

Website: <https://celbridgepaddlers.ie/training/> Facebook <https://share.google/vQmUj8vNX39UWohh>

Utube: <https://youtube.com/@celbridgepaddlerscanoeclub7667?si=Ebx8I7SKdwqgIPr5>

Celbridge Paddlers Canoe Club



A day of mixed activities on a beautiful sunny day at SLCC. Some of our paddlers were on double and even triple race duty. In the K1 Short Course, Danny Cooper came 2nd in the U14 Boys and Simon Hearn 2nd in the U16 boys.

In the mixed K2 Ability race the pairing of Noel O'Connell & Martin Hearn took Silver, **narrowly missing out on taking the top prize**

Also racing in this event were the pairings of Morgan & Danny Cooper, Aisa Cooper & Niall McClean, Simon Hearn & Eoin Roche,

In the Spud Murphy race Celbridge Paddlers had two entries but no top 3 finishers this year. Well done to all who took part. Aisa Cooper & Gillian Murphy, Danny Cooper & Alia Harris





The Junior Liffey Descent took place on Saturday 16th of May.

It is a 14km river race running from Salmon Leap Canoe Club (Leixlip Lake) to the Canoe Centre in Palmerstown. It challenges young paddlers with moving water, weirs, and technical river obstacles.

It's a once a year opportunity to celebrate our younger paddlers throughout Ireland.

Representing Celbridge Paddlers in the K1A division was Simon Hearn, Danny Cooper & Naoise Heneghan

In the K1C category were Megan O'Donohoe, Katie King and racing his first Junior Descent was Daniel Keane.

It was a very tough race with many capsizes, damaged and broken boats. The notorious Sluice Weir claimed several boats, some could be fixed, others had to retire. 50% of boats had some type of drama on the day particularly at the Sluice & Wrens.

Celbridge Paddlers took home 3 Gold & 1 Silver medal.

In U15 Girls Megan O'Donohoe took Gold. She had a flawless run and has bragging rights for staying the right way up for the whole race. Her reaction to the river on the day was impressive In U18 Girls Katie King took Silver, recovering well from a capsize at Sluice.

In U15 Boys Danny Cooper took Gold with the fastest club time on the day of 1.18.59. Naoise Heneghan took Gold in U18 Boys showing his impressive skills at the Sluice, with Wrens catching him out.







Canoeing
JUNIOR
LIFFEY DESCENT

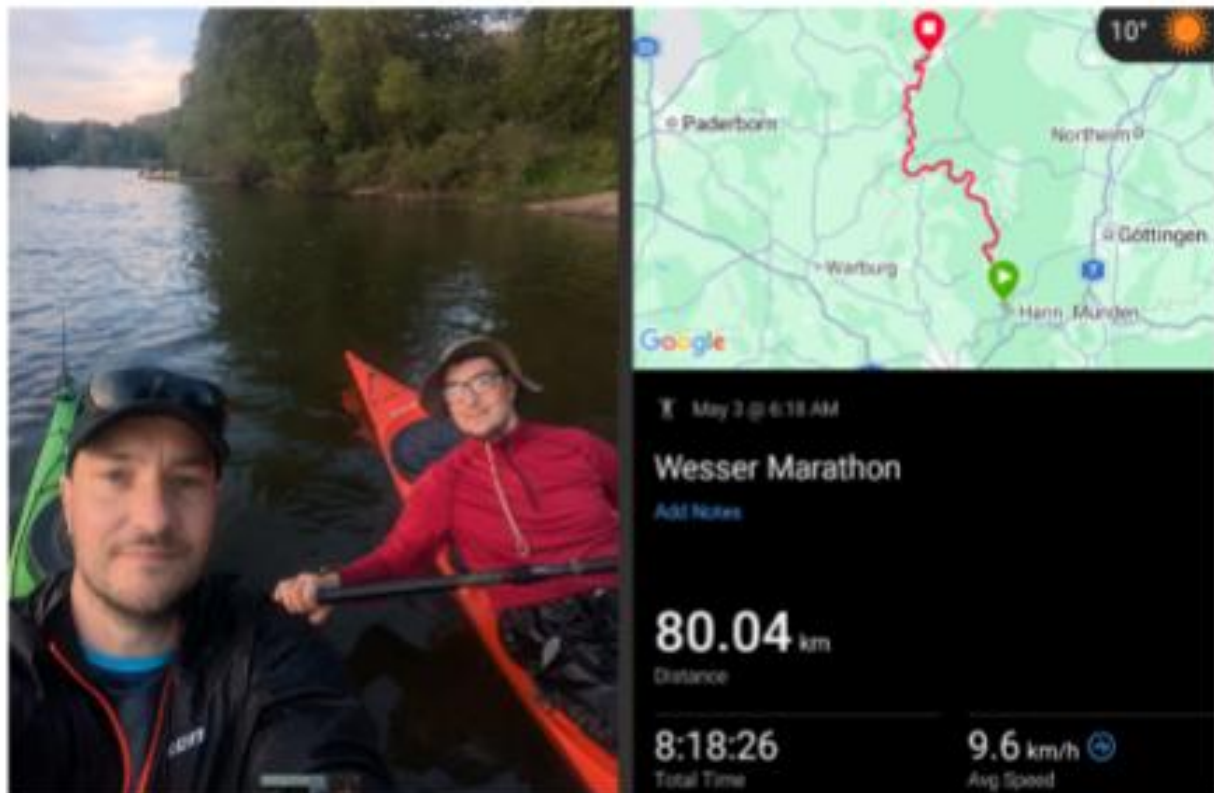


Canoeing
JUNIOR
LIFFEY DESCENT

Canoeing
JUNIOR
LIFFEY DESCENT



Well done to Fergal Walsh on competing in the Weser Marathon, overcoming injuries and preparing for such a long paddle. Joining him on the day was his brother Cormac. No doubt the long winter paddles were a good preparation for this event. Next up the DW according to club insiders.



