

Website: <https://celbridgepaddlers.ie/training/> Facebook <https://share.google/vlqmUj8vNX39UWohh>

Utube: <https://youtube.com/@celbridgepaddlerscanooclub7667?si=Ebx8I7SKdwqglPr5>

Celbridge Paddlers Canoe Club



## 2026 Athy Barrow Ranking Race Results



### Athy Barrow Ranking Race

Race 3 out of 10 marathon events was held on the river Barrow on Sunday 27<sup>th</sup> of April 2026.

17 of our club members entered the event and raced in nearly all divisions on offer. They brought home 6 Gold, 4 Silver and 1 bronze medals. Our youngest club member Sean Michael took Gold in the Novice 2km race while at the other end racing from Monasterevin to Athy, Laurence Coonan and Callum Brown took gold in the 23km long K2 course. Callum took double gold in the C1 sprint championships the day before. Katie King took Gold in the Women's Div 7 race, that's two out of two for Katie.

In the 11km course "Club Celebrity" Noel O'Connell also took gold in Division 4 and hot on his heels in the championship is Simon Hearn who took Bronze. Noel put aside last year's mishaps and had a flawless run. Simon had been racing at the National Sprint Championships the Day before so perhaps gave Noel some resting advantage.

Naoise Heneghan took another Gold, that's three out of three in Division 5.

Martins Hearn took Silver in the fast paced Division 3, Aisa & Morgan Cooper took Silver in the K2 Short Course. As did Danny Cooper in boys Div 7 in a very tight race for the top spot. Lastly a big call out to Fergal Walsh, back from injury who came 6<sup>th</sup> in Division 2 long course 23km



Winners  
Lawrence  
&  
Callum  
K2 Long Course.  
Sorry no pics available yet



# Canoe Sprint Ireland



Callum Brown & Simon Hearn were on double duty last weekend. Both raced at the sprint championships and the Athy Ranking Race.

Racing in 1000m, 500m & 200m sprints in K1, K2 and C1

Callum put all his C1 training into action and his times showed the hard work he put in.

Simon took 4<sup>th</sup> in the 1000m Metre Final despite topping the 1<sup>st</sup> heat of his group. A strong effort by both on the day.

500m.	Mens C1	Time
1	Callum Brown	3:04.20

200m.	Mens C1	Time
1	Callum Brown	1:07.59

K1 1000m.	U16/U14/U12 Boys Heat 1	Time
1	Simon Hearn	4:54.75
2	Fiachra McDonagh	4:55.11
3	Charlie Grey	5:04.86
4	Hugh Gorman	5:06.84
5	Luke Foster	5:29.26

books & magazines

## End of Spring Club gathering



ABOVE:  
The gathering at the canal.

LEFT:  
Taking part in Tyre Water Polo.

RIGHT:  
Brelge Verdon and Eamonn Fleming.

THE sun tore through the clouds for the Celbridge Paddlers annual end of spring gathering on Sunday, 19th April. Wet suits and hats were traded for tea shirts and sun factor.

The gathering brings all the club's families together for some fun events and a little competition at times. The day started with a 200 metre time trial. The fastest K1 boat groups on the day were Carol O'Donoghue (ladies), Matilda Walsh (girls), Ciaran Fleming (men), Tadg (boys). Callum Brown was fastest in C1 and the pairing of Simon Hearn/Cian Heaslip were the fastest in K2. Well done to all. The overall top time was 0.46 seconds.

The children's duck and ball collection was won by Emily Trofimova, and then went on to win the tug-o-war. The combination of Paul Trofimova and Callum Brown won the seniors' double tug-o-war. There were one or two capsizes, to be expected but Brendan Buggy was the most spectacular. To finish off the event there was a 3 a side game of tyre water polo for the brave hearted.

Tim Harnett was on BBQ all day and kept the crowd well fed and watered. Thanks also to Fergal & Eamonn for time keeping. Eugene as always who set the place up and to all who attended that took part, took part in spirit and who brought along an array of food, drink, support & stories. See you on the water or at the next BBQ in September.



