

Kilcullen Canoe Club **Lowtown Ranking Race**

Lowtown Marathon (Round 9 of 9)

The final round of the 2026 Kayak Marathon season took place on the Grand Canal at Lowtown on Sunday, 27 September 2026.



The nine-race season kicked off in Celbridge in March and travelled on some of the greatest waterways in Ireland. The paddlers and their supporters raced on the Grand Canal at Lyons Estate & Lowtown, stretches of the Liffey from the lake at Salmon Leap through Lucan & Palmerstown, the Barrow in Athy, Pouaphouca lakes in Wicklow, the Corrib Estuary in Galway, the River Erne in Belturbet, the rapids on the Boyne and beautiful stretches on the River Nore. The top 5 results count towards each paddler's final end-of-year group placings.

Celbridge Paddlers had a team at each event and at the last round in Lowtown (beside Robertstown) they took home 10 medals, 7 Gold, 3 Silver, 1 Bronze. We had paddlers in almost all divisions on the day.

Eavan O'Keefe Gold Div 2, Martins Hearn Gold Div 3, Simon Hearn Gold Div 4, Megan O'Donohoe Gold Div 7, Callum Brown & Cian Heaslip Gold K2, Tadhg O'Neill Silver Div 7, Nathan King Bronze Div 7. Charlie Connolly Silver Div 7 Men's

At season's end, our club won five division titles.

Noel O'Connell won Division 4, Danny Cooper won Division 7 boys, Megan O'Donohoe won Division 7 girls & Katie King won the GP class. In Div 5, Naoise Heneghan's top 5 results matched rival Patrick Melia from SLCC. Naoise might miss out with countback on other race results. Fingers crossed, Simon Hearn took the championship down to the wire, but Noel had the edge (this year !!!) and very well done to all.

*A special mention to Charlie Connolly, who took part in his first-ever kayak event and took home a silver medal.

**Lastly, Sean Heneghan was presented with a special award for accidentally winning his first Triathlon race of the season, K1 6km /running 2 km C1 2km, and taking home a gold medal in the process.



* Please check results and points posted at the base of this newsletter and let Sean know if they need to be amended *

Kilcullen Canoe Club **Lowtown Ranking Race**



POST LIFFEY 10K RACE FLATWATER KAYAK 10KM RACE

Well done to **Simon Hearn**s, who took part in this event at SLCC, the day after he won Silver at the 65th running of the Liffey Descent. Simon came 4th at this event and missed out on Bronze by only one second. All his competitors had had a rest day the day before while Simon was racing hard on the Liffey. This event was used to raise funds for the World Championships in Argentina later this year.

News in Brief:

Level 2 training: Thank you to Eavan O'Keeffe for carrying out L2 training and assessments for our members. Well done to all who took part and who passed.

Club tidy up: Please ensure all club boats are cleaned and placed on the racks in the clubhouse and not on the floor, paddles are stacked well, and buoyancy aids are put on racks.

Relay Race: Keep an eye out for this new event at the end of October. Mixed-ability teams.

Wild Water Season: Calendar for this season due out soon. CPCC will host an event on the rapids of Castletown.

Winter training plan: due out soon



Website: <https://celbridgepaddlers.ie/training/> Facebook <https://share.google/vqmUj8vNX39UWohh>
 Youtube: <https://youtube.com/@celbridgepaddlerscanoeclub76677?si=Fbx8JZSKdwqgIPr5>
 Celbridge Paddlers Canoe Club



Liffey Descent 2026.

17 members of Celbridge Paddlers took part in the running of the 65th International Liffey Descent. Low water this year created challenges for the paddlers, who had to navigate through rocks and shallows and avoid having to get out of their boats when beached. The river was very slow-moving, and endurance was needed on the day, and the team had practised long paddles in advance of the race.



Race Course:

32-kilometre stretch of the River Liffey from Straffan to Islandbridge.

Start Line: The K Club in Straffan, County Kildare.

Finish Line: Trinity Boat Club / Garda Boat Club at the National War Memorial Gardens in Islandbridge, Dublin.

Obstacles: Competitors navigate 10 weirs and 1 portage (around the ESB hydroelectricity dam at the Leixlip reservoir).



A special mention to our 1st-time racers this year: Danny Cooper, Daniel Dziwirek, Simon Hearn & Tommy Grealey.

