

Utube: <https://youtube.com/@celbridgepaddlerscanoecclub7667?si=Ebx8lZSKdwqglPr5>

Cellbridge Paddlers Canoe Club



2026 Summer Paddle, Picnic & Games



When: Sunday 13th September 2026

Join us this year for a paddle from Robertstown to the clubhouse (21.5km), you can choose to paddle all the way, cycle or a mix of both. Or join at Sallins for a shorter paddle (10km). Perhaps keep it simple and paddle from Sherlockstown (6km).

Or you might wish to keep your **energy** for some of the games back at the club.

Tube Water Polo, stand-up Paddle Board Battle or Find the missing ducklings.



if that's not for you, come along with friends and enjoy the food.

Entry Fee: €10 per adult, €5 per Child/Student.

Schedule for the day

09.00 Robertstown Paddlers Meet at club for Shuttle

10:00 Robertstown Paddle/Cycle

10:00 Sallins Paddlers meet at club for Shuttle

11:00 Sallins break/Sallins paddlers join/Sherlockstown Paddlers meet at club for Shuttle

11:30 Both groups paddle to club

12:00 Sherlockstown paddlers hit the water

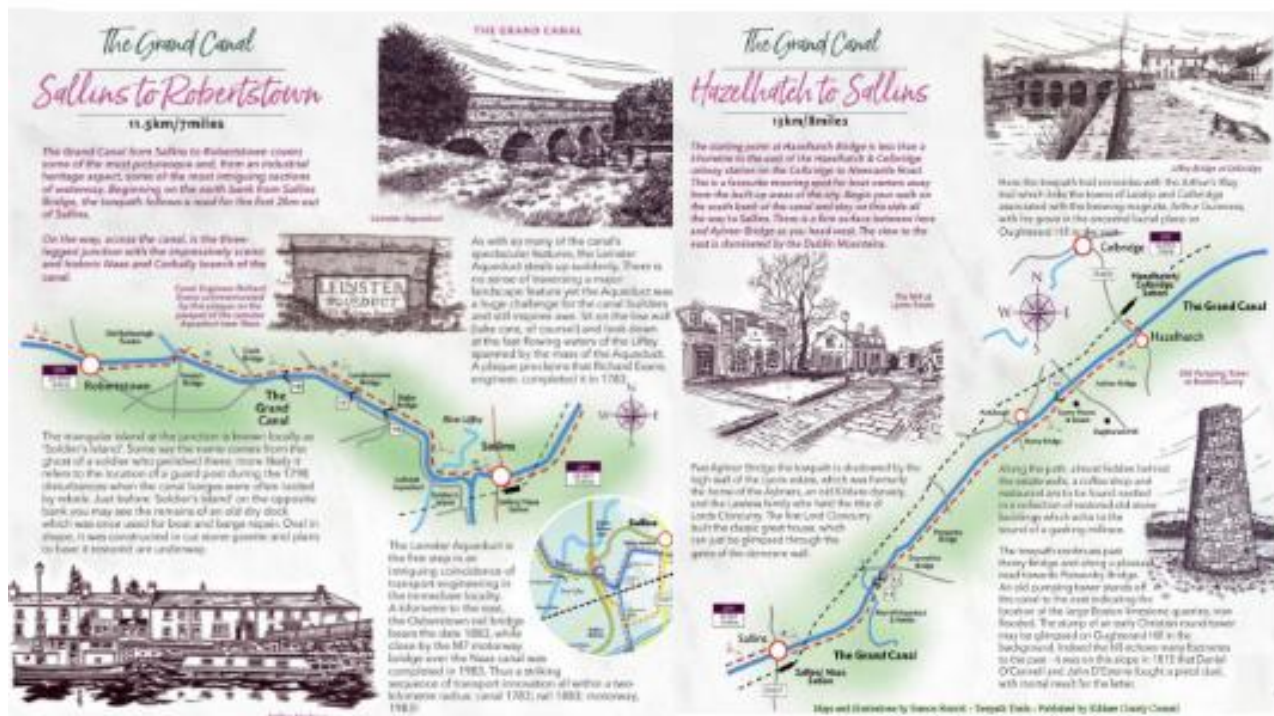
12:30 Club Picnic/BBQ

13:00 Let the games begin



The distance along the Grand Canal towpath between Robertstown and Celbridge Paddlers is 21.5 km. This route is made up of **two** distinct sections

- **Robertstown to Sallins:** 11.5 km along a mostly grassy and mixed-surface towpath.
- **Sallins to Hazel Hatch:** 10 km along a fully upgraded, paved or gravel greenway.





