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Celbridge Paddlers

***** Important, the Lowtown marathon race is no longer taking place on the 6th of October. It is moving to the 13th of October. Consequently the Wild Water Castletown rapids event will take place on either the 19th or 20th of October, (most likely the 20th). This may mean our planned Sluice training might change. More information as it comes up. *****

K2 National Championships 28th October 2024

It was off to Inistoge in Kilkenny for this year's National K2 Championships. Celbridge Paddlers had a mix of Senior and Junior Paddlers racing on the day. The tidal course where the river Nore meets the incoming tides creates an unusual flow of water for the competitors to take on.

In the Junior division Danny Cooper and Simon Hearn's partnered together for the 1st time and came home with gold. Making them Ireland's K2 under 14 Champions. Well done to you both. Their fathers Martin and Morgan were at hand to watch, they themselves past K2 Champions.

Cillian Butler and Callum Browne raced together coming home 3rd in the Under 18's. They had to over-come issues with their Kayak and finish out the full 20 km. In the Seniors group Fergal Walsh and Sean Heneghan raced well but came outside the top medal positions, finishing 4th.



All Ireland 2024 Under 14 K2 Champions (Past and present)



Sluice Training Day L2/L3 training

Special thanks to Neil, Fergal & Eavan for taking 14 of our club members up and down the Sluice in Lucan and teaching us valuable skills. We concentrated on "Breaking In", Breaking Out and Ferry Gliding, this will continue one day a month during the Winter/Spring, weather and water levels permitting.

[Level 3 River Kayak Skills | Canoeing Ireland](#)

Next River Trip/ Weir Training Day

Saturday 19th October (tbc) 10am meeting up at the Sluice Lucan St Catherines Park. Wearing of wet suits, booties, helmets are mandatory.

Pool Sessions

The pool sessions will take place in January, February 2025. A WhatsApp Poll has been sent out to gauge interest and to allow us to plan the sessions. Please respond via the Poll if interested.



Celbridge Paddlers (Organised Training Times)

- o Saturday: Senior Training, 9am (contact Neil)
- o Saturday: Junior Training, 1045 (contact Sean)
- o Saturday: Ladies Training 11am Ladies (Breege/Susan)
- o Sunday: Senior Training 9am (contact Neil)
- o Sunday: New beginners 10am (contact Vincent/Breege/Joe)
- o Tuesday: Senior Training 19:00 (contact Neil)
- o Wednesday: Junior Training 18:45 (contact Sean)

***, times may vary depending on Winter Light/conflicting race events taking place.

Junior Training Programme Overview

- Week 1: Canoe Polo & L2/L3 skills
- Week 2: Saturday Sprint Training 200, 250, 500, 1000, Metre
- Week 3: Canoe Polo & L2/L3 skills
- Week 4: 10KM Distance training/Wash Hanging
- Week 5: Sluice Training (River)
- Wednesday Outdoor: Distance training 8km K1, K2, or Sprint Training 200, 250, 500, 1000, Metre.
- Wednesday: Winter: Winter, Ergometer, running, Weights & Floor Circuits

This programme will equip each Junior to take part in:

- ✓ Marathon races, we recommend participation in 6 out of the 10 events.
- ✓ Sprint Nationals Lough Rynn/Nottingham
- ✓ Junior Liffey Descent, Lower Liffey & Main Liffey Descent
- ✓ Canoe Polo matches
- ✓ 5K Series
- ✓ K1 and K2 National Championships
- ✓ Winter/Spring Wild Water Wave Hopper Series

* Sunday morning 9am distance training available with Sean if you can keep to a 1km pace of at least 5:50 over 10 -14KM

Building News

Special thanks to Brendan, Eugene, Joe, Matt & Sean for putting up our new polo posts. Next up for the Juniors will be clear some of the overgrowth. Also special thank you to Joe who continues to get our showers ready for the Winter. I believe a floor painting job is due so we can use the Gym during the winter months.



Wild Water Racing Series:

On October 19th or 20th (TBC) as part of the Wild Water Series, WWKC will be hosting 3 events on the Liffey in wave hoppers. Each event will start with training and coaching for anyone who has not experienced this before. After the support a short race will be run. Celbridge Paddlers will host one of the events at either Castletown Rapids on Sunday the 13th of October.. More details and dates to follow.



Next events:

- Lowtown Marathon 6th October: See Flyer below. Bookings also on the day and at Eventbrite https://www.eventbrite.com/e/lowtown-ranking-race-tickets-1024646534367?aff=eivtefrnd&utm_share_source=Search_android
- Wild Water Series October 19th/20th TBC Castletown Rapids
- L2/L3 river training, Sluice, 10am Saturday 19th October 2024 (TBC)

**** we are also looking into a club raft down the Liffey with the Canoe Centre**** more details to follow.