

Website: <https://celbridgepaddlers.ie/training/> Facebook <https://share.google/vqmUj8vNX39UWqhh>

Utube: <https://youtube.com/@celbridgepaddlerscanoeclub76677?si=Ebx8jZSKdwqgIPr5>

Celbridge Paddlers Canoe Club



Thomastown Paddlers Memorial Race 2026

Many of our members headed to the River Nore for the double header race and camped out overnight. Luxury camping with projector screens showing the world cup matches.

The flat-water Saturday night racing was very competitive.

On the racing front Fergal Walsh narrowly missing out on a bronze placing in the K1 Brendan Fitzpatrick 10km race. In the Walter Broderick 10km K2 race Asia Cooper/Martin Hearn took Silver and Danny & Morgan Cooper taking Bronze.



28TH NORE ranking race 28

There was as usual a big turn out from Celbridge Paddlers for the Thomastown Ranking Race on the river Nore. The large number of rapids and fast flowing water is ideal for a good race with technical skills and speed needed for a good finish. 14 participants with bags of medals won, 4 gold, 5 silver and 2 bronze.

In the GP Category, a massive well done to **Karen Gallagher** who took an impressive bronze medal, this was her first race and one of her first times out on moving water with rapids. **It was a Celbridge Paddlers 1st, 2nd & 3rd in the GP ladies' group.** 1st home was Katie King followed home by Carol O'Donohoe and as mentioned Karen came 3rd. **I think this is the 1st full podium for our club as far as my memory can remember.**

In K1 categories Danny Cooper continued his dominance of Boys D7 with another win, followed home by Daniel Dziwirek. Well done to both managing the rapids in K1 boats is not so easy.

Capping off a great weekend Aisa Cooper/Martin Hearn took Gold in the K2 short course, closely followed by Morgan Cooper & Fergal Walsh. In Division 4 Noel O'Connell continued his podium collection with Silver. In Men's GP Matt Black took Bronze at the event, like last year.







The introduction to kayaking took place over the past four weeks, with a mix of 21 participants, a mix of family members in most cases. Over the four weeks we covered the basics of paddling in General Purpose Boats, some bravely trying out K2 and K1 types. We hope they all enjoyed the sessions and got a good feel for the variety of enjoyment that is available from our club. Thank you to all our members for supporting this important yearly event.

Other news/gossip in brief:

- **British Nationals:** Best of luck to Simon Martin, Danny & Morgan who are heading to the British Championships in Mid July. Eugene will be there to keep them straight and narrow !!
- **88th International Descent of the Sella 2026:** 6 Club members signed up and booked to go.
- **Liffey Descent training:** Weir & Sluice practice in preparation for the 65th running of the race.
- **Picnic:** Kayak trip to Sallins/Naas, Picnic and back in the planning
- **Camping:** Keep an eye out for a potential camping training weekend (some chatter about this one)
- **Polo:** Potential in-house canoe polo game on the horizon
- **06/09/2026 ClUb SuMmEr BbQ.**
- **See medals table below/points table. Let Sean know if any data needs to be fixed.**
- **Junior Weir Training:** Thanks to everyone who took part at Vanessa Weir training. One of the milestones that gets you ready for the Liffey Descent !!!!!!!!!!!!!!!



Belturbet Lakelands Annual Ranking Marathon Race



Saturday 4th July 2026 at 1 PM

Canoe Marathon Ireland Ribbadsella Ranking Race

Venue: Belturbet, Co. Cavan

Start & Finish at Belturbet Marina, River Erne,
Belturbet

**Long Course: 16.5Km (No portage) Medium Course:
11Km Short course: 5km**

Long Course Classes: Long Course K2, Div 1, Div 1 Women,
Div 2, Div 3

Medium Course Classes: Short course K2/T2, Div 4, Div 5
Men/Women

5 Km course: Div 7 Women/Men, Div 7 U15 Boys/Girls,
Canoes, GP Men/Women

1Km Course: Under 12 Novice

All classes are deep flat-water races – river & lake with no portage

Entry: Senior €20, Student/Junior/Unwaged € 10, Family €45 (2 adult & 2 Juniors),
K2/T2 €30/€20, Novice €2, Newcomer (1st two races) €10 per paddler

Last entries: 12:00pm First Start: 13:00

CI/CANI/BCU membership cards must be shown 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 safety of their children at all times.

Canoeing Ireland safety rules apply. For more information contact: brendon@goodrich.ie or 087-2729918

PERPETUAL TROPHIES:

- NIAL CAHILL (SEVEN HORSESHOES) PERPETUAL TROPHY – DIV 4 WINNER
- WATERWAYS IRELAND WOMEN'S CUP – BEST FEMALE NEWCOMER
- WATERWAYS IRELAND CLUB CUP – CLUB WITH MOST PODIUM PLACES

the
seven
horseshoes
hotel



DONHOES
BELTURBET

IRISH DEVELOPMENT
SQUAD



BRITISH MARATHON CHAMPS 26

Free Boat Transport

RACES OVER TWO DAYS

WHO IS ELIGIBLE?