## End of Spring Club Gathering

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## 200 m Sprint

### K2

SIMON / CIAN 0:55  
 CALLUM / TADHG 0:58  
 NAUISE / BRENDAN 1:03  
 CIARAN / DARCA 1:40

### K1 MENS

CIARAN F 0:46  
 SIMON H 0:50  
 GRAMAM B 0:50  
 SEAN H 0:55  
 NAUISE H 0:56  
 KEVIN D 0:58  
 BRENDAN B 1:05  
 BRENDAN K 1:05  
 PAUL T 1:15

### C1 MENS

CALLUM 1:12  
 NEIL F About Another :->

### LADIES K1

CAROL O'D 1:07  
 BRONIE 1:12  
 VAL 1:12  
 TANYA 1:14

### GIRLS K1

MATILDA 1:28  
 EMILY 1:24

### BOYS K1

TADHG 1:05  
 CIAN 1:14  
 DANIEL K 1:20  
 KIERAN T 1:22

## Celbridge Paddlers

QR Code for CPCC







## Boyne Descent

Round two of the Marathon series took place on the fast rapids of the Boyne from Trim to Bective. Coming out on top was Simon Hearn in Div 4, A very impressive time of just over 39 minutes. Simon now leads Division 1 with 1 win and 1 bronze. Callum Brown & Sean Heneghan came home 5<sup>th</sup> & 6<sup>th</sup> in this division.

In the K2 Division, Danny & Aisa Cooper came home 4<sup>th</sup> but an unlucky break at the 1<sup>st</sup> bridge hit their race winning chances hard.

In Div 5 Naoise Heneghan backed up his opening win in Celbridge with another top place on the podium. A stunning time of 36.57 minutes. His Wild Water race throughout the winter coming in very handy on this challenging course.





Paddle UK Regatta,  
including Paracanoe, Senior,  
Under 23, and Junior selection events



11<sup>th</sup> – 12<sup>th</sup> April 2026

### Celbridge Paddler Sprint Success

Congratulations to Simon Hearn of Celbridge Paddlers Canoe club who took part in the Nottingham Regatta on the 11<sup>th</sup> & 12<sup>th</sup> of April 2026. This was his first outing in the sprint championships abroad, and he came away with two bronze medals. He joined paddlers from clubs across Ireland and took on the best teams across the UK and Europe.

### Simon's results

3<sup>rd</sup> K1 200 metres sprint (Bronze)

3<sup>rd</sup> K4 500 metre sprint (Bronze)

4<sup>th</sup> K2 200 metre sprint

4<sup>th</sup> K4 200 metre sprint

5<sup>th</sup> K1 500 metre sprint

Simon and his club members can now look forward to the Irish National Sprint Championships on the 25<sup>th</sup> of April 2026 on Lough Rynn Leitrim.



Paddle UK Regatta,  
including Paracanoe, Senior,  
Under 23, and Junior selection events



11<sup>th</sup> – 12<sup>th</sup> April 2026

Holme Pierrepont Country Park			
Home of The National Water Sports Centre			
08	16	59	Race:
1	E Lockett	58.10	5 F McDonagh
2	L Pound	58.46	6 H Gorman
3	S Hearn	1:00.66	7 G Clubley
4	H Parslow	1:02.58	8 C Vaxley



Thank you for taking part in the Club Month of April fund raiser. More on this next month.

# Celbridge Paddlers fare well on opening day of Canoe Marathon season

by Seán Heneghan

KAYAKERS from all over took part in the first day of the 2026 Canoe Marathon season, on the Grand Canal at Cliff at Lyons in Celbridge on Sunday (5th April).

With over seven divisions available to compete in this year, it allows novice racers, National & World champions to race on the same stretch of water.

The season consists of nine races with the top five individual results counting towards final year placings.

Amongst those at the sharp end of the racing field were former World, European & Olympic participants.

Division 1 Women's race was won by Caoilín Caffery of SLCC, Division 1 Men's was won by Paul Donellan of SLCC.

They had to overcome extreme winds, rain and April halibstones and avoid the swans that don't wish to be disturbed along the route. Jake Wittek, also of SLCC, won Division 2.

The long course K2 Division was won by Derek King & Fred McSorley of DCC, the K2 short course won by Brian Harris & Ailiah Berra.

The GP category was won by Celbridge native Fergus Cooper.

Celbridge Paddlers came away with a host of medals and won many of the remaining divisions.

Martin Hearn's 1st in Division 3, taking 2nd and 3rd places in Division 4 were Noel O'Connell and Simon Hearn's.

Naioise Heneghan won Division 5, Katie King won Division 7 Women, Alex Fahy Division 7 Men, Danny Cooper Division 7 Boys and Megan O'Donohoe Division 7 Girls.

All of the Celbridge Paddlers' new novices took home medals in the 2km event.

Next up on the racing Calendar will be Boyne Descent on the 19th of April 2026.



Callum Brown, Sean Heneghan, Naioise Heneghan, Patrick Meila, Ethan Noud and Morgan Cooper.



Daniel Keane, Cian Heaslip, Charlie Byrne and Morgan Cooper.



