

COLAISTE



IOGNAID

Coláiste Iognáid Rowing Club Newsletter July 2018 Edition No 11.

Welcome to our Newsletter to all current and former Rowers and friends of Coláiste Iognáid Rowing Club. All previous editions of the Newsletter can be seen on our website circ.ie. and this site includes much current and archive material going back to the formation of the club.

The Newsletter will be sent to all rowers for whom we have an email address. We appeal to all to pass the newsletter on to other former rowers and to forward any contact details or suggestions to us at our e-mail address rowingiognaid@gmail.com.



Great Days Elise Carney Frazier (Bow) and Caoilleann Nic Donncha represented Ireland in the Junior 18 Women's Coxless Pair at the Coupe de Jeunesse held at the National Rowing Centre. The girls, part of our Junior 18 squad coached by Noel Hume and Paul Hornibrook, were selected to row for both the Ireland Junior 18 coxless pair and as part of the Ireland Junior 18 eight. The eight came fourth and the pair came fifth overall against

winner Spain with crews from Italy, Switzerland, France, GB and the Netherlands. In the eight event Caoilleann and Elise rowed at stroke and seven in the eight.

Both crews were coached and managed by Jes Coaches Noel Hume and Paul Hornibrook and trained from our club and used our boats in the actual event.

Well done to all and great credit to all in Colaiste Iognaid Rowing Club.



Not to be outdone our J16 Mens Eight were unbeaten all season and completed this with a wonderful race against Fermoy at the NRC at the Championship Regatta winning by less than 0.2 seconds. The crew were as follows L to R Mark Ward Stk, Oliver Kelly, Aaron de Burca, Eamonn O Tuathail, Paul Tannian Cox, Niall Cahalan, Ultan O Toole, Alex Morales Glynn and Gavin Dempsey Bow. They were coached by John Lawless assisted by Conor Coughlan, Luke Coughlan and Philip Buckley .



Club News On the 1st July we launched our Alumni Club **Club Ramhaiochta Naoimh Iognaid** and Fr Murt Corry blessed our tour boat named after an tAthair Peadar O Feinne. It



was an auspicious occasion with many parents and teachers in the school taking the opportunity to try rowing using tour boats kindly lent by Tribesmen and Grainne Mhaoil.

Our own tour boat is now in almost daily use by parents and teachers from the school who have taken to recreational rowing with great gusto helped by very benign rowing

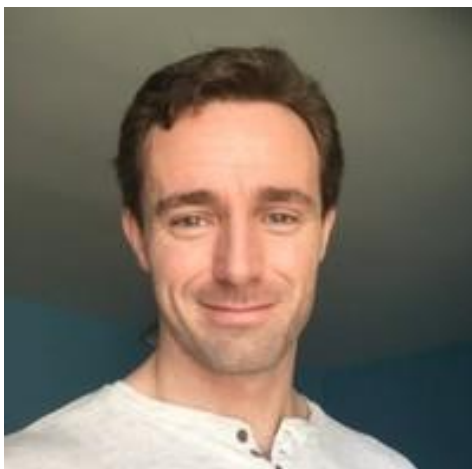
conditions over the summer. Many have joined the new club and in turn supporting our Boat Fund as all contributions go directly to same. All are welcome to join.

Following the very positive response by parents to our appeal for funding to purchase equipment (oars being our most critical requirement at the time) the club has purchased a set of Sweep Blades (10) and 12 sets of Sculling Blades and these have arrived in time for the new season. The very significant number of new beginners and the large cohort of last years' first years particularly boys resuming training means that the total number rowing will now reach ninety and this in turn puts pressure on equipment and coaching resources.



Teachers and Parents in tour Boat

These are good problems but need addressing as we are currently borrowing three pairs to augment our own two "good pairs" and a launch to allow our senior rowers train to participate in National Trials at the end of September. If any of our readers knows of potential sponsors of pairs (€15,000 each) we are most interested. The benefits of trialling for National Squads including top level competition were highlighted by the girls last season and their coaches' involvement at National Level has fully endorsed this experience.



