

# CYCLING AND ATHLETIC NOTES

## Jim Cregan Breaks Irish Record.

**JIM CREGAN**, the 27 year old long distance runner from Athlaca, Co. Limerick, who sports the colours of Croom Athletic Club, hit his best ever form on Sunday last in the Phoenix Park, Dublin, when winning the 10 Mile Irish Flat Championship in a new Irish record time of 52 mins. 28.2 secs. Second to the barefooted Cregan was Irish Senior and Junior Cross-Country Champion, Benny O'Sullivan, Regional A.C., Mungret. O'Sullivan was also inside the old record, held by yet another Limerick man, Paddy Carmody, of Cappamore, now sporting Metropolitan Harriers, Dublin, colours. Limerick are certainly enjoying a great spell at the moment. Besides having the three fastest men over



**JIMMY CREGAN.**

ten miles which this country has ever produced, Limerick has a number of athletes who could easily turn the tables on the men who have already won gold medals for the Shannonside county this year before the present track season closes next September.

### The Race.

Jim Cregan and Paddy Carmody made ground from the starter's gun and piling on the pressure in the first three miles lapped some of their rivals. Carmody dropped out and O'Sullivan joined Cregan at the head of affairs. They continued to lead the others a merry dance, and the many Limerick men and women present at the Army grounds were proud to have connections with the county on the Shannon as these two sons of Thomond continued to do one after another of the 40 gruelling laps and show a clean pair of heels to the opposition.

Entering the last lap the record was theirs, and 300 yards from home Benny O'Sullivan, to use a cycling expression, tried a flyer from the front, but the experienced Cregan was ready and running a clever race, as he had all through, challenged and went by like a jet to beat yet another record. Cregan was a past holder of the five mile record and in finishing second to Peter McArdle (Louth) in the four miles Irish championship last season was then also inside the old record for that distance.

The mile by mile time for the 10 miles record-breaking run are as follows:—

	Mins.	Secs.
First Mile .....	4	49
Second Mile .....	5	05
Third Mile .....	5	09
Fourth Mile .....	5	14

to beat Geary for second place) by three yards, to win his first Munster track championship. He completed a double when he beat Geary again in the 2,000 metres open handicap after another good race. Charlie Ellis finished third again in the final of the one hundred yards and his form here was an improvement on his previous performance. Tony Nolan, Limerick A.C., finished fourth in the 100 yards final after winning his heat pulling up. Limerick are now well supplied with sprinters having, as well, M. Manning, Croom, and Donal O'Callaghan, U.C.D., who has been running very well. O'Callaghan was on Limerick A.C. relay team which was runner-up in last season's Irish Youths' championships.

### RESULTS

100 yards—1, J. Lawlor (Carrick-on-Suir); 2, M. Lanigan (De La Salle, Waterford); 3, C. E. Ellis (Regional A.C., Limerick); 4, A. Nolan (Limerick A.C.). 6 competed.

220 yards—1, M. Lannigan (De La Salle, Waterford); 2, P. Naughton (Nenagh A.C.); 3, M. Malley (Waterford A.C.). 23 competed.

880 yards—1, T. O'Riordan (Tralee A.C.); 2, Sean Sullivan (Waterford Olympia A.C.); 3, F. Walsh (Waterford A.C.).

2,000 metres—1, P. J. O'Sullivan (Regional A.C.); 2, Ted Geary (Ballymore A.C.).

Three-Quarter Mile (Munster Championship)—1, P. J. O'Sullivan (Regional A.C.); 2, T. Riordan (Tralee A.C.); 3, Ted Geary (Ballymore A.C.).

### M. Fogarty Wins Saxone Cup.

Michael Fogarty, Limerick R.C., returned the fastest time in the 25 Mile Open T.T. for the Saxone Cup, promoted by Limerick R.C. His time of 1 hour 5 mins 37 seconds was the fastest returned in Limerick for a number of years. Novice rider Tony Sweeney was the real surprise of the race when gaining second place with a ride of 1 hour 6 mins. 38 secs. for this tough out and back course, on the Limerick - Tipperary Road. Denis Ryan, L.R.C., made it a complete sweep for the promoting club, while once again beginner Gus Murphy impressed in a time trial. Frank Healy, holder, Banner C.C., did a time of 1-10-45.