Megan O'Donohoe, Aine Irvine and Erin Corey.



Sean Heneghan, Dexter Dunne, Callum Brown, Sean Michael and Morgan Cooper.



Tanya Trofimov and Katie King.



Alex Fahy.



Martin Hearn leading Cillian Butler and Emily Donnellan.



All 2025 Events	Celbridge Marathon Ranking Race
Danny Cooper (Jnr)	1st
Megan O'Donohoe (Jnr)	1st
Naioise Heneghan	1st
Martin Hearn's Div 3	1st
Alex Fahy	1st
Megan O'Donohoe	1st
Katie King	1st
Sean-Michael O'Driscoll	1st
Noel O'Connell	2nd
Tanya Trofimov Div 7 Women	2nd
Cian Heaslip	2nd
Dexter Dunne	2nd
Simon Hearn's (Jnr)	3rd
Paul Trofimov	3rd
Daniel Dziwirek	3rd
Daniel Keane	3rd
Mattie Corr Div 5	4th
Carol O'Donohoe	4th
Laurence Coonan Div 5	5th
Padraic Keane Div 5	6th
Sean Heneghan	6th
Lukas Dziwirek Div 5	7th
Aidan O'Donohoe	9th
Participants	23
Gold	8
Silver	4
Bronze	4



Clans: St Laurence's v Sall  
Hanlon Concrete Senior F  
Division



# K2 NATIONAL CHAMPIONSHIPS

NEAR THE SANDUNES

— TRAMORE, WATERFORD —



**OPEN TO**  
MALE | FEMALE | MIXED CREWS



**STUNNING COURSE**  
NEAR THE SANDUNES,  
TRAMORE, WATERFORD



**DATE**  
SATURDAY 10<sup>TH</sup> MAY 2025



**FIRST START**  
1700HRS



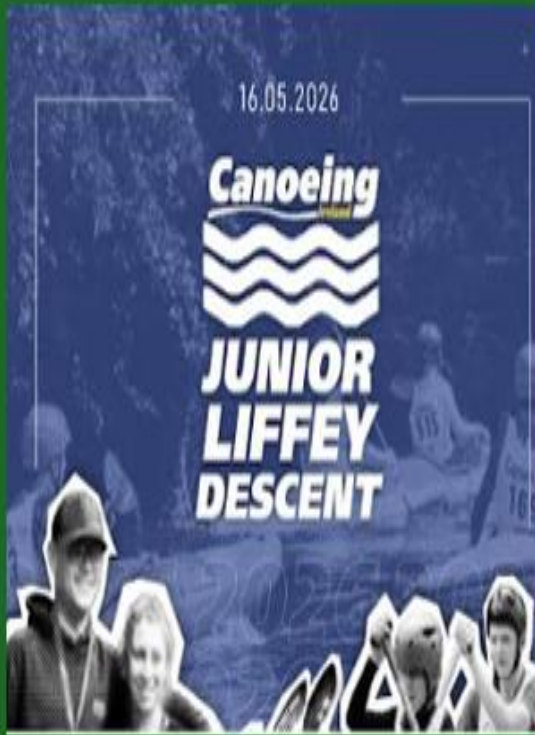
**LOCATION**  
SALEEN BEACH



**CATEGORIES**  
U12 | U14 | U16 | U18  
MASTERS | SENIORS

- ✓ ENTRIES ON DAY
- ✓ LAP COURSE WITH GOOD VIEWING
- ✓ CI SAFETY RULES APPLY





**Canoeing Ireland** 2h · 🌐

🎉 Junior Liffey Descent 2026! 🎉  
 We're excited to confirm that the Junior Liffey Descent 2026 will take place on Saturday, 16th May – bringing young paddlers from across the country together for one of the most exciting youth races on the calendar 🛶

Whether it's your first time on the Liffey or you're returning to take on the challenge again, this event is all about building experience, testing your skills and being part of an incredible paddling community 💙

Entries are open now so book your place on the start line -  
<https://eventmaster.ie/event/EYvri4EF74>

K1A (includes sea kayaks)	€ 20.00 (+ €1.40 Fee)	0
K1B	€ 20.00 (+ €1.40 Fee)	0
K1C	€ 20.00 (+ €1.40 Fee)	0
K2	€ 20.00 (+ €1.40 Fee)	0
K2 Mixed	€ 20.00 (+ €1.40 Fee)	0
Touring Double	€ 20.00 (+ €1.40 Fee)	0
Canoe - Single	€ 20.00 (+ €1.40 Fee)	0
Canoe - Double	€ 20.00 (+ €1.40 Fee)	0
Canoe - Triple	€ 20.00 (+ €1.40 Fee)	0

\*\*\*\*\* we hope to run one or two river trips for our juniors to support them in the upcoming event above \*\*\*\*\* Times & Dates to be clarified.



