Website: https://celbridgepaddlers.ie/training/ Facebook https://share.google/vlqmUj8vNX39UWohh

**Utube:** https://youtube.com/@celbridgepaddlerscanoeclub7667?si=Ebx8IZSKdwqgIPr5

# Celbridge Paddlers Canoe Club



### **Lowtown Marathon Race**

Our club had an excellent turn out at the Lowtown Marathon. The event is similar to our own race and is on the same canal, just further into the countyside. All 17 members took on the course, no wind and beautiful sunshine added to the enjoyment of the day.

Our club took home 16 medals, 7 Gold, 6 Silver & 3 Bronze. A very special well done to our new club members who introduced themselves to marathon racing. Cian took Gold & Gearoid took Silver in the novice race.

Fergal Walsh took Gold in Div 3, Simon Gold in Div5, Lawrence Coonan Gold in Div 7 & Callum Brown made his C1 debut taking 1<sup>st</sup> place.

Also taking gold in K2 were Danny & Morgan Cooper, They have certainly won the 2025 K2 categoery, 2 years in a row now. Can anyone challenge them in 2026!!

Carol O'Donohoe, Daniel Dziwirek. Naoise Heneghan, Matty Corr, Valerine Ball took silver in their respective categories. Lukasz Dziwirek, Breige Verdon & Sean Heneghan took Bronze in their respective categories.

A very special thank you to Fergal for bringing the club trailer.



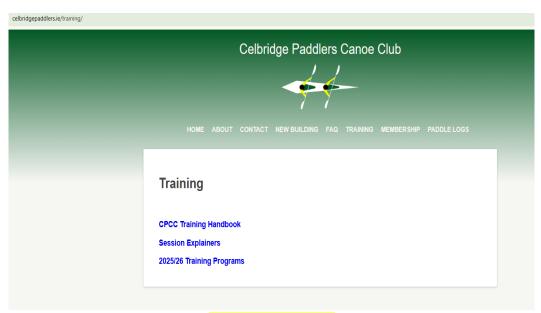
This year as far as far im aware its your top 5 (not 6) results that give you your final marathon season placings (due to some race cancelations). They must belong to the same division though. So make sure you don't miss out on the final Race in Galway. Next up is the K2 Championship with the Liffey Descent two weeks later. The last marathon race is on the 26<sup>th</sup> of October in Galway.

### 2025/2026 Training programme

Thank you to everyone who turned up for the roll out of our new 2025/2026 training promamme. It was put together by Fergal/Neil/Eavan/Rob/Carol/Breige/Sean along with feedback from our members. Please link in with us if you need any support or have any questions. We would welcome feedback as we move through the sessions.

Please take a look at our website and the updated training handbook, time table and guides.

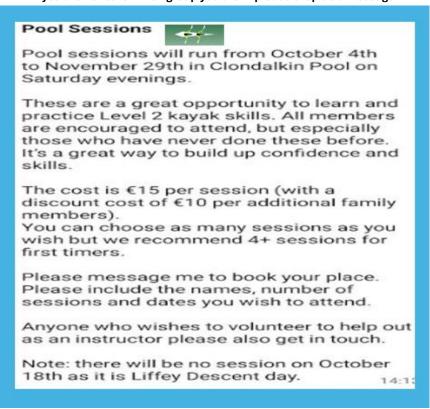
Website: https://celbridgepaddlers.ie/training/



### 2025/2026 Timetable

	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	

If you are not sure which group you are in please drop us a message.





Well done to all our members who took part in these summer sessions. There were some superb performances and many personal & seasonal bests from all who took part.

### Seniors K1:

10km: Morgan Cooper: 47.55 (WWKC) & 48.46 (SLCC), Martin Hearns 49.40, Eavan O'Keeffe 50.38, Rob Hetherington 50.50, Sean Heneghan 57.04, Aisa Cooper 57.22

#### Juniors K1

10km: Simon Hearns 51.48, Lawrence Coonan 59.36, 5km: Danny Cooper 28.25, C1: Callum Brown 29.04

K2 10km: Danny/Morgan Cooper 50.15, Fergal Walsh/Sean Heneghan 50.33

# **Liffey Descent Training**





# **Building News:**

Thank you to our members who completed some fantastic work in the car park, finding the electric wires for the canal lights, tidied up the club house, arranged for the showers to work, and fixed gym equipment. Please keep an eye out for our club "clean up day". It would be great to tidy out the place up for some indoor winter training.



