park
€20
All proceeds in aid of Temple Street Children's
Hospital

Bar Bites / Finger Food
available on the night



Places are limited to the first 50 guests so don't delay and book your place today by emailing seanlondon2012@gmail.com or
texting 086 0572635 or call to Martin in the Hole in the Wall Pub to purchase a ticket.