Salmon Leap Canoe Club

Ribadasella Marathon Ranking Race



Salmon Leap Marathon Race 2026

Ribadasella: Marathon Ranking Series: Race 8 of 10

The eight round of the Ribadasella series took place on a stunning warm day on the lake at Salmon Leap. No wind, high water and great sunshine.

16 of our members took part and raced in almost all the divisions with a variety of distances of 4km, (GP/Div 7) 8km (Div 4,5, 6), 12km (Div3) & 16km (K2, Div 1, Div 2). Our club took home 7 medals, 4 Gold, 1 Silver 2 Bronze.

Our junior girls led the way on the podium with Gold for Megan O'Donohoe in Div 7 and Katie King in GP class.

Martin Hearn & Aisa Cooper did the long course K2, taking gold. Great preparation for the upcoming 65th Liffey Descent.

In Div 4 Simon Hearn took another back-to-back Silver Medal and Noel O'Connell had to settle for a bronze medal. Both have been in a championship battle all season and with two races left the ultimate winner is not certain.

In the sharper end of the field, Evan O'Keeffe took an impressive bronze on the long 16km course.

Four of our 2025 Summer Camp Juniors took part in the very competitive Div 7. Well, done, Gearoid McGreevy, Cian Heaslip, Nathan King & Tadhg O'Neill. We hope you enjoyed the race on the lake.



Also racing on the day but not on the podium were , Sean Heneghan Div 4, Naoise Heneghan, Carol O'Donohoe, Daniel Dziwirek, Danny Cooper & Lukas Dziwirek Div5.

A quick mention that Danny Cooper was **promoted** to Division 5 prior to the race, having shown great growth in speed and skill during the first half of 2026. Welcome to Division 5, you will be racing against some familiar club members, Lukaz, Daniel, Carol, Laurence & Naoise.

A special thank you to all the members and parents who helped get boats to and from the Club. The support helps all of us take part at the events.

Next up:

Lower Liffey 6th September: Club BBQ 3rd September: 65th Liffey Descent 19th September

Please keep an eye out in the training group for upcoming Liffey/Junior Liffey Descent training days. **Important:** the lower Liffey is a 14km race, and the Liffey Descent is 30km.

Stamina/distance training is important, and if you're doing it in a GP, it's feels longer.

Megan

Kate

Simon

Mark & Ross





The Castle-to-Castle Swim on Lough Ree is a 13.5km from ~~Bindoon~~ Castle to Athlone Castle.

Providing support on the day was our clubs own Aidan O'Donohoe whose Swimming Lifeguard & Kayak skills were there to support the swimmers on the day. Well done, Aidan.





Galway Kayak Marathon

Ranking Series



Galway Kayak Marathon

Ribadasella: Marathon Ranking Series: Race 7 of 10

The Lower section of the River Corrib in Galway was the setting for round 7 of the Marathon Racing Series. Sixteen members of our club raced in the variety of divisions from Div 2 all the way to Div 7. The first full rain day of summer hit our paddlers and the wind and the powerboats that created some good surfing added to the misery or thrills, depending on your brain chemistry. Our club took home 3 Gold, 3 Silver and 2 Bronze medals on the day.



Winning Boys **Division 7** with 3 rounds to go and **promoted** straight away to Div 5 was our own Danny Cooper who took Gold in Galway. Well done Danny and best of luck in Div 5. Taking Silver and Bronze in Boys Div 7 were Tadhg & Cian Heaslip. A clean sweep for Celbridge Paddlers. Girls Div 7 was won by Megan O'Donohoe. Adding to her impressive wins in the GP category, Katie King took home another gold medal. GP overall winner for 2026 is looking very promising. Div 5 Ladies saw Carol O'Donohoe taking another impressive medal, a bronze this time..

