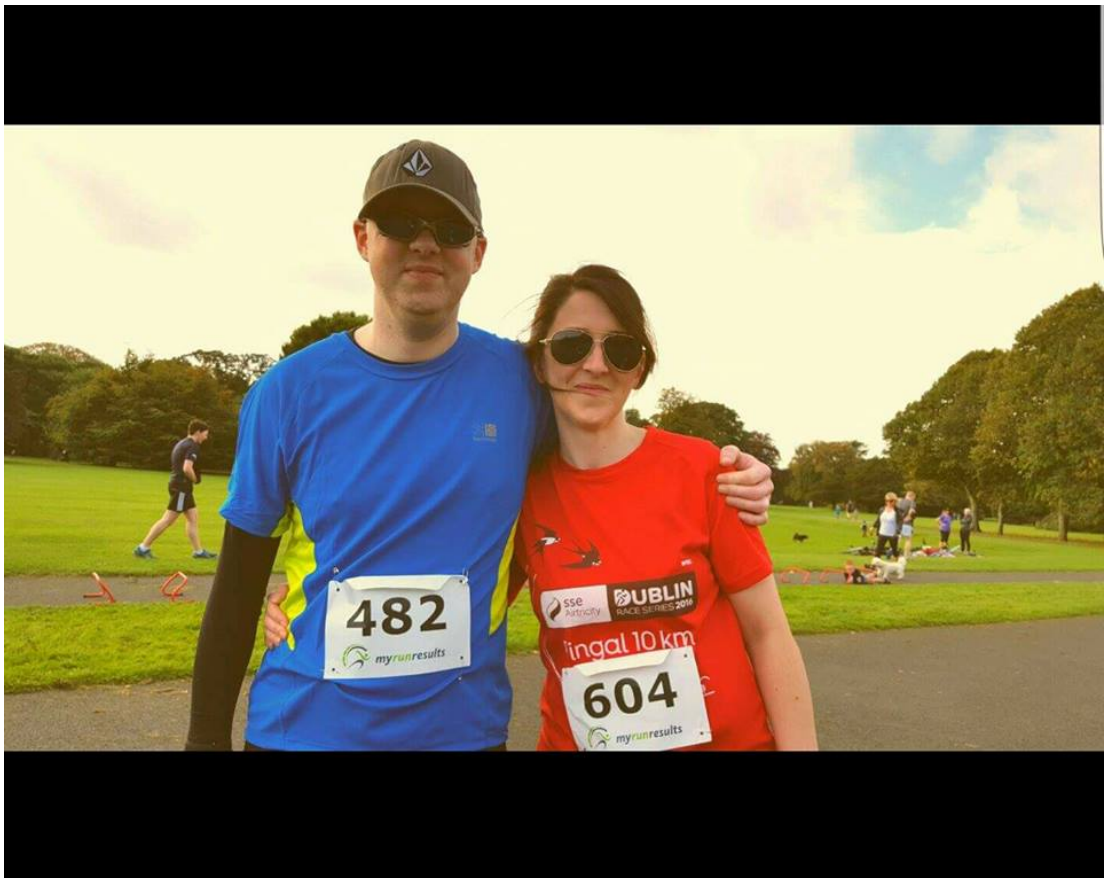
We would like to congratulate Ken Mulkerrins who recently participated in a 5k which took place in St. Anne's Park, Dublin.

Ken, who underwent a heart transplant some 6 months ago, took part in the event to raise awareness of organ donation. He also raised funds for the High Dependency Unit of the Mater Hospital.

Well done to Ken, who is pictured below.

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