

Liffey Descent Welcome Pack

This welcome pack will give you: -

Section		Page
1	Introduction / Contents	1
2	An overview of the Liffey Descent event	2
3	Advice for competitors	3
3.1	Entries	3
3.2	General rules	3
3.3	Bus Timetable	3
3.4	Boats and equipment	4
3.5	Buoyancy aids	4
3.6	Compulsory equipment	5
3.7	Paddler Dos and Don'ts	5
3.8	Anti -Doping	5
3.9	Safety	6
3.10	Check in	6
3.11	Potential race hazards, risks and other issues	6
3.12	Retirement	7
3.13	Disciplinary matters	7
3.14	Complaints and procedures	7
3.15	Assaults and / or Abusive behaviour	8
3.16	Results	8
3.17	Lost property	8
4	General Information for the race	9
4.1	Access to River	9
4.2	River Entry	9
4.3	Location of Pre Start lines	9
4.4	Start Line	9
4.5	Accommodation	10
5	Course Info	12
6	Emergency	18
7	A massive thanks to our volunteers	19

2. An overview of the Liffey Descent

In 1959 Canoeing Ireland started a marathon canoe race on the River Liffey that was destined to become one of the world's most famous and exciting canoeing events. Over the years its reputation has grown and attracted paddlers from all over the world to experience both the event itself and the unique atmosphere of fun and friendship that surrounds it.

The race course is 28.2kms long and consists of 10 weirs and 1 portage. It starts at the K Club above Straffan Weir, Co. Kildare and finishes about 18 miles later at the Garda Boat Club in Dublin.

Approximately a third of entries are in the race competitively with the remaining places taken up with 'fun' paddlers who are there to enjoy the atmosphere and event, their main goal being to finish the race in one piece.

Year after year, we have participants coming from all over Ireland and around the world to attend this world class event. This only adds to the fun and the experience of the entire race weekend.

There is an after party organised in the Garda Club to finish off the race in style. In the past, it has been a mixture of live bands and DJs. Many a tale is told at the party of the wonderful experiences had during the race with well-deserved boasting about making it to the finishing line with or without a swim.

Wishing you all the best of Luck!

Finally, before the start of our 55th Liffey descent, we'd just like to wish all competitors the best of luck in the race.

Yours in Paddling,

**Tony Maher,
Liffey Descent Chairperson**

3. Advice for competitors

Please ensure you read and familiarise yourself with the information below:

3.1 General rules

- The Liffey Descent is run by the Liffey Descent Committee, a subcommittee of Canoe Marathon Ireland, a technical committee of Canoeing Ireland.
- The rules under which the Liffey Descent is run can be found at www.canoe.ie/liffeydescent/liffeydescentrules.
- Race officials, acting on behalf of the Liffey Descent team / Canoeing Ireland, can stop any crew for any reason at any time.
- All paddlers shall race in a fair and considerate manner and maintain a satisfactory standard of conduct throughout the descent. Unsporting conduct by both paddlers and/or their spectators will be penalised. The decision of the organising team on all matters shall be final.
- Inspected kit which has been presented and passed at kit inspection must be used throughout the race. No substitution of gear.
- All bibs must be worn when passing through the start area. Avoid disappointment by making sure gear and craft meet the required standards.
- Spray decks must be used on kayaks.
- Competitors must be able to swim at least 100m in canoeing kit.
- Numbers from previous races (domestic or international) must be removed or covered over entirely before the race start.
- If a paddler withdraws from the race, they must text:-0857303865 and state their race name and number or inform a race official.

3.2 Bus Timetable

- The bus will leave the Garda Boat Club at 9:00 on Saturday morning to bring you to the start line at the K Club.
- The bus will leave the Garda Boat Club at 17:00 on Saturday to bring you back to the K Club.

3.3 Boats and equipment

- Canoes and kayaks will be referred to in the rules as boats and must be manned by a crew of one, two or three paddlers depending on the class in which they are entered.
- Propulsion is by single or double bladed paddle only.
- No other form of craft is considered within the scope of these rules – this includes rafts, paddleboards, surf skis and other sit on / stand on boards.
- Boats must contain sufficient buoyancy to support their paddlers in the event of capsize. Sandwich construction boats are not presumed to have sufficient inherent buoyancy and must carry additional foam or other non-porous buoyant material. Closed and water tight compartments built in by the original manufacturer may be accepted at the race Director's discretion but must have adequate buoyancy at both ends
- Substitution of boats or personnel, or transport over land or by water for the purpose of shortening the course is forbidden. If paddlers cannot paddle the course, they may walk it, carrying their boat and full kit. No short cut or transport is allowed.

