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R ESOLUTIONS: New year resolutions are often mocked, derided and subject to ridicule. One that should be at the forefront of your mind is to be safe when you paddle. The phrase come 'Hell or high-water' has a unique interpretation for paddlers-high water usually equates with heaven! However, the water temperature in January is at its lowest, wind can cause debris to be added to the river, and the hours of daylight are diminished. Risk-assessments, good equipment and common-sense should be added to your prerequisites before you take to the water at this time of year. On a planning ahead and goal improvement to finishing High performance our sporting partners the Ireland, will be striving achieve. Whatever goal you aim to achieve in 2007, may your pathway towards the achievement be a safe one.

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Eamon Devoy, Irish Canoe Union, President

C LUB PROFILE: TULLOW KAYAK CLUB-This County Carlow based club was formed in 1973, by Kieran Murphy, Tim Madden and Deirdre Conway, after the ICU had introduced concept to the area. The club has been affiliated to the ICU clubs in the graduating into 1980's into roto-did instructor Generally the club the likes of the down to the Barrow, Graig to St. Mullens being a regular haunt. Currently they have two instructors and three trainees on ICU courses. The club is locally based with a large body of support from the locality, and with over 30 members is a significant community resource. Interestingly, one of their paddling playgrounds is at Aghade bridge, which has been the site of international slaloms in the past and more recently, used for wild-water sprint events. Richard Fox and Shane Kelly fought it at Aghade Slalom in the 1981, with a crowd of several hundred paddlers on the banks of the Slaney. Tullow Kayak Club also have permanent canoe-polo goals in Tullow village which are used during the Summer months. While some of the club members compete regularly, and almost all don their competitive stripes for the Liffey Decent, the main objective of the club is to have fun! Paddlers meet at least once a week and their motto is to Get wet and have fun!

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related matter, January is a time of reflection, setting. Paddlers' objectives range from skill endurance races like the 200k Devizes-Westminster. athletes in the Olympic disciplines, with support from Irish Sports Council and the Olympic Council of for qualification for Beijing, a target we hope they

ever since then and is now one of the oldest kayaking country. Their first Kayaks were made of wood, fiberglass and since the plastic revolution of the moulded plastic kayaks. Initially, founder members courses and began increasing club membership. uses the River Slaney, but often goes further afield, to Wicklow mountains, "Jackson falls" the Annamoe,

FAMILIAR FACES: ADRIAN BARBER-Chairperson of the ICU Canoe Polo Committee and a member of WWKC's committee has been active in canoeing since 1984 when he went to Queens University of Belfast. After graduating Adrian moved to London and whilst there he setup Surrey Quays Canoe Club. He then moved to Liverpool and as a BCU Senior Instructor with Friends of Allonby Canoe Club he established a standard for the coaching of members that people still remember-if they did not arrive on time at the venue they would miss the trip. It was also with FOA that Adrian first found an interest in Canoe Polo. Adrian went to watch the first Worlds held in Sheffield in 1994 and was inspired by the competition. In 1995 Adrian moved to Derry to study and joined Foyle Paddlers. Since then, Adrian has been living in Dublin and has established himself as an active Level 3 instructor. He has played a role in developing canoe- polo in WWKC so that it now has players on 21 teams. Adrian was part of the team that organised the 2003 European Championships in Kilcock and has for the last two years been chairing the national committee. Adrian has also organised the Carrick-on-Shannon event, on behalf of the National Committee, for a number of years. His vision of canoe-polo is one where it is a sport with activity throughout the country and has a fun as well as a competitive ethos.



WHY TRY IT? FREESTYLE-Kipper Maguire, National Men's Team Coach and gives us the low-down on this popular and vibrant canoe discipline. **WHY SHOULD SOMEONE TRY IT?** We don't have mountains or glaciers but even when there's no water you can still have fun-it suits our resources-lots of good features! **WHAT DO YOU NEED TO DO IT?** Motivation, a good attitude and a smile!! Boat-wise, designs have changed so much the market is brim full of good boats. **WHAT QUALITIES DOES IT REQUIRE?** A capacity for fun-with or without a competitive stripe. **IS THERE EQUAL OPPORTUNITY FOR MEN AND WOMEN?** Lots of girls compete and we have a big Womens' squad. **WHERE**



CAN YOU DO Curraghower,
ANY RISKS?
you paddle on.