### **K2 National Championships 2025** Sunday October 5th Salmon Leap Canoe Club, Leixlip, Kildare 4km Course 20km Course 16km Course 8km Course - U12 K2 - Open K2 - Women's K2 - U14 Men K2 - U18 Women K2 - U18 Men K2 - U15 Women K2 Masters 35-50 - Masters 50+ K2 - U16 Men K2 Open B K2 (Divisions must add to at least 7) - Open C2 Entries Close 11:30 First Start 12:00 Fees: Junior crews: €20 per boat Canoeing Senior/Masters crews: €30 per boat



## K2 NATIONAL CHAMPIONSHIPS 2025

Rescheduled k2 champs will take place Oct 5th a Salmon Leap Canoe Club. First Start 12:00 Detailed Race Notice to follow.





Liffey Descent 2025 – Date Change Lucy Due to ESB works at Golden Falls Dam, the 64th Liffey Descent has been rescheduled to Saturday, 18th October 2025

This change is necessary to ensure water levels, safety, and race quality. We know this may affect plans and appreciate the understanding of our amazing paddling community

All existing race entries remain valid, with the registration process being unchanged ...
Its a new date but the same iconic race. Book your spot for the 18th October here -

https://eventmaster.ie/event/1pPwfwDHeM



# Oct 26 Galway Ranking Race.

- o Cancelled: Malahide ranking race: No new date confirmed
- o Cancelled: Lower Liffey ranking race: No new date confirmed

### Update on all club results 2025 (After Lowtown/Robertstown Marathon Race).

As far as I can make out 156 of our club members, took part in a variety of events this year from Wild Water, Marathon, Sprint, L2, European and Descents. So far, our club took home 105 medals, 55 gold, 31 silver and 19 bronze (hopefully my data is correct).

- o The <u>Junior Medal Leader is Danny Cooper on 11, followed by Naoise Heneghan on 9, Simon Hearns on 7. The top Junior Girls are Katie King on 3 & Megan O'Donohoe 2.</u>
- o The top Senior Medal Leaders are Callum Brown & 10 Morgan Cooper on 10, Sean Heneghan on 7. The top Senior Ladies paddler is Carol O'Donohoe on 5.
- Races entered in 2025. Naoise on 14, Sean on 4 & Callum on 13