3.4 Scrutineering

- All craft/equipment must be inspected before the race by an official scrutiner in the start car park.
- Do not leave the car park unless your gear and boat have been passed.
- Anyone who does not have a pass sticker will not be allowed through the gates to the river.
- Make sure you have all your equipment before you leave the car park.

3.5 Buoyancy aids

- Competitors must wear an integral foam buoyancy aid or lifejacket offering the wearer a minimum of 50 Newton of inherent buoyancy and conforming to one of the following European standards – EN393, EN395, ISO12402-5 or ISO12402-6. The EN standard must be clearly displayed via a label attached by the manufacturer.
- Buoyancy aids or lifejackets are not acceptable under any circumstances if: -
 - ◆ They only display certification to BA83.
 - ◆ Require partial or total inflation by mouth, or by use of a compressed air / gas cylinder.
 - ◆ Appear to be more than five year old.
 - ◆ Have been subjected to heavy use thus degrading their flotation value.
 - ◆ Have been tampered or modified in any way.
 - ◆ Buoyancy aids made outside the EU (and therefore not carrying the relevant EN or ISO standard mark) will not be accepted unless they are: -
 - ◆ Individually certified by the manufacturer s meeting EU requirements; OR
 - ◆ Presented by a paddler who can prove they are not resident in the EU. By definition this will exclude anyone competing for a canoe club or organisation from within the EU.

3.6 Compulsory equipment (all classes)

In addition to clothing worn by paddlers at the start, the following SERVICEABLE equipment must be carried. This ADDITIONAL kit, even if vacuum sealed, will be inspected at the start and may be checked at the finish or any point along the course.

- One buoyancy aid or lifejacket¹.
- One whistle – attached where it can be used.
- One 200g chocolate or energy bar.
- One 300ml emergency drinking fluid.
- One spray deck (kayaks only) to be worn at all times.
- Emergency 1st Aid Kit.

3.7 Paddler Dos and Don'ts

Paddlers are not permitted to: -

- Take pace or wash hang from any vessel not in the race.
- Replace boats.
- Remove numbers from boats during the race.
- Relieve themselves in public.
- Use trolleys or portage devices unless they have carried them, at all times, from the start.

Paddlers are permitted to receive: -

- Assistance from any source in the event of capsize or other dangerous circumstance.
- Food and drink at any point along the course unless otherwise directed.
- Replace paddles, boat fittings, clothing and spray decks if used, lost or damaged.
- Help with the repair of a boat, provided it is not moved further or away from the course.
- Medical assistance in the event of illness or injury.

3.8 Anti Doping

- Participants in the International Liffey Descent are bound by the Anti-Doping Policy of the International Canoe Federation, World Anti-Doping Agency and Irish Sports Council. Any participants operating outside of this policy will be sanctioned.
- For further information relating to the Anti-Doping Policy, please follow the link: http://www.irishsportsCouncil.ie/Anti-Doping/Athlete-Zone/Anti-Doping_Rule_Violations/
- The taking of drugs as defined by the International Canoe Federation (ICF) and Canoeing Ireland (CI) rules is forbidden
- All Paddlers are liable for a drug test. Refusal to submit to such a test shall incur automatic disqualification

¹ Buoyancy aid / Life jacket specifications are detailed in general rules section 3.5

3.9 Safety

- The Liffey Descent can be strenuous, demanding and in bad weather can be dangerous.
- Only experienced paddlers should attempt the Liffey Descent.
- It is advised that paddlers should have experienced weirs and portaging with the weight of kit and with the boat intended to be used for the race.
- Liffey Descent Rule:-24 states that approved lifejackets/buoyancy aids must be worn by all paddlers.
- Liffey Descent rule:-25 states that approved helmets must be worn by all Down River/Wild Water Racers, Open Singles, Touring Kayak Doubles, and Touring Canadians. **Helmets are highly recommended to be worn in all other classes, if not worn, paddlers do so at their own risk**
- We recommend paddlers carry mobile phones (with a supporter's number and the race control number Karl Dunne 086 2854888– pre-programmed) in a waterproof container.

