

**SUMMER SAFETY-POSITIVE EXPERIENCE** As Summer is upon us, according to the calendar if not the weather forecast, thousands of children will experience canoe-sport for the first time across the Adventure centres, club and ICU courses and *na* all, as whether of a canoeing that the first the right reasons. must always bear sport, one in

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*Gaelteachtana*. This challenges us for a splash and dash, or a taster career to come, we must ensure paddle stroke is memorable for all Safety is the priority here and we in mind that we are an adventure which risk is part of the attraction



A safety culture shouldn't mean that "Risk assessment" becomes a cliché, but rather that it becomes standard practice. Before you take to the water, especially considering our weather is not matching the season, go through the "what-if's" and before you take a stroke, ensure both you and your equipment are up to the task. By being prepared and creating a safer environment for paddling we can feel the adrenalin from canoe-sport without the risk, so that your next stroke won't be your last. See [www.safetyonthewater.ie](http://www.safetyonthewater.ie)

*Eamon Devoy* Irish Canoe Union President

**CLUB PROFILE: WILD-WATER KAYAK CLUB- CLUB PROFILE: WILD-WATER KAYAK CLUB-** If you are lucky enough during the Liffey Descent, you'll pass by a superb clubhouse after about 14 miles. Crowds cheer the racers on towards the standing wave below at Palmerstown weir. That club is WWKC and was founded in late 1960's by Ronnie Sheehan and Roger McClure (Still a force to reckon with on a polo pitch). Originally based in Dun Laoghaire the club later gravitated towards the Liffey to its current location. The club is dedicated to all the major aspects of canoe -sport and was integral to the genesis of several including polo. Since 1981 the Summer barbecue included a canoe-polo event, which in 1984 became an official competition. A decade later and the National team (comprising mainly WWKC paddlers) competed in the Since, then the club has slalom, it was the paddling

*it was the paddling magnet for Olympians, Ian Wiley, Mike Corcoran and Stephen O'Flaherty*



Wildwater racing when in its zenith was a major pre-occupation for the paddlers in the Strawberry Beds based club which in the 1980's consisted mainly of juniors. An upgrade of the clubhouse and boat storage

inaugural World Championships in Sheffield. been a tour de force across all disciplines. In magnet for Olympians, Ian Wiley, Mike

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facilities in 2001 took good management and fundraising. With over 300 members, mainly adults, they are the largest club in the country and active in all types of canoeing (apart from Sprint). Under the leadership of Willie Irwin, juniors are now a major focus within the club. Both introductory courses and coaching are provided for the next generation of paddlers by the experienced paddlers including Martin McCarthy. The club facilitates Youth Reach groups, the Dublin Fire Brigade and national squads with access to the facilities. In fact, for almost 20 years, DCU canoe-club has had storage and access to the club, providing a conveyor belt of talent for the club. Renovation work to the weir, development of a permanent slalom course and maintenance of canoe-polo pitches have all occurred in the past decade. Athletes compete across the disciplines with National teams in Polo and Wild-water dominated by WWKC members. Neil Caffrey is flying the flag in slalom and is a Beijing aspirant. Every Sunday, trips for level two paddlers, with gear provided give an opportunity to those interested in adventure. Pool sessions over the Winter give juniors a safe environment and enable paddlers to play polo, when river levels are higher. Gerry O'Brien organises trips abroad for the extreme adventure paddlers and the club currently has a Wild-water racing time-trial series. For canoe touring, Gerry Coonan offers support and guidance and this area is growing. All in all, the club supports what its members do and is the premier multi-disciplinary club in the country. See [www.wwkc.net](http://www.wwkc.net)

**FLATWATER RACING-EUROPEAN EUPHORIA:** During the heats of the 1000m K2, at speeds peaking at 20 kmh, Brendan Maloney (SLCC) and Neil Fleming (Celbridge Paddlers) blasted down the course, taking three and a half seconds off their National record, to win heat one at the European Championships in 3 minutes 12 seconds. This World Class performance put them straight into the final where they tried to keep pace with eventual winners from Hungary, but faded to finish seventh. Nevertheless, they also qualified for the 500m K2 final, finishing again in position. Under eye of coach and Team Kevin Murphy,

