



Celbridge Paddlers

Salmon Leap Marathon Race Report

Round 7 of the Marathon racing seasons took place on the wide-open lake at Salmon Leap Canoe Club on Sunday 24th of August 2025. There was a very strong turnout of competitors and supporters. Despite the lower-than-normal water levels the event went very well.

Celbridge Paddlers sent both a Junior & Senior team to the event and were represented in the majority of divisions.

The clubs' top juniors on the day were Megan O'Donohoe, Simon Hearn, Danny Cooper, Lawrence Coonan, Callum Brown, Daniel Dziwirek & Katie King

The clubs' top senior paddlers were Evan O'Keeffe, Carol O'Donohoe, Martin Hearn, Lukaz Dziwirek, Morgan Cooper, Sean Heneghan.

Medalling on the day were Simon Hearn (K1 Div 5) & Lawrence Coonan (Div 7 K1,) taking gold. Taking silver were Carol O'Donohoe (K1 Div 7), Morgan & Danny Cooper (K2), & taking bronze was Lukaz Dziwirek (K1 Div 7)

Only four marathon races remain with plenty of division top spots to be finalised for 2025. The next event is the Lower Liffey race on September 14th.







Where's Wally part 1: Can you spot Callum & Naoise?



Where's Wally part 2: Can you spot Fergal & Sean?



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.**

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.

Building News:



Update on all club results 2025 (After Salmon Leap Marathon Race).

As far as I can make out **139** 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 **91** medals, **50** gold, **25** silver and **15** bronze (hopefully my data is correct).

- The Junior Medal Leader is Danny Cooper on 10 , followed by Naoise Heneghan on 8, Simon Hearn on 6. 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 9, Sean Heneghan on 6. The top Senior Ladies paddler is Carol O'Donohoe on 4.
- Races entered in 2025. Naoise on 13, Sean on 13 & Callum on 12

All 2025 Events	Wild Water Age 6	Wild Water Limer	Wild Water B+	Slanes Descent (K2)	Celbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Junior Lifeg Descent	National K1 Short + K Murphy Memorial	European Marathon Champ Portl	Inistioge Memorial S100	Thomastown Ranking Race	K1 National Championships	Belhurbet Ranking Race	Sun 20th July - Blessington Ranking Race Poulaphuca	Sat 9th August - Sella Descent, Asturias Sp	Sun 24th August - Salmon Leap Ranking Race	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 MU 23 17h 152.20 (20km)	8th	12	7	2	1	10	
Daniel Dziwerek					3rd K2	1st K2 LC	2nd GP	1st K2				1st GP					10th	6	3	1	1	5	
Emily Trolimova					3rd novice													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 MU 23 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 20km	10th	13	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 84th 20km	2nd K2 SC	10	4	4	1	9	
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 84th 20km	2nd K2 SC	11	5	4	1	10	
Fergal Walsh					4th											K2 Mens Snr 151.30 84th 20km	8th	5			2	2	
Noel O'Connell					1st Div 4	3rd Div 4						1st Div 4						3	2		1	3	
Aisa Cooper										15th					5th	K150+ 8th 119.35 (17km)		3				0	
Cillian Butler					1st Div 5			1st T2										2	2			2	
Aidan O'Donohoe					6th Div 5													1				0	
Lucasz Dziwerek					8th Div 5	1st Div 7	7th GP					7th GP			1st Div 7		3rd K1	6	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 8, 10 K2			2nd Div 7	5th U16	1st Div 7			1st Div 5	8	3	2		5	
Martin Hearn									10 K2		4th K1			1st Div 4			7th	4	1			1	
Carol O'Donohoe					2nd Div 7							1st GP			1st Div 7		2nd Div 7	4	2	1		3	
Tanya Trolimova					4th Div 7													1				0	
Breigh Verdon					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				19th K1				2nd Div 7		1st 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			1st GP			4th		5th	5	2			2	
Katie King							1st GP	1st GP							1st GP		4th	4	3			3	
Robert Dziwerek					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	
Evan O'Keefe																	4th	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	14	139	138	48	24	15	87
Gold	3	2	2	2	7	6	4	7	1	0	2	4	1	2	5	0	2	50					
Silver	0	0	0	0	6	1	4	0	0	0	0	6	0	2	3	0	3	25					
Bronze	0	0	0	0	5	1	0	1	0	0	1	3	1	2	1	0	1	15					

