



# SWING

FIND YOUR LIMITS. ROW PAST THEM.



*The team that represented Castleconnell Boat Club in Ghent: the J18 men, J18 and J16 women, and Coach Derek Bowen. Photo by Coach Anouk Delimata.*

## MEDALS, PBs (and ribs) MARK CCBC's RETURN TO GHENT, INT'L RACING

BY ANOUK DELIMATA

After a two-year hiatus, the Ghent International May Regatta returned for the 101st time on May 7 and 8, 2022. A traveling party of twenty-five athletes and 40+ supporters from Castleconnell BC winged their way to Belgium—the land of chocolate, beer, waffles ... and ribs, apparently.

This was the first opportunity for many of our athletes to compete on the international stage and what better place to do it than Ghent. The long cold winter of erg, weights, and freezing water was soon forgotten as we arrived at the regatta course bathed in late spring sunshine to set up camp.

On Friday morning we were reunited with our

boat trailer at our Belgian hosts KRSG, having waved them off on Wednesday afternoon from World's End in the safe hands of the dream towing team, Elaine and Robert Walter. It was all-hands-on-deck to rig our 12 boats and check our equipment. Despite a forecast of occasional rain, the weather gods cooperated with sun, but threw in some nice gusty cross tailwinds to keep things interesting.

The athletes had the chance to get a few practice spins on the course on Friday ahead of Saturday's racing. This proved invaluable. Narrow lanes and the bounce-back from the concrete sides takes getting used to.

### How to help this month:

- **WORLD'S END TRIATHLON - P9**
- **BOAT REPAIR - P9**
- **FOLLOW US**



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***Women's J16 doubles ready to race.***

From a spectator's perspective, though, the Ghent course is fantastic. The cycle path that runs the entire length of it means you can watch first-hand every stroke of the race and give the occasional shout of encouragement. Now, where did I put those Strepsils?

Saturday's racing kicked off at the very civilised time of 12:16 p.m., which allowed plenty of time to catch up on beauty sleep for the athletes and parents, many of whom had taken the red eye on Friday morning from Dublin. Looking resplendent in their matching uniforms, our crews set off for their first-ever international race, roared on by the fantastic traveling supporters.

With a time-trial system in place, each crew had to race their hearts out, unsure of how fast or slow their individual heat was. Winning the heat was no guarantee of a high placing. And wow did they do just that. Each athlete gave it 100% against athletes from all over Europe, national teams included.

Burning legs were forgotten when our athletes hit the wall of sound from parents and coaches as they entered the final 250m—one of our rowers said that's what got him over the line. By the end of Saturday we had Personal Bests and two bronze medals in the men's U19 8 and pair. Saturday evening saw the parents and coaches ditched after dinner in favour of some athlete bonding time around the lovely city of Ghent.

Sunday's racing brought the added interest of crews being seeded from the previous day's results. This made for some real neck-and-neck racing, none more so than in the U19 men's 4x- race, which placed the three CCBC quads in lanes 1, 2, and 3.

The athletes raced out of their skins yet again. Both U17 and U19 women earned top-ten placings in the highly competitive doubles event. Sean Neville gained a top-ten finish in the U19 single, with a cracking performance lifted by the CCBC supporters' roar near the finish. The U19 men's 4x- jumped three places from Saturday to secure bronze, a 5th, and an 8th placing in a hard-fought race.

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***J18 4x-, Emmet, Aaron, Tudor, and Paddy.***

***Women's J16s fueling up and catching some rays.***





The men's 8 did one better than Saturday, securing a silver in the U19 event, pushing Saturday's silver medallists KRSB back into bronze.

All too soon it was time to pack up the tent and trailer and leave the regatta course, but not before the serious business of the regatta was conducted—trading kit. Our athletes set off for the time-honoured tradition of trading sweaty one-pieces with fellow competitors.

Despite valiant efforts by Aaron Harrison (man, he's persistent!), Leander and Oxford Brooks were not for turning and they kept their one-pieces to themselves.

Turns out we didn't need them—Caminhense of Portugal, Netherlands, Tideway Scullers, and Paraguay came over looking to trade. Next time you're at CCBC, see if you can spot who traded with whom!