	Vild	Wild	Vild	Slaneu	Celbridge	Athe	Trim	Junior	National K1	European	Inistigge	Thomasto	K1National									Ev	ents			
All 2025 Events	Water Av	Water	₩ate	Descent	Ranking	Ranking	Ranking	Liffeg	Short • K.Murpl	Marathon Chamn	Memorial	wn Rankir-	Championship	Belturbet Ranking Ra**	Sun 20th July - Blessington Ranking Race Poulaphour	Sat 9th August - Sella Descent, Asturias Scrin	Sun 24th August - Salmon Leap Ranking Race	Sept 28th - Lowtown Ranking Race	5th October K2 National Championships	18th October – Liffey Descent	Sun 12th October Galway Ranking Race		ende			Total
*	A¥ v	Limer -	Ba	[K2] w	Rac ↓†	Rac →	Rac ₩	Desce ₩	Memoria *	Portu *	5/10( 🚽	Rac	S w	ranking ra	naikiig nacerouapiou.	Descent, Astonas.og	Leap natiking nace	naikiig nave	Criamporanips w	DESCRIK	rialiking riace		d G	old Sil	lver Bro	
	1															K2MU23 17th										
Callum Browne	1st C1	1st GP		7th	3rd K2	1st K2LC	1st K2	1st K2	1st C1, 9th K	2		2nd K2 LC			2nd K2 SC	152.20 (20km)	8th	1st C1					13	7	2 1	1 10
Daniel Dziwirek					3rd K2	1e K2 LC	2nd GP	1st K2				1st GP					10th	2nd K1					7	2	2	1 6
Emily Trofimova	-		-		3rd novice	ISTRZEU	Znauer	BUNZ		-	_	ISTUP					luth	2haki					1	3	2	
Emily Frontmova	_				ora novice		-									K2MU23 17th							-	_		<del>' '</del>
Nacise Heneghan	14 UH	1st WH	1→ UH		2nd Diu 5	10th Div 5	5 46 K2	1er T2	9th K2		SH CD	2nd K2 LC		3rd GP	2nd K2 SC	152.20 (20km)		2nd GP					14	4	4 1	1 9
ivadise Heriegilari	BCWIT	ISC WIT	EX WIT		ENGLING	IOUTDIV	J THINE	BUTE	Julice		Ollici	ENGINEEC		34001	ZIMINEGE	K2M35-5017th		21001					17	_		<u> </u>
Sean Heneghan	1st GP	DSQ	1st GP		4th Flin 4	2nd Div 4	1 2nd GP				4h GP	3-4K2 9C	4th (Masters)	3rd Div4	6th	151.30 20km	10th	3rd Div 4					14	2	2 3	3 7
Neil Fleming	io.co	Dog	UCO.	7th	701247	LINCON	1st K2				40101	GGIVE GO	Titt() (Marketa)	Old Dist	Viii	D.OU LOWIN	200	Old Div 4					2	1		1
ikir kining				191			10.110									K2 Mens Snr 151.55							_	_		
Morgan Cooper					1st K2	1st K2 S0	2nd K2				1st K2	2nd K2 SD	3rd (Masters)	2nd K2 SC	1st K2	84th 20km	2nd K2 SC	1st K2					11	5	4 1	1 10
						-										K2 Mens Snr 151.55										
Danny Cooper					1st K2	1st K2 S0	2nd K2	3rd GP			1st K2	2nd K2 S0	1st U14	2nd K2 SC	1st K2	84th 20km	2nd K2 SC	1st K2					12	6	4 1	1 11
																K2 Mens Snr 151.30										
Fergal Walsh					4th						3rd K1	3rd K2 SC				84th 20km	8th	1st Div 3					6	1	2	
Noel O'Connell					1st Div 4	3rd Div 4	1					1st Div 4											3	2		1 3
																K150+ 8th 1.19.35										
Aisa Cooper										15th					5th	(17km)							3			0
Cillian Butler					1st Div 5			1st T2															2	2		2
Aidan O'Donohoe					6th Div 5																		1			0
Lucazs Dzivirek					8th Div 5		7th GP					7th GP			1st Div 7		3rd K1	3rd Div 7					7	2	- 2	2 4
Matty Corr					11th Div 5		8th GP											2nd Div 5					3		1	1
Beth Corr					4th Div 5																		1			0
Simon Hearns					2nd Div 7		1st GP	1st GP	9th K1% 10 K	2		2nd Div 7	5th U16	1st Div7			1st Div 5	1st Div 5						5	2	7
Martin Hearns							_		10 K2		4th K1			1st Div4			7th						4	1		1
Carol O'Donohoe	_				2nd Div 7		-	_				1st GP			1st Div 7		2nd Div 7	2nd Div 7						2	3	5
Tanya Trofimova	-				4th Div 7		-	-		_								0.100					1			0
Breigh Verdon Valerie Ball	-		-		1st GP 2nd GP	_	-	-	_	-	_	_						3rd GP 2nd GP					2	-	2	1 2
Audrey Butler	-				3rd GP		-	-			_							2000P					1	_	2	1 1
Huorey Dutter Laurence Coonan	-				1st Div 7		4th K2	-		_	19th K1				2nd Div 7	_	1st Div 7	1st Div 7					6	2	1	4
Darren O'Donohoe	-		-		2nd Div 7		40162	_		-	DINKI				ZHOUNT	_	ISLUW I	ISLEW I					1		1	1
Alex Fahy	_				3rd Div 7		-	-			_												1	_		
Gemma Corr	_		_		1st Div 7		_	_															1	1		1
Megan O'Donohoe			$\vdash$		4th Div 7		_	1st GP				1st GP			4th		10th	4th					6	2		2
Katie King			$\vdash$		June 1		1st GP	1st GP				10.00			1st GP		4th							3		3
Robert Dziwirek					2nd novic	s 1st novice	e					2nd GP												1	2	3
Matt Black												3rd GP		4th GP									2			1 1
David Foley												4th GP		-									1			0
Joe Foley												5th GP											1			0
Vincent O'Sullivan												6th GP											1			0
Evan D'Keeffe								1									4th						1			0
Davey Buggy															3rdK1								1			1 1
Rob Hetherington															8th								1			0
Novice																		1st novice					1	1		1
Novice																		2nd novice					1		1	1
																										0
Participants	3	3	2	2	26	9	12	8	4	1	7	17	4	7	13	7	14	17					56	55 :	31 1:	105
Gold	3	2	2	0	7	- 6	4	7	1	0	2	4	1	2	5	0	2	7				55				

