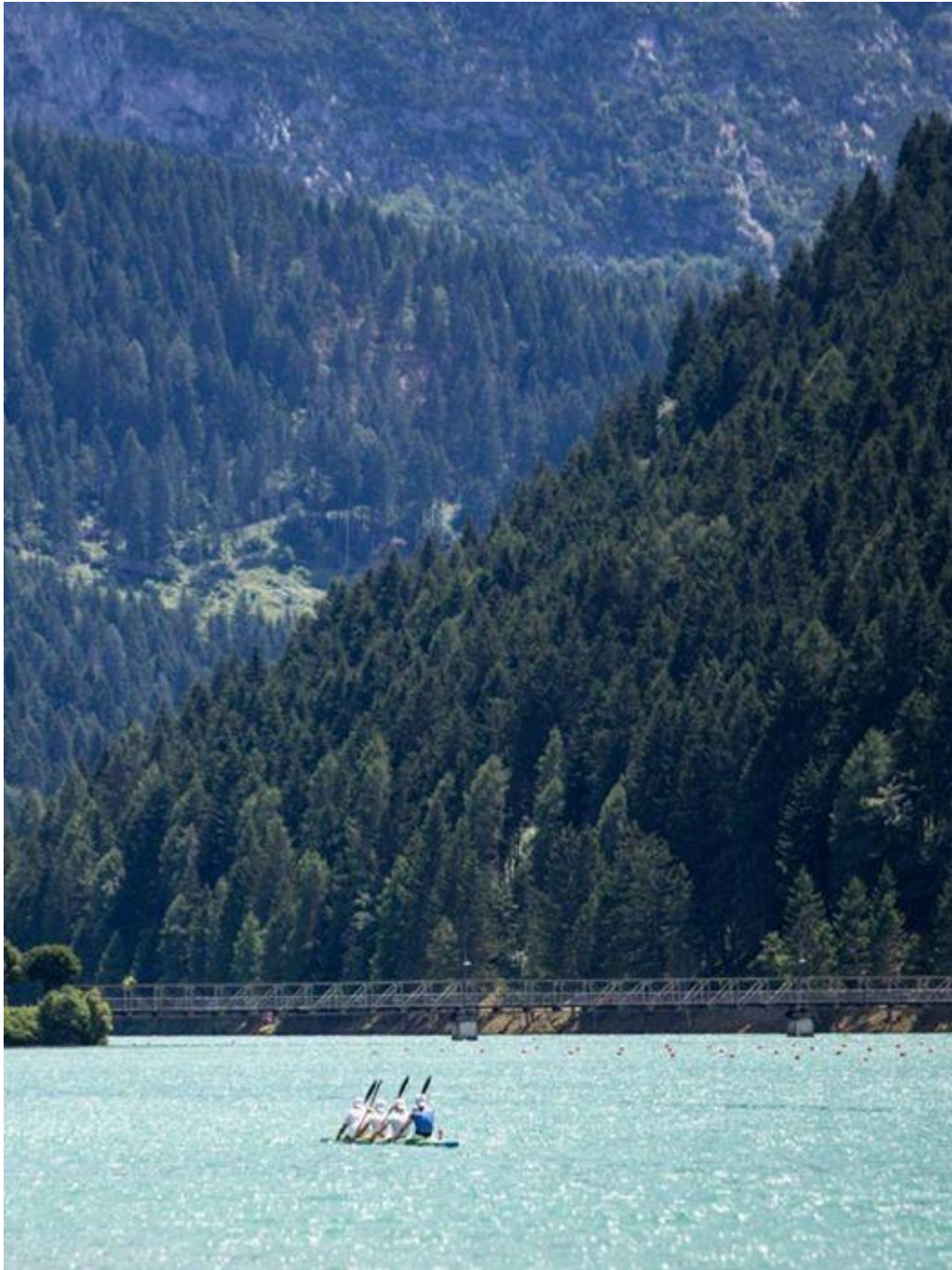


Weekly news roundup

Sprint:

Been a hard few days racing! With a 9th in the 1000m and 7th in the 500m in the K4. Competition is tough and pushing limits is an understatement! The junior team would like to thank the guys at home for the support! Keep an eye out for them at their next competition in Portugal on the 23/07/15 at the ICF Junior and U23 Sprint Worlds



Slalom:

National Governing Bodies of Sport in Ireland and the athletes whom they represent, rely heavily on the advice and support of both the [Irish Sports Council](#) and the [Irish Institute of Sport](#) to enable them to undertake their international programmes in the best possible way. This is a very good video which shows just how this works in practice in canoeing terms and is well worth Liking and Sharing to get that message across.

Irish Institute of Sport <https://vimeo.com/122092034>

When people look at an athlete, they see one person. But elite athletes actually need lots of support so that they can focus on performance. And at the Institute of Sport, we are 100% behind athletes.