Deals done and trailer packed, it was time to kick up the heels. Once again parents and coaches were barred while the athletes headed off to the now-notorious rib-shack to try and beat Tara Mulready's 2019 record. With ten racks of ribs consumed, Matthew Kemp claimed the new record. However, there is a stewards enquiry pending after an official objection was lodged by Tara's legal team contesting the result. Ruling to follow. Suffice to say our athletes enjoyed their very well-earned night out.

Monday was all about rest, recovery, sun, and sight-seeing before heading for Brussels airport with our thoughts turning already to Ghent '23.

*Anouk Delimata is the Men's J18 coach. She started coaching at CCBC, with the same group, 4 years ago. She took home her first silverware in 1994 from the Lee Regatta in Cork.*

**RIGHT: The Women's J18 and J16 teams (back row) Coach Derek Bowen, Anna, Eva, Annick, Emily, Mebh, Taylor, Coach James O'Gorman; (front row) Katie, Abigail, Sibéal, Sarah, and Anna.**



***Kit trades were as successful as the racing in Ghent.***



***The men's J18 team and Coach Anouk Delimata.***





# THANKS BEDANKT MIÉRCIE

The whole trip took a huge amount of organising and I'd like to take the opportunity here to thank very sincerely:

- Lorraine Neville for her tireless work getting sponsorship, collecting accommodation fees, and organising hats, t-shirts, and even socks, which ensured our athletes and supporters looked fantastic.
- Ken Beirne, for sorting accommodation for such a huge traveling party and doing it with a smile.
- Ken (again) and Aileen McGrath for arranging the clothes collection drive, and everyone in the CCBC community who contributed to it, which raised so much money for the trip.
- Michelle Kiely for all her work on the finances and arranging insurance for all the equipment.
- Colin Byrne for sorting the logistics of getting all our equipment to Ghent and back.

- Huge thanks to Syncreon for sponsoring the ferry crossing.
- Elaine and Robert Walter for towing the trailer to Ghent and back. Just brilliant.
- Daphne Henderson for her generous contribution to the Ghent fund.
- University of Limerick for the loan of their trailer, 8, and quad.
- Lee's Dalys Cross for sponsoring €100 of diesel for the jeep.
- Pat Kiely and Niall O'Brien for sharing their knowledge.
- Our athletes for being great CCBC ambassadors. You did us proud.
- Lastly, thank you, parents, for coming and supporting your sons and daughters in their madcap endeavours.

—Anouk Delimata

***The Wall of Sound: The parents and supporters, enjoying the fruits of their labours in getting the team to Ghent. Photo by Coach Anouk Delimata.***



# BOUTS, BOATS & BUMPERS

BY COLIN BYRNE

Hi everyone,

Hard to believe that it's June already. We're just past the Regatta Season's half-way point and have seen excellent performances by all crews at the Ghent, Lee, and our own Sprint Regatta a few weeks ago.

There's lots of racing still to look forward to and, fingers crossed, medals to bring home. We're only about 5 weeks out from the Season Finale National Championships in Inniscarra. Saturday, July 9th sees the Junior 13s, 14s, 15s, and Masters crews in action; the Junior 16s, 18s, and Seniors will see some action the following week. In the meantime we have the Carlow, Lough Rynn (in Leitrim), and Athlone Regattas to show off plenty of Red & Grey – Come on Castleconnell!

I'd like to say a huge thank you to everyone who helped with another very successful Castleconnell Sprint Regatta on May 14th. We all just got stuck in and helped make it a fantastic day. It helped that Zeus the weather god was smiling down on us.

We had loads of enthusiastic and complimentary feedback from visiting clubs, spectators, parents, and rowers. From the traffic managers to the slip marshals, the start line team to the umpires, the launch drivers to the search & rescue, the finish line and commentary team to the café team and pre-race organisers, it was a really brilliant Castleconnell Team effort. Well done, everyone.

Another fine effort that needs noting is the Masters Men, who funded the renovation of the Paddy Dooley 8. It's great to see the bright yellow Empacher shine back.