It's a bit like Playstation-You can choose the level of difficulty you paddle on.

IT? Anywhere slow water meets fast water-there's Sluice Clifden-but you can practice on the flat! **ARE THERE** It's a bit like playstation-You can choose the level of difficulty **HOW DO YOU GET STARTED?** Clubs and the Great Outdoors

have demo boats. **WHY IS IT BETTER THAN OTHER CANOE-DISCIPLINES?** It's a new sport that's changing all the time that you can be a part of! Everytime you go on the river there is potential to discover a new move! To get into freestyle contact the Committee at www.irishfreestyle.com

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EVIZES-WESTMINISTER: The 200k race will be held at Easter, on the 6-9th of April 2006. The race, that goes roughly from Bristol to London, actually finishing at the London Eye, will soon be upon us. If you count this among your new years resolutions , the race offers several options. There is the four-day stage race which includes Junior Doubles, Senior and Veteran doubles. On the paddlers cover 34 miles, then and, on the final day, a mercifully 17. A non-competitive four-day called the Endeavour class is for those who wish to enjoy the scenery and tour down the Thames. Then, there is the gruelling non-stop race which Irish Paddlers appear to be sadistically attracted to. We have produced more non-British winners than any other country (even S.A.) and since Declan Donovan and Jimmy Kennedy won in 1984, Irish paddlers have won the premiere? Mens K2 class six times. Our most consistent performers were the crew of Mick O'Meara and Jim Morrissey who won it three times in a row. Recently, Gary Mawer teamed up with English paddler Steve Baker to take gold, the Cooper brothers have been first overseas crew, Aisling and Caoimhe Ni Chuinn have won the Womens' class and a Dingle based C2, O'Cearbhail and Knight, won their class by several hours. More than any other race in the World, its the participation and not the medal winning that counts. Every finisher earns a finisher's medal and deservedly so. This race offers the ultimate challenge and has been used as a test for membership of the SAS, such is the ferocity of the paddling feat. Either way it's a great way to see the Thames, by day and by night!

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<http://www.dwrace.org.uk/>

FORTHCOMING EVENTS:

JAN. 21st AGAHDE WILD-WATER SPRINTS, RIVER SLANEY, TULLOW, CO. CARLOW.

JAN. 20th-21st WOMENS NATIONAL CANOE POLO SQUAD-OPEN SESSION-GROVE POOL BELFAST

FEB. 11th AVONMORE WILDWATER CLASSIC, RATHDRUM, CO.WICKLOW

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D ID YOU KNOW? We are the only European canoeing federation in the ICF that consistently competes across the full spectrum of competitive disciplines, apart from the big three countries in Europe, France, Germany and Britain. Not only have we had teams compete at World and European level in polo, freestyle, wild-water, slalom, marathon and sprint, but we have achieved great successes. Two European Champions, Ian Wiley in Slalom, and Simon Westgarth in freestyle. Added to this are Gary Mawer's silver medal at the World Marathon Championships, Championship

medallists, including Jenny Egan And European and World finalists recently with Brendan Maloney

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can compete at the top level. In fact, we have had top 10 finishes at World level in all the disciplines (except WW racing). Historically, this is not a new phenomenon as Shane Kelly was flying the flag in 1980 in slalom (Pre-World Champion) and Ian Pringle in the mid-80's winning the Sella marathon in Spain. While the multi-disciplinary approach in Ireland may be tough on our resources it does help produce better paddlers. In a recent survey of our top 20 paddlers, 19 of the paddlers had a multi-disciplinary paddling background. Several had even competed internationally in more than one discipline, for instance, Neil Caffrey was a U21 canoe-polo international before he qualified a place for the Athens Olympiad in Slalom.

