

## Roscommon carpenter aims for three European medals

Contributed by Emer Gallagher  
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Dysart man John Cormican, who just last year scooped two world medals, will represent his country again this year when he competes in the European Transplant and Dialysis Games next week.

But the most important aspect of his participation at the games, according to the modest carpenter and farmer who received a kidney transplant almost 24 years ago, is to highlight the importance of organ donation.

The fifth European Transplant and Dialysis Games take place in Germany and will run from August 31 until September 6.

"I am not a man for publicity but it is important to get the message out there about organ donation awareness," said John who will compete in the 100m track, the Long Jump and the singles, mixed doubles and men's doubles Badminton competitions.

Following his success at the World Transplant Games last year, John is aiming to pick up a medal or two at the European games. "I am always there or thereabouts. I would be surprised if I didn't win a medal or two in the Badminton and I might possibly win a medal at the Long Jump," said John, who has travelled to two European games in the past.

John has been training two days per week, but admits it is hard to find the time between running his farm and working as a carpenter.

The Roscommon athlete received a kidney transplant in 1984 and has competed at every World Games, bar one, since 1991. He has won over ten world medals, and many more European medals, and is thankful that he has enjoyed reasonably good health since his transplant.

The European Transplant and Dialysis Games aim to highlight the importance of organ donation and promote the idea of healthy living through sport. They also allow the athletes an opportunity to give thanks for the gift of their transplants. "Being able to compete is the best part of going to the competition. A medal is just a bonus," stressed John.

"Organ donation is so important. I wouldn't be able to take part in any of these events without the donation I received."

The laid-back Roscommon man is taking the build up to the games in his stride and is looking forward to meeting up with fellow participants at the event.

"Naturally, I am looking forward to the games. I have been going to the games over the last number of years and it is always good craic and there is a great team spirit," said John.

"It is also nice to see familiar faces every year and a few new ones."

Log onto [www.transplantteamireland.com](http://www.transplantteamireland.com) to follow the team's progress. For Organ Donor Cards freetext the word DONOR to 50050 or visit the Irish Kidney Association website [www.ika.ie](http://www.ika.ie)