Well done also to our paddlers who tried out new racing categories. Our club came home with eleven medals: four gold, four silver and 3 bronze.

K2 Adult & Junior Class: 2nd place Fergal Walsh & Simon Hearn

K2 2nd place Aisa Cooper & Martin Hearn

K2 5th place Eavan O'Keefe & Mathew McCarthy

K2 16th place Daire Mitchel & Ryan Brady

K2 17th Place Callum Brown & Laurence Coonan

T2 1st place Morgan Cooper & Danny Cooper

Junior K1A 1st place Naoise Heneghan

Junior K1A 3rd place Daniel Dziwirek

K1C: (over 49's) 1st place Sean Heneghan,

K1C (over 49's) 3rd place Carol O'Donohoe,

K1C (over 49s) 9th place Tommy Grealey

K1C (over 39's) 3rd place Lukasz Dziwirek,







Lastly, a very special thanks to our club members who provided rescue at Vanessa Weir.

&

Our Fan club at Straffan





K4 Strawberry Beds Cup

The inaugural running of the **K4 Strawberry Beds Cup** took place on the 15th of September 2026. It was held on the Liffey as it flows through the Strawberry Beds towards the Wild Water Club at Palmerstown weir.

On Tuesday nights during the summer K1 paddlers come to the Wild Water Club to take part in 10km time trials, a great opportunity to be on wider water with new paddlers. If the weather is good the organiser Tom Burke puts the BBQ to work.

This year Team Captain Tom Burke put down a challenge to Celbridge Paddlers. At summers end dust off the K4's and take on the best of the Wild Water paddlers. Two races, eight paddlers from each club and the combined time from the races counts towards the winning team.



VS



CPCC team Captain Morgan Cooper the challenge and put forward two teams.

Race 1.



Lorraine Leonard, Barbara O'Donoghue, Ferdia Hayes, Aidan Jones



Simon Hearn, Danny Cooper, Callum Brown, Naoise Heneghan

Race 2.



Tom Burke, Conor Quinn, Oran McNally, Senan Forestal



Martin Hearn, Aisa Cooper, Fergal Walsh, Noel O'Connell





The teams set up the boats and when ready it was Celbridge Paddlers that took the 1st win. In the 2nd race it was Wild Water that took the win.

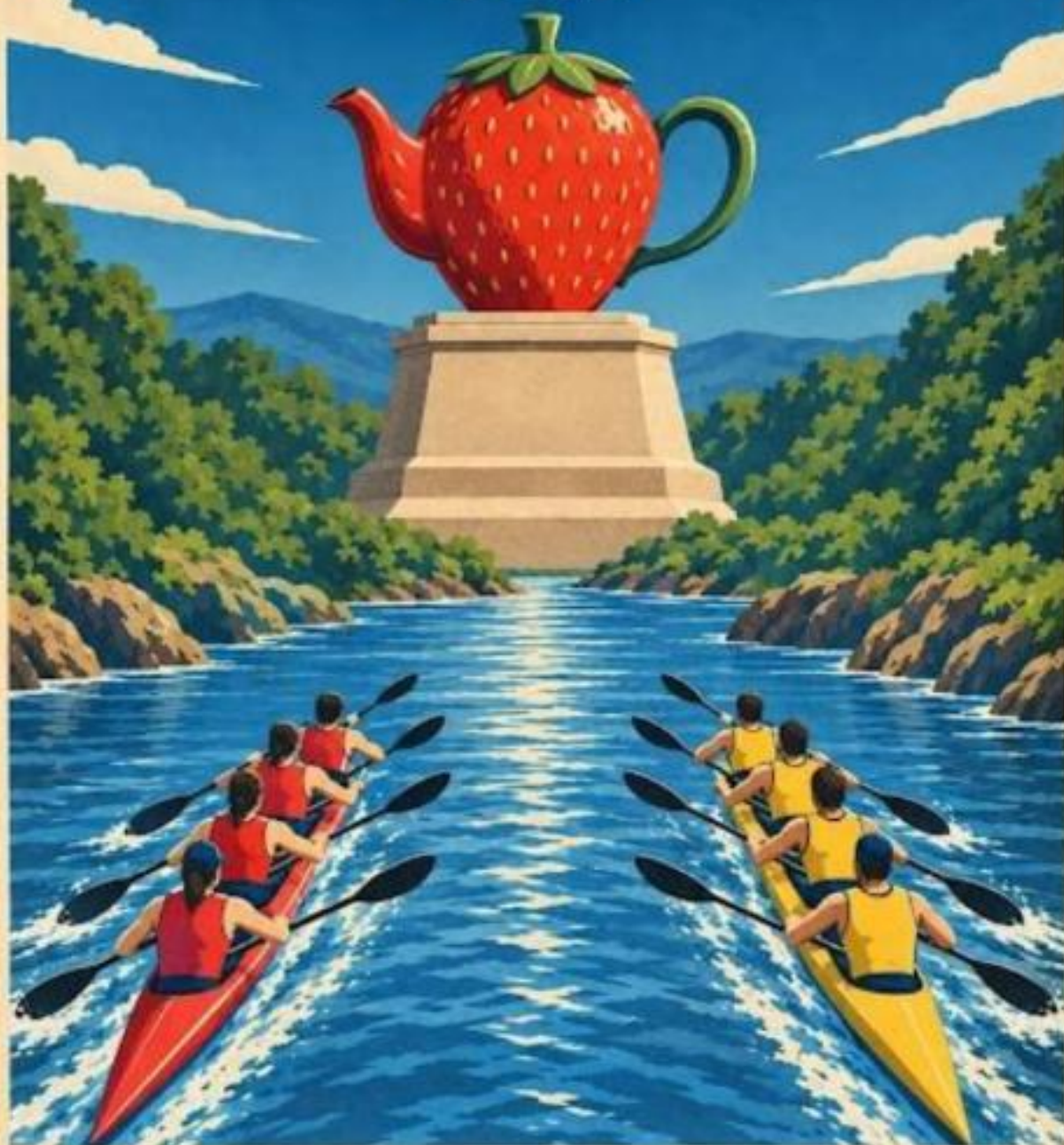
Celbridge Paddlers took the overall prize of the K4 Strawberry Beds Cup with a short winning time margin when combined times were taken into account.

