

Lower Liffey Marathon (Ranking Race) 8th September 2024

Celbridge Paddlers had a very strong presence at the Lower Liffey Marathon race held on the 8th of September 2024. The race ran from the Salmon Leap Canoe Club in Leixlip and finished 14 Kilometres downstream in Palmerstown. Competitors had to navigate several weirs, sluices, portages, low water, some obstacles, rocks, and rapids along the way.

This year the race ran through the Lucan Festival with many coming along to watch us at the local weir. Our club took away all medals in the K2 Divisions, Callum Browne & Aidan O'Donohoe taking Gold, Danny (our youngest competitor on the day) and his father Morgan Cooper taking Silver with the final spot on the podium taken by Simon Hearn and Fergus Cooper. A terrific result for the club.

Navigating a K2 down the Liffey is as challenging as it gets and not for the faint hearted.

Not to be left out the final Cooper brother Aisa, took 1st place in K1 Division 3.

On her maiden river race, Gemma Corr took Gold in Division 7, an excellent result where she had to overcome some tricky conditions at the Sluice in St Catherines Park. A very brave and strong performance.

Taking home other medals in the divisions for the club were Cillian Butler (2nd), Daniel Dziwirek (2nd) and Naoise Heneghan (2nd).

Darren O'Donohoe took his first Liffey Medal coming home 2nd and Carol O'Donohoe (3rd) backing up her recent Liffey Descent success.

Also taking part were Matty Corr finished with all his equipment, Eavan Cawley who looks great going through the fish boxes at Lucan, and Sean Heneghan who one day will go down the sluice the right way.

Keep an eye out for the Club Video of the event courtesy of Naoise on our Facebook and WhatsApp pages.





Galway Marathon (Ranking Race) 1st September 2024

Four Celbridge Paddlers took on the strong winds and currents of the Corrib Estuary. It felt like the wind was against us no matter what direction we took.

While our entourage of parents/wife's enjoyed the Galway sun, coffee and cakes we had some great battles on the water, avoiding the swans, signets, speedboats, and ferries, all determined to create some capsizes.

Cillian stormed through in his division and finished well ahead of all his competitors. Naoise & Callum fought with arch-rival Charles from the Belfast club, Callum coming out on Top with Naoise finishing 3rd. Some great wash-hanging with Callum reserving some energy to move ahead with 500 metres remaining. Sean came home 1st having avoided (for a change) the capsizes that befell some of his division when the waves of a passing ferry boat hit us unexpectedly.



Next River Trip/Training Vanessa Weir Training Day

Wednesday 18th September 18:30 meeting up. OTW at the river.

Level 3 River Kayak Skills training and assessment

The Canoe Centre can organise this for us if we have sufficient numbers. It is run over 3 Saturdays in Mid-October with the assessment taking place at the end. Cost can be around 250 euro per person.

Link: [Level 3 River Kayak Skills | Canoeing Ireland](#)

Wild Water Kayak Club:

On October 13th as part of the Wild Water Series, WWKC will be hosting 3 events on the Liffey in wave hoppers. Each event will start with training and coaching for anyone who has not experienced this before. After the support a short race will be run. Celbridge Paddlers will host one of the events at either Castletown Rapids on Sunday the 13th of October.. More details and dates to follow.

Next events:

- K2 National Championships Saturday 28th September (Inistioge, Kilkenny) See Flyer.
- Lowtown Marathon 6th October:
- Wild Water Series October

**** we are also looking into a club raft down the Liffey with the Canoe Centre**** more details to follow.

Level 3 River Kayak Skills

The image shows a presentation slide for 'Level 3 River Kayak Skills'. The slide is divided into several sections, each with a yellow square icon and a title. The background of the slide is a light blue color with a faint image of a river and trees.

- Theory**
 - Knowledge of Safety Rules
 - An understanding of Eddies, Standing Waves, Upstream & Downstream Vs, Stoppers, and Easy River Routes
 - An understanding of river signals and commands.
 - River Running Methods - leapfrog, herd and drive etc
- Rescues and Rescue Techniques**
 - Capsize Drill
 - Offensive & Defensive Swimming
 - Assisted X Rescue and an X Rescue
 - T-Rescue
 - Roll
 - Throw and receive a throw rope as a rescuer and a swimmer
- Techniques**
 - Entry and Exit
 - Edging/leaning.
 - Forward Ferry Gliding
 - Reverse Ferry Gliding
 - Breaking In
 - Breaking Out
- Rescues and Rescue Techniques**
 - Capsize Drill
 - Offensive & Defensive Swimming
 - Assisted X Rescue and an X Rescue
 - T-Rescue
 - Roll
 - Throw and receive a throw rope as a rescuer and a swimmer
 - Stern Rudder
 - Bow Rudder

THE HIGHDOWN HILL

1:10 Newcastle
1:30 Ardclough
1:50 Rathcoole



Register @ 12:00 - Start @ 1pm

TRACTOR & VINTAGE CAR RUN 2024



15th September



 Highdown Hill Tractor & Car Run
 aighdownhilltr

Start/Finish: Greenogue, Rathcoole



←  Canoe Marathon Ireland 🔍 ..