Battling to win Div 4, Simon Hearn was part of the leading pack but took home Silver narrowly missing out on taking the top podium step. Similar for Naoise Heneghan in Div 5, he had to settle for

2nd place with a strong race on the medium 11km course. Winning Div 5 is still within reach. Finally in the super-fast Div 3, Martin Hearn took home bronze.

The remaining races are Salmon Leap, Lower Liffey and then Lowtown/Robertstown



21st running of the MiniSella



Danny Cooper was CPCC's representative at the 21st running of the MiniSella. This is open to Under 14's with the best of young paddlers from all over Spain and the wider world taking part. This is a race for under 14's only and there were more than 400 boys and girls taking part.

On race day Danny marched with the Arriondas Band along with his supporter and other nations under their country banners and flags. Cead Mile Failte & Ole, Ole Ole Ole could be heard all over Asturias.



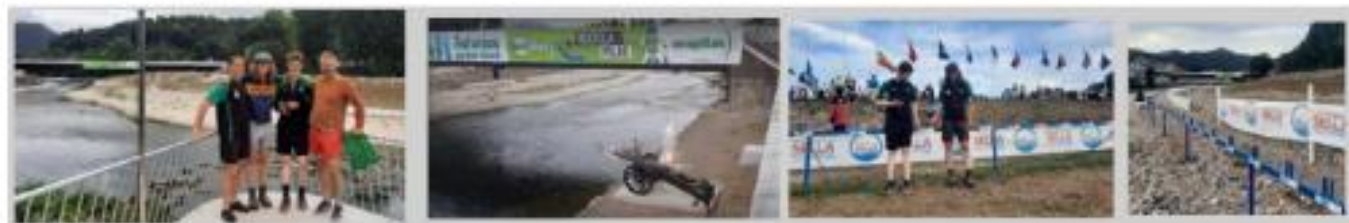
A standing mass group start meant you had to dig deep and get away fast.

Danny was the 2nd quickest off the start and had a fantastic race. The top 10 finishers are honoured with a medal and Danny came home 9th. A great day. Well done Danny.





Six members of Celbridge Paddlers flew to Spain to take part in the 88th running of the Internacional Del Sella. The race has two finishing areas but starts in the mountain town of Arriondas. On the night before the race Simon Hearn led the parade for the Irish contingent and helped raise the flag when our National Anthem was played.



There are two racecourses. The 16km course finished below the railway bridge at LLivio. The 20km course finishes under the bridge at Ribadesella.

The course has constant bottle necks and creates constant drama, It can be very shallow and you need to be able to read the river well. The twisty nature of the river means you need to line up correctly or get pushed to far and run aground or into a canyon wall. Choose the wrong path and you might get your boat split by rocks or other oncoming paddlers.

Aisa Cooper paired up with **SLCC's David Francis** and narrowly missed out on a medal in the over 50's K2 race. They finished 4th.

Following a few minutes behind them was the pairing of **Sean Heneghan** and **Contrast's Fergus Cooper**. They finished in 7th place. Both pairings caught up in the damn of boats that was created after 500 meters of racing. Both wanting to stay river right but forced river left.

Danny & Morgan Cooper came home 92nd in the Senior K2 class. They mixed it up with the best paddlers on the sharp end of the grid. 12 minutes better than their 2025 race. Class.

Simon & Martin Hearns also raced in the ultra-packed Senior K2 class. They finished 101st. The race is tough on boats and equipment and some rudder issues cost them many places. This was their 1st outing on the River Sella. Hopefully many more to follow. Simon steered the boat in all the right places, not an easy outing for your first Sella

Naoise Heneghan & Callum Brown raced in the U23 Class and came home 19th. Callum filmed some of the race and that's available on his U-Tube Channel. Some interesting shots, worth a watch.



Where's Aisa, Where is Digger ?