<http://www.canoe.ie/Media/RollofHonour/tabid/1136/Default.aspx>



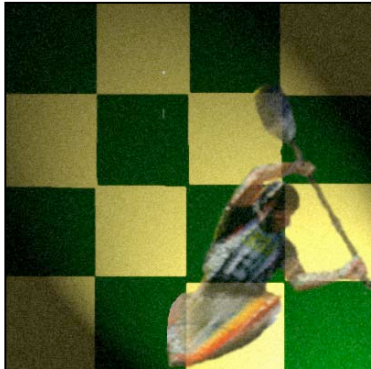
and Neil Fleming. in Sprint, most and Neil Fleming in K2, have shown that we

M AR FHOCAI SCOIR: Tá na mílte baill ag Cumann Churrachóireachta na hÉireann agus de ghnáth tosaíonn daoine ag currachóireacht lena gclann, tré chlub áitiúil, tré chúrsaí an chumainn nó sna hollscoileanna. Ach is minic a fhaigheann daoine óga blas den churrachóireacht agus iad ar chúrsaí gaeilge i rith an tsamhraidh. Tá traidisiún láidir spóirt sna ceantair ghaeltachta agus feictear é seo sa churrachóireacht chomh maith. Is as an Spidéal d'Éadaoin Ní Challaráin. Bhí sí in iomaíocht ar son na hÉireann sna Cluichí Oilimpeacha i Sydney na hAstaile, 2000 agus arís sa Ghréig sa bhliain, 2004. Bhí baint ag an taithí a fuair sí ag currachóireacht ina ceantar dúchais féin i nGaillimh, ar a todhchaí mar iomaitheoir idirnáisiúnta. Is féidir currachóireacht a dhéanamh i gColáiste Uisce, i gColáiste Lurgan agus mar chuid den chúrsa gaeiltachta ar na hoileáin – Oileán Acla agus Oileán Chléire ina measc. Is deis iontach iad na cúrsaí seo d'aos óg na tíre, triall a bhaint as an gcurrachóireacht lena gcairde. Smaoinigh mar sin faoin samhradh seo chugainn. Má theastaíonn uait mac nó iníon a sheoladh ar chúrsa gaeiltachta, tabhair tacaíocht do chúrsaí le currachóireacht!!



COACHING CURRENTS: The main thrust of the Irish Canoe Union coaching development structure has historically centred around recreational and adventure paddling. Currently, professionally organised courses enable progression through the “instructorship” levels and qualifications. Recently, with Coaching and Training Centre and Declan O’Leary along of NCTC chief executive a new competition coaching programme has been developed. This “competition coach” programme will be rolled out in 2007, starting with an assimilation weekend (March 2007) for existing coaches and high performers. Considerable investment has occurred in personnel to create the course material and implement the coaching strategy with the support of the Irish Sports Council. Furthermore, a “Paddler Pathway study”, which investigated the route to success for our top paddlers has led to the development of both coaching and athlete pathways to achieving excellence in canoe-sport. The key finding has been that 95% of our recent or current top competitors have had a multi-disciplinary background in canoe-sport. All ICF disciplines will be included and a key element in the programme is the interaction between different aspects of canoeing. Quality coaching in both competitive and adventure paddling is the key to developing the next generation of Irish paddlers. For further information see www.canoe.ie

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SAFETY CORNER: Local knowledge is the key to safety when running white-water, whether you are creaking in Kerry or Donegal. While the guide to Irish Rivers by is a useful resource, a new online River guide offers a opportunity to create a virtual encyclopedia of our hydrodynamic playgrounds. Certainly, this will become a tool find valuable. At the moment the number of Rivers Guides on the site does cover the four provinces, it focuses on the hot spots attractive to higher standard paddlers. In the future, this should evolve so that rivers of varying standard are included but it is a true paddlers resource-where contributions are uploaded and thus, a dynamic river guide is the outcome. The site has many cool features namely river guides, but additional features include maps, videos, and photos. The maps include google earth links and co-ordinates so those of you with GPS can navigate your way there too. www.irishwhitewater.com

Certainly, this will become a tool that all Irish paddlers will find valuable.

