

Goal Flash

The IMRA's annual fundraising race for the charity GOAL once again proved to be a great success. Nearly 60 runners turned out for the fearsome slog up and down Three Rock Mountain. In the end, former International Bob Lawlor took a convincing win from Hugh McLindon and Bobby Mitchell. However, on the climb to the summit turn at the Fairy Castle the battle raged between the trio who admitted that the early season race was more competitive than they had bargained for.

Bob Lawlor pulled clear on the final climb, but was closed down by McLindon's brave descent which took him past Mitchell on the tricky turn. Bobby said later "Hugh flashed past me like I was standing still, but fell immediately afterwards. I thought he'd splattered himself, but he just got up and got going again immediately. He's a tough cookie." After that the unnerved Bobby was nearly caught by the flying Adrian Tucker.

Joan Flanagan had an untroubled run to win the women's race from the evergreen Jane Watt. Jane who took the vet's prize was using the race in her build up to her ultra run from Bray Head in Wicklow to Bray Head in Kerry - a distance of over 200 miles up hill and down dale. The GOAL FLASH has raised £340 so far, and, if you're feeling generous, send further funds to the IMRA c/o 26 Sidminton Court, Bray, Co. Wicklow, Republic of Ireland. All funds go to GOAL.

1 st	Bob Lawlor	27.53
2 nd	Hugh McLindon	28.32
3 rd	Bobby Mitchell	29.12
4 th	Adrian Tucker	29.16
5 th	Simon Walters	29.37
6 th	John Farrelly	30.46
1 st Woman	Joan Flanagan	34.20
1 st W. Vet	Jane Watt	35.51