



The 6th round of the Canoe Marathon Ireland racing season took place on Blessington Lakes. The wide-open lake can often present the paddlers with gusts and waves from all directions. They need to take this into account while battling for positions in the race.

Celbridge paddlers sent a team of 13 paddlers to the event, (five Juniors, 8 Seniors). Luckily and skilfully they all finished the course despite the occasional capsizes due to the hard conditions.

Carol O'Donohoe who was celebrating her birthday took gold in her division, her daughter Megan just missing out on a podium spot on the day. Katie King took 1st place in the GP division.

The club took the top spots in the K2 race, Morgan & Danny Cooper taking Gold and Callum Brown & Naoise Heneghan taking Silver. In Div 7 Lukaz Dziwirek took Gold and Lawrence Coonan Silver.

In the elite divisions Dave Buggy took Bronze in what was a very competitive group. Rob Hetherington & Aisa Cooper & put in strong performances in closely contested races too.

Next up for many of our paddlers will be the Sella Descent in Spain on the 9th of August, The next national race will be the K2 Championships on the 17th of August in Tramore.

Poulaphouca Marathon Race (post-race picture)



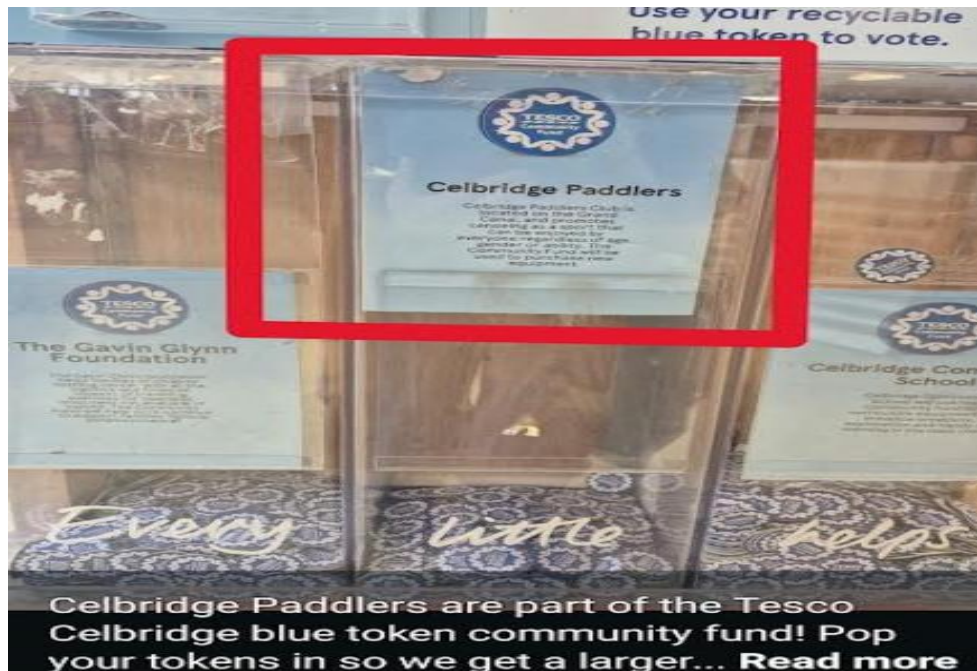
Poulaphouca Marathon Race
(on the water pictures)



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:

Joe Foley continues to fit out our bathrooms, Brendan has supplied us with stones for filling in areas around the clubhouse.



Update on all club results 2025 (After Poulaphouca).

As far as I can make out **118** 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. 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 12, Sean on 11 & Callum on 10.