Can you spot Simon & Martin



Lower Liffey Ranking race & 65th Liffey Descent Training

I hope your training is going well for the Lower Liffey 14km and full Liffey Descent 30km.

Distance training is important. After all, it's a long course.

If anyone is doing either race and needs weir support, especially if this is your first LD or moved to a different boat, I'm hoping to organise some days to get practice in. We can always share GPs on the day, too.

Please remember

It's so important that you have a boat ready, a helmet, buoyancy aid, and **spraydeck** that **fits**, and the right paddle

Temple Mills: : 26/08/202 18:00
OTW Wednesday,

Sluice & Wrens: 29/08/2026 10:00
OTW Saturday

Straffan Jungle to Vanessa: 1
17/09/2026 1800 OTW "sharp" Thursday
(limited day light)

Canoe Marathon Ireland

Lower Liffey Race 2026

Sunday 6th September
12 Noon Start

Long course 22km - Start SLCC, Lap of the lake, finish at Canoe Centre, Palmerstown

Short course 14km - Start SLCC to finish at Canoe Centre, Palmerstown

Classes

- K2 / T2 Long Course
- Div 1
- Div 1 Women
- Div 2
- Div 3
- K2/T2 Short Course
- Div 4
- Div 5 Men
- Div 5 Women

- Div 7 Men
- Div 7 Women
- Div 7 Under 15 Boys
- Div 7 Under 15 Girls
- Canoe
- GP Men
- GP Women

Fees

Seniors - €20
Juniors/students/unwaged - €10
Family - €45

Entries on the day until 11.00am

- Neither the organisers nor Canoeing Ireland accept responsibility for any damage or loss.
 - Rough water course with Grade 1 / Grade 2 rapids. CI Safety rules apply.
This race is not suitable for Novices or beginners.
 - GP and Canoe paddlers must wear helmets.

If you wish to volunteer or help at the race please contact the Race Organisers:
Canoe Centre - 01 6264363 - info@canoecentre.ie





Canoe Centre

1h ·

The 2026 edition of the Lower Liffey Race is just two weeks away.

Sunday 6th September, 12 noon start, Salmon Leap CC to Canoe Centre.

The water levels will be low, so dig out those old boats from behind the shed or the end of the garden and come join us for a great days racing.

We'll be rolling out our usual hospitality at the finish with Watkins burgers, refreshments and a new addition, recovery sessions at [Riverbank Sauna](#) for all paddlers!

The Lower Liffey is a great opportunity to get your blades in the water and scope out some lines before the [Liffey Descent](#) two weeks later. Entries on the day at Salmon Leap CC until 11AM.



POST LIFFEY 10K RACE

FLATWATER KAYAK 10KM RACE

€150
FIRST BOAT
HOME

Sunday 20/09/2026 10:00
Salmon Leap Canoe Club
Entries Close 09:30 Prizegiving 11:30
4 Lap Course • Mass Start

Classes: Open K2, Men's K1, Women's K1,
U18 Men K1, U18 Women K1, U15 Boys K1, U15 Girls K1

Entry Fee: Juniors €10 Seniors €20
Medals for all classes

All funds raised go towards the National Team
World Championships, Argentina



65th Liffey Descent Set for 19 September 2026

<https://celbridgepaddlers.ie/training/>

Celbridge Paddlers Canoe Club

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Training

CPCC Training Handbook
This Week's Program
Session Explainers
2025/26 Training Guide

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

Added to our calendar was the monthly Triathlon. Two types available.

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

<https://celbridgepaddlers.ie/training/>

Calendar of Events 2026, Club, National, International

Date	Day	Club	National	International Events
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 (3 Masters)
20/10/2026	Tuesday			19th - 22nd ICF Canoe Marathon master World Championships (3 Masters)
21/10/2026	Wednesday			19th - 22nd ICF Canoe Marathon master World Championships (3 Masters)
31/10/2026	Thursday			19th - 22nd ICF Canoe Marathon master World Championships (3 Masters)
31/10/2026	Friday	Halloween Spooky Paddle (TBC)		19th - 22nd ICF Canoe Marathon master World Championships (3 Masters)
06/11/2026	Saturday			6th/7th November Marathon International des Gorges de l'Arche
07/11/2026	Sunday			Marathon International des Gorges de l'Arche
06/12/2026	Saturday	4th Pink Paddle (TBC)	4th Pink Paddle (TBC)	
19/12/2026	Saturday	Club Christmas Gathering (TBC)	43 Turkey Race (TBC)	
25/12/2026	Friday	Christmas Day		