Dave Mannion, our professional Head Coach, whose services were funded by the late Chris O Dea and his company Techcrete, has resigned from his post with Rowing Ireland to take up a new post as Head Coach with Tideway Scullers in London. Dave was with the club for four years on a part time basis and did tremendous work to improve the coaching and technical knowledge within the club. He particularly coached the coaches and improved the standard of training both on and off the water. We wish Dave every success in his new role.

Rowing News

Galway Regatta held on June 17th provided a great return for the club the highlight being a hard won victory in the Anderson Trophy over the Bish. Across the club many successes were recorded in a somewhat poorly attended regatta. Thirteen wins were recorded incl the JM18 8, JW18 8, JW16 8, JM18 4+, JW18 1x, JW16 1x, JW15 1x among many others.

The club had two eights in the Anderson and the second eight were beaten by Bish in the heat with Jes First eight beating Colaiste na Coiribe in their heat. The final was a close run event winning by a canvas at the finish.

Cork Regatta held over the weekend of 23rd and 24th June in hot conditions provided a very good work out for all of our crews in the first major grand league regatta we attended which did not fall foul of weather. The highlight was undoubtedly two great performances by the girls in the Div 1 W 2- both in the heat and final. Following on this performance of great courage and determination they were selected to row for Ireland in the JW18 2- in the Coupe de Jeunesse referred to already. The JM18 8 also performed well in the Div 2 M8 winning their category.

Championship Regatta held over the three days 13th, 14th and 15th July at the NRC provided two outstanding performances by Colaiste Iognaid in finishing second in both the Men J18 Coxed Four and the Women's J18 Coxless Four. Both performances were very much the product of a very determined and focused training regimes and both crews got the very best from their potential on the day. The Men's J16 8 won a great race and the finishing strokes can be seen on our website circ.ie and Tom Maye won the J14 1x. In total we had 70 rowers across all Junior grades participating over the three days and the level of performance was of a very high standard throughout. The organisation of this level of participation by the club was a tribute to the coaches, parents and club volunteers.

On the Monday after the event the annual End of Season BBQ was held with an attendance of over 200 which was enjoyed by all. It was nice to display the Anderson Trophy at our BBQ.



L to R. Conor Coughlan, Luke Coughlan, Eamonn O Tuathail, Aaron be Burca, Mark Ward, Mark Ryder, Caoimhin Conway, Thomas Hume, Paul Tannian, Oliver Kelly, John Lawless, Mattie Kelly and in front

We wish Aifric Keogh, Coxless Pair, and all the Irish Crews the very best as they prepare to row at the World Championship in Plovdiv Bulgaria from Sunday onwards.

A copy of the form to subscribe to the Newsletter and to join the Club Ramhaiochta Naoimh Iognaid is included with the Newsletter please continue to support our Club.

Newsletter Subscription Form

Includes membership of Club Ramhaiochta Naoimh Iognaid

To subscribe and join please download and complete the following and return the completed form to rowingiognaid@gmail.com

A copy of each quarterly newsletter will be forwarded to you and a copy of the club history “Eighty Years Rowing” will be sent to you. The Newsletter will be sent by email. Your subscription will be directed exclusively towards the “Boat Fund”.

Name	
Address Street	
Area	
City	
County	
Country	
Address Code	
E mail Address	
Phone no Home	
Mobile	
Years rowed in Club	
E mail for Newsletter	

The payment of the €120 annual subscription can be made directly to the following account please include your name as reference followed by FCIRC

Bank: Allied Irish Bank, 18 Eyre Square, Galway, Ireland

Account name: Colaiste Iognaid Rowing Club Fundraising Account

IBAN: IE16 AIBK 9372 2307 9270 19

BIC: AIBKIE2D

