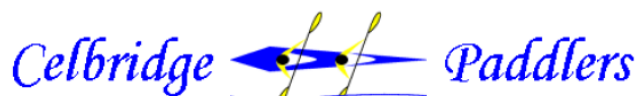


<https://m.facebook.com/271295733251662/> <https://celbridgepaddlers.ie/>

<https://www.youtube.com/@celbridgepaddlerscanooclub7667>



Lowtown Marathon Race 13th October 2024

The final marathon race of 2024 took place on the Grand Canal at Robertstown/Lowtown. This flat-water race is a short drive from our club with identical conditions to what our kayakers are accustomed to.

16 members of our club part in the event. A strong turn out and one we are looking to take forward into 2025.

Martin Hearn took gold in Division 4, a repeat of last year, his son Simon taking Bronze in Division 7 (boys). Cillian Buter took Gold and was the overall 2024 winner in Division 7 Boys, Callum Brown took another impressive Silver and won Division 5. Both will move up a division in 2025.

Several families took part, Danny & Morgan Cooper racing K2 triumphed in 1st place having battled all day with the K2 of Fergal Walsh and Sean Heneghan who had to settle for Silver. Beth Corr took Gold in Division 6 (Girls) her sister, Gemma Corr took Gold in Division 7 (Girls) and their father Matty finishing 2nd in Div 6 (Men's).

Megan O'Donohoe took Silver in Division 7 (girls), and her mother Carol winning Division 7 (Woman), with Darren racing well but outside the top positions,

Robert Dziwirek took Gold in the novice race with his father Lucas and brother Daniel putting in impressive performances too.

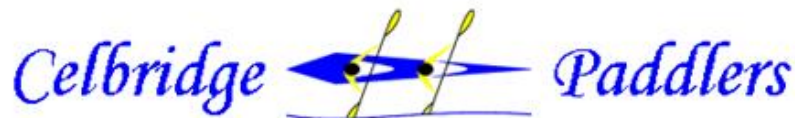
While the marathon season has concluded the all-Ireland "Wild Water River" season kicks off straight away. The 1st event taking place in Celbridge on Castletown Rapids on Saturday the 19th of October. Start time for the sprint race is 13:00 for anyone wishing to spectate along the banks of the Liffey in the Demesne.





Wild Water Racing Series:

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 development for newer paddlers a short race will be run. Celbridge Paddlers will host one of the events at either Castletown Rapids on Sunday the 19th of October. Wet Suits are compulsory for juniors. Bring a Dry Robe as you will be on and off the water for the series of sprints.



Castletown WWR Sprint Race

Saturday 19th October 2024

Entries: 10:00 – 11:00

1st Run: 12:00

2nd Run: 13:00

Boater-X Race: 14:00

Classes

- K1
- Wavehopper
- C1
- GP
- Boater-X Race

Entry Fees

Seniors - €10

Juniors/students - €5

(Last entries – 11.00)

Car Parking

Main Street Celbridge or Castletown Estate, Celbridge

Race Entry

At the Celbridge Gates of Castletown

- Neither the organisers nor the Canoeing Ireland accept responsibility for any damage or loss.
 - Canoeing Ireland Safety Rules Apply.
- If you wish to volunteer to help out at race please contact the Race Organisers (083-161-9658)

Building News

Joe Foley has done some fantastic work tiling many areas in the club, the main building area has been cleared out, the floor was prepped and painted. This area is almost ready for use as a GYM for winter training. Brendan is working away on showers/heating solutions.



Level 3 River Kayak Skills | Canoeing Ireland

Next River Trip/ Weir Training Day L2/L3 Training.

We will take part in available Wild Water races in the coming months and use this to add to our L2/L3 skills. We will also organise another Sluice Day before the end of 2024 (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.

Sunday Morning Fast Distance Paddle

***** Please note we are looking to revamp the Sunday Morning fast 10km long paddle. It's going to take place at 10am and we will match up groups according to chosen times. The groups will stay together at that time over the full course. A comms will go out this week and if you wish to be part of the Sunday distance WhatsApp group you need to tick your interest in the poll we sent out. *****. When the group is set up a poll will go out on Saturday evening, where you select the group time you wish to be part of, for example 59, 58, 57.5 etc.

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



Next events:

- Wild Water Series October 19th October Castletown Rapids
- Wild Water Series October 26th Canoe Centre
- L2/L3 river training, Sluice, Saturday October Date to be Confirmed.

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