BBQ and prize giving and a great way to end the season of Tuesday night time trials and racing.





STRAWBERRY BEDS CUP



— **WILDWATER KAYAK CLUB** —
TUESDAY 15TH SEPT • 7PM



2026 Summer BBQ & Paddle



The annual Celbridge Paddlers Summer BBQ took place on Sunday the 13/09/2026 on the Grand Canal. Traditionally we would play some games and enjoy the BBQ, but we choose to take part in a club paddle where all participants would meet at the end of a chosen route. This was masterminded by Breige Verdon.

Waterways Ireland had done a terrific job of clearing the weeds that took over following an unusual very hot summer. This allowed all our club members, young and old choose a paddle of three distances. Robertstown to our club house, 21.5km, Sallins to our club house 10km or Ponsonby Bridge to our club house 5km. This allowed all abilities to take part, some actually choosing to cycle alongside us on the terrific Greenway.

At the end of the paddle, we all met at Aylmer Bridge beside our Cub House and resident chef Tim Hartnett had gourmet burgers, sausages and an array of food and drinks ready for our tired members.

Some of club members picked inflatable tyres and lazed around the water's, others pulled up deck chairs and enjoyed the final sunshine rays of our summer. Those still with energy and balance tried out our C1 Kayak, a very tricky boat to master. Closely watched over by our C1 expert Callum Brown.

The annual BBQ is an entire club effort to organise. It is a great chance to meet with newer members and to catch up with friends. A special thank you to all members who helped on the day especially Eugene Ryan, Tim Hartnett & Matt Black for getting everything set up Vincent O'Sullivan & Neil Fleming for boat transportation.





2026 Summer BBQ & Paddle



Some of the Ponsonby Crew 5km



The Sallins Crew 10km



The Robertsown Crew 21.5km





2026 Summer BBQ & Paddle





Lower Liffey Marathon 2026 Ribadasella: Ranking Race (Round 9 of 10)

The penultimate round of the marathon season took place on the lower stretch of the river Liffey on the 6th of September 2026. The 14 km course ran from the lake at the Salmon Leap Canoe Club in Kildare all the way to the Canoe Centre in Palmerstown Dublin. It passed through Lucan during the street festival and the opening of the river promenade. Paddlers had to use their skills to navigate four weirs, Lucan, Anna-Liffey, Wrens & Palmerstown. They also had to get the right lines through the Sluce in Lucan and a 500-metre portage. Lower than expected water meant navigating the shallow waters and rocks very tricky.