The **Internationale Weser-Marathon** takes place in May (often the first weekend or around the May 1st holiday) in Northern Germany. It is not a race, but rather Europe's largest non-competitive paddling event, drawing participants from all over Europe for kayaks, canoes, and stand-up paddleboards. ➔ [DEUTSCHER KANU-VERBAND e.V.](#)



Key Event Details

- **Route & Distances:** Starts in Hann. Münden (where the Werra and Fulda rivers meet to form the Weser) and passes through the scenic Weserbergland region. You can paddle to individual finish points:
 - **Bronze Route:** Hann. Münden to Beverungen (53 km)
 - **Silver Route:** Hann. Münden to Holzminden (80 km)
 - **Gold Route:** Hann. Münden to Hameln (135 km)
- **Course Character:** The Weser features a gentle, steady downstream current and is the longest river in Germany without any weirs or locks requiring

Junior Training News:

On that note, we intend to run a river trip for this group on Monday 15th June at Vanessa Weir in Celbridge at 6.30pm.

We are waiting till June for the water to be warmer because this will definitely involve swimming and the river is still colder than the canal!

Please try to keep the evening free if at all possible.

It will be mostly some fun practice of shooting the weir and navigating currents.


17:46



Finally, we'd like to invite the parents in this group to try out kayaking on the canal one of the Sundays/Tuesdays while the kids are out training! It's just a relaxed opportunity to give it a go and get a feel for what your kids are doing. It's open to anyone in the group here, whether or not you have paddled before. No pressure, no cost, no need to get too wet!

If you'd be interested in doing this some time in June give a thumbs up to this message. If there is enough interest we'll set a date!

17:56



Introduction to Kayaking

Celbridge Paddlers Canoe Club

Parent & Child Kayaking Course

Wednesday 6:30 - 8pm
 4 Weeks from June 10th
 €120 for 1 parent & 1 child

Age 10+

Learn to kayak in a relaxed and fun environment on the Grand Canal!

For bookings & info contact info@CelbridgePaddlers.ie
 Limited availability!



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...



Thomastown Paddlers Memorial Race 2026

Save the date!

All crafts welcome:
SUPs
Dragonboats
Surf skis
Doubles
GPs & K-Boats



10km Brendan Fitzpatrick
K1 Trophy



5km Eoin Doyle
G.P. Trophy



10km Walter Broderick
K2 Trophy

SAT JUNE 13TH

Paddle on one of Ireland's most picturesque stretches of river, while remembering three past members of the kayaking family.

Camping available. Local ranking race next day. Contact us for further details.



Race Info

- ✓ 5K and 10K Courses
- ✓ Flat deep water
- ✓ Start time: 18:00
- ✓ €5 per paddler entry.

28TH NORE

ranking race 28

Classes: (23km) (Grade 2, 1 weir & rapids)
K2, Divisions 1, 2 & Womens

11km (Grade 2, rapids)
Divisions 3,4,5 Men, 5 Women.
7 Men/Women/U15 Boys/U15 Girls

GP Men/Women. Open Canoe
K2/T2. (SUPs welcome in Div 7)
Helmets in Canoe and enclosed craft

ENTRIES AT START
POINTS UP TO 11:30

Sunday June 14th 2026

Start time: 12 Midday

CI/CANI/BCU membership cards may be asked for 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 their children's safety.
Canoeing Ireland safety rules apply.

Entries
Senior: €20
Junior/Student: €10
Doubles: €30
Family: €45

FINISH INISTIIGE BOATSLIP. STARTS: 11KM
THOMASTOWN, 23KM BENNETSBRIDGE



Belturbet Lakelands Annual Ranking Marathon Race



Sunday 5th July 2025 at 1 PM

Canoe Marathon Ireland Ribbadsella Ranking Race



65th Liffey Descent Set for 19 September 2026



[Race Info](#) [Competitor Info](#) [Results](#) [News](#) [2026 Race Entry](#)

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	O	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/5OT	-
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



K2 NATIONAL CHAMPIONSHIPS

NEAR THE SANDUNES

— TRAMORE, WATERFORD —



OPEN TO

MALE | FEMALE | MIXED CREWS



STUNNING COURSE

NEAR THE SANDUNES,
TRAMORE, WATERFORD



DATE

Postponed until 12th July (tbc)



FIRST START

1700HRS



LOCATION

SALEEN BEACH



CATEGORIES

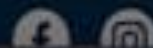
U12 | U14 | U16 | U18

MASTERS | SENIORS

- ✓ ENTRIES ON DAY
- ✓ LAP COURSE WITH GOOD VIEWING
- ✓ CI SAFETY RULES APPLY



Canoeing
Ireland



Club Clean Up Day



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

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

Celbridge Paddlers Canoe Club



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Training

[CPC 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 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/>

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

Calendar of Events 2026, Club, National, International

Date	Race	Race Type	Contact	Location
13/06/2026	Inistiogue Memorial 5/10k	Non Ranking	Thomastown Paddlers CC	Inistiogue, 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

Date	Day	Club	National	International Events.
13/06/2026	Saturday		Inistiogue 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 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		