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

Ranking Races/Ribadasella Series

After 7 ranking events, (4 remain)

The top Junior girls point scorer is Megan O'Donohoe on 47 points followed by Katie King on 41. The Junior boy's points leader is Danny Cooper with 97 points, followed by Naoise Heneghan on 67 and Simon Hearn on 71.

The top Ladies point scorer is Carol O'Donohoe on 56 points.

The Seniors group is led by Morgan Cooper on 97 points followed by Sean Heneghan on 76 and Callum Brown on 75.

Marathon Races (Ranking Points for Ribadasella)	Colbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Thamaraun Ranking Race	Belturbet Ranking Race	Sun 20th July - Blessington Ranking Race	Sun 24th August - Salmon Leap Ranking Race	14 September Leixlip Liffey Ranking Race	21st September Malahide Ranking Race	28th September - Laurels Ranking Race	Sun 26th October Galway Ranking Race	Total	Total
Callum Brown K2 Long Course	12	15	15	13								55	
Callum Brown K2 Short Course						13						13	75
Callum Brown K1							7					7	
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				3	6					39	
Sean Heneghan GP			13		12							25	76
Sean Heneghan K2 Short Course				12								12	
Neil Fleming			15									15	15
Daniel Dziwirek K2 Long Course	12	15										27	
Daniel Dziwirek Div 7			13				5					18	60
Daniel Dziwirek GP				15								15	
Morgan Cooper K2 Short Course	15	15	13	13	13	15	13					97	97
Danny Cooper K2 Short Course	15	15	13	13	13	15	13					97	97
Fergal Walsh Div 3	11						7					18	30
Fergal Walsh K2 Short Course				12								12	
Noel O'Connell Div 4	15	12		15								42	42
Aidan O'Donohoe	3											3	3
Lucas Dziwirek Div 7	7	15				15	12					49	65
Lucas Dziwirek 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		15					56	
Simon Hearn GP			15									15	71
Martin Hearn Div 4					15		8					23	23
Cillian Butler	15											15	23
Carol O'Donohoe Div 7	13					15	13					41	
Carol O'Donohoe GP				15								15	56
Tanya Trofimova Div 7	11											11	11
Breigh Verdon GP	15											15	15
Valerie Ball GP	13											13	13
Audrey Butler GP	12											12	12
Laurence Coonan Div 7	15					13	15					43	54
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	10					32	47
Megan O'Donohoe GP				15								15	
Katie King (GP)			15			15						30	41
Katie King K1							11					11	
Matt Black GP				12	11							23	23
David Foley GP				11								11	11
Joe Foley GP				10								10	10
Vincent O'Sullivan GP				3								3	3
Robert Dziwirek GP				13								13	13
Aiza Cooper						10						10	10
Davey Buggy						13						13	13
Evan O'Keefe							11					11	11
Rob Hetherington						7						7	7
												0	0
	233	105	143	212	80	134	124	0	0	0	0	1160	1168
*** top six results count towards end of year placings. (all six must be in the same Division (not a combination of GP, Div K2))													

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 Ribadasella 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.




10K Summer Race Series

Starting Thursday, May 22nd 7:00 PM

Salmon Leap Canoe Club


Runs weekly throughout the summer

- Open to all ages and skill levels
- Weekly 10K races
- Friendly competition & great vibes
- Spectators welcome!



Autumn/Winter Training: Program being developed & due to roll out in the next week or so. Restructure of current training days/format also underway.

Future Events



Canoe Marathon Ireland

Admin Canoe Marathon Ireland Committee · 19h ·

Please note some changes to the race calendar
Rescheduled K2 Champs to be added.

