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Celbridge Paddlers



87th Sella Descent

The 87th International Descent of the Sella (Descenso Internacional del Sella) took place on Saturday, August 9, 2025,

The night before we all met for the parade along with others from the Irish clubs. The parade was headed by the Queen & King of Asturias. To be honest it felt like the three wise men had come early or perhaps later. Anyway, a local junior paddler from Asturias led us to our national flag. Following the Royal family was a traditional music group. They led us across the town square, on to the bridge and to our national flag. Each flag was raised by the youngest member from the visiting county. Then an early night for the paddlers but a party erupted for the visitors and locals.

The next day we paddled up the river to our starting position, through the crowds cheering at the riverbank and through the water people (basically any lunatic dressed in costume who wishes to be an obstacle for 1000+ boats when the race eventually starts.

Canoeists from all over the world were ready in Asturias for the countdown for the Sella River race. More than one thousand canoes battle it out to be first home over the 20-kilometre course on the Sella River, which runs from the village of Arriondas to the finish line in Ribadesella.

Next up the paddles were locked into position, the singing of the local national anthem and then a canon blasts. Then the mayhem. A stampede of canoes head towards the river and the excited shouts of the spectators drowns all other noises out.

As for the race **It's a cross between the Hunger Games & Game of Thrones**. You simply do not know who will take you out and where they will do it. Those friendly locals who smiled at you while you basked in the sun at the race start are not your friends. Friends don't exist at this race especially if you're from out of town, even worse if you're from another country. Getting the occasional smack of a paddle in the face is not unusual. And at every turn you come across you will find paddlers swimming after their boats, looking for a missing paddle or roaring back at someone. Worse still if your boat gets completely turned you might not have a boat to finish the race. The worst thing you can do is slow down as you will get turned from behind. You might wonder why no one took the line you went for, usually because something like low water or hidden rocks would greet you. It's like being on the Cu Chulainn for two hours.

The best placed club finisher was Aisa Cooper who came from the very back to finish 8th in his category.

Remarkable all 3 K2 pairings finished within one minute of each other despite starting at different locations at the start.

Surviving with all their teeth, fingers and some brain cells were those representing Celbridge paddlers.

Aisa Cooper, **K1 Masters**,

Morgan Cooper & Danny Cooper **K2 Senior Men's**,

Fergal Walsh & Sean Heneghan **K2 Men's 38-50**,

Callum Brown & Naoise Heneghan **K2 18+ Men's**.

Support Crew: Dave & Natasha Brown, Liz, Willow & Rowan (Boo) Cooper

Special Thanks to Digger & his crew for bringing our boats and dropping us to training locations.

Once at the finish line, the party transfers to the Campos de Ova, where trophies are awarded to the winners in each category and there is a huge picnic. There is food, cider, song, dance... When night comes the fun continues in Ribadesella until the early hours, with its terrace bars and open-air parties.

!!! anyone interested in going to the 88th Sella in 2026!!!















Fundraising.

Well done to all who took part in the May sponsorship paddle. I believe we raised 2,200 with more cards due in. Well done to Matty and Co. Please pass on all sponsorship cards to Maty Corr. [More details to follow from the Fund-Raising.](#)

Committee.

Tesco Community Support: Please see below, be sure to choose our club with your blue tokens. Thanks again to Carol for setting this up.



Lastly on the fundraising side of things, we will be hosting a 24-hour paddle on the 27th of September, with a club BBQ. All club members welcome to take part. [More details to follow.](#)

Summer Camps

Rob & his team have kicked off the 3 summer camps. A great week of fun, learning and time on the Grand Canal & Liffey Weirs.

Building News:

Update on all club results 2025 (After Sella Descent).

As far as I can make out **125** of our club members, took part in a variety of events this year from Wild Water, Marathon, Sprint, L2, European and Descents. So far, our club took home **85** medals, **48** gold, **22** silver and **15** bronze (hopefully my data is correct).

- The Junior Medal Leader is Danny Cooper on 9, followed by Naoise Heneghan on 8, Simon Hearn/Daniel Dziwiek on 5. The top Junior Girls are Katie King on 3 & Megan O'Donohoe 2.
- The top Senior Medal Leader is Callum Brown on 10 Morgan Cooper on 8, Sean Heneghan on 6. The top Senior Ladies paddler is Carol O'Donohoe on 3.
- Races entered in 2025. Naoise on 13, Sean on 12 & Callum on 11.