2026 Racing Summary

	Ranking	Non Ranking	Totals
Participants	99	50	149
Gold	28	15	43
Silver	17	12	29
Bronze	13	5	18
Ranking Participant	1161		
Ranking Club Points (10 per	990		

Non Ranking Races Results 2026

	VVR	VVR	K2 event	SC K1 Mixed	Sprint	Sprint	Junior	Mixed	UK Nationals	Irish Nationals	Spanish Descent	Ireland Descent	Canoe Christmas Race
Club Participants	VVR Castletown A	VVR Bando A	Slaney Descent LK2	K2 Spud, SC Cships, Mixed K2	Sprint Nationa Is	Nothin gham Sprint	Junior Liffey Descent	Thomastow n Memorial Race	UK Marathon Nationals	Blessington National Champs & Rec Race	88th Internationa l Descent of the Sella	65th Liffey Descent	43rd Turkey Race
Martin Hearn Div 3/K2			11th	2nd Mixed				2nd K2	4th	4th Masters E	101st		
Noel O'Connell Div 4			11th										
Simon Hearn Div 4	1st			Mixed	4th 100m	3rd	tbc	7th K1	21st	3rd U15 Nat	101st		
Sean Heneghan Div 4	2nd									1st K2 LC Rec	7th		
Naoise Heneghan Div5		1st					1st			2nd K2 SC Rec	19th		
Mattie Corr Div 5													
Lawrence Coonan Div 5													
Pdraic Keane Div 5													
Lukas Dziwerek Div 5/GP										1st K1 Rec			
Aidan O'Donohue Div 5	2nd												
Carol O'Donohue Div 5/GP	1st									2nd Mts A Nat			
Alex Fahy D7 Men													
Paul Trofimov D7 Men													
Daniel Dziwerek D7 boys										1st K1 Rec			
Danny Cooper (D7 boys)	3rd			2nd SC 16th Spud,			1st	3rd K2	14th	1st UK's Nat	9th MS 32nd		
Megan O'Donohue Div 7 Girls/ GP	1st						1st			3rd U15 Nat	32nd Sella		
Katie King Div 7 Women / GP							2nd						
Tanga Trofimov Div 7 Women													
Aisa Cooper			9th	4th Spud, 22nd				2nd K2			4th		
Callum Brown	3rd	1st			1st C1 500, 1st C1200						19th		
Morgan Cooper K2	4th		9th	6th Mixed				3rd K2	8th				
Fergal Walsh K2, K1								4th K1		5th Mts A Nat			
Karen Gallagher GP								20 GP					
Matt Black GP								19th GP					
Niall McClean				22nd Mixed									
Daniel Keane							16th						
Tadhg O'Neill										1st K1 Rec			
Sean Michael										2nd K1 Rec			
Brendan Keane													
Total Participants	8	2	4	7	2	1	6	8	4	0	8		50
Gold	3	2	0	0	2	0	3	0	0	5	0		15
Silver	2	0	0	4	0	0	1	2	0	3	0		12
Bronze	2	0	0	0	0	1	0	0	0	2	0		5