3.10 Check in

- Bib collection will take place in the Garda Boat Club, Islandbridge on Friday, 3rd October from 17:30 to 21:00. Final bib collection will take place at the K Club on Saturday, 4th October from 08:30 to 9:30.
- Kit check will take place at the K Club on Saturday, 4th October from 08:30 to 10:00.
- Should a boat pass the finishing line in such a manner that its number cannot be read by the time keeper it will be the responsibility of the paddler to inform the time keeper of the number.

3.11 Potential race hazards, risks and other issues

- Paddlers should be aware of the risks presented by all other boat traffic on the river.
- Stakes in the water or other submerged obstacles can easily damage boats.
- Drinking river water.
- Aggressive swans. Nesting birds are dangerous and should be avoided.
- Extreme weather, this can cause anything from sunburn and heatstroke to exposure and hypothermia. Be aware of the risks of wearing inadequate or inappropriate clothing. Always dress for the conditions. Remember long sleeved and long legged thermals help retain heat when wet. Spare clothing is advised.
- Weirs – there are 10 weirs on the course. Please follow the directions of race officials at weirs. Keep well clear of bridge stanchions (supports) particularly during the times of flood.
Damage to equipment is likely. Thoroughly check all equipment before you start, All items can be replaced during the descent, apart from boats, which may only be repaired
- In the event of an emergency, call Rescue Control on 0871213152.

3.12 Retirement

- If paddlers are compelled to retire from the Descent, paddlers or spectators must **WITHOUT FAIL**, text Race Control immediately with your name and race number (0857303865).
- All paddlers must have completed the Liffey Descent by 16:30 on the day of the race.

3.13 Disciplinary matters

- Inappropriate behaviour by paddlers or spectators will be penalised.
- Any failure to observe the rules or obey the instructions of any race official at any time may render the paddler(s) liable for disqualification or other penalty which may include the individual, crew, club, school or unit being barred from entering future races.
- Breaches of rules must be communicated to Race Control on 086 2854888.

3.14 Complaints and procedures

- On the day of the Descent, the right to protest lies solely with a competitor who may consider themselves aggrieved or affected by any decision or action by an official, competitor or other person connected with the Descent except that there will be no right to protest against a refusal of entry.
- On the day of the Descent, the right to protest lies solely with a competitor who may consider themselves aggrieved or affected by any decision or action by an official, competitor or other person connected with the Descent except that there will be no right to protest against a refusal of entry. Nothing in Rule 27 will affect or prejudice the right and duty of any official, acting in an official capacity, to take such action as may be deemed proper in any circumstances regardless of whether a protest has been lodged.
- Protests should be lodged in writing as soon as possible after the occurrence and no later than 15:30 on the day of the Descent directly to the Race Director.
- All protests will be heard and adjudicated on by a Protest Committee consisting of the Race Director.
- The hearing of a protest will take place as soon as practicable after the lodging of a protest. All parties will be given adequate notice of the time and place of the hearing of the protest.
- It is expected that all parties affected by a decision of the Protest Committee will agree to be bound by the decision of the Protest Committee. The decision of the Protest Committee will be considered final. However, a right to appeal to the International Liffey Descent Committee may exist and this right will comply with the Appeals Procedures of Canoeing Ireland.

3.15 Assaults and / or Abusive behaviour

- Abuse and/or threatening behaviour of any kind, including verbal or physical assault, will not be tolerated.
- Any paddler found to have carried out a verbal or physical assault, or whose spectators do so, will be disqualified and may also be banned from taking part in future events.
- Anyone impeding any race official in the conduct of their duties will be severely will be disqualified and may also be banned from taking part in future events.
- The Liffey Descent Committee/Canoeing Ireland will not hesitate to report incidents of verbal or physical assault to An Garda Síochána. They also reserve the right to notify such incidents to any organisation with which the paddler or individual concerned is involved.

3.16 Results

- A full list of provisional results will be posted at the Garda Boat Club on the 4th October, and a finalised set of results will be posted to ww.canoe.ie shortly after the race.
- Presentation of prizes will take place at 17:00 at the Garda Boat Club.

3.17 Lost property

All lost property should be handed into Race Control at the K Club before start of race or at the Race Control at the Garda Boat Club. All enquiries regarding such property should be made at race control at the Garda Boat Club.