All 2025 Events	Wild Water Awards	Wild Water Limerick	Wild Water Race	Slaney Descent (K2)	Colbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Junior Lifey Descent	National K1 Short + K Murphy Memorial	European Marathon Championships	Inistoge Memorial 5/10	Thomastown Ranking Race	K1 National Championships	Belturbet Ranking Race	Sun 20th July - Blessington Ranking Race Poulaphuca	Sat 9th August - Sella Descent, Asturias Sp4	Events Attended	Gold	Silver	Bronze	Totals Medals
Callum Browne	1st C1	1st GP		1st K2	3rd K2	1st K2 LC	1st K2	1st K2	1st C1 9th K2			2nd K2 LC			2nd K2 SC	K2 MU23 17h 152.20 (20km)	11	7	2	1	10
Daniel Dziwiek					3rd K2	1st K2 LC	2nd GP	1st K2				1st GP					5	3	1	1	5
Emily Trofimova					3rd novice												1			1	1
Naoise Heneghan	1st WH	1st WH	1st WH		2nd Div 5	10th Div 5	4th K2	1st T2	9th K2		6th GP	2nd K2 LC		3rd GP	2nd K2 SC	K2 MU23 17h 152.20 (20km)	13	4	3	1	8
Sean Heneghan	1st GP	DSQ	1st GP		4th Div 4	2nd Div 4	2nd GP				4th GP	3rd K2 SC	4th (Masters)	3rd Div 4	6th	K2 M 35-50 17h 151.30	12	2	2	2	6
Neil Fleming				1st K2			1st K2										2	2			2
Morgan Cooper					1st K2	1st K2 SC	2nd K2				1st K2	2nd K2 SC	3rd (Masters)	2nd K2 SC	1st K2	K2 Mens Snr 151.55 84h	9	4	3	1	8
Danny Cooper					1st K2	1st K2 SC	2nd K2	3rd GP			1st K2	2nd K2 SC	1st U14	2nd K2 SC	1st K2	K2 Mens Snr 151.55 84h	10	5	3	1	9
Fergal Walsh					4th						3rd K1	3rd K2 SC				K2 Mens Snr 151.30 84h	4			2	2
Noel O'Connell					1st Div 4	3rd Div 4						1st Div 4					3	2		1	3
Aisa Cooper										15th					5th	K150+ 8th 1.19.35 (17km)	3				0
Cillian Butler					1st Div 5			1st T2									2	2			2
Aidan O'Donohoe					6th Div 5												1				0
Lucas Dziwiek					1st Div 7	7th GP					7th GP				1st Div 7		5	2			2
Matty Corr					11th Div 5	8th GP											2				0
Beth Corr					4th Div 5												1				0
Simon Hearn					2nd Div 7		1st GP	1st GP	9th K1 & 10 K2			2nd Div 7	5th U16	1st Div 7			7	3	2		5
Martin Hearn									10 K2		4th K1	1st GP		1st Div 4	1st Div 7		3	1			1
Carol O'Donohoe					2nd Div 7												3	2	1		3
Tanya Trofimova					4th Div 7												1				0
Breigh Vardon					1st GP												1	1			1
Valerie Ball					2nd GP												1		1		1
Audrey Butler					3rd GP												1			1	1
Laurence Coonan					1st Div 7		4th K2				13th K1				2nd Div 7		4	1	1		2
Darren O'Donohoe					2nd Div 7												1		1		1
Alex Fahy					3rd Div 7												1			1	1
Gemma Corr					1st Div 7												1	1			1
Megan O'Donohoe					4th Div 7			1st GP				1st GP			4th		4	2			2
Katie King							1st GP	1st GP							1st GP		3	3			3
Robert Dziwiek					2nd novice	1st novice						2nd GP					3	1	2		3
Matt Black												3rd GP		4th GP			2			1	1
David Foley												4th GP					1				0
Joe Foley												5th GP					1				0
Vincent O'Sullivan												6th GP					1				0
Davey Buggy															3rd K1		1			1	1
Rob Hetherington															8th		1				0
Participants	3	3	2	2	26	9	12	8	4	1	7	17	4	7	13	7	125	48	22	15	85
Gold	3	2	2	2	7	6	4	7	1	0	2	4	1	2	5	0	48				
Silver	0	0	0	0	6	1	4	0	0	0	0	6	0	2	3	0	22				
Bronze	0	0	0	0	5	1	0	1	0	0	1	3	1	2	1	0	15				

**** please message me if any results are wrong.

Ranking Races/Ribadasella Series

After 6 ranking events,

The top Junior girls point scorer is Megan O'Donohoe on 37 points followed by Katie King on 30, Gemma Corr on 15. The Junior boy's points leader is Danny Cooper with 84 points, followed by Naoise Heneghan on 67 and Simon Hearn on 56.