\*\*\*\* please message me if any results are wrong.

## Ranking Races/Ribadasella Series

After 8 ranking events, (only 1 remains (Galway 26th October).

The top Junior girls point scorer is Megan O'Donohoe on 58 points followed by Katie King on 41. The <u>Junior</u> boy's points leader is Danny Cooper with 112 points, followed by Simon Hearns on 85 & Naoise Heneghan on 80

The top Ladies point scorer is Carol O'Donohoe on 56 points.

The Seniors group is led by Morgan Cooper on 112 points followed by Sean Heneghan on 88 and Callum Brown on 77.

Marathon Racing (Ranking Points for Ribadesella	Celbridge Ranking Race	Athy Ranking Race	Trim Ranking Race	Thomastown Ranking Race	Belturbet Ranking Race	Sun 20th July – Blessington Ranking Race	Sun 24th August – Salmon Leap Ranking Race	28th September– Lowtown Ranking Race	Sun 26th October Galway Ranking Race	Comments	Totals
Callum Brown K2 Long Course/Short/C1	12	15	15	13			7	15			77
Naoise Heneghan K2 Short/long//GP	13	5	11	13	12	13		13			80
Sean Heneghan Div 4/GP/K2	11	13	13	12	12	9	6	12			88
Neil Fleming			15								15
Daniel Dziwirek K2 Long Div 7/ GP	12	15	13	15			5	13			73
Morgan Cooper K2 Short Course	15	15	13	13	13	15	13	15		2025 K2 Champions	112
Danny Cooper K2 Short Course	15	15	13	13	13	15	13	15		2025 K2 Champions	112
Fergal Walsh Div 3/ K2 Long	11			12			7	15			45
Noel O'Connell Div 4	15	12		15							42
Aidan O'Donohoe	9										9
Lucazs Dzivirek Div 7 & GP	7	15	8	8		15	12	12	Rankir 1st	ng points system	77
Matty Corr Div 5 & GP	4		7					13	2ni		24
Beth Corr	11								3rd		11
Simon Hearns Div 7/5 & GP	13		15	13	15		15	15	4th		86
Martin Hearns Div 4					15		8		5tl		23
Cillian Butler	15								- 6th		15
Carol O'Donohoe Div 7 & GP	13			15		15	13	13	80		69
Tanya Trofimova Div 7	11								90		11
Breigh Verdon GP	15							12	106		27
Valerie Ball GP	13							13	116		26
Audrey Butler GP	12								12t		12
Laurence Coonan Div 7 & K2 LC	15		11			13	15	15	146		69
Darren O'Donohoe	13								156	h 1	13
Alex Fahy Div 7	12										12
Gemma Corr Div 7	15									I ' -	15
Megan O'Donohoe Div 7 & GP	11			15		11	10	11			58
Katie King (GP) & Div 7			15			15	11				41
Matt Black gP				12	11						23
David Foley GP				11							11
Joe Foley GP				10							10
Vincent O'Sullivan GP				9							9
Robert Dziwirek GP				13							13
Aisa Cooper						10					10
Davey Buggey						13					13
Evan O'Keeffe							11				11
Rob Hetherington						7					7
											0
	293	105	149	212	91	151	146	202	0		1349

<sup>\*\*\*</sup> top 6 results count towards end of year placings if 11 races are held, 10 or less races, top 5 results count. (all six must be in the same Division (not a combination of GP,Div K2)

\*\*\* please message me if any results are wrong.