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seventh the watchful Gabor Kulsar manager, this result



shows that this crew will be contenders when it comes to the qualification event, the World Championships in Duisburg, Germany, this August. In the K1 class, a top 20 performance by Barry Watkins (SLCC) showed promise for the future. Indeed his 1000m time of 3 minutes 39 seconds was a new junior Irish record. Other members of generation 2012 recently attended a regatta on the London Olympics site, Dorney Lake at Eton. "A" final performances by juniors Dara Fleming, Brian Keogh, and Fintan Mitchell makes them eligible to get support from the Irish Sports Council. Looking beyond 2012, Micheal Fitzsimons, who was second in both the U14 500m and 1000m, and Dara Mitchell, who won the B final, are flying the flag for the future. [www.irishsprintcanoeing.com](http://www.irishsprintcanoeing.com)

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**PADDLER PROFILE-HELEN BARNES:** Imagine doing a roll in 2.2 seconds, then repeat it one hundred times-well that's the World record standard set by Irish Slalom Team athlete Helen Barnes who was 21<sup>st</sup> in the World Cup race in Tacen, this month. **Age Started?** 16 **First Boat?** Ziggy First (Kayak slalom) **Paddle set up?** 65° RHT **Best boat ever?** Vadja Sting (her current boat) **What record would you bring if stranded on an island?** Love is all around (WET WET WET) **And Book?** Bridget Jones Diary **Sporting heros?** Olympic Champions Elena Kaliska & Linford Christie **Favourite Paddling Site:** Augsburg. **Favourite Race:** World Championships **No. 1 Training Session:** Short courses **Coach:** Neil Buckley & Michelle Patrick **Paddling Advice:** Enjoy it & never give up! **LIFETIME AMBITION:** to represent Ireland in Beijing 2008 **Favourite Web Site:** <http://www.helsbarnes.co.uk>. See photos in the gallery under the MEDIA banner at [www.canoe.ie](http://www.canoe.ie)



**SLALOM MOVES-TACEN TAMED BY RHEINISCH:** A place in the final at the second World Cup race was the reward for some skilful paddling in the surging artificial waters for Eoin Rheinisch. However, like Ian Wileys performance in 1991 (at World Championships) it could have been so much better. Then, Ian took an unlucky touch with his bow to finish outside the medals in fifth place. After a flawless first run, Eoin was lying in third place but during his second run he got "bad water" and was pushed outside the line of gate four. The paddle back cost him time and a medal, but nevertheless Tacen is a tough litmus test and sixth place since Athens in who had finished previous week in

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is his best finish ahead of Eoin, the



Prague World Cup, was only 15 hundredths outside a semi-final place. 2012 squad member, Ciaran Heutrau had just missed out in qualification in Prague but will have gained good experience on the tough Tacen course. And the competition among our two top class Women paddlers Helen Barnes and Hanah Craig is hotting up. Helen Barnes showed her form with a fine 21<sup>st</sup> place here in the big water, reversing the finish order with Hanah from last week. Here Hanah found the big water course challenging and got 50 second penalties, but with both Women in the semi-finals their standard is up on last year. Indeed, Helens placing was a lifetime best which we hope she can better in the final race of the series at Augsburg. See [www.eoinrheinisch.com](http://www.eoinrheinisch.com)

**P**OLO-FESTIVE TOURNAMENT TRADITION: The policy of the Canoe-polo committee, under the leadership of Adrian Barber, to develop competitions outside Dublin is paying dividends. Excellent sites have emerged across the provinces and the Shannon venue at Killaloe proved superb. Set in a canal on the Co.Clare side it offered excellent facilities and provided an apt stage for some super polo. Sean Mullins got 15 teams competing approximating 100 paddlers who experienced our one day of Summer weather this season. Kamikaze with this usual suspects went unbeaten with Mad Cows from the peoples republic (& Mark Cummins on board) took second in the top division. The Irish Womens team was split in two for the weekend with one side having the addition of Mike Griffin and Simon, hence the name “Ladyboys.” The top two divisions were only split for play-off providing up to 13 matches in the weekend-intensive training for all! Well done also to Mr.Plough (Galway based team) for winning Division Three. The coup de grace of the weekend was the prizes with the festival logo painted on slabs of slate. Asterix and Obelisk would have fitted in nicely, and winning teams, volunteer officials and referees all got prizes. The next event on the polo calendar is the National Club Championships at Kilcock July 21<sup>st</sup>-22<sup>nd</sup>. See [www.canoepolo.ie](http://www.canoepolo.ie)