The top Ladies point scorer is Carol O'Donohoe on 43 points.

The Seniors group is led by Morgan Cooper on 84 points followed by Sean Heneghan on 70 and Callum Brown on 68.

Marathon Races / Ranking Points for Ribadasella	Colbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Thamaraun Ranking Race	Balturbet Ranking Race	Sun 20th July - Blazingtan Ranking Race	August - Salmon Leap Ranking Race	August - Laurel Liffey Ranking Race	Sun 25th - May Molokide Ranking Race	Sat 27th September - Liffey Decent	October - Leatun Ranking Race	October - Galway Ranking Race	Total	Total
Callum Brown K1 Long Course	12	15	15	13									55	
Callum Brown K1 Short Course						13							13	68
Naoise Heneghan Div 5	13	5											18	
Naoise Heneghan K2 Short Course			11			13							24	67
Naoise Heneghan GP					12								12	
Naoise Heneghan K2 Long Course				13									13	
Sean Heneghan Div 4	11	13				9							33	
Sean Heneghan GP			13		12								25	70
Sean Heneghan K2 Short Course				12									12	
Neil Fleming			15										15	15
Daniel Dziwerek K2 Long Course	12	15											27	
Daniel Dziwerek Div 7			13										13	55
Daniel Dziwerek GP				15									15	
Morgan Cooper K2 Short Course	15	15	13	13	13	15							84	84
Danny Cooper K2 Short Course	15	15	13	13	13	15							84	84
Fergal Walsh Div 3	11												11	23
Fergal Walsh K2 Short Course				12									12	
Noel O'Donnell Div 4	15	12		15									42	42
Aidan O'Donohoe	3												3	3
Lucas Dziwerek Div 7	7	15				15							37	53
Lucas Dziwerek GP			8	8									16	
Matty Corr Div 5	4												4	11
Matty Corr GP			7										7	
Beth Corr	11												11	11
Simon Hearn Div 7	13			13	15								41	
Simon Hearn GP			15										15	56
Martin Hearn Div 4					15								15	15
William Butler	15												15	15
Carol O'Donohoe Div 7	13					15							28	
Carol O'Donohoe GP				15									15	43
Fiona Trofimova Div 7	11												11	11
Breigh Vardon GP	15												15	15
Valerie Ball GP	13												13	13
Andrey Butler GP	12												12	12
Laurence Coonan Div 7	15					13							28	33
Laurence Coonan K2 Short Course			11										11	
Darren O'Donohoe	13												13	13
Alex Fahy Div 7	12												12	12
Gemma Corr Div 7	15												15	15
Megan O'Donohoe Div 7	11					11							22	37
Megan O'Donohoe GP				15									15	
Katie King (GP)			15			15							30	30
Matt Black GP				12	11								23	23
David Foley GP				11									11	11
Joe Foley GP				10									10	10
Vincent O'Sullivan GP				9									9	9
Robert Dziwerek GP				13									13	13
Nora Cooper						10							10	10
Jasay Buggoy						13							13	13
Rob Hetherington						7							7	7
													0	0
	293	105	143	212	80	134	0	0	0	0	0	0	1007	1007

Ranking points system	
1st	15
2nd	13
3rd	12
4th	11
5th	10
6th	9
7th	8
8th	7
9th	6
10th	5
11th	4
12th	3
13th	2
14th	1
15th	1

* Novice races are not awarded Ribadeslla ranking points.

** For end of season divisional inclusion, you need to take part in 6 events within the same div. The top 6 results are used to choose the overall Division Winner.

