



Dear Members,

As Sun continues to shine, we have had another busy week on the canoeing front both at home and abroad.

### Sprint

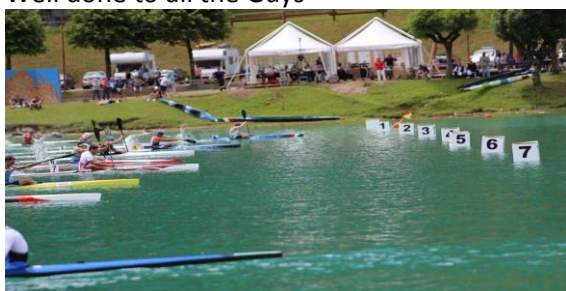
The Sprint team had some great result at the Auronzo Sprint regatta in Italy.

Barry Watkins 1st K1 500m and Tom Brennan 1st K1 200m.

The pair teamed up for the 500m K2 and were 3rd!

The Junior K4 came 9th in the 1000m and 7th in the 500m in the K4.

Well done to all the Guys



If you fancy having a go at Sprint then why not go along this Saturday.



### **Canoe Sprint Ireland 5000m Selection Event for K4 Grand Prix Cantabria and BBQ**

**Date:** Saturday 4<sup>th</sup> July 2015. 12:00pm

**Venue:** Salmon Leap Canoe Club, Leixlip, Co Kildare

**Events:** K1/C1 5000m, Guppie/Lighting U14 2500m.

**Classes (M/F):** Senior, Junior, U14 Guppies.

**Entries:** Close at 11:30

**All Entry Fees go towards Junior Kayak Squad:** Juniors/Guppies €5, Seniors €10.

**Event Details:** 2 laps of 2500m buoyed course. ICF Sprint regulations: K1 12kg, C1 14kg

**Timetable:** Guppies 12:00pm, Juniors 12:30pm, Seniors 13:00pm. BBQ from 12:30

**Prizes:** Prizes will be kayaking gear including spraydecks, gear bags, compression tops.

Canoeing Ireland needs your support for Jenny Egan - she's doing really well but needs more votes to make the top 6-so please keep voting daily and share the page.

<https://www.nissangenerationnext.ie/candidates/view/21...>





### Slalom:

A mixed bag of results from Slalom World Cup 2 in Krakow, Poland.

In C1M, our young paddlers Robert Hendrick and Jake Cochrane in their first senior World Cup acquitted themselves very well by coming 41st and 44th in a field of 64. Both are here to gain experience on this testing course which will host the European Junior/ U23 Championships in August. Their performances including only two touches each on their best run was impressive and bodes well for the future.

In K1M, results were very disappointing with all three team members (Elliott Davidson, Sam Curtis and Cade Ryan), who finished in 75th, 82nd and 85th respectively, picking up a total of nine 50's between them in their two runs.

In K1W, we fared a little better with Hannah Craig finishing outside the semi-final cut-off in 39th position having picked up one touch in her best run but not as good a result as she put in at the first World Cup race in Prague last weekend when one dubious penalty award kept her out of the semis. Aisling Conlan finished in 53rd position of the field of 62, not having had the opportunity of any training on the course prior to her competition runs today, due to work commitments.

In C2, our young crew of Robert and Noel Hendrick were again out at their first senior World Cup to gain course experience for the Euros in August. They finished 30th without any 50 second penalties but picking up a lot of avoidable touches on both runs. A good start for this young crew at senior level.

So on to Liptovsky Mikulas next week for World Cup 3, where our three K1M and two K1W will be joined in C1 by Liam Jegou who is just back from a knee injury which has kept him out of his C1 for most of the period since the middle of May.

Catch all the action at [www.facebook.com/canoeliveresults?fref=nf](http://www.facebook.com/canoeliveresults?fref=nf)



Picture of the Slalom Team at Krakow white water course.

*No small children or "retirees" were harmed in the taking of this picture.....!*

**Slalom Div 3 & Novice Ribbontail Paddlers July 5<sup>th</sup> 2015**

Advance entry <http://goo.gl/forms/aFl82tT9oW>



**Location:**

Ribbontail Paddlers Clubhouse

GPS Coordinates: 53.451035, -6.954680 <https://goo.gl/maps/10wnQ>

**Slalom Race in Leinster:**

At Division 3 events, Plastic Slalom Kayaks will be available to use if you do not have your own kayak  
Division 3 Novice Competitions are held all over the country from May to October.