CALENDAR UPDATE 21/08/25

Aug 24 SLCC Ranking Race

Sept 14 Lower Liffey Ranking Race

Sept 21 Malahide Ranking Race

Sept 28 Lowtown Ranking Race

Oct 18 Liffey Descent

Oct 26 Galway Ranking Race.



CANOE CENTRE

Canoeing
Ireland

Lower Liffey Race

Sunday 14th September, 12 noon start
Salmon Leap Canoe Club to Canoe Centre

Long course (SLCC, 1 lap of lake, descent to Canoe Centre)

Short course (SLCC, descent to Canoe Centre)

Classes

- Div 1
- 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
- GP U16 Boys
- GP U16 Girls

Fees

Seniors - €20

**Juniors/students/unwaged -
€10**

Family - €45

Online entry closes Saturday 13th September
Entries on the day accepted until 11.00am

- CI/CANI/BC membership cards must be presented when entering.
- Neither the organisers nor CI accept responsibility for any damage or loss.
 - Rough water course with Grade 1 / Grade 2 rapids
 - CI Safety Rules Apply.

If you wish to volunteer to help out at race please contact the Race Organiser, Shane Cronin –

Shane@canoecentre.ie, 087 222 8767



Canoe Centre

48m · 🌐

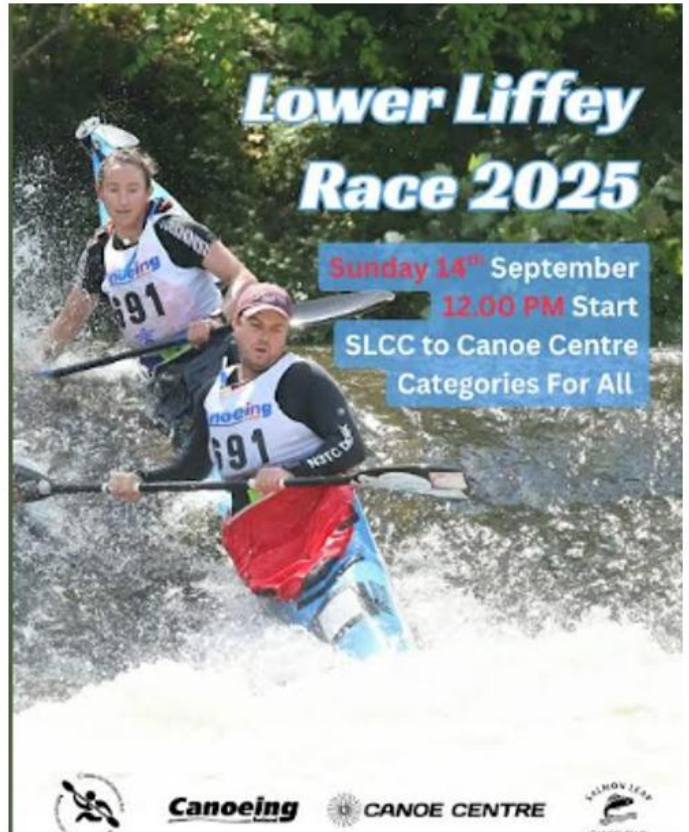


The Lower Liffey Race is just one month away! Time to start polishing your K-boats and dusting off those Gola Sprints from the back of your shed! We are going for a 12PM start at Salmon Leap Canoe Club on Sunday 14th September. While we can't guarantee a full flood, we can certainly ensure the good times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