*** please message me if any results are wrong.

Summer Training

Celbridge Paddlers Training Sessions 2025
Wednesday: 18:45 Junior training
Saturday: 10:45 Junior Training
Saturday: 10:30 Ladies Training
Sunday: 09:00 / 09:30 10 KM sessions (open to all members)
Sunday 10:00 open training/coaching/new members
*** don't forget to log your times/distance on our club tracker: https://celbridgepaddlers.ie/log/ ****
Other training sessions
Tuesday 18:30 WWKC 2.5/5/10km time trials & BBQ" May - September
Thursday 19:00 SLCC 2.5/5/10km time trials " May - September
Monthly river trip training (usually one Saturday a month at the Sluice).

WWKC Summer Time Trial

Time trial every Tuesday, at WWKC, Lower Rd, Chapelizod, D20.

First Race: 20th May, registration closes at 7pm.

- Choice of 2.5km, 5km, 7.5km and 10km distances.
- Wave format to promote wash hanging.
- Open to all boat types and speeds
- €5 entry includes BBQ (weather dependent)

All participants must be level 2 standard and members of Canoeing Ireland.



Future Events



Canoe Centre

48m · 🌐

The Lower Liffey Race is just one month away! Time to start polishing your K-boats and dusting off those Gola Sprints from the back of your shed! We are going for a 12PM start at Salmon Leap Canoe Club on Sunday 14th September. While we can't guarantee a full flood, we can certainly ensure the good times and of course some post race Watkins burgers.

With categories for all, the Lower Liffey race is a great way to get a practice run on the lower half of the full Liffey Descent course.

If you don't fancy racing but want to get involved, we'll need plenty of volunteers for rescue, timing and stewarding. You can reach out to us via email at info@canoecentre.ie or by phone on 01 626 4363.

Entries go live this week over on Eventmaster. 🗓️

Malahide Ranking Race – Postponed

This weekends Malahide race has been postponed & rescheduled for Aug 31st due to the weather. A high Westerly wind is forecast with gusts > 60kph. Due to the high winds & the direction of the wind the decision was made to reschedule the race with the safety of ALL competitors in mind.

The race has been rescheduled for Aug 31st. Tides will mean it will run at approx. 14:00. Full details will be published nearer the time

Malahide Swords Canoe Club

Race Notice 25 May 2025
Location: Malahide Beach (Car Park / Green Road)
Start Time: 0900 am for all classes
The 1 & 2 - 20 mins (5 days of disbursement for entry fee) & 42 long courses
Day 3 - 1800 (2 days of disbursement for entry fee) & 42 long courses
Day 4 & 5 - 08 (2 days of disbursement for entry fee) & 42 long courses
Day 7 & 8 - 08 (2 days of disbursement for entry fee) & 42 long courses
Canoe Ireland (C.I.) has been notified of the change to the date.
Entry fee: 100 (100% of the registration fee goes to Barnardos)
Subject to change due to weather

Rescheduled to Aug 31st

Canoeing
Canoeing is a fun and challenging sport that can be enjoyed by people of all ages and abilities. It's a great way to get fit, enjoy the outdoors, and explore new waters.



Canoeing Ireland

39m · 🌐


🚩 **Liffey Descent 2025 – Date Change** 🚩
Due to ESB works at Golden Falls Dam, the 64th Liffey Descent has been rescheduled to Saturday, 18th October 2025 📅

This change is necessary to ensure water levels, safety, and race quality. We know this may affect plans and appreciate the understanding of our amazing paddling community 🙏

All existing race entries remain valid, with the registration process being unchanged 📄

It's a new date but the same iconic race. Book your spot for the 18th October here -

<https://eventmaster.ie/event/1pPfwDHeM>

LIFFEY ODYSSEY Barnardos

The Liffey Odyssey is a charity event that takes place in Dublin City from 1st to 5th October. 100% of the registration fees goes to Barnardos.

5th October Liffey Odyssey (change of date)

SUNDAY 27 APRIL | 12 PM START TIME | DURATION 2-3 HOURS
DUBLIN MUNICIPAL ROWING CENTRE, ISLANDBRIDGE



Canoe Marathon Ireland

Vaughan Warren · 5h · 🌐

Hi all, please note that the date for the Galway Ranking Race will change to 26 October (the weekend after the Liffey Descent).

AUGUST

Sat 9th Sella Descent, Asturias Feile Usice (Festival of Irish Paddling August 8th -10th)

Sun 17th K2 Nationals, Tramore **postponed New Date TBC**

Sun 24th SLCC Ranking Race, Leixlip **31st August Malahide Ranking Race**

SEPTEMBER

2nd -7th World Marathon Championships Gyor, Hungary.