- PADDLERS RACING IN DIVISIONS 7-2
- PADDLERS WHO PADDLE K1
- U23 & JUNIOR PADDLERS
- PADDLERS FROM ANY CLUB
- MUST HAVE COMPLETED 3 RANKING RACES BEFORE CHAMPS

JULY
11-12

WEY KAYAK
CLUB



**ONLY 20MINS FROM
HEATHROW**

EXPRESSIONS OF INTEREST TO: MARATHONSECRETARY@CANOE.IE

20

Poulaphouca Paddle Race 2026

National Championships & Recreational Classes.

Includes K2 Long Course & Short Course (non-ranking)

Full info & registration on <https://www.poulaphoucapaddlers.com/pprace1> See less



NATIONAL CHAMPIONSHIPS

Start 1

Colour	Group	Distance	Division	Ranking For
Black	A	20Km	Senior Men - 20Km	National Championships
Black	B	20Km	Senior Women - 20Km	National Championships
Black	C	20Km	Masters A (34 - 49) - 20Km	National Championships
Black	D	15Km	SUP Race Series - Long Course - 15Km	SUP Racing Series

Start 2

Bib	Group	Distance	Division	Ranking For
White	E	15Km	Boys U18 - 15Km	National Championships
White	F	20Km	Long Course K2 - 20Km	Non-Ranking
White	H	15km	Girls U18 - 15Km	National Championships

Start 3

Bib	Group	Distance	Division	Ranking For
Blue	I	15Km	Masters B (50+) - 15Km	National Championships
Blue	J	10Km	Boys U16 - 10Km	National Championships
Blue	K	10km	Canoe (All Single-Blade Craft) - 10Km	National Championships
Blue	L	10km	Girls U15 - 10Km	National Championships
Blue	M	10km	Boys U14 - 10Km	National Championships
Blue	N	5km	Boys/Girls u12 - 5Km	National Championships

RECREATIONAL CLASSES

Start 4 - Recreational 10Km Long Course

Bib	Group	Distance	Class	Ranking For
Green	D	10km	10Km Recreational Medium - Women's	-
Green	P	10km	10Km Recreational Medium - Men's	-
Green	Q	10km	10Km Recreational Medium - Female U21	-
Green	R	10km	10Km Recreational Medium - Male U21	-
Green	S	10km	10Km Recreational Medium - U15 Girls	-
Green	T	10km	10Km Recreational Medium - U15 Boys	-
Green	U	10km	10Km Recreational Medium - T2	-
Green	V	10km	10Km Recreational Medium - K2	-

Start 5 - Recreational 10Km Short Course

Bib	Group	Distance	Class	Ranking For
Orange	W	5Km	5Km Recreational Short - Women's	-
Orange	X	5Km	5Km Recreational Short - Men's	-
Orange	Y	5Km	5Km Recreational Short - Female U21	-
Orange	Z	5Km	5Km Recreational Short - Male U21	-
Orange	BG	5Km	5Km Recreational Short - U15 Girls	-
Orange	BB	5Km	5Km Recreational Short - U15 Boys	-
Orange	AX	5Km	5Km Recreational Short - T2	-
Orange	AY	5Km	5Km Recreational Short - Canoe/50T	-
Orange	1-10	5Km	5Km SUP Race Series - Short Course	SUP Racing Series

SUNDAY, 19TH JULY 2026

BLESSINGTON LAKE, CO WICKLOW

REGISTRATION & FULL DETAILS:

www.poulaphoucapaddlers.com | 11am RACE START

Entry Fee: Adults €20 | Under 18s, Students & Unwaged €10

Canoeing





ORGANIZAN:

I EDICIÓN INTERNACIONAL PIRAGÜISMO MINISELLA

5 de agosto de 2026

PATROCINAN

- Ayuntamiento de Ribadesella
- Unicaja
- ESABIDURÍA FINANCIERA

COLABORAN

- BigMat
- Sallende
- Compañía
- PRINCIPIOS
- 9
- EMPA
- MUND CLIMA
- ASTOR
- LLamedo
- MOSCÓVITAS
- mazcotu
- PG
- Cruz Roja

Win a Nelo K1 while helping raise funds for the World Championships Team

We are running a raffle to win a brand-new Marathon Construction Nelo K1 (worth ~€4000) to help raise funds for the Marathon Team heading to Argentina for the World Championships, Oct 22nd ->25th. The boat will be ordered after the draw has taken place at the end of the Marathon season on Oct 3rd. The winner can choose the model, size etc so it could be a full on race boat for advanced racers or a Viper range boat for someone wanting the extra stability. There is a boat to suit everyone.



Tickets are €60 each or 2 for €100 and can be bought online.

All funds raised will be split between the team to help cover the costs of travel, accommodation, boat rental etc, which are running at about €4000 per person.

