

Website: <https://celbridgepaddlers.ie/training/> Facebook <https://share.google/vlqmUj8vNX39UWjhh>

Utube: <https://youtube.com/@celbridgepaddlerscanoeclub76677?si=Ebx8I7SKdwqgIPr5>

Celbridge Paddlers Canoe Club



Celbridge Paddlers Canoe Club Annual Awards Night

On Friday the 27th of February 2026, Celbridge Paddlers hosted their annual AGM and Awards Ceremony. The awards recognise the achievements of our members from skills improvements to success at racing events.

The Junior Girls winner for most improved paddler was Megan O'Donohoe, winning at multiple events during the year and improving many new skills.

The Junior Boy's winner was Simon Hearn who moved up from division 7 to division 4 within one year, a great achievement, collecting many medals and championship points along the way. His hard work paying off.

The Senior Ladies winner was Orla Fallon whose boat skills especially in a K1 have grown so much in 2025.

The Senior Men's winner was Lukasz Dziwirek who was the outright winner of Division 7 collecting many 1st places throughout the season.

The paddler who collects the most points for race participation is honoured with the Ribadasella trophy.

Morgan Cooper took away the Seniors prize and Danny Cooper took away the Junior prize. They collected a massive 254 championship points collectively and won the K2 Marathon Championship 2025.

The **Johnny Fitzsimons Cup** is the clubs top yearly award and only our best paddlers adorn the cup. The well-deserved winner for 2025 was Morgan Cooper. Not only winning the K2 Marathon Championships with his son Danny, National K2 Champion, K1 National medallist and he took Gold in the Liffey Descent T2 class.

Finally, there was one class left to hand out, known as the **Neptune Trophy**. This can only be won for the most spectacular witnessed capsizes. **The Junior winner** was Lawrence Coonan, when you take out a faster unstable boat you can expect a good few swims and Lawrence was spectacular on occasions but rarely tips in now.

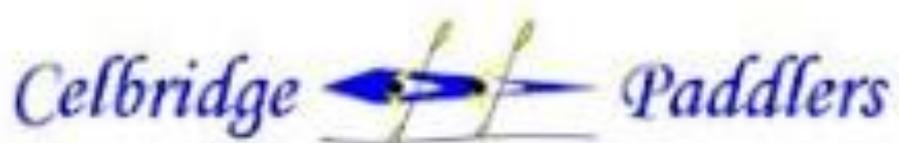
The most **unexpected Senior winner** was Noel O'Connell with swims on the Barrow and perhaps other unseen locations. Perhaps the only trophy he didn't expect to have in his display.



AGM: more details to follow:



Breaking News



Marathon Ranking Race

Keep April 5th Free for the 1st ranking race of the 2026 Season, To be hosted by Celbridge Paddlers at Lyons Estate

Full details to follow in the coming weeks

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances" - Viktor Frankl

Hello friends! It has been nearly 2 months since my home and all my possessions were burnt to the bottom of the Grand Canal. Honestly, it has taken some time for the reality of my situation to fully sink in (haha). The scale of what is in front of me has been overwhelming and even tiny steps forward have felt like a complete waste of time and effort.

But I've come to the conclusion that I either give up right now, or start moving forward with purpose. So that's what I've decided to do! I might fail miserably at this, but I'll fail with a smile on my face (for the b@\$+@rds can never take that away from me).

And I promise to keep you kind souls more up to date on this mad journey, wherever it ends up. So this coming week, I will mostly spend my free time prepping the internal steel so that I can paint it with Zinc Oxide next weekend. I will also begin learning how to weld!!!

Life is good and God is good! I love my barge, I love the Grand Canal and I love everyone who calls this beautiful place their community (in sport and in life). Thank you for all the support so far and God bless you for your kindness! You'll never know how much it means to me.

Help a liveaboard get his home back!!

Neil's home is the Perter Farrell, one of the last remaining Heritage Barges on the Grand Canal. Originally known as 1B, built circa 1920. It became 30M, which became 125B, then became known as the Talisman. But it is most commonly known as the Peter Farrell, named after a man from Lowtown in Kildare who operated it as a cargo barge.

Please consider a financial donation if you can't help in any other manner - You can of course do both!

Hi, we're trying to raise awareness and support for our good friend Neil, whose boat caught fire this past New Years day.

Many in the boating community have benefited from his campaigning in recent years for fairer mooring fees and permit costs.

As a valued member of the boating community we are encouraging everyone to help a little.