Best of luck to all our juniors about to start summer, Junior Cert, and Leaving Cert exams, and to college students for having finished their summer exams. We look forward to them racing again in Castleconnell colours in the near future.

One last thing. We have nicely designed Castleconnell bumper stickers with our club logo, 'Find your limits, Row past them' available for sale. It's a great way to promote the club – in traffic, the car behind will read it and wonder about how to join up! They're just a fiver, and a limited number are available. As breakdowns and tow-homes are getting more common for our coaching group,

we plan to use the money raised to help fund the replacement of one of our high-mileage launch engines. We'd be really grateful for your help with this small fundraiser. Let your coach or club contact know how many you'd like, or email [pro.castleconnell@gmail.com](mailto:pro.castleconnell@gmail.com).

Happy Racing.

Sincerely,  
Colin

*Colin Byrne is the CCBC Club Captain and resident grass-cutter. He won his first silverware in 1996 at the InterVarsity's in 1996 at Castlewellan Lake, Co. Down.*





# SUMMER ROWING CAMPS RUN JUNE THROUGH AUGUST

**BY AMY JOHNSON**

CCBC's ultra-popular summer rowing camps get underway June 20 and will run through the last week of August, welcoming 20 kids ages 11 to 17 each week.

Some of the weeks are already close to selling out, so interested families should waste no time registering. Links are available at [www.CastleconnellBC.ie/rowing-camps/](http://www.CastleconnellBC.ie/rowing-camps/)

The camps are great fun and a fantastic introduction to all facets of rowing, from safety to technique and of course, fun. Our camps are the entry point to our club for new rowers—those asked to join the Cadets rowing squad in September are chosen from those who attend the camp during the summer.

Swimming competency is required and, per insurance requirements, rowers must be 11 years old by the start of their camp week to participate.

Camp runs Monday through Friday from 11am to 2pm, even on bank holidays. Rowers are asked to bring a full change of clothes, a pair of swimming togs & towel, sun cream, hat, a snack, and plenty of fluids to drink. Parents and rowers will be asked to sign an insurance form and code of conduct, these are emailed in the days leading up to the camp start.

Questions can be directed to [CCBCsummercamp@gmail.com](mailto:CCBCsummercamp@gmail.com).

*Amy Johnson volunteers with the CCBC Cadets, the summer camps, and puts together the newsletter. She took home her very first medal ever for participating in the 2022 Castleconnell 5k walk.*



**Summer rowing camps are the gateway into the club for new rowers ages 11 to 17. Weeks will sell out, so register soon at [CastleconnellBC.ie](http://CastleconnellBC.ie)**



# GET TO KNOW FOLKS AT CCBC

## *Rower Profile: Sean Neville*

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**Crew:** Junior 18s

**Coach:** Anouk Delimata

**Where are you from?** Ballyneety, Limerick

**When did you start rowing?** 2018

**How'd you get started?** Summer Camp. My father saw a flyer.

**Red Bull or MiWadi?** MiWadi.

**Who's your rowing hero?** Paul O'Donovan. Steve Redgrave, if Paul wasn't Irish.

**2k or 5k Test?** 2k. Anything longer is not for me.

**Favourite Seat?** I like rowing in bow and enjoy steering.

**Is it true that your mum beat you in race?** Yes, she beat me at the Captains Cup in December 2021.

**When did you last catch a crab?** I hit a buoy during a sculling race in Ghent 2022.

**What do you crew mates say about you?** I'm sometimes hard to follow in a quad when I'm in the stroke seat.

**If a single sculler were an animal, what would it be?** Any animal that doesn't need its parents 2 weeks after being born.

**Coach most often says to you \_\_\_?** I lean back too far back at the finish.

**Favourite race so far?** Carrig on Shannon 2019. I won 3 single scull races to get to the final.

**Do you have any secret talent?** I can rig a deck of cards.

**What qualities make a teammate a good team captain?** Willingness to be as annoyed at himself as he is with the crew.

**What did you have to give up to row?** Nothing. I have no life.





# GET TO KNOW FOLKS AT CCBC

## *Coach Profile: Matt O'Brien*

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**Crew:** Women's Masters Group

**Where are you from?** Farranshone, Limerick. I attended school at Ard scoil Ris.

**What do you do in real life?** I retired in 2015. I was an Aircraft Technician in Shannon and Dublin.

**How long have you been coaching at CCBC?** 7 years in Castleconnell, 16 at Athlunkard Boat Club.

**How did you get roped in?** John Dillon nabbed me in the car park one day and introduced me to the Women's Masters group at CCBC.

