

## Skibbereen maintain their 100% win record

By GER McCARTHY

West Cork Soccer

SKIBBEREEN maintained their perfect record in the O'Brien's Bar Rosscarbery West Cork O33s League following a narrow 1-0 victory over Drinagh Rangers last Wednesday evening.

Fachtna Connolly's solitary strike proved enough to earn Skibbereen their fifth consecutive victory of the season away to Drinagh in Canon Crowley Park. Connolly converted a free-kick in the seventh minute and it proved the only goal. The Baltimore Road club currently enjoy a three-point gap on their nearest rivals at the top of the table along with a +9 goal difference which should see them claim this season's title. Best for Drinagh included Mike Doolan, Colm McCarthy and Brian McCarthy while Liam and Michael Hurley shone for Skibbereen.

Match of the day took place in Rosscarbery where the home side and Clonakilty AFC played out a 2-2 draw following an enthralling encounter. Jasik Dzikowski opened the scoring for Clonakilty with a cracking effort but Rosscarbery drew level midway through the second half when Sean Linehan headed home to make it 1-1. Mike Johnson restored Clon's lead in the 55th minute only for Geoff Wycherly to guide home a Vince Hayes' cross and earn Ross a deserved share of the spoils. Denis McSweeney, Eugene Daly and Roy Hawkins stood out for Ross with George Birlea and Sean Murray the pick of Clonakilty's best players.

Dunmanway Town recorded their second win of the campaign running out 2-1 winners at home to Castletown Celtic. Kieran O'Leary broke the deadlock for the hosts before Tim Buckley drew level just before the interval. Tony Walsh proved the hero for Dunmanway with the winning strike midway that sees Town move up to fourth place on the league ladder. Noel O'Donovan, Cathal Kelleher and Sean Sheehan were the pick of Dunmanway's best players while Tim Buckley, Barry Buckley, Francie O'Callaghan and Gordon Anderson all played well for Castletown.

Reigning league champions Clonakilty Town received a walkover victory when Cloughdub failed to field a team and as a result move into second place in the standings. Courtmacsherry maintained their third position in the league table following a 0-0 draw with Ardfield.

### RESULTS

O'Brien's Bar Rosscarbery West Cork O33s League Results Matchday 7 - Wed July 7

Clonakilty Town vs. Cloughdub - walkover to Clon Town, Courtmacsherry 0 Ardfield 0, Drinagh Rangers 0 Skibbereen 1, Dunmanway Town 2 Castletown Celtic 1 and Rosscarbery 2 Clonakilty AFC 2.

Matchday 8 - Wed July 14

Castletown Celtic v Clonakilty Town in Crookstown, Cloughdub v Rosscarbery in Rosscarbery, Drinagh Rangers v Clonakilty AFC in Canon Crowley Park, Dunmanway Town v Courtmacsherry in the Race Field and Skibbereen v Ardfield in the Baltimore Road.

Visit <http://sites.google.com/site/wcover33/> for further details.

# Boylan points way to gym revolution



DENIS HURLEY

**BACK in January 2008, when he last spoke to the Evening Echo, Graham Boylan from Gurrabraher was primarily a fitness instructor based in London who had just set up a new enterprise, the Boxing Clinic.**

The remit of the clinic, the self-styled 'friendly face of boxing', is to take the intimidation out of the sport, teaching beginners at their own pace.

At the time, Graham spoke of how the clinic had a membership of 80 people with 40 more on its waiting list while he employed two people. It's fair to say that things have changed dramatically since then as he now boasts three gyms, with more to come.

"We were actually looking for a gym then (in 2008) and it all fell through," Graham says.

"It took us another year before we found another place and from there we formed into the MMA (Mixed Martial Arts) Clinic, UFC-style fighting about a year and a half ago.

"In the past three months we've opened up three gyms, two in London and one in Cork. There's probably about 300 members in each gym."

People of all ability levels are welcome, while there are numerous different types of fighting to choose from.

"We offer a load of different disciplines," he says, "cage-fighting, submission wrestling, ju jitsu, muay thai, boxing, and of course all of the conditioning that goes with professional fighting training.