4. General Information for the race

4.1 Access to the River and Start

- Announcements will be made in the car park at regular intervals advising competitors when to proceed to the gates which access the river.
- Do not leave the car park with your boat and equipment until instructed to do so over the PA
- River access will close at 10:30 sharp. No competitor will be allowed through the gates after this time.
- Quickly get onto the water and paddle upriver to the pre start area.
- If for any reason you need to get off the river, please do so on the river right bank. Do not get off the river on the hotel side.
- Please read and be familiar with the race start procedures

4.2 River Entry Area

- Get on the river as quickly as possible. **Do not hang about.**
- An area of the riverbank will be cordoned off to show you where you can enter the river
- **Anyone not at the river entry area by 10:30 will not be allowed on the river**
- As soon as you get on the river, paddle up to the designated Pre Start Line area.
- **All competitors must be in the pre start assembly area before 10:45.**

4.3 Location of Pre Start line

- As you paddle upriver, you will pass the START LINE which will be indicated by a banner on your right hand side.
- The Pre-Start Line will be approximately 200 metres upriver from the start line and will be similarly identified by a banner on your right hand side.
- The Prestart Assembly Area will start approximately 300 metres upriver from the Pre-Start Line.
- Do not congregate around the Start and Pre Start Lines.

4.4 Start Line

- Remain in your Pre-Start Assembly Area until your start group is called forward. Your start group will be given sufficient time to assemble.
- Each start group will be lead from Pre-Start to the Start Line by the marshals. Any paddler attempting to break away from its start group will be penalised or disqualified.
- Video recording will be present at the start of the race.
- Furthermore, any competitor who disobeys starting officials will incur five minute penalties or face disqualification if an infringement of the Starter's instructions continues.
- When a start group has assembled before the start line, a blast from a hooter will signal the start of the race.
- There will be approximately 5 min intervals between the different start groups.

The wave times for the Start Line

Group No.1.	All k2 classes Including mixed kayak double Veteran kayak double
Group No. 2	All K1 classes All Wildwater Racer Classes ICF CAndian Singles
Group No.3	Touring Kayak Doubles
Group No. 4	All general Purpose Classes Canadian Singles
Group No. 5	Touring Canadians Doubles Touring Canadians Triples

4.5 Accommodation

Camping:

The Liffey Descent team has negotiated no rates for camping at the Garda Boat Club for the race on Friday and Saturday of the race for Race Participants.

Camac Valley Camping & Caravan Park, Naas Road, Clondalkin, Dublin 22

Please contact the park on 01 4640644 or visit www.camacvalley.com to book your accommodation

Hotels:

The Liffey Descent team has negotiated preferential rates for the following hotels in the area of the race.

Springfield Hotel, Leixlip, Kildare

- Three night B&B @ €149 per person sharing
- Two night B&B @ €99 per person sharing
- One night B&B @ €55 per person sharing
- Single supplement of €49 per night applies

T: 01 4581100

W: www.springfieldhotel.ie

Lucan Spa Hotel, Lucan, Dublin

- Single @ €55 per room
- Double or twin @ €79 per room
- Triple or family @ €99 per room

Rates include full Irish and continental breakfast, complimentary Wi Fi and free car parking

T: 01 6280494



W: www.lucanspahotel.ie

Other hotels are available nearby. Please visit www.visitdublin.ie for more information on accommodation.

5. Course information

Directions to the Race: Google maps: <https://goo.gl/maps/lbGx1>

K Club, Straffan (start): Long 53.30447; Lat -6.61566

<i>Road directions</i>	M4 West bound Exit Junction 3 to Straffan Village on the R406
<i>Parking</i>	K club
<i>Vantage point</i>	
<i>Paddling advice</i>	Pre Assembly area
<i>Safety</i>	
<i>Notes</i>	

Straffan Weir:

<i>Road directions</i>	M4 west bound Exit junction 3 to Straffan Village on the R406
<i>Parking</i>	K club
<i>Vantage point</i>	Straffan road bridge River left or right at the weir
<i>Paddling advice</i>	<p>The normal shoot is down a strong tongue of water about 10 metres from the left hand bank just to the right of the fish boxes particularly for long boats. Such boats often have a tendency to get washed into the wall on the left hand river bank to avoid this either rudder hard right, try stay to the right hand side of the boat shooting the weir just ahead of you.</p> <p>Another possible shoot is tight to the very right hand side of the weir ideal for K1s and down river racers. More robust boats can shoot down anywhere across the face of the weir. Great care must be taken to avoid shoots leading onto boats already stuck in the stopper below the weir.</p> <p>From Straffan to next weir is through winding and fast moving water known locally as “The Jungle”.</p>
<i>Safety</i>	
<i>Notes</i>	