**F**RENCH LIASONS-ICU ALPINE COURSES: In the paddling mecca that is the French Alps, this year Conor Ryan and Colin Irvine organised a Youth Adventure Kayaking course run from the campsite in Vallouise. Ten paddlers from clubs in Naas, Mullingar and Thomastown participated. The group spent a week at the Vallouise campsite with a focus on all the core elements of adventure kayaking - river running, river safety, leadership, freestyle, slalom and cheesy music. A superb effort by all, notching up descents on the Guil, Ubaye and Durance! The paddlers were: Ben Bradford, David Corcoran, Liam Gleeson, David O'Reilly, Ronan Keogh, Jeffrey Dunne, Stuart Montgomery, Daniel Kedney, Aisling Goff and Aisling Conlon. Staff were Cillian Kelly and Shane McElligot with safety boating by Davy Byrne and Paul McKay. Louise Lawrence was Chef d'équipe and motivator. The six-day course enabled the paddlers, from age 16 up, to progress their skills in a safe and positive paddling environment. Bookings for next year are now possible by contacting [www.canoe.ie](http://www.canoe.ie)



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**W**ILDWATER WAVES-WORLD CUP FINAL ON THE LIMIT: Class five water, normally associated with Alpine playgrounds and the preserve of plastic boats, greeted competitors at Ivrea, the site of the 2006 World Cup final. Such was the ferocity of the water that the majority of the International paddlers swam during training or the actual race. Nevertheless, it was a true white-water test and a great spectacle (like Straffan on Liffey day) and with excellent rescue the environment was safe relative to the water grade. Run of the day was by the Australian kayak team (see picture) which consists of raft guide Dan Hall (pictured), who conquered the river in excellent style to take a silver medal. The Irish Wildwater team had diminished because of the course difficulty, with half opting to focus on the easier classic course. Liz Shouldice negotiated the course cautiously with several rolls and was rewarded with seventh place. Cillian Duggan showed potential as he raced to a top thirty finish. In the Canadian Singles class Tadhg MacIntyre was 11<sup>th</sup>. This event was in stark contrast to the Liffey like conditions Republic, which comprised to a canal. The raw speed (Sprint) indicates he has Kevin has previously Tony Griffin and the team supporters at KV and Ivrea. Congrats to those who made the top 20 in World rankings including Keith McGuirk and Liz Shouldice. See [www.ivrea2008.it](http://www.ivrea2008.it) and follow Lorcan's progress in the Junior Worlds at <http://www.jwwc2007.com/>

*The raw speed of Kevin Pierce indicates he has World Class potential*



the previous week at the World Cup in Karlovy Vary, Czech Republic, which comprised to a canal. The raw speed (Sprint) indicates he has Kevin has previously Tony Griffin and the team supporters at KV and Ivrea. Congrats to those who made the top 20 in World rankings including Keith McGuirk and Liz Shouldice. See [www.ivrea2008.it](http://www.ivrea2008.it) and follow Lorcan's progress in the Junior Worlds at <http://www.jwwc2007.com/>

FORTHCOMING EVENTS THIS JULY			
Dates	Event	Venue	Contact
14-15th	SLALOM: World Cup Final	Augsburg, GER.	kanu-schwaben-augsburg.de
17-21st	WILDWATER: Junior World Championships	USA	Jwwc2007.com
21-22 <sup>nd</sup>	POLO: National Club Championships	Kilcock	canoepolo.ie
27-29 <sup>th</sup>	SPRINT: Junior World Championships	Racice, Czech Rep.	Irishsprintcanoeing.com
28-29th	MARATHON: National Championships K1 & K2	Blessington Lake	Irishmarathoncanoeing.com