# Thomastown Paddlers Memorial Race 2026

All crafts welcome:  
SUPs  
Dragonboats  
Surf skis  
Doubles  
GPs & K-Boats

# Save the date!



10km Brendan Fitzpatrick  
K1 Trophy



5km Eoin Doyle  
G.P. Trophy



10km Walter Broderick  
K2 Trophy

# SAT JUNE 13TH

Paddle on one of Ireland's most picturesque stretches of river, while remembering three past members of the kayaking family.

Camping available. Local ranking race next day. Contact us for further details.



## Race Info

- ✓ 5K and 10K Courses
- ✓ Flat deep water
- ✓ Start time: 18:00
- ✓ €5 per paddler entry.

# 28TH NORE

*ranking race 28*

**Classes: (23km)** (Grade 2, 1 weir & rapids)  
**K2, Divisions 1, 2 & Womens**

**11km** (Grade 2, rapids)  
**Divisions 3,4,5 Men, 5 Women.**  
**7 Men/Women/U15 Boys/U15 Girls**

**GP Men/Women. Open Canoe**  
**K2/T2. (SUPs welcome in Div 7)**  
**\*Helmets in Canoe and enclosed craft\***

**ENTRIES AT START**  
**POINTS UP TO 11:30**

**Sunday June 14<sup>th</sup> 2026**

**Start time: 12 Midday**

CI/CANI/BCU membership cards may be asked for at entry.  
Neither the organisers nor Canoeing Ireland accept any  
responsibility for any damage or loss to persons or equipment.  
Parents/Clubs remain responsible for their children's safety.  
Canoeing Ireland safety rules apply.

**Entries**  
**Senior: €20**  
**Junior/Student: €10**  
**Doubles: €30**  
**Family: €45**

**FINISH INISTIIGE BOATSLIP. STARTS: 11KM**  
**THOMASTOWN, 23KM BENNETSBRIDGE**

## Celbridge Paddlers Canoe Club



HOME ABOUT CONTACT NEW BUILDING FAQ TRAINING MEMBERSHIP PADDLE LOGS

### Training

[CPCC Training Handbook](#)  
[This Week's Program](#)  
[Session Explainers](#)  
[2025/26 Training Docs](#)

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
A Group				19:00				19:00			11:00		11:00	
B Group				19:00				19:00			11:00		11:00	
C Group				19:00		19:00		19:00			10:00		10:00	
D Group				19:00		19:00		19:00			10:00		10:00	
E Group		19:00		19:00		19:00		19:00		19:00	10:00		10:00	

### Added to our calander was the monthly Triathlon. Two types available.

- ✓ Short course: 4km Cycle, 2km Run & 5km Paddle
- ✓ Long course: 9km Cycle, 4km Run & 10km Paddle

Date	Race	Race Type	Contact	Location
15/03/2026	Slaney Descent K2 Race	Non Ranking	Bill Milne	Bundooey, Wexford
05/04/2026	Celbridge Marathon	Ranking	Celbridge Paddlers CC	Celbridge, Kildare
12/04/2026	Ballymore Eustance to Kilcullen	Non Ranking	Kilcullen CC	Ballymore Eustace, Kildare
18/04/2026	Boyne Descent	Ranking	Wild Water KC	Trim, Meath
26/04/2026	Barrow Marathon	Ranking	ARC/Kilcullen CC	Athy, Kildare
02/05/2026	Limerick Marathon	Non Ranking	Colm Slevin	Limerick
10/05/2026	K2 National Champs - TBC	National Championships	Tadhg De Barra	Tramore, Waterford
16/05/2026	Gaelforce River Marathon	Non Ranking	Gaelforce Events	Lanesborough, Longford
16/05/2026	Junior Liffey Descent - TBC	Non Ranking	Canoeing Ireland	Leixlip, Kildare
24/05/2026	K1 Short Course National Championships	Championship	CMI Committee	Leixlip, Kildare
	Kevin "Spud" Murphy Memorial Mixed K2 National Championships	Non Ranking		
13/06/2026	Inistioghe Memorial 5/10k	Non Ranking	Thomastown Paddlers CC	Inistioghe, Kilkenny
14/06/2026	Thomastown Nore Marathon	Ranking	Thomastown Paddlers CC	Thomastown, Kilkenny
05/07/2026	Belturbet Lakelands Marathon	Ranking	Cavan CC	Belturbet, Cavan
19/07/2026	K1 National Champs + Poulaphuca Paddle race	National Championships	Poulaphuca	Blessington, Wicklow
16/08/2026	Galway Marathon	Ranking	Galway KC	Galway City, Galway
23/08/2026	Salmon Leap Marathon	Ranking	Salmon Leap CC	Leixlip, Co Kildare
13/09/2026	Lower Liffey Marathon	Ranking	Canoe Centre	Leixlip, Kildare
27/09/2026	Lowtown Marathon - Date TBC (Liffey Descent Dependant)	Ranking	Kilcullen CC	Robertstown, Co Kildare