Ranking Race Results 2026

Ranking Races

	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	
Club Participants	Celbridge Race	Athy Race	Trim Ranking Race	Thomastown Race	Belturbet Race	Galway Race	Salmon Leap Race	Lower Liffey Race	Lowtown Race	Totals Individual Points	
Martin Hearn Div 3/K2	15	13		15		12	15			70	
Noel O'Connell Div 4	13	15		13	15		12			68	
Simon Hearn Div 4	12	13	15	7	13	13	13			86	
Sean Heneghan Div 4	9	5	9			11	8			42	
Naoise Heneghan Div5	15	15	15		10	13	3			71	
Mattie Corr Div 5	11									11	
Laurence Coonan Div 5	10	15				12				37	
Padraic Keane Div 5	8									8	
Lukas Dziwerek Div 5/GP	7	7		11	9	11	1			46	
Aidan O'Donohue Div 5	6									6	
Carol O'Donohue Div 5/GP	11			13		12	10			46	
Alex Fahy D7 Men	15									15	
Paul Trofimov D7 Men	12									12	
Daniel Dziwerek D7 boys	12			13	12	9	1			47	
Danny Cooper D7 boys & Div 5 K2	15	13	11	15	15	15	8			92	
Megan O'Donohue Div 7 Girls/ GP	15			10		15	15			55	
Katie King Div 7 Women / GP	15	15		15	15	15	15			90	
Tanya Trofimov Div 7 Women	13									13	
Aisa Cooper		13	11	15			15			54	
Callum Brown		15	10							25	
Morgan Cooper K2		13		13		11				37	
Fergal Walsh K2, K1		9		13	10	11				43	
Karen Gallagher GP				12						12	
Matt Black GP				12						12	
Cian Heaslip						12	10			22	
Daniel Keane		11			12					23	
Tadhg O'Neill		10				13	9			32	
Sean Michael		15								15	
Brendan Keane		11			13					24	
Nathan King					11	11	7			29	
Gearoid McGreevy							6			6	
Eavan O'Keefe							12			12	
Total Participants	18	17	6	14	11	16	17			99	
Gold	6	6	2	4	3	3	4			28	
Silver	2	4	0	5	2	3	1			17	
Bronze	3	0	0	2	2	4	2			13	

Ranking Points	
1st	15
2nd	13
4th	11
5th	10
6th	9
7th	8
8th	7
9th	6
10th	5
11th	4
12th	3
13th	2
14th	1
1 point given to every position from 14th onwards	

Non Ranking Races Results 2026

Ranking Race Results 2026

Ranking Races

	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	
Club Participants	Celbridge Race	Athy Race	Trim Ranking Race	Thomastown Race	Belturbet Race	Salmon Leap Race	Lowtown Race	Galway Race	Totals Individual Points
Martin Hearn Div 3/K2	15	13		15					43
Noel O'Connell Div 4	13	15		13	15				56
Simon Hearn Div 4	12	13	15	7	13				60
Sean Heneghan Div 4	9	5	9						23
Naoise Heneghan Div5	15	15	15		10				55
Mattie Corr Div 5	11								11
Laurence Coonan Div 5	10	15							25
Padraic Keane Div 5	8								8
Lukas Dziwirek Div 5/GP	7	7		11	9				34
Aidan O'Donohue Div 5	6								6
Carol O'Donohue Div 5/GP	11			13					24
Alex Fahy D7 Men	15								15
Paul Trofimov D7 Men	12								12
Daniel Dziwirek D7 boys	12			13	12				37
Danny Cooper (D7 boys)	15	13	11	15	15				69
Megan O'Donohue Div 7 Girls/ GP	15			10					25
Katie King Div 7 Women / GP	15	15		15	15				60
Tanga Trofimov Div 7 Women	13								13
Aisa Cooper		13	11	15					39
Callum Brown		15	10						25
Morgan Cooper K2		13		13					26
Fergal Walsh K2, K1		9		13	10				32
Karen Gallagher GP				12					12
Matt Black GP				12					12
									0
Daniel Keane		11			12				23
Tadhg O'Neill		10							10
Sean Michael		15							15
Brendan Keane		11			13				24
Nathan King					11				11
Total Participants	18	17	6	14	11				66
Gold	6	6	2	4	3				21
Silver	2	4	0	5	2				13
Bronze	3	0	0	2	2				7

Ranking Points	
1st	15
2nd	13
4th	11
5th	10
6th	9
7th	8
8th	7
9th	6
10th	5
11th	4
12th	3
13th	2
14th	1
1 point given to every position from 14th onwards	
Novice racers do not get points	
the same division _	
10 club points given to each racer (except novice racers	