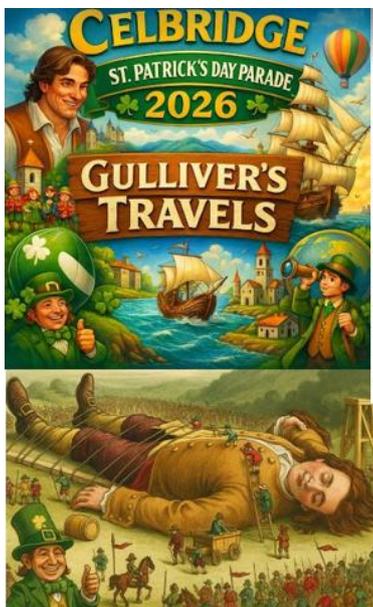
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gofundme



Your unique link
<https://gofund.me/a204df964>

CPC: have entry for 2026 Celbridge Parade has been accepted:



🎵 Free Pre-Parade Concert
 Join us on Main Street from 2.30pm-3.45pm for a free live music warm-up before the parade begins.
 (We'll be announcing the band very soon...)

👉 Get Involved
 We're now inviting groups and organisations to take part in this year's parade. We're also looking for 30-40 volunteers to help with set-up and stewarding on the day. A separate post with registration details will follow shortly.

🌟 A Day for Everyone
 The Celbridge St. Patrick's Day Parade is a non-political, inclusive and community-focused event - a day for us to come together in a spirit of kindness, fun and celebration of Ireland's patron saint. Let's make St. Patrick's Day 2026 our most imaginative and vibrant parade yet. More announcements coming soon... 🗣️



Celbridge Community Council

Celbridge St. Patrick's Day Parade 2026 - The Countdown Begins! 🇮🇪

Tuesday 17 March 🕒 Parade at 4.00pm

With just two months to go, we're officially kicking off the build-up to the 2026 Celbridge St. Patrick's Day Parade - and we're delighted to reveal this year's theme:

🌟 GULLIVER'S TRAVELS 🌟

2026 marks the 300th anniversary of Jonathan Swift's Gulliver's Travels, and with Swift's well-known connection to Celbridge, it felt like the perfect moment to celebrate imagination, adventure and larger-than-life creativity.

This theme is broad, playful and completely open to interpretation - so every group can make it their own. Think:

- Giants and tiny worlds
- Oversized props or equipment
- Characters from far-off lands
- Boats, sea-voyages, explorers, creatures
- Or simply a creative twist on what your group already does best

Whether you're a school, sports club, community group, society or local business, there's room for everyone to get involved.



2026 Spring Gathering & BBQ

Sunday 12th April 2026, Registration 11:30 – 12:00 (finished around 3pm)

250 Metre Sprint challenge (All boat types of welcome)

See if you can beat your time from last year and perhaps top your age group or just enjoy the sprint.

13 & Under, 14 – 17, 18 – 25, 22 – 40, 50 -101, (Womens/Men categories)



Duck Ball collection

For our 12 and under paddlers collect as many balls as possible and ducks and outsmart your peers.



Kayak O War

Simple, find a partner, tie two boats together and paddle like hell.



Contact: Sean Heneghan 0860440755

Entry Fee: €5, to cover BBQ

We would encourage all our members to come along. We don't all get to meet very often.

Donations of drinks, treats and other snacks most welcome



Junior 5k Series

One of Four, 5K Race Series SLCC (on the lake)



Two of Four, 5K Race Series Maynooth Harbour



Three of Four, 5K Race Series Maynooth Harbour



Well done to Naoise Heneghan (Jnr div) and Sean Heneghan (Masters div) taking 1st place in the GP division at the Bandon Wildwater racing classic in Bandon Co. Cork. The 7km stretch of a variety of rapids was the backdrop for the race.



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

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Celbridge Paddlers Canoe Club



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Training

[CPCC Training Handbook](#)

[This Week's Program](#)

[Session Explainers](#)

[2025/26 Training Docs](#)

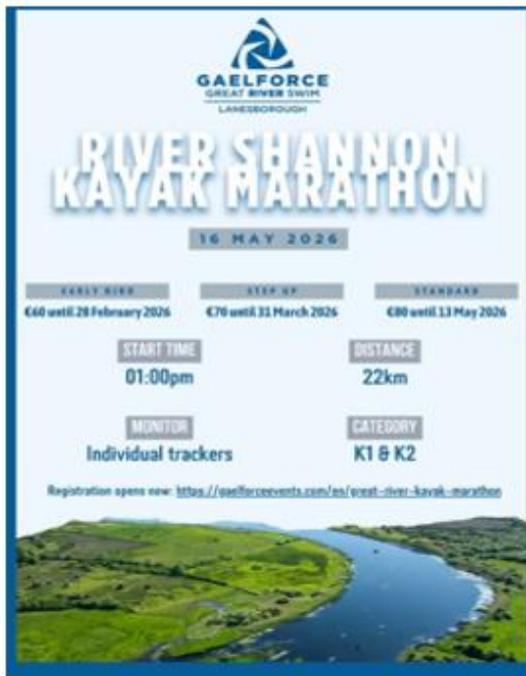
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
A Group				19:00					19:00			11:00		11:00
B Group				19:00				19:00			11:00		11:00	
C Group			19:00			19:00		19:00			10:00		10:00	
D Group			19:00			19:00		19:00			10:00		10:00	
E Group		19:00	19:00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

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Bill Milne

★ Rising contributor · February 22 at 7:36 PM · 🌐

two weeks Slaney Descent (k2/t2 only)

After recent floods, river is in great nic!