In this video, Canoe Slalom Olympic competitor Eoin Rheinisch talks about how the Institute's support system helped transform his competitive career. And how it's still helping him today in his role as a coach to future generations.



Ribbontail Slalom July 5th

The first novice flatwater Division 3 Slalom of the summer took place last Sunday ,hosted by Ribbontail Paddlers at their clubhouse which was opened last month by Eoin Rheinisch,

The Hendrick Twins and t, Pat setting up the slalom course at Ribbontail.



The restored lock keepers cottage and now Ribbontail Paddlers Clubhouse.



Eoin Rheinisch unveils the plaque while Pat Hendrick explains where the origin of the name Ribbontail came from and how the historic elements were built into the club's



crest.

There were 34 paddlers with at least 9 entering both the K1 and C1 class and a couple of C2 runs altogether nearly 100 runs were recorded on the day with competitors from Wildwater, Ribbontail, Lackan, Trim, Moy, Tullow, Inny, 5th Port Sea Scouts and Kilkenny Aqua Canoe Clubs,

The Division 3 winners were Roisin Hannon Moy Canoe Club and Jack Steins WWKC.

Open racing,

With the introduction of open racing for the flatwater events with a class differential for girls ,canoes etc for Div 1 and 2 Paddlers .

Robert Hendrick set the fastest time on the course and in Tullow the order of start will be based on these results

Open Race Reauts

Ribbontail Slalom July 5th Open Race Results

		Age	Name	Club	best	OPEN RACE	open race	
OPE N RAC E %							pos	point s
0.97	C1	J18	Robert Hendrick	Ribbontail paddlers	92	89.24	1	100
1	K1	SEN	Oisin Farrell	Kilcullen Canoe Club	93.61	93.61	2	99
1	K1	J18	Sean Ansill	Tullow	97	97	3	98
1	K1	J18	Cian Vaugh	Ribbontail paddlers	98.56	98.56	4	97
1	K1	J16	Louis Hannon	Moy	103	103	5	96
0.93	C1	J16	Cleo Pitcher Farrell	WWKC	111	103.23	6	95
0.97	C1	J16	Fionn Mcnally	WWKC	106.59	103.3923	7	94
0.93	K1	J16	Ciara Farrell	Kilcullen Canoe Club	112.93	105.0249	8	93
0.93	K1	J16	Michelle O'Herlihy	WWKC	114.3	106.299	9	92
0.97	C1	J18	Eoin Moorehouse	WWKC	109.68	106.3896	10	91
0.97	C1	SEN	Oisin Farrell	Kilcullen Canoe Club	121	117.37	11	90
0.97	C1	J16	Louis Hannon	Moy	121	117.37	12	89
1	K1	J14	Adam Vaugh	Ribbontail paddlers	117.59	117.59	13	88
1	K1	J14	Michael O'Herlihy	WWKC	118	118	14	87
1	K1		Ethan Dowling	Ribbontail paddlers	121	121	15	86
1	K1	SEN	Graham Connor	Trim Canoe Club	122.26	122.26	16	85
1	K1	VET	Paul Murphy	KACC	123.5	123.5	17	84

					5	5		
1	K1	J12	Tom Morley	Ribbontail paddlers	125	125	18	83
0.93	K1	J16	Róisín Hannon	Moy	135	125.5 5	19	82
1	K1	VET	Stephen Hannon	Moy	126	126	20	81
1	K1	VET	Niall Power	WWKC	128.6 7	128.6 7	21	80
1	K1	J18	Jack Stynes	WWKC	129.1 5	129.1 5	22	79
0.9	C1	J16	Michelle O'Herlihy	WWKC	154.6 3	139.1 67	23	78
0.93	K1		Sonja Farrell	Kilcullen Canoe Club	153	142.2 9	24	77
0.9	C1	J16	Róisín Hannon	Moy	163.5 3	147.1 77	25	76
0.93	K1	SEN	Ariane Foster	WWKC	159	147.8 7	26	75
1	K1	J14	Alex Stynes	WWKC	148	148	27	74
0.97	C1	J12	Tom Morley	Ribbontail paddlers	159	154.2 3	28	73
1	K1	J18	Keith Masterson	5th port	155.2 4	155.2 4	29	72
0.97	C1	J14	Adam Vaugh	Ribbontail paddlers	163	158.1 1	30	71
1	K1	J12	ALEX O DONOHOE	INNY	160.7	160.7	31	70
1	K1	J12	Sean Creegan	Ribbontail paddlers	168.0 5	168.0 5	32	69
0.93	K1	J14	Sarah O Donohoe	INNY	189.7 8	176.4 954	33	68
1	K1	J12	Daniel flanagan	lacken	178.0 9	178.0 9	34	67
0.93	C1	J16	Cleo Pitcher Farrell	WWKC	195.8 1	182.1 033	35	66
0.93	K1	J12	LUCY O DONOHOE	INNY	200	186	36	65
1	K1	J 10	Liam Creegan	Ribbontail paddlers	189	189	37	64
0.97	C1		Ethan Dowling	Ribbontail paddlers	195	189.1 5	38	63

