



**ROWING
IRELAND**

Annual Report





**ROWING
IRELAND**

Directors Report

The Board of Directors of Rowing Ireland comprises elected Directors from each province with Connacht/Ulster as one representative and Northern Ireland to align with Sport NI. These directors who bring extensive knowledge and experience in rowing, whether at the club level or in High Performance. In addition, the board includes a director representing Coastal Rowing, who also possesses expertise in this specific discipline. The board is further supported by a President and Secretary, both elected by the membership. The Treasurer, nominated by the board, is someone with a strong financial background. Moreover, the board includes three Independent Non-Executive Directors, appointed through an open recruitment process to address specific skills and requirements identified during the annual board review.

Neville Maxwell (Neptune Rowing Club)

President of Rowing Ireland (November 2022)

- World Champion Silver medalist x 2 and Bronze x 2 medalist
- Atlanta Olympic games 1996 and Sydney 2000
- National Master Trust pension Manager New Ireland
- Company Director
- Appointed to the board in Feb 2016

Neville has over 20 years in various roles in the Insurance industry and now National Pension Master Trust with Bank of Ireland. He has competed as a rower for St Joseph's RC, UCG, and Neptune Rowing Club, Competing at two Olympic Games in 1996 and 2000, A volunteer board member of Rowing Ireland since 2016. Volunteer director of Rowing Ireland since 2016 Chair of the HP committee 2016-2021. He has commentated on RTE for world rowing events until 2016. Neville has been a coach, rower, and volunteer at Neptune Rowing Club.

Martin Hogan (Athlone BC)

Chairman of the Board (May 2022 - to date)

- Connacht/Ulster Representative
- Engineer (Director, JB Barry Consultants)

Martin works in advising and supporting utilities and international infrastructure developers. Bringing projects from concept to design and delivery. He uses his professional skills to provide simple solutions to complex issues. His role in JB Barry is focused on tackling energy, environmental and economic challenges to benefit our society and uses these skills as chairman of the Rowing Ireland board. Martin is also a member of the Institute of Directors.

Nessa Foley (Anna Liffey BC)

Company Secretary (November 2022)

Senior Civil servant Department of National Monuments Service of the Department of Housing, Local Government and Heritage. The Department's Health and Safety Committee. Worked as Diary Secretary to