**What's the most repeated rowing instruction you say to your crew:** 'Square over early'.

**Is life like rowing?** No. Because rowing is very technical and competitive, lots of pressure to win medals, with less focus on enjoyment. Life is what you make of it yourself.

**How would you describe rowing to someone who's only ever seen it on TV?** Rowing is a great sport for communication all over the world, it can break down barriers, especially for young people travelling abroad.

**When did you last race a rowing boat?** 2014 veterans 4 at CCBC Head of the River.

**What have you learned from your crew?** Fabulous camaraderie.

**Fun fact?** I was banned from the GAA for playing rugby in the 1960s. We weren't allowed to play 'foreign games' while in the GAA.

**Favourite win?** Junior 8s win at Blessington with ABC.

**Sporting hero?** Austin Reed of CCBC, because of his understanding of rowing, and Tom Sullivan, the coach of UCD in the 1960s.





# SETTING THE TONE FOR KIDS IN SPORTS

BY NIAMH-ANN SHERLOCK

With the day-to-day demands of making sure kids get to and from training on time with all the appropriate gear, it's easy to forget that young athletes look to their parents and coaches for other kinds of support, too—most importantly, in setting the tone for their experience.

Have a think about these four ways we can help kids get the most out of their sporting experience:

- Consider what your children want to get out of the sport.
- Understand what your kids are trying to achieve and what support they need to achieve it.
- Be the best role model you can be to help your children enjoy their sporting experience.
- Focus on your kids' development and enjoyment.

You can learn more about the impact parents can have on their children during sport in this video from the UK's National Society for Prevention of Cruelty to Children Child Protection in Sport unit:  
<https://youtu.be/Hgi1ole4BB0>.

*Niamh-Ann Sherlock is CCBC's Child Safety Officer. She rows with the Women's Masters and won her first silverware at last year's Captain's Cup.*

*Castleconnell Boat Club is committed to safeguarding children and, by working under the guidance of our Safeguarding Policies our staff, both volunteers and employed, working with our young people, throughout the organisation, we seek to create a safe environment for young people to grow and develop.*



## ROWING FAIL OF THE MONTH

## Diary Dates

### June through August

Summer Rowing Camps. See <http://www.castleconnellbc.ie/rowing-camps> for details and registration

### June

4–5 Carlow Regatta  
11 Lough Rynn Regatta  
18 Athlone Regatta  
25 Cork Regatta, NRC

### July

3 Fermoy Sprint Regatta  
9 National Championships, NRC  
J14 /J15 & Masters  
15 Senior National Championships, NRC  
31 Carrick-on-Shannon Sprint Regatta

### August

20 World's End Triathlon

### October

29 Castleconnell Head of the River  
TBA Mid-Term Rowing Camps

# EASY WAYS YOU CAN SUPPORT CCBC

## *Join!*

Active rowers at the junior, senior, student, and Masters levels can join to get out on the water, and past rowers and those further afield can offer their support via membership, too.

Learn more at <https://www.castleconnellbc.ie/membership/>

That's also where you can renew your current membership and private boat rack fee.

## *Volunteer!*

At the **World's End Triathlon on August 20** we will need roughly 60 people to help monitor the race route during the day. Keep an eye on our social media for a volunteer announcement later this month. All proceeds from this event will benefit the club's equipment fund.

**CCBC needs a boat(wo)man.** See this photo to the right? This is no condition for a launch. Can you help us avoid this, by evaluating our equipment and doing or coordinating repairs? You needn't know a lot about the boats, you just must be willing to learn, and you've got to be handy. Please contact Club Captain Colin Byrne at 086 819 0545 for a chat.