All 2025 Events	Wild Water Avon	Wild Water Limeri	Wild Water Race Int	Slaney Descent (K2)	Celbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Junior Liffey Descent	National K1 Short + K Murphy Memorial	European Marathon Champs. Portug	Instigoe Memorial 5/10K	Thomastown Ranking Race	K1 National Championships	Belturbet Ranking Race	Sun 20th July – Blessington Ranking Race Poulaphuca	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	10	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	12	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 Div4	6th	11	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	8	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	9	5	3	1	9	
Fergal Walsh					4th						3rd K1	3rd K2 SC				3			2	2	
Noel O'Connell					1st Div 4	3rd Div 4						1st Div 4				3	2		1	3	
Aisa Cooper										15th					5th	2				0	
Cillian Butler					1st Div 5			1st T2								2	2			2	
Aidan O'Donohoe					6th Div 5											1				0	
Lucasz Dziwiek					8th Div 5	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 Div7		7	3	2		5	
Martin Hearn									10 K2		4th K1			1st Div4		3	1			1	
Carol O'Donohoe					2nd Div 7							1st GP			1st Div 7	3	2	1		3	
Tanya Trofimova					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	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	118	118	48	22	15	85
Gold	3	2	2	2	7	6	4	7	1	0	2	4	1	2	5	48					
Silver	0	0	0	0	6	1	4	0	0	0	0	6	0	2	3	22					

**** 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	Celbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Thamaraun Ranking Race	Belturbet Ranking Race	Sun 20th July - Blazington Ranking Race	August - Salmon Leap Ranking Race	August - Lower Liffey Ranking Race	Sun 25th - May Malahide Ranking Race	Sat 27th September - Liffey Decent	October - Laurettaun 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	
Daniel Dziwirek K2 Long Course	12	15											27	
Daniel Dziwirek Div 7			13										13	55
Daniel Dziwirek 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	
Voel O'Connell Div 4	15	12		15									42	42
Aidan O'Donohoe	3												3	3
Lucas Dziwirek Div 7	7	15				15							37	53
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								41	
Simon Hearn GP			15										15	56
Martin Hearn Div 4					15								15	15
Shannon Butler	15												15	15
Carol O'Donohoe Div 7	13					15							28	
Carol O'Donohoe GP				15									15	43
Fanya Trofimova Div 7	11												11	11
Breigh Verdon GP	15												15	15
Valerie Ball GP	13												13	13
Andrew Butler GP	12												12	12
Lawrence Coonan Div 7	15					13							28	39
Lawrence 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							15	
Katie King (GP)			15										30	30
Max 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
Alice Cooper						10							10	10
Javey Buggay						13							13	13
Rob Hetherington						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.



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!

Future Events

Change of Date: now on 21st September

LIFFEY ODYSSEY Barnardos

In aid of Barnardos Ireland Children's Charity

The Liffey Odyssey is a leisurely 8-kilometre canoe tour on the river Liffey through the heart of Dublin City from Island Bridge to Poolbeg. It is being run as a fundraiser for Barnardos Ireland. 100% of the registration fees goes to Barnardos

Change of Date: now on 21st September | **DURATION 2-3 HOURS**

DUBLIN MUNICIPAL ROWING CENTRE, ISLANDBRIDGE

COST
€20
GROUP
€60

For more information, to donate or to register for this event please scan the QR Code or click the link in the email/post

SCAN HERE

Coastguard, Canoeing Ireland, Dublin City Council, Active Cities, Canoeing Ireland, DUBLIN CITY COUNCIL

Registration now open.

INTERNATIONAL SELLA RIVER DESCENT

Arcónes - Ribadesella | Fiesta de las Piraguas
9th August 2025 | Declared as Fiesta of International Tourist Interest

INSCRIPCIONES ABIERTAS

Registra click aquí

Friday Night

- Welcome
- Activity

Saturday

- 10:00 AM – 1:00 PM: Discipline Sessions
- 1:00 PM – 2:00 PM: Lunch
- 2:00 PM – 5:00 PM: Discipline Sessions
- 7:30 PM – 9:30 PM: BBQ

Sunday

- 10:00 AM – 1:00 PM: Water Sessions
- 1:00 PM – 2:00 PM: Lunch
- 2:00 PM – 5:00 PM: Water Sessions

What to bring –

- Towel
- Swimwear
- Thermal top or t-shirt
- Suitable footwear – booties or an old pair of runners
- A sense of adventure and a smile

Also, if you have any of the following, please bring:

- Paddle
- Bouyancy vest
- Deck
- Wetsuit



FEILE UISCE
Canoeing

THE FESTIVAL OF IRISH PADDLING

LOUGH ALLEN, DRUMSHANBO, CO. LEITRIM

AUGUST 8-10th

Our Goal:
To introduce everyone to the diversity of paddling experiences and help young paddlers discover their passions while building skills.
Don't miss this opportunity to learn, make new friends, and have a blast on the water!