Race start: 11am, March 15 2026

Race start location: Above the bridge in bunclody

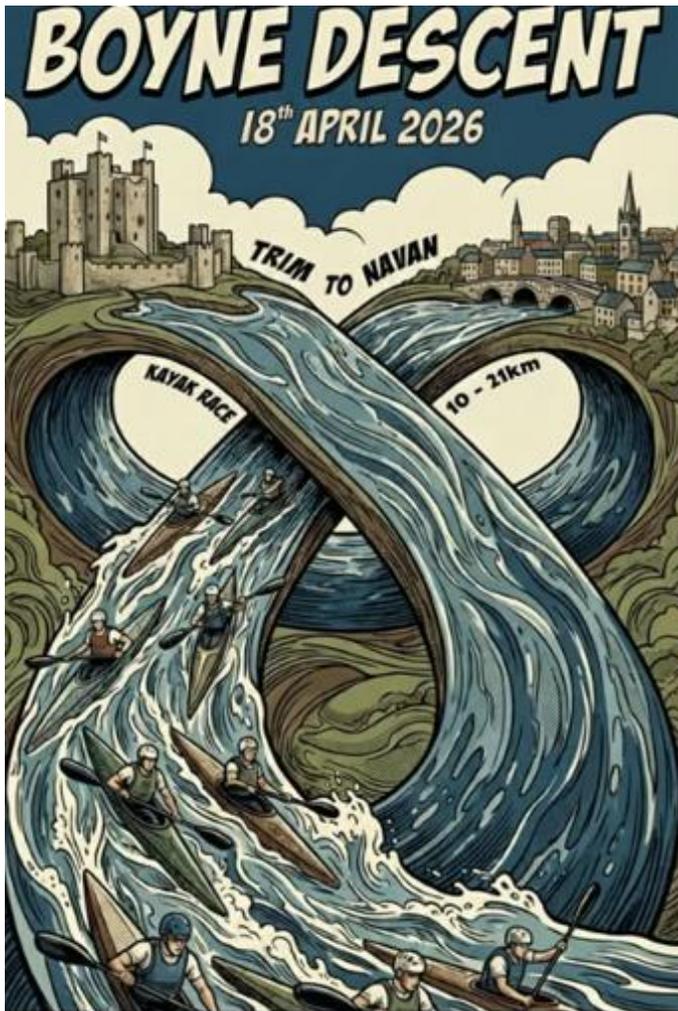
Race entre: 20 eur/boat

Race finish: Enniscorthy prom

See below images and list of features!

Tree block One new tree block in river approx 300 meters after weir in clohamon. Tree located right in middle.of river and easy to paddle around in either side, no real issue.

Date	Race	Race Type	Contact	Location
15/03/2026	Slaney Descent K2 Race	Non Ranking	Bill Milne	Bunclody, Wexford
05/04/2026	Celbridge Marathon	Ranking	Celbridge Paddlers CC	Celbridge, Kildare
12/04/2026	Ballymore Eustace 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	Fadhg 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 'Soud' Murphy Memorial Mixed K2 National Championships	Non Ranking		
13/06/2026	Inistioge Memorial 5/10k	Non Ranking	Thomastown Paddlers CC	Inistioge, 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



International Descent of the Sella 2026: Complete Guide to the Fiesta de las Piraguas

The International Descent of the Sella 2026 will once again be held on the first Saturday of August, as every year, in the most scenic canoeing event in Asturias — in this case, on August 6, 2026.

The International Descent of the Sella will celebrate its 88th edition in 2026.

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		St. Patricks Day Parade Celbridge	
21/03/2026	Saturday		Junior & U23 Time Trials SLCC	
22/03/2026	Sunday		Wild Water Series (Meath) Boyne	
05/04/2026	Sunday	Celbridge Paddlers Marathon Ranking Race	Celbridge Paddlers Marathon Ranking Race	
11/04/2026	Saturday			11th/12th Nottingham Regatta UK
12/04/2026	Sunday	Spring Gathering & BBQ (Club Event)	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		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)	
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 Nationa Championships	2026 ECA Canoe Marathon European Championships (& Masters)
30/05/2026	Saturday		An Rás Mór Ocean To City Cork	
13/06/2026	Saturday		Inistogue 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 Chamnionships + 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/7th November Marathon International des Gorges de L'Ardeche
07/11/2026	Saturday			Marathon International des Gorges de L'Ardeche
09/12/2026	Saturday	4th Pink Paddle (TBC)	4th Pink Paddle (TBC)	
19/12/2026	Saturday	Club Christmas Gathering (TBC)	43 Turkey Race (TBC)	