## Calendar of Events 2026, Club, National, International

Date	Day	Club	National	International Events.
07/03/2026	Saturday		Junior & U23 5K Race Series SLCC	
08/03/2026	Sunday		5K Selection race Junior, U23 78 Senior at SLCC	
15/03/2026	Sunday		Wild Water Series (Cork) Inny, Upper & Lower	
17/03/2026	Tuesday		Slaney Descent K2 Race	
21/03/2026	Saturday		St. Patrick's Day Parade Celbridge	
22/03/2026	Sunday		Junior & U23 Time Trials SLCC	
05/04/2026	Sunday	Celbridge Paddlers Marathon Ranking Race	Wild Water Series (Meath) Boyne	
11/04/2026	Saturday		Celbridge Paddlers Marathon Ranking Race	11th/12th Nottingham Regatta UK
12/04/2026	Sunday		Ballymore Eustace to Kilcullen (non ranking)	11th/12th Nottingham Regatta UK
18/04/2026	Saturday		Boyne Descent. Marathon Ranking Race	International Waterlands Marathon
19/04/2026	Sunday	Spring Gathering & BBQ (Club Event)	Liffey Odyssey	
25/04/2026	Saturday		K1/K2 National Sprint Championships Lough Rynn Leitrim	
26/04/2026	Sunday		Barrow Marathon Ranking Race	
02/05/2026	Saturday		Limerick Marathon (non ranking)	
03/05/2026	Sunday			British Short Course Marathon Championships
10/05/2026	Sunday		K2 National Championships (Tramore) TBC	
16/05/2026	Saturday		Junior Liffey Descent (TBC)	
22/05/2026	Friday		Gaelforce River Kayak Marathon K1 & K2 (22km)	22nd - 25th 2026 ECA Canoe Marathon European Championships (& Masters)
23/05/2026	Saturday			22nd - 25th 2026 ECA Canoe Marathon European Championships (& Masters)
24/05/2026	Sunday		K1 Short Course National Championships	22nd - 25th 2026 ECA Canoe Marathon European Championships (& Masters)
25/05/2026	Monday		Kevin "Spud" murphy memorial Mixed K2 National Championships	2026 ECA Canoe Marathon European Championships (& Masters)
30/05/2026	Saturday		An Ras Mór Ocean To City Cork	
13/06/2026	Saturday		Inistioghe Memorial Race 5/10k (Thomastown)	
14/06/2026	Sunday		Thomastown Nore Marathon Ranking Race	
05/07/2026	Sunday		Belturbet Lakelands Marathon Ranking Race(TBC)	
11/07/2026	Saturday			British Long Course Marathon National Championships
12/07/2026	Sunday			British Long Course Marathon National Championships
19/07/2026	Sunday		K1 National Championships + Poulaphuca Paddle Race	
08/08/2026	Saturday			88th International Descent of the Sella (Asturias)
16/08/2026	Sunday		Galway Marathon Ranking Race	
23/08/2026	Sunday		Salmon Leap Marathon Ranking Race	
06/09/2026	Sunday	Summer Gathering & BBQ Club Event (TBC)		
13/09/2026	Sunday		Lower Liffey Marathon Ranking Race	
27/09/2026	Sunday		Lowtown Marathon Ranking Race (TBC)	
19/10/2026	Monday			19th - 22nd ICF Canoe Marathon master World Championships (& Masters)
20/10/2026	Tuesday			19th - 22nd ICF Canoe Marathon master World Championships (& Masters)
21/10/2026	Wednesday			19th - 22nd ICF Canoe Marathon master World Championships (& Masters)
22/10/2026	Thursday			19th - 22nd ICF Canoe Marathon master World Championships (& Masters)
31/10/2026	Saturday	Haloween Spooky Paddle (TBC)		
06/11/2026	Friday			6th November Marathon International for Senior & Masters