[BUY YOUR TICKETS HERE](#)

Size and boat model can be selected after the draw has taken place

**WILD WATER KAYAK CLUB
WEEKLY TIME TRIALS**

**MAY 26th
7 PM SHARP**

RIVER LIFFEY, STRAWBERRY BEDS, DUBLIN
(Meet at the Club House)

POST-RACE BBQ!
Stick around for a well-deserved
burger & chat!

canoemarathonireland

**Summer 10k Series
Salmon Leap Canoe Club
Every Thursday at 7pm
Starting May 7th**

canoemarathonireland Salmon Leaps Thursday night 10ks
are back this month - starting 7th May at 7pm. All clubs wel...

10 WEIRS

**65th LIFFEY
DESCENT
19 SEPT**

STRAFFAN — SLANKBROOK

65th Liffey Descent Set for 19 September 2026

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

Domestic Dates of Interest

04/07/2026	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
19/09/2026	Liffey Descent	Non Ranking	Canoeing Ireland	Straffan, Kildare
27/09/2026	Lowtown Marathon - Date TBC (Liffey Descent Dependant)	Ranking	Kilcullen CC	Robertstown, Co Kildare

Calender of Events 2026, Club, National, International

Date	Day	Club	National	International Events.
04/07/2026	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/7th November Marathon International des Gorges de L'Ardeche
07/11/2026	Saturday			Marathon International des Gorges de L'Ardeche
05/12/2026	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		

**** Please check data below and let Sean know if any corrections are needed please. ****

2026 Racing Summary

	Ranking	Non Ranking	Totals
Participants	54	38	92
Gold	18	10	28
Silver	10	9	19
Bronze	5	3	8
Ranking Participant Points	657		
Ranking Club Points (10 per Divison entry)	540		

Non Ranking Races Results 2026

Non Ranking Races

Club Participants	WWR	WWR	K2 event	SC K1 Mixed	Sprint	Sprint	Junior	Mixed	Irish Nationals	UK Nationals	Spanish Descent	Ireland Descent	Canoe Christmas
	Castletown	Bandon	Slaney Descent K2	K2 Spud, SC Cahips, Mixed K2	Sprint Nationals	Nottingham Sprint	Junior Liffey Descent	Thomastown Memorial Race	Blessington National Championships	Blessington National Championships	88th International Descent of the Sella	65th Liffey Descent	43rd Turkey Race
Martin Hearns Div 3/K2			11th	2nd Mixed				2nd K2					
Noel O'Connell Div 4			11th										
Simon Hearns Div 4	1st			2nd SC & 11th Mixed	4th 1000m	3rd	tbc	7th K1					
Sean Heneghan Div 4	2nd												
Noelise Heneghan Div5		1st					1st						
Mattie Carr Div 5													
Laurenne Coonan Div 5													
Padraic Keane Div 5													
Lukas Dziwrek Div 5/GP													
Aidan O'Donohue Div 5	2nd												
Carol O'Donohue Div 5/GP	1st												
Alex Fahy D7 Men													
Paul Trofimov D7 Men													
Daniel Dziwrek D7 boys							1st	3rd K2					
Danny Cooper (D7 boys)	2nd			2nd SC 16th Spud.									
Megan O'Donohue Div 7 Girls/ GP	1st						1st						
Katie King Div 7 Women / GP							2nd						
Tanya Trofimov Div 7 Women								2nd K2					
Alice Cooper													
Callum Brown	2nd	1st	9th	4th Spud, 22nd Mixed	1st C1, 500, 1st C1 200			2nd K2					
Morgan Cooper K2	4th		9th	6th Mixed				3rd K2					
Fergal Walsh K2, K1								4th K1					
Karen Gallagher GP								20 GP					
Matt Black GP								19th GP					
Niall McClean													
Daniel Keane				22nd Mixed									
Tadhg O'Neill							16th						
Sean Michael													
Brendan Keane													
Total Participants	8	2	4	7	2	1	6	8					Total Medals
Gold	3	2	0	0	2	0	3	0					38
Silver	2	0	0	4	0	0	1	2					10
Bronze	2	0	0	0	0	1	0	0					9

Ranking Race Results 2026

Ranking Races

Club Participants	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Ranking	Totals Individual Points
	Celbridge Race	Athy Race	Trim Ranking Race	Thomastown Race	Belturbet Race	Salmon Leap Race	Lowtown Race	Galway Race	
Martin Hearn Div 3/K2	15			15					30
Noel O'Connell Div 4	13	15		13					41
Simon Hearn Div 4	12	13	15	7					47
Sean Heneghan Div 4	9	5	9						23
Naoise Heneghan Div5	15	15	15						45
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					25
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					25
Danny Cooper (D7 boys)	15	13	11	15					54
Megan O'Donohue Div 7 Girls/ GP	15			10					25
Katie King Div 7 Women / GP	15	15		15					45
Tanya 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					22
Karen Gallagher GP				12					12
Matt Black GP				12					12
Daniel Keane		11							11
Tadhg O'Neill		10							10
Sean Michael		15							15
Brendan Keane		11							11
Total Participants	18	16	6	14					54
Gold	6	6	2	4					18
Silver	2	3	0	5					10
Bronze	3	0	0	2					5

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)	