Lower Liffey Race 2025

Sunday 14th September
12.00 PM Start
SLCC to Canoe Centre
Categories For All

Canoeing CANOE CENTRE SALMON LEAP

canoeamarathonireland.com

Malahide Ranking Race – Postponed

New date: 21st September

This weekend's 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

Race Notice 25 May 2025
Malahide Sprints
Canoe Club

New date: 21st September

Canoeing Ireland

Rescheduled

New date: 21st September



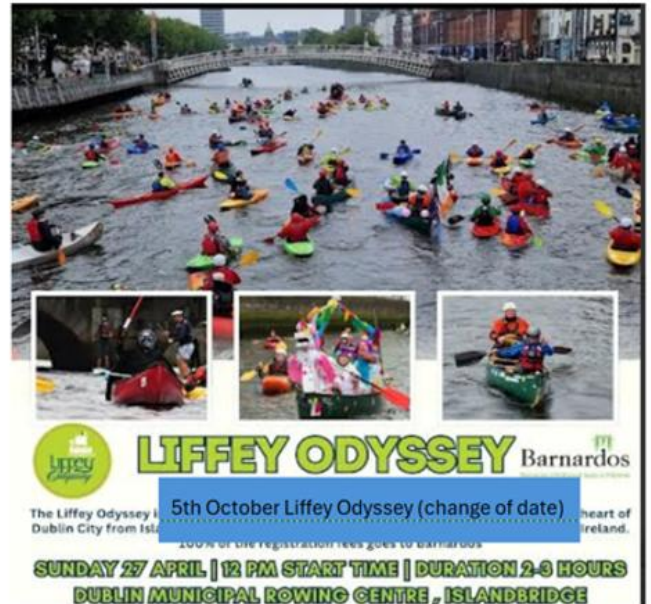
Canoeing Ireland

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 2025. 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

Date	Day	Club Events/Training	National Events/External Training	International Even
03/09/2025	Wednesday	18:45 Junior Training OTW 19:00		
06/09/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
07/09/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs		
10/09/2025	Wednesday	18:45 Junior Training OTW 19:00		
11/09/2025	Thursday	Committee Meeting		
13/09/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
14/09/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	Lower Liffey Ranking Race	
17/09/2025	Wednesday	18:45 Junior Training OTW 19:00		
20/09/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
21/09/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	Malahide Ranking Race	
24/09/2025	Wednesday	18:45 Junior Training OTW 19:00		
27/09/2025	Saturday	Club 24 hour Paddle & BBQ		
28/09/2025	Sunday	Club 24 hour Paddle & BBQ	Lowtown Ranking Race	
01/10/2025	Wednesday	18:45 Junior Training OTW 19:00		
04/10/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
05/10/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	Liffey Odyssey	
08/10/2025	Wednesday	18:45 Junior Training OTW 19:00		
09/10/2025	Thursday	Committee Meeting		
11/10/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
12/10/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs		
15/10/2025	Wednesday	18:45 Junior Training OTW 19:00		
18/10/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	*****Liffey Descent *****	
19/10/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs		
22/10/2025	Wednesday	18:45 Junior Training OTW 19:00		
25/10/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
26/10/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	Galway Ranking Race	
29/10/2025	Wednesday	18:45 Junior Training OTW 19:00		
01/11/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		
02/11/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs		
05/11/2025	Wednesday	18:45 Junior Training OTW 19:00		
08/11/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training		

09/11/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
12/11/2025	Wednesday	18:45 Junior Training OTW 19:00	
13/11/2025	Thursday	Committee Meeting	
15/11/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
16/11/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
19/11/2025	Wednesday	18:45 Junior Training OTW 19:00	
22/11/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
23/11/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
26/11/2025	Wednesday	18:45 Junior Training OTW 19:00	
29/11/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
30/11/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
03/12/2025	Wednesday	18:45 Junior Training OTW 19:00	
06/12/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
07/12/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	2025 Annual Pink Paddle
10/12/2025	Wednesday	18:45 Junior Training OTW 19:00	
11/12/2025	Thursday	Committee Meeting	
13/12/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
14/12/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	42nd Turkey Race/CPCC Christmas Party
17/12/2025	Wednesday	18:45 Junior Training OTW 19:00	
20/12/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
21/12/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
24/12/2025	Wednesday	18:45 Junior Training OTW 19:00	Ho Ho Ho
25/12/2025	Thursday	Merry Christmas to all our members	Ho Ho Ho
27/12/2025	Saturday	10:45 Junior Training/ 10:20 Ladies Training	
28/12/2025	Sunday	09:30 10 KM open time trials: 10:00 New Members try outs	
31/12/2025	Wednesday	18:45 Junior Training OTW 19:00	Happy New Year