1	K1	J14	Darragh Curran	Tullow	189.5	189.5	39	62
1	K1	J 10	Tristan Farrelly	Ribbontail paddlers	192	192	40	61
1	K1	MAS	Chris Pinner	WWKC	236.5	236.5	41	60
0.97	K1	J12	Donnchadh Farrell	Kilcullen Canoe Club	265	257.0 5	42	59
0.97	c1	J12	ALEX O DONOHOE	INNY	347	336.5 9	43	58
		MAS	Dermot Morley	Ribbontail paddlers	dns			
		MAS	Colette O'Herlihy	WWKC	0			
N		J16	Richard Gillen	5th port	0			
N		SEN	dillon Murray	trim canoe club	0			

No Ranking points are awarded to Div 1 & Div 2 Paddlers but a Div 2 Kayak Paddler can gain ranking points in Div 3 Canoes or enter the C2 .

Many thanks to Maria who took many photographs of the Slalom and can be viewed at

https://www.facebook.com/Mariammcg/media_set?set=a.10204644091524620.1073741946.1305266465&type=3



The next event is on Sunday the 9th of August at Tullow Kayak Club ,on the river Slaney Co .Carlow .

Surf:

The Kayaksurf Team have just returned from the world champs in Galicia, Spain.

It has been a great trip for all.

As a team, we progressed with great scores through the Team days (a savage amount of 1st and 2nd places during the heats) to secure our place in the finals. We really excelled early in the week when a large swell and big waves were present.

We ended up in 4th, and returning with a trophy and medals. A massive achievement for our team, 4 of whom only started Kayaksurf at the Club champs, a sure sign that our focus on development and the recently introduced Paddlesurf Syllabus is working.

The event was incredible, a consistent wave, great atmosphere and fantastic activities to accompany the surfing. Many Thanks to Ivan Pena and the Xtreme Pantin organizing team.

This has been an amazing experience, and has set the groundwork for the next World Champs in Portrush, Northern Ireland in 2017

Check out Paddlesurf Ireland on Facebook to see more pictures.

<https://www.facebook.com/pages/Paddlesurf-Ireland/186716358023500>

The Team that travelled were :(As per photo)

Back: Anthony Coyne, Donie McGloughlin, Rowan Johnson

Middle: Richard Greaves, Darragh Walsh, Mike Barry, Aisling Griffin, Eoin Keyes, Conor O'Driscoll, Jamie O'Brien, Sheelagh Hennessy

Front: Bernard Walsh



Marathon:

The national Marathon Championships were on at the weekend in Galway. Well done to everyone who participated. Congratulations to Galway kayak club for hosting an excellent event.

A promotional poster for the National Marathon Championships in Galway 2015. The background is a dark red color. On the right side, there is a stylized, high-contrast illustration of a kayaker in a yellow and orange silhouette, holding a white paddle. The text is in white, bold, sans-serif font. The main title reads 'NATIONAL MARATHON CHAMPIONSHIPS GALWAY 2015'. Below this, it specifies 'K1 Class : July 11th' and 'K2 Class : July 12th', followed by '5, 10 & 20km races on the Corrib'. A smaller line of text lists various age and skill classes: 'For classes Novice, senior, Ladies, Masters, U18G, U18B, Div 3, Div4, U15B & U15G'. At the bottom, the website 'www.galwaykayakclub.com' is displayed in a larger font.

**NATIONAL MARATHON
CHAMPIONSHIPS
GALWAY 2015**

**K1 Class : July 11th
K2 Class : July 12th**

5, 10 & 20km races on the Corrib

For classes Novice, senior, Ladies, Masters, U18G, U18B, Div 3, Div4, U15B & U15G

www.galwaykayakclub.com

Sea Kayak:

A Massive well done and congratulations goes out to Mick O'Meara. What an amazing feat to circumnavigate Ireland in just 23 days. That is a massive achievement!

What a record, to check out more details of his fantastic journey go to <http://seapaddling.com/resources/blog.html>



WWR:

Some photos up on the Irish Wildwater racing website from the recent World Champs in Vienna. A nice mix of Irish and Foreign paddlers. See <http://www.irishwildwaterracing.com/photos.html>

You will be able to check out the Juniors and Under 23's in action from the 02. - 07.08.2015 at the ICF Junior & U23 Wildwater Canoeing World Championships in Nantahala (USA).

Polo:

Don't forget the Canoe Polo Club Championship are this weekend on the 18th July at 09:00am in Cloondara, Longford. Check out more details on the Facebook event.

<https://www.facebook.com/pages/Cloondara-Longford-Ireland/103367633038728>

If you are looking for something to do this weekend and are around Castleknock tennis club, why not pop in to the Canoe Polo Fundraiser Pub Quiz. It is from 8pm and all are welcome.