Celbridge Paddlers sent seventeen of its members to take part in this race.

They took home 10 medals on the day. Five Gold, 3 Silver & 2 Bronze.



Noel O'Connell took gold in division 4, as did Kaite King in Ladies GP & Megan O'Donohoe in Division 7 Girls. All three are almost certain to take the end of year division titles. Also taking gold was Sean Heneghan beating one his mentor & rival Fergus Cooper for the first time. Let's See how they get on in the Liffey Descent in a couple of weeks' time. In Division 7 boys it was a clean sweep for Celbridge Paddlers, Cian Heaslip taking gold, Nathan King, silver & a bronze for Daniel Keane. A special thank you to their coach Callum Brown who got them ready for this event. In Division 5 Ladies, Carol O'Donohoe took Silver. In Division 5 Boys Naoise Heneghan took Silver, and Danny Cooper took Bronze.

Outside the podium positions on the day were Daniel Dziwirek, Lukaz Dziwirek, Fergal Walsh, Callum Brown, Laurence Coonan, Aidan O'Donohoe, & Sean MacCormack. A very notable mention for Sean MacCormack taking part in his first event and who only started paddling this year. Next up for the paddlers will be the International 65th Liffey Descent on the 19th of September 2026.





LOWER LIFFEY RACE 2026





LOWER LIFFEY RACE 2026







Left to right:

Back row: Megan O'Donohoe, Danny Cooper, Sean Heneghan, Cian Heaslip, Sean MacCormack, Naoise Heneghan, Daniel Keane.

Front row: Noel O'Connell, Fergal Walsh, Carol O'Donohoe, Aidan O'Donohoe, Lawrence Coonan, Callum Brown, Nathan King, Daniel Dziwirek, Lukaz Dziwirek, Katie King.

Date	Day	Club	National	International Events.
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		

Celbridge Paddlers Canoe Club

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Training

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	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	

Non-Ranking Races Results 2026

Non Ranking Races

	VVR	VVR	K2 event	SC K1 Mixed	Sprint	Sprint	Junior	Mixed	UK Nationals	Irish Nationals	Spanish Descent	Ireland Descent	Canoe Christmas	
Club Participants	VVR Castletown	VVR Bandon	Slaney, Dessen, K2	K2 Spud, SC Cships, Mixed K2	Sprint Nationals	Nothingham Sprint	Junior Liffey Descent	Thomastown Memorial Race	UK Marathon Nationals	Blessington National Champs & Rec Race	88th International Descent of the Sella	65th Liffey Descent	Post Liffey 10km	43rd Turkey Race
Martin Hearn			11th	2nd Mixed				2nd K2	4th	4th Masters B	101st	2nd K2		
Noel O'Connell			11th											
Simon Hearn	1st			2nd SC & 11th	4th 1000m	3rd	tbc	7th K1	21st	3rd U15 Nat	101st	2nd K2	4th	
Sean Heneghan	2nd									1st K2 LC Rec	7th	1st K1C		
Naoise Heneghan		1st					1st			2nd K2 SC Rec	19th	1st K1A		
Laurence Coonan												17th K2		
Lukas Dziwirek										1st K1 Rec		3rd K1C		
Aidan O'Donohue	2nd													
Carol O'Donohue	1st									2nd Mts A Nat		3rd K1C		
Alex Fahy														
Paul Trofimov														
Daniel Dziwirek										1st K1 Rec		3rd K1A		
Danny Cooper	3rd			2nd SC 16th Spud,			1st	3rd K2	14th	1st U14's Nat	9th MS 92nd	1st T2		
Megan O'Donohue	1st						1st			3rd U15 Nat	92nd Sella			
Katie King							2nd							
Aisa Cooper			9th	4th Spud, 22nd				2nd K2			4th	2nd K2		
Callum Brown	3rd	1st			1st C1, 500, 1st C1200						19th	17th K2		
Morgan Cooper	4th		9th	6th Mixed				3rd K2	8th			1st T2		
Fergal Walsh								4th K1		5th Mts A Nat		2nd K2		
Karen Gallagher								20 GP						
Matt Black GP								19th GP						
Niall McClean				22nd Mixed										
Daniel Keane							16th							
Tadhg O'Neill										1st K1 Rec				
Sean Michael										2nd K1 Rec				
Brendan Keane														
Matthew McCartney													5th K2	
Tommy Grealey													9th K1C	
Eavan O'Keefe													5th K2	
Daire Mitchell													16th K2	
Total Participants	8	2	4	7	2	1	6	8	4	0	8	17		
Gold	3	2	0	0	2	0	3	0	0	5	0	4		
Silver	2	0	0	4	0	0	1	2	0	3	0	4		
Bronze	2	0	0	0	0	1	0	0	0	2	0	3		