The Jungle:

<i>Vantage point</i>	Not easily accessed for spectators
<i>Paddling advice</i>	<p>It is advisable to travel in single file and not attempt overtaking in very narrow sections.</p> <p>Boats should hold back and allow leading boats plenty of space to manoeuvre through narrow and tight turns.</p> <p>Locating a place to re-enter a capsized boat is difficult and swimming should be avoided at all costs. This can be helped by having a cautious approach through this section.</p>
<i>Safety</i>	<p>Limited rescue is available during this section of the race.</p> <p>Competitors are obliged to help paddlers in difficulty. Failure to comply will result in harsh penalties</p>
<i>Notes</i>	

Templemills Weir: Long 53.32778; Lat -6.54971

<i>Vantage point</i>	Through private property to the river bank, Viewers are warned not to trespass on private property.
<i>Paddling advice</i>	<p>20 min paddle from Straffan weir</p> <p>The normal shoot is down a narrow fish shoot (about one metre wide), roughly 10 metres from the left hand bank. Missing the shoot by going too far left is better than missing it by shooting it to the right as it is very rocky immediately to the right of the fish shoot.</p> <p>To the very far right of the weir there is a less severe drop which can be shot in long boats by dropping over about 45 degrees sideways to the weir (boat pointing from the right hand bank towards the centre with the boat tail as near to the right hand end of the weir).</p>
<i>Safety</i>	Avoid the centre of the weir with its rocky bottom (known as “The Graveyard”)

Vanessa Weir: Long 53.33369; Lat -6.54367

<i>Vantage point</i>	Across a field. the Vantage point is on the old footbridge, (private property, do not trespass)
<i>Paddling advice</i>	<p>5 min paddle from Templemills weir</p> <p>To shoot the weir paddle past the fish boxes (below the weir) and as soon as you have passed both fish boxes turn the canoe and head straight over the weir. This an easy shoot with very little chance of damage to the boat and with a very small stopper so you are unlikely to be held.</p>

Castletown Rapids, Celbridge: Long 53.34597; Lat -6.51875

<i>Road directions</i>	<p>Access through Castletown House, Celbridge.</p> <p>Access via Barnhall Rugby Club access road (roundabout Long 53.34866; Lat -6.51283</p>
<i>Parking</i>	Castletown House, Celbridge
<i>Vantage point</i>	Castletown House. Walk across fields to the river bank
<i>Paddling advice</i>	<p>20 min paddle from Vanessa weir</p> <p>Normal route down through rapids is about three metres out from the left hand bank (just to the right of a big rock outcrop), but it is possible to shoot anywhere down the rapid without damage.</p>

Ghost Weir: Long; Lat (may or may not be in operation depending on water levels)

<i>Parking</i>	None
<i>Vantage point</i>	None
<i>Paddling advice</i>	Shoot the weir far river left. Keep the boat pointing down river and paddle fast.
<i>Safety</i>	Reserve at the bottom in case of capsiz.
<i>Notes</i>	

Salmon Leap Canoe Club, Leixlip Lake Long 53.34.876; Lat -06.51.073

<i>Parking</i>	Salmon Leap Canoe Club
<i>Vantage point</i>	Road bridge over the lake before Salmon Leap Kayak Club, River bank at Salmon Leap Canoe Club
<i>Paddling advice</i>	5 min paddle from Castletown Rapids 10 mins paddle across the lake. In high water conditions, it is possible to paddle the shorter route across the right hand side of the lake but in low water conditions, it is necessary to follow the original river course around the left hand side of the lake. Mud banks to the right of the island (visible from the bridge) indicates which route to take to cross lake. Which should take you 10 mins to paddle i.e. (Left route across the lake if the mud banks are showing).

Portage (start), Leixlip Dam: Long 53.36.013; Lat -06.48.996

<i>Road directions</i>	Take N4 west until junction 5. Follow signs for Leixlip via R148 Walk to road bridge or start of portage (allow 10 mins)
<i>Parking</i>	Park in Salmon Leap Pub Car park on LHS
<i>Vantage point</i>	Road bridge or start of portage (allow 10 mins)
<i>Paddling advice</i>	5 min run to re entry point (750m)
<i>Safety Start of portage</i>	Paddlers are advised to wear some form of foot protection as the portage is predominantly a good tarmac road, note steep (possibly mucky) descent back to river bed. Brace yourself using paddles etc.
<i>Safety: End of portage</i>	Paddle very hard when getting back on the river after the portage (to centre of river) to avoid right hand bridge arch (risk of pinning).