The prizes are medals and the junior under 18 entry is €5, Junior C.I membership €5 per year

The programme is usually:

- Practice
- Individual Competition first runs
- Team Events
- Open Race. For further information contact the Slalom Committee at [secretary@irishcanoeslalom.com](mailto:secretary@irishcanoeslalom.com).

When Sun 5 Jul 2015

Where Ribbontail Paddlers ,Longwood,Royal Canal Leinster ([map](#))



### Paddle Surf:

What an excellent result from the guys over in Spain for the Surfkayaking Worlds.

Well done to Mike Barry, Aisling Griffin and all the Irish team who are out there competing. Keep up the great work! We must also give a special mention to Canoeing Ireland's very own self-proclaimed comedian Bernard Walsh.

Team Ireland have made it to the finals of the world champs. This is a truly amazing achievement and excellent validation for all the hard work and training they have done.

Here's some fun facts they learned:

- 1: We got some many firsts and seconds in our heats, it's hard to count on two hands. I need help from my toes.
- 2: Four of our competitors first tried Paddlesurf at the club champs. And that shows both how epic the club champs were and how successful Paddlesurf were at it.
- 3: It's not just good results from the hardcore surfers. Everyone has surfed amazingly and got results.
- 4: It shows the success of our focus on development.
- 5: Hard work pays off, but so does having fun.



The Irish paddle Surf team before they hit the waves.



# Canoeing Ireland

**KAYAKSURF.NET**  
SURF KAYAKING WORLD CHAMPIONSHIP - XTREME PARTS 2015  
OPENING

**DAY 2 □ JUNE 30th**  
**TEAM RESULTS**  
Surfkayaking WORLDS

Rank	Team	Score	Points
1	USA	100.00	100.00
2	GER	95.00	95.00
3	GBR	90.00	90.00
4	ITA	85.00	85.00
5	ESP	80.00	80.00
6	FRA	75.00	75.00
7	CAN	70.00	70.00
8	AUS	65.00	65.00
9	CHN	60.00	60.00
10	UKR	55.00	55.00
11	ARG	50.00	50.00
12	ITA	45.00	45.00
13	GER	40.00	40.00
14	GBR	35.00	35.00
15	ITA	30.00	30.00
16	GER	25.00	25.00
17	GBR	20.00	20.00
18	ITA	15.00	15.00
19	GER	10.00	10.00
20	GBR	5.00	5.00



Check out all the updates from the Paddelsurf team on their Facebook page.  
[www.facebook.com/pages/Paddelsurf-Ireland](http://www.facebook.com/pages/Paddelsurf-Ireland)



### Canoe Polo:

National Champs:

This year's Canoe Polo Club Championship will be held in Cloondara, Co. Longford. Camping is available onsite.

To register your team for to

<http://canoepolo.ie/?q=clubchamps>

Entry fee is €100 and closes at midnight Friday July 10th.

Any queries please contact [admin@canoepolo.ie](mailto:admin@canoepolo.ie)



# Canoeing

## Marathon Racing:

Word has reached us that some of the “*more mature Marathon paddlers*” have done very well at the European Masters.



Tadgh De Barra K1 4<sup>th</sup> 35-39 age group

Tim Healy K1 4<sup>th</sup> 45-49 age group

Liam Mc Carthy K1 4<sup>th</sup> 55-59 age group

And then the break through ... Tim and Liam teamed up in K2 and got Bronze

As the saying goes “**There's life in the old dogs yet**” .....

**Well done guys.**







Mick O'Meara

Talking about old dogs, we could not have a round up without telling you about

**The boy himself Mick O Meara who was featured in Tuesdays edition of the Irish Times**

Waterford sea kayaker on course for speed record around Ireland

**[www.irishtimes.com](http://www.irishtimes.com)**



Waterford man Mick O'Meara is 1 day from setting a new speed record for a solo, unassisted sea kayaking trip around Ireland. Leaving Skerries in north Co Dublin on Tuesday, he is planning to reach his home town of Tramore by Friday evening. He will be two days ahead of the current record holders, UK-based paddlers Jeff Allen and Harry Whelan, who completed the 1,200km trip in 25 days in 2011.

Check out his blog [www.seapaddling.com](http://www.seapaddling.com).

Mick, your some boy..... Congrats.

**If you or your Club have any stories or events you like us to publicise please sent them in and we will include them in our weekly roundup.**

Yours in Paddling.

Karl Dunne,

Canoeing Ireland.