Ranking Races Results 2026

Ranking Races (9)

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Totals
	Club Participants	Celbridge Race	Athy Race	Trim Ranking Race	Thomastown Race	Belturbet Race	Galway Race	Salmon Leap Race	Lower Liffey Race	Lowtown Race	Individual Points
Juni	Danny Cooper D7 boys & Div 5 K2	15	13	11	15	15	15	8	12	9	113
Juni	Simon Hearn Div 4	12	13	15	7	13	13	13		15	101
Juni	Katie King Div 7 Women / GP	15	15		15	15	15	15	11		101
Juni	Megan O'Donohue Div 7 Girls/ GP	15			10		15	15	15	15	85
Juni	Daniel Dziwirek D7 boys	12			13	12	9	1	5	4	56
Juni	Nathan King					11	11	7	13	12	54
Juni	Cian Heaslip						12	10	15	15	52
Juni	Daniel Keane		11			12			12	11	46
Juni	Tadhg O'Neill		10				13	9		13	45
Juni	Sean Michael O'Driscoll		15							10	25
Juni	Gearoid McGreevy							6			6
Juni	Sean MacCormack								5		5
Seni	Naoise Heneghan Div5	15	15	15		10	13	3	13	10	94
Seni	Martin Hearn Div 3/K2	15	13		15		12	15		15	85
Seni	Noel O'Connell Div 4	13	15		13	15		12	15		83
Seni	Sean Heneghan Div 4	9	5	9			11	8	15	6	63
Seni	Carol O'Donohue Div 5/GP	11			13		12	10	13	10	69
Seni	Aisa Cooper		13	11	15			15			54
Seni	Lukas Dziwirek Div 5/GP	7	7		11	9	11	1		3	49
Seni	Fergal Walsh K2, K1		9		13	10	11		4		47
Seni	Laurence Coonan Div 5	10	15				12		9		46
Seni	Callum Brown		15	10						15	40
Seni	Morgan Cooper K2		13		13		11				37
Seni	Eavan O'Keefe							12		15	27
Seni	Brendan Keane		11			13					24
Seni	Alex Fahy D7 Men	15									15
Seni	Tanya Trofimov Div 7 Women	13									13
Seni	Paul Trofimov D7 Men	12									12
Seni	Karen Gallagher GP				12						12
Seni	Matt Black GP				12						12
Seni	Mattie Corr Div 5	11									
Seni	Aidan O'Donohue Div 5	6							4		10
Seni	Padraic Keane Div 5	8							?		
	Total Participants	18	17	6	14	11	16	17	17	16	132
	Gold	6	6	2	4	3	3	4	4	6	38
	Silver	2	4	0	5	2	3	1	3	2	22
	Bronze	3	0	0	2	2	4	2	1	1	15

2026 Champions Marathon Ribadasella Series

Megan O'Donohue Div 7 Girls Champion,

Danny Cooper Div 7 Boys Champion

Katie King GP Champion.

Noel O'Connell Div 4 Champion

(Simon Hearn Div 4 & Naoise Heneghan Div 5 narrowly missed out on titles this year)

2026 Racing Summary

	Ranking	Non Ranking	Totals
Participants	132	67	199
Gold	38	19	57
Silver	22	16	38
Bronze	15	8	23
Ranking Participants Points	1481	Ranking Club Points (10 per Divison entry)	1320

Ranking Points	
1st	15
2nd	13
3rd	11
4th	10
5th	9
6th	8
7th	7
8th	6
9th	5
10th	4
11th	3
12th	2
13th	1
14th	1
1 point is given to every position from 34th onwards	
Novice racers do not get points	
Top 5 results count towards end-of-season placings but must be within the same division _	
10 club points given to each racer (except novice racers	