Sat 13th Lower Liffey Ranking Race

Sat 27th Liffey Descent **postponed until 18th October Liffey Descent**

OCTOBER

Sun 5th Lowtown Ranking Race

Sun 12th Galway Ranking Race **Galway Postponed until October 26th**

18th October Liffey Descent

26th October Galway Ranking Race (rescheduled from October 12th)

Date	Day	Club Events/Training	National Events/External Training	International Events
02/08/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
03/08/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
05/08/2025	Tuesday		SLCC Open Training	
06/08/2025	Wednesday	18:45 Junior Training		
07/08/2025	Thursday		WWRC Open Training 18:30	
09/08/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		Sella Descent, Asturias Spain
10/08/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
12/08/2025	Tuesday		SLCC Open Training	
13/08/2025	Wednesday	18:45 Junior Training		
14/08/2025	Thursday	Committee Meeting (2nd Thursday of each Month)	WWRC Open Training 18:30	
16/08/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
17/08/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	K2 Nationals, Tramore	
19/08/2025	Tuesday		SLCC Open Training	
20/08/2025	Wednesday	18:45 Junior Training		
21/08/2025	Thursday		WWRC Open Training 18:30	
23/08/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
24/08/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	SLCC Ranking Race, Leixlip	
26/08/2025	Tuesday		SLCC Open Training	
27/08/2025	Wednesday	18:45 Junior Training		
28/08/2025	Thursday		WWRC Open Training 18:30	
30/08/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
31/08/2025	Sunday	Malahide Ranking Race	Malahide Ranking Race	

Date	Day	Club Events/Training	National Events/External Training	International Events
02/09/2025	Tuesday			2nd -7th World Marathon Chisships Gyor, Hungary
03/09/2025	Wednesday	18:45 Junior Training		
06/09/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
07/09/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
10/09/2025	Wednesday	18:45 Junior Training		
11/09/2025	Thursday	Committee Meeting (2nd Thursday of each Month)		
13/09/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training	Lower Liffey Ranking Race	
14/09/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
17/09/2025	Wednesday	18:45 Junior Training		
20/09/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
21/09/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	Liffey Odyssey change of Date now 5th October	
24/09/2025	Wednesday	18:45 Junior Training		
27/09/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
28/09/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	Club BBQ & 24 Hour Event	
01/10/2025	Wednesday	18:45 Junior Training		
04/10/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
05/10/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	Lowtown Ranking Race	Liffey Odyssey change of Date now 5th October
08/10/2025	Wednesday	18:45 Junior Training		
09/10/2025	Thursday	Committee Meeting (2nd Thursday of each Month)		
11/10/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
12/10/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	Galway Postponed until October 26th	
15/10/2025	Wednesday	18:45 Junior Training		
18/10/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training	Liffey Descent	Liffey Descent
19/10/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
22/10/2025	Wednesday	18:45 Junior Training		
25/10/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
26/10/2025	Sunday	9:30 10 KM training (Open) & New Members 10am	Galway Ranking Race (rescheduled from October 12th)	
Date	Day	Club Events/Training	National Events/External Training	International Events
01/11/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
02/11/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
05/11/2025	Wednesday	18:45 Junior Training		
08/11/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
09/11/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
12/11/2025	Wednesday	18:45 Junior Training		
13/11/2025	Thursday	Committee Meeting (2nd Thursday of each Month)		
15/11/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
16/11/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
19/11/2025	Wednesday	18:45 Junior Training		
22/11/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
23/11/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
26/11/2025	Wednesday	18:45 Junior Training		
29/11/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
30/11/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
03/12/2025	Wednesday	18:45 Junior Training		
06/12/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
07/12/2025	Sunday	Pink Paddle TBC		
10/12/2025	Wednesday	18:45 Junior Training		
11/12/2025	Thursday	Committee Meeting (2nd Thursday of each Month)		
13/12/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
14/12/2025	Sunday	Turkey Race & Christmas Party TBC		
17/12/2025	Wednesday	18:45 Junior Training		
20/12/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
21/12/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
24/12/2025	Wednesday	18:45 Junior Training		
27/12/2025	Saturday	10:30 Ladies Training, 10:45 Junior Training		
28/12/2025	Sunday	9:30 10 KM training (Open) & New Members 10am		
31/12/2025	Wednesday	18:45 Junior Training		