Portage (end), Leixlip road bridge: Long 53.36.262; Lat -06.48.657

<i>Road directions</i>	Take N4 west until junction 5. Follow signs for Leixlip via R148 Walk to road bridge or start of portage (allow 10 mins)
<i>Parking</i>	Park in Salmon Leap Pub Car park on LHS
<i>Vantage point</i>	Road bridge
<i>Paddling advice</i>	Wear some form of foot protection portage is predominantly a good tarmac road, note steep possibly mucky descent back to river bed, brace yourself using paddles etc
<i>Safety</i>	Paddle very hard when getting back on the river after the portage to centre of river to avoid right hand bridge arch and risk of pinning. You must paddle aggressively to avoid the arch

Sluice weir: Long 53.35.754; Lat -06.46.533

<i>Parking</i>	Access and parking for Sluice at car park located at 53.3555; -6.46052
<i>Vantage point</i>	
<i>Paddling advice</i>	<p>15 min paddle from end of portage.</p> <p>Shoot actual sluice on far left hand side of river taking eddy line down (this is slightly right of centre) and expect to be pushed very close to left hand sluice wall (remain calm and prepare to brace).</p> <p>Alternatively shoot over weir on far right of river (right against bank). A deep plunge pool is about 3 metres from right hand bank. Be aware of the Island in the middle of the flow below the shoot.</p>
<i>Safety</i>	Keep legs raised if you swim while shooting actual sluice. Rescue available throughout the sluice feature.
<i>Notes</i>	Please note following works undertaking by Canoeing Ireland means the sluice shoot will be slightly altered from previous years.

Lucan weir: Long 53.35.926; Lat -.06.44.85

<i>Vantage point</i>	<p>Lucan road bridge</p> <p>River bank</p>
<i>Paddling advice</i>	<p>10 min paddle from Sluice weir.</p> <p>The first part of Lucan weir that appears on your right as you paddle down river is called “the chicken shoot”. It is about 30 metres long, following this you will encounter the fish boxes.</p> <p>After the fish boxes, there is the high drop (about 50 metres long). A steeper portion of the weir.</p> <p>Due to work in recent years the water level below the weir (especially the chicken shoot is quite low. It is best to shoot the chicken shoot from about the halfway point to the fish boxes. Racing boats (long ones) should shoot completely side ways to avoid damage to boats</p>
<i>Safety</i>	Rescue at bottom of weir.

Anna Liffey weir: Long 53.36.774; Lat -06.40.619

<i>Vantage point</i>	Not easily viewed as a spectator
<i>Paddling advice</i>	5 min paddle from Lucan weir Shoot weir straight down fish shoot. Approach slowly. Shoot is easily found
<i>Safety</i>	Rescue at bottom of weir.

Wren's nest weir: Long 53.36.187; Lat -06.40.619

<i>Parking</i>	Park in Wrens Nest Pub car park on LHS. Easy access to river, good parking
<i>Vantage</i>	Follow short dirt track to river.
<i>Paddling advice</i>	15 min paddle from Anna Liffey weir Wren's Nest is a V weir and is normally shot straight down the V. One method is to shoot from right hand side of the tongue of water paddling hard over the tongue, away from the danger of swimming in the large right hand stopper. Another method is to deliberately steer immediately to the left of the tongue bracing for support on the tongue of water to your right. Do not paddle too fast on this line for fear of paddling through the tongue of water and into the stopper. A third shoot is to aim to balance right on the tongue of water, a good strategy in low water but in high water you run the risk of dropping into the big right hand stopper. Short boats and tough boats can shoot straight over the left hand portion of the weir (the chicken shoot)
<i>Safety</i>	Rescue available at the bottom of the weir.

Palmerstown Weir: Long; Lat

<i>Parking</i>	Anglers Rest pub
<i>Vantage point</i>	River bank at Wild Water Kayak Club
<i>Paddling advice</i>	10 min paddle from Wren's Nest Palmerstown is a V weir and is shot straight down the V, important to get on the tongue of water (about 3 foot wide) and stay on it. Large waves at bottom are the most difficult part of the shoot A less popular shoot is to shoot over the left hand side of the weir (about half way), harder on the boat but a possible shoot.
<i>Safety</i>	Rescue available at the bottom of the weir.