Sep 19th- 22nd World Championships Metkovi Croatia

Sept 28 National K2 Championships Thomastown

Oct 6th Lowtown **Ranking Race**

Oct 20th/21st Killary **Surfski**

TBC Slaney **Ranking race**



NATIONAL K2/C2 CHAMPIONSHIPS 2024

SAT SEPT 28TH
INISTIUGE, CO.
KILKENNY @14:30

4 laps CLASSES
Senior Men & U18 Boys
3 Laps
senior Women, Masters 35-50,
U18 girls & U16 boys
2 Laps
Mixed K2, Masters 50+, U16 girls,
Open C2
1 lap
U14 Boys & U14 girls

COURSE AND COST
5km lap course.
Deep water on incoming
tide.
No portages.
€30 per senior crew boats
€10 pp for Juniors/students

T&C
Organisers nor CI accept
responsibility for any damage
or loss. CI safety rules apply.

For further details contact

Day	Date	Club Scheduled Training Sessions	Club Events	External Events
Wednesday	11/09/2024	19:00 Open Training with Club Coach		
Saturday	14/09/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies		
Sunday	15/09/2024	9am Senior, 10am New Joiners		
Wednesday	18/09/2024	19:00 Open Training with Club Coach	River Trip Vanessa Weir	
Saturday	21/09/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies		World Championships Metkovic
Sunday	22/09/2024	9am Senior, 10am New Joiners		
Wednesday	25/09/2024	19:00 Open Training with Club Coach		
Saturday	28/09/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies		National K2 Championship (Inistioge)
Sunday	29/09/2024	9am Senior, 10am New Joiners		
Wednesday	02/10/2024	19:00 Open Training with Club Coach		
Saturday	05/10/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies		
Sunday	06/10/2024	9am Senior, 10am New Joiners		Lowtown Marathon Ranking Race
Wednesday	09/10/2024	19:00 Open Training with Club Coach		
Saturday	12/10/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Level 3 Training Canoe Centre TBC Wild Water Series Castletown rapids. Development Day	Wild Water Series Castletown rapids. Development Day
Sunday	13/10/2024	9am Senior, 10am New Joiners		
Wednesday	16/10/2024	19:00 Open Training with Club Coach		
Saturday	19/10/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Level 3 Training Canoe Centre TBC	Surfski Kilary
Sunday	20/10/2024	9am Senior, 10am New Joiners		Surfski Kilary
Wednesday	23/10/2024	19:00 Open Training with Club Coach		
Saturday	26/10/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Level 3 Training Canoe Centre TBC	
Sunday	27/10/2024	9am Senior, 10am New Joiners		
Wednesday	30/10/2024	19:00 Open Training with Club Coach		
Saturday	02/11/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Pool Sessions TBC	
Sunday	03/11/2024	9am Senior, 10am New Joiners		
Wednesday	06/11/2024	19:00 Open Training with Club Coach		
Saturday	09/11/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Pool Sessions TBC	
Sunday	10/11/2024	9am Senior, 10am New Joiners		
Wednesday	13/11/2024	19:00 Open Training with Club Coach		
Saturday	16/11/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Pool Sessions TBC	
Sunday	17/11/2024	9am Senior, 10am New Joiners		
Wednesday	20/11/2024	19:00 Open Training with Club Coach		
Saturday	23/11/2024	9am Senior, 11:00 (OTW) Junior, 11am Ladies	Pool Sessions TBC	
Sunday	24/11/2024	9am Senior, 10am New Joiners		
Wednesday	27/11/2024	19:00 Open Training with Club Coach		

Our annual race is on Sunday 29th- all welcome!



NI Canoe Racing and Schools Championship

Lough Henney Sunday 29 September 2024

Start and Finish: Meteor Waterski Club, Bresagh Road, Lisburn BT27 6TU

Race Start 11.15

Two Events: 5000m- 4 laps of 1.25km buoyed circuit on flat water.
(1 lap for novices and some juniors)
500m Sprint- laned course

All types of kayak and canoe and SUPs welcome. Single kayaks should not exceed 5.5m length. Double kayaks and canoes should not exceed 6.5m length

Please note: We have had to postpone several sessions at Lough Henney over the summer due to unseasonably high winds: **please register by 27 September** by email to belfastcanoeclub@gmail.com so we can notify you if we have to rearrange.

Meteor Waterski Club is on Bresagh Road, Lisburn approx.1 mile from the A24 Belfast-Ballynahinch Road. There is a waterside private car park and toilets on site

Entries: On the day 10.30-10.45

Entry fee: £5 Fees to be paid (cash) on the day (or by transfer).

Classes:
Senior K1 (M&F)
C1, O1 and SUP (M&F)
Open K2/T2/C2
Junior K1 (M&F)
U-14 K1 (M&F)
Novice Senior and Junior Kayak/SUP (1 lap)
Junior C2 (1 lap)

All paddlers must be registered members of CI, CANI or an affiliated Club.

Age Groups: Juniors under 18 on 1 Jan 2024. U-16, and U-12 classes subject to entries.

All Paddlers must wear buoyancy aids and all craft must have adequate buoyancy.

NI Schools Trophy is awarded to first junior paddler overall at school in Northern Ireland in 2024-5

Refreshments will be provided at the finish. **Never paddled a racing boat?** Book a Practice session Wednesdays/Sundays in September and we will lend you one to race! Email belfastcanoeclub@gmail.com to book