This is a self-catering event. We will not be supplying tents or camping equipment.
On-site, please look directly with Lough Allen Adventure Centre
info@loughallenadventure.ie

- Hostel
- Campervan spots
- Camping spots
- Sauna's
- Hot tubs
- Water park

Event Description:

An action-packed weekend at the Festival of Paddling! Experience the excitement of all paddlesport disciplines from kayaking and canoeing to stand-up paddleboarding and everything in between. Whether you're a beginner or an expert, this festival gives you the chance to try them with expert instructors and plenty of hands-on opportunities. It's the perfect way to discover new skills meet fellow paddling enthusiasts, and have fun on the water!

Join Us for an Unforgettable Weekend of Paddling!

Location: Lough Allen Adventure Drumshanbo Co Leitrim PD 62

When: 8th of August

We're inviting **junior paddlers** from across the country to experience a weekend full of adventure, learning, and fun on the water.

We will supervise the on-water paddling sessions. Outside these times, parents and guardians are responsible for the children.

What to Expect:

Participants will be grouped and guided to try a variety of boats and paddling disciplines, including:

- Freestyle
- Polo
- Slalom
- Wild Water
- Ocean
- Sprint
- Marathon
- Open Canoes
- SUP (Stand-Up Paddleboarding)
- Sea Kayaking
- River Boats

canoemarathonireland.com

Malahide Ranking Race – Postponed

This weekends Malahide race has been postponed & rescheduled for Aug 31st due to the weather. A high Westerly wind 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 Coast Road

Start Time 0900 am for all classes

Dist 1 & 2: 20km (5 laps of 4km course and around Lough Malahide 42 long course)

Dist 3: 10km (2 laps of 5km course)

Dist 4 & 5: 8km (2 laps) (incl. 1 lap of 4km course)

Dist 6: 4km (1 lap)

Dist 7 & 8: 2km (1 lap)

Canoe Ireland

Entry Fee: €10 on the day

Cost: €10 on the day

Post to change due to weather

malahideswordsclub.ie/race-notice

Rescheduled to Aug 31st



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 🛶

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

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



AUGUST

Sat 9th Sella Descent, Asturias

Feile Usice (Festival of Irish Paddling August 8th -10th)

Sun 17th K2 Nationals, Tramore

Sun 24th SLCC Ranking Race, Leixlip

31st October Malahide Ranking Race

SEPTEMBER

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

Sat 13th Lower Liffey Ranking Race

Sat 27th Liffey Descent

OCTOBER

Sun 5th Lowtown Ranking Race

Sun 12th Galway Ranking Race

18th October Liffey Descent

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		WWC 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)	WWC 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		WWC 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		WWC 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	.T	Day	Club Events/Training	National Events/External Training	International Events
02/09/2025		Tuesday			2nd 10th World Marathon Championships, Győr, 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	21st September Liffey Odyssey (change of date)	
21/09/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
24/09/2025		Wednesday	18:45 Junior Training		
27/09/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training	Club BBQ & 24 Hour Event	
28/09/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
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	
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 Ranking Race	
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		
29/10/2025		Wednesday	18:45 Junior Training		

Date	.T	Day	Club Events/Training	National Events/External Training	International Events
1/11/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
12/11/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
15/11/2025		Wednesday	18:45 Junior Training		
18/11/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
19/11/2025		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		
21/11/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
13/11/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
16/11/2025		Wednesday	18:45 Junior Training		
19/11/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
10/11/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
13/12/2025		Wednesday	18:45 Junior Training		
16/12/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
17/12/2025		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		
19/12/2025		Saturday	10:30 Ladies Training, 10:45 Junior Training		
11/12/2025		Sunday	9:30 10 KM training (Open) & New Members 10am		
14/12/2025		Wednesday	18:45 Junior Training		