Glenaulin Weir: *Long; Lat*

<i>Parking</i>	In Glenaulin estate.
<i>Vantage point</i>	Not easily viewed as a spectator.
<i>Paddling advice</i>	Follow the wave train from left to right bank.

Chapelizod Weir: *Long; Lat*

<i>Vantage point</i>	Partially accessible to view from bottom of weir by getting to river bank through Glenaulin Estate
<i>Paddling advice</i>	Main shoot is almost straight over the weir about 3 meters further down along the weir from the fish pass.

Garda Boat Club (finish): *Long 53.346139; Lat -6.321254*

<i>Road directions</i>	Accessed by Chapelizod Road beside the Phoenix Park
<i>Parking</i>	Garda Boat Club
<i>Vantage point</i>	Jetty at Garda Boat Club
<i>Paddling advice</i>	10 min paddle from Chapelizod road bridge. Now is the time to exert the last of your energy to paddle as fast as you can to get across the finish line.

6. Emergency Response Plan

The Liffey Descent emergency response plan is an integral part of the rules and all paddlers are deemed to have read it and understood its implications.

Race start is 11.00pm in 2014. Competitors not reaching Leixlip Portage by 2.30pm or Wrens Nest by 3.30pm should be advised to retire from the race as Rescue and First Aid will have been withdrawn by these times.

Any competitor withdrawing from the race should text Vicki Guy with their race number and name on 085 730 3865 to let Race Control know.

Information for Spectators and Participants

Times below indicate the time rescue should be on the water. It is roughly 30 minutes before the first competitors are expected to arrive.

Please try to park sensibly at the rescue locations and be mindful of any private or public property crossed when accessing the river, we rely on good relations with land owners along the Liffey.

Weir/Area	Time
Straffan	11.00-12.30
Templemills	11.00-13.30
Vanessa	11.00-14.00
Castletown	11.30-14.30
Ghost Weir	
Leixlip Bridge	12.00-14.30
Below Leixlip Bridge	12.00-14.30
Sluice	12.00-15.00
Lucan	12.00-15.30
Shackletons	12.00-16.00
Wrens Nest	12.00-16.00
Palmerstown	12.30-16.30
Glenaulin	12.30-16.30
Chapelizod	12.30-16.30
Sweepers to Leixlip	12.30-14.30
Sweepers to Isl. Bridge	14.30-16.30

As the race is running a bit later in the year than usual, please prepare yourself accordingly.

What is an emergency?

For the purpose of this event, an emergency is defined as any incident: -

- Resulting in serious injury or loss of life of a descent participant, spectator or official
- Requiring the rescue of a descent participant or spectator from a hazard on land or water
- Involving a search for a paddler missing and believed to be in danger; OR

- An occasion which the descent director decides warrants the calling out of the emergency services

Who to contact: - In the event of any emergency, contact the below:

- Rescue Emergency: Benny Cullen 087 121 3152
- First Aid Emergency: Shane Claffey 087 784 2581
- Race Coordination: Karl Dunne 086 285 4888

Information to give: - In the event of an emergency, be prepared to provide the following information: -

- State IMMEDIATELY that the message is an emergency.
- Your name and status.
- Race number of boat.
- Confirmation of paddler(s) name.
- Nature / Time / Location of the incident.
- Are spectators or the crew present at the scene?
- Which emergency services have already been informed?

Serious injury

In the event of an emergency resulting in serious injury or loss of life, contact the Emergency Service immediately. The Emergency Service telephone number is 999 or 112.

If you are in any doubt as to the severity of an incident, call 999 or 112 immediately.

7. A massive Liffey Descent thanks to all our volunteers

Over 200 volunteers have given up their time to make Liffey Descent 2014 happen. Without them, there would be no Liffey Descent.

As Such, the Liffey Descent Committee would like to thank: -

- The volunteers that set everyone off in high spirits from the K Club.
- Starters and finishers.
- Volunteers at bib collection.
- Rescuers.
- The hidden volunteers that staff race control.
- Countless others who help throughout the year.
- And finally, thank you to the many people who have their peace and quiet disturbed by canoeists and spectators for your patience!