"Eighty per cent of the people who come to the gym will never fight competitively, the rest are fighting at amateur, semi-professional and professional level.

"We can cater for anybody's needs really and tailor the training to what they want to achieve.

"We've taken guys in off the street in the past six months who knew nothing and they're now three fights unbeaten in the cage. Results like that then encourage other newcomers to give it a try.

"We've just signed some professional fighters, there's a pro stable after moving to the gym so we've made four signings, up-and-coming fighters and we've huge news which is going to be released in the next seven or eight days."

Did Graham ever consider, when he first travelled from Cork to London to try to earn a living, that his success would mushroom to such an extent?

"Not all all!" he laughs.

"Basically I'm just trying to take



Corkman Graham Boylan (first left back row) is pictured here with UFC coach Marc Fiore and members of his staff at Graham's gym in London.

each day as it comes, it's getting bigger and bigger, and it's only going to continue to grow, especially once we announce the latest happening in the coming week."

That the clinics have become so popular, in Graham's view, is down to the fact that they offer people something different.

"People are just bored of the gym," he says.

"It's a changing culture, there are going to be a lot more of these gyms opening up all over the place, because people don't want to go in and just go on treadmills anymore."

Graham's foresight in identifying a niche for such athletic endeavours

mean that the clinics are in a plum position in the English market.

"We are fast-becoming one of the biggest in England," he says.

"There's not a huge amount of gyms in the industry we're in to start with, and there's definitely not many that have three gyms."

One of those is in Cork, with the branch here having opened at the outset of this year, under the stewardship of Stewart Dollery, a man also renowned for being a top-quality sports physio in Cork.

"Stewart is in Cork and he was mad for the fighting," Graham says.

"He was coming over to the gyms over here and training with us regu-

larly. He felt that there was a gap in the market in Cork and he was keen to give it a go.

"We've been very encouraged with how things have gone there since it's opened and I'd expect another two or three to pop up in Ireland soon."

All of these developments means that more than two people are now in Graham's employ, while more branches are also on the way.

"At the moment there are about 30 people working across the three gyms," he says.

"We'd be confident that we'll have another gym opened in Australia by the end of the year, and we will possibly have one in the United States."

While Graham is busy trying to run the clinics, he still enjoys taking part himself to blow off some steam, though he is currently out of action.

"Oh yeah definitely, I was fighting in the cage regularly, almost every day," he says.

"All the new fellas that come in, I get in the cage with them and have a little run-around.

"Unfortunately, I dislocated my shoulder in the last cage-fight. I've been out of action for the last while but I'd hope to be back fighting by the end of the year.

"I'm 35 now so I reckon I've got about three fights left in me and that'll be it.

The injury meant that he could focus his attentions of building on his success too, though.

"The dislocated shoulder could have been a blessing in disguise, though," he says, "as it gave me a chance to concentrate on the business side of things rather than being in the gym all the time."

## UFC fighter Ice Man on his way to Cork

LEGENDARY UFC fighter Chuck Liddell is coming to Cork to give a seminar at The Boxing Clinic.

Liddell is being brought over by Corkman Graham Boylan, who set up two branches of the clinic in London prior to opening the Cork gym, and he is anticipating the visit of Liddell with great excitement.

"We're bringing the 'Ice Man', Chuck Liddell, to Cork in the middle of the month," Boylan says.

"He's one of the biggest worldwide celebrities in the sport. He's coming to Cork on Tuesday, July 20 and will be doing a seminar at The Boxing Clinic in Cork city.

"This guy is huge, he's in the UFC Hall of Fame, you can't put into words the name that he is.

"He's into his history so I'll be bringing him around during the day and showing him the sights and then he'll give a training session.

"I've a feeling that wherever we go in Cork we'll be mobbed though, it'll be very tough to keep a low profile around town!"

The Boxing Clinic and the MMA (mixed martial arts) Clinic have assumed a position at the top of the market in London and Boylan, from Gurrabraher, has big plans to continue its expansion.