<sup>\*</sup> Novice races are not awarded Ribadaeslla ranking points.



Date	Venue Suggestions	Organisers	Туре	Cor
2-Nov	Wicklow	Committee	Classic/MassStart	ww
23-24 November	ECA Cup Llangollen, Wales	ECA	Sprint & Classic	Cor
30-Nov	Miltown	GKC	Sprint	Cor
25/01 TBC	Castletown	Celbridge Paddlers	Sprint	Nei
8-Feb	Lee, Cork	- POLICEO CONTRACTOR INC.	classic	1000
22/Feb TBC	Templemills to SLCC	Digger	Classic	Digg
TBC	Shawsbridge	JAke Cochrane	Sprint	
TBC	Foxford	David Horkan	Sprint	
TBC	Inny1	100000000000000000000000000000000000000	Mass start	
TBC	Inny2		Classic	.,,,,
April	Boyne		Mass start	M3
21-24 May	Banja Luka	ICF	Sprint & Classic	Wo
14-18 August	Grandfully, Scotland	ECA	Sprint & Classic	Jun

" Potential calander (2025/2026)

https://www.facebook.com/groups/WildWaterKayakClub

David V	ID	- ICh k Even ville to to		IN I Francisco III .	·
Date - ■ 01/10/2025	Wednesday	Club Events/Training 19:00: C, D, E Groups	-	National Events/External Tra	ining T
02/10/2025		19:00: A, B, C, D, E Groups			
03/10/2025		19:00 E Group			
04/10/2025		10am: C,D,E Groups, 11am A,B Groups			
05/10/2025		10am: C,D,E Groups , 11am A,B Groups 19:00 E Group		K2 National Championships	
06/10/2025	-	19:00 E Group 19:00: A,B,C,D,E Groups			
	Wednesday	19:00: C, D, E Groups			
09/10/2025		19:00: A, B, C, D, E Groups		Committee Meeting	
10/10/2025		19:00 E Group			
11/10/2025		10am: C,D,E Groups, 11am A,B Groups		Jackson Fall Fest (Wicklow)	
12/10/2025		10am: C,D,E Groups , 11am A,B Groups 19:00 E Group		Jackson Fall Fest (Wicklow)	
13/10/2025		19:00 E Group 19:00: A,B,C,D,E Groups			
	Wednesday	19:00: C, D, E Groups			
16/10/2025		19:00: A, B, C, D, E Groups			
17/10/2025	Friday	19:00 E Group			
18/10/2025		10am: C,D,E Groups, 11am A,B Groups		Liffey Descent	
19/10/2025	-	10am: C,D,E Groups, 11am A,B Groups			
20/10/2025		19:00 E Group 19:00: A, B, C, D, E Groups			
	Wednesday	19:00: C, D, E Groups			
23/10/2025		19:00: A, B, C, D, E Groups			
24/10/2025		19:00 E Group			
25/10/2025	-	10am: C,D,E Groups, 11am A,B Groups		0.1.5	
26/10/2025		10am: C,D,E Groups, 11am A,B Groups		Galway Ranking Race	
27/10/2025 28/10/2025		19:00 E Group 19:00: A, B, C, D, E Groups			
	Wednesday	19:00: C, D, E Groups			
30/10/2025		19:00: A, B, C, D, E Groups			
31/10/2025	-	19:00 E Group			
01/11/2025		10am: C,D,E Groups, 11am A,B Groups			
02/11/2025		10am: C,D,E Groups, 11am A,B Groups			
03/11/2025		19:00 E Group 19:00: A, B, C, D, E Groups		-	
	Wednesday	19:00: A, B, C, D, E Groups			
06/11/2025		19:00: A,B,C,D,EGroups			
07/11/2025		19:00 E Group			
08/11/2025	Saturday	10am: C,D,E Groups, 11am A,B Groups			