Fogarty, who was only recovering from the effects of a bad spill in training, when he made contact with a dog, rode very strongly on the homeward journey. A feature of the race was the uneven riding of some of the competitors. Result: 1st, M. Fogarty L.R.C., 1-5-37; 2nd, T. Sweeney, L.R.C., 1-6-33; 3rd, D. Ryan L.R.C., 1-9-10; 4th, G. Murphy, 1-9-40; 5th, F. Healy; 6th, M. Murray; 7th, A. McSharry. Novice Award, T. Sweeney, Limerick R.C.

### Novice County Championships.

The Novice County Championships to be held at Newcastle West on Sunday, 2nd June, should be featured by having large entries. Limerick is now going through a great spell in athletics and any individual who intends competing, who is not attached to an athletic club, should write or contact Mr. Christy O'Mahony, Hon. Sec., Limerick N.A.C.A. Board, Croom, Co. Limerick. New clubs like Rathkeale, Granagh, Regional and Tournafulla should have a number who will be quite new to athletics. All clubs should send in their entries immediately.

### School Sports.

Last year a few school sports were held throughout the County and an effort should be made now to improve on that number. A start would want to be made right

# HAPPY STORY TOLD IN A GREAT FILM

**T**HE following interesting and impressive statement for publication has been supplied to us by the Limerick Group of that great organisation, A.A. (Alcoholics Anonymous):—

The film, "I'll Cry To-morrow," was recently shown in one of our city theatres. The book of the same name, on which the film is based, comes from the story of a brilliant member of the theatrical profession who has successfully appeared on the stage and screen in many countries. The lady and her husband were for very many years victims of the illness of alcoholism. To such extent have they recognised the precept of "Love God and thy neighbour" that they have, of their own volition, disregarded the question of anonymity so jealously observed in group membership of A.A. in order to tell their story for Press and screen.

### ACTIVE LIFE OF CONTENTED SOBRIETY

Through membership of A.A. and following out the easy and suggested steps of recovery, the lady and her husband are at present, and have been for a number of years, enjoying an active life of contented sobriety. This happy condition also exists amongst the active members of the Limerick group, and whose great desire is to see their fellow men enjoy the same degree of happiness in contented sobriety that is now their lot.

For the social or moderate drinker, who through a mild indulgence is not injuring his own health or depriving himself, his family or his creditors of what should be theirs, A.A. has no function. For the uncontrolled or compulsive drinker the organisation of A.A. throughout the world, and to you such victims of this illness in Limerick and surrounding counties, the Limerick group has this to say:

At the busy crossings which divide the streams of life the red light is very definitely showing, and you are advised to stop and think.

You are cordially invited to get in touch with the Hon. Secretary, Limerick Group A.A., Cecil Hotel, 46 Cecil Street, Limerick, for advice and literature.

Don't hesitate to attend a meeting.

No matter what quantities of nerve-settlers and imaginary consolations you have poured down your throat, if you have the desire to stop, you will get a friendly and anonymous welcome. You will meet in confidence, after a while, with members who in their foolish past of wrong thinking were probably worse victims than yourself.

### DEFINITELY AN ILLNESS

Please note:—Alcoholism is definitely an illness and is recognised as such by leading psychiatrists, medical specialists, writers and thinkers throughout the world. It is, therefore, suggested as common sense that an illness must be treated as such; hence the A.A. way of life.

With the appearance of this article it can be definitely stated that the authorities mentioned are agreed that the organisation of A.A. is the only one in the world effectively dealing with this matter. It has the approval and blessing of distinguished clergymen of all denominations. It is non-sectarian and non-political. It is not a temperance society as such, but has the utmost respect for all organisations who have for their objective the welfare