09/11/2025		10am: C,D,E Groups, 11am A,B Groups			
10/11/2025		19:00 E Group			
11/11/2025	Wednesday	19:00: A, B, C, D, E Groups 19:00: C, D, E Groups			
13/11/2025		19:00: A, B, C, D, E Groups		Committee Meeting	
14/11/2025		19:00 E Group			
15/11/2025		10am: C,D,E Groups, 11am A,B Groups			
16/11/2025		10am: C,D,E Groups, 11am A,B Groups			
17/11/2025		19:00 E Group			
18/11/2025	Tuesday Wednesday	19:00: A, B, C, D, E Groups 19:00: C, D, E Groups			
20/11/2025		19:00: A, B, C, D, E Groups			
21/11/2025	-	19:00 E Group			
22/11/202	5 Saturday	10am: U,U,E Groups, 11am A, B Groups		•	<u> </u>
	5 Sunday 5 Monday	10am: C,D,E Groups 11am A,B Groups 19:00 E Group			
	5 Tuesday	19:00: A,B,C,D,EGroups			
26/11/202	5 Wednesday	19:00: C, D, E Groups			
27/11/202 28/11/202	5 Thursday	19:00: A, B, C, D, E Groups			
	5 Friday 5 Saturday	19:00 E Group 10am: C,D,E Groups, 11am A,B Groups			<del></del>
30/11/202	5 Sunday	10am: C,D,E Groups, 11am A,B Groups			
	5 Monday	19:00 E Group			
	5 Tuesday 5 Wednesday	19:00: A,B,C,D,EGroups 19:00: C,D,EGroups			<del></del>
	5 Thursday	19:00: A, B, C, D, E Groups			
05/12/202	5 Friday	19:00 E Group			
	5 Saturday 5 Sunday	10am: C,D,E Groups, 11am A,B Groups 10am: C,D,E Groups, 11am A,B Groups	2025.4	Annual Pink Paddle	
	5 Monday	19:00 E Group	2023 F	minidal inkradule	
09/12/202	5 Tuesday	19:00: A, B, C, D, E Groups			
	5 Wednesday	19:00: C, D, E Groups	C.	M:	
12/12/202	5 Thursday 5 Friday	<b>19:00:</b> A, B, C, D, E Groups <b>19:00</b> E Group	Commi	ttee Meeting	<del></del>
13/12/202	5 Saturday	10am: C,D,E Groups, 11am A,B Groups			
	5 Sunday	10am: C,D,E Groups, 11am A,B Groups	42nd	Turkey Race/CPCC Christma	s Party
	5 Monday 5 Tuesday	19:00 E Group 19:00: A,B,C,D,E Groups			<del>                                     </del>
17/12/202	5 Wednesday	19:00: C, D, E Groups			
	5 Thursday	19:00: A, B, C, D, E Groups		<del>-</del>	
19/12/202	5 Friday 5 Saturday	19:00 E Group 10am: C,D,E Groups, 11am A,B Groups			
	5 Sunday	10am: C,D,E Groups, 11am A,B Groups			
22/12/202	5 Monday	19:00 E Group			
	5 Tuesday 5 Wednesday	19:00: A,B,C,D,EGroups 19:00: C,D,EGroups	Morris	hristmas	
	5 Thursday	19:00: C, D, E Groups		hristmas Phristmas	
25/12/202		19:00 E Group			
26/12/202			ı		
26/12/202 27/12/202	5 Saturday	10am: C.D.E.Groups, 11am A.B.Groups			
26/12/202 27/12/202 28/12/202	5 Saturday 5 Sunday 5 Monday	10am: C,D,E Groups, 11am A,B Groups 10am: C,D,E Groups, 11am A,B Groups 19:00 E Group			
26/12/202 27/12/202 28/12/202 29/12/202 30/12/202	5 Sunday	10am: C,D,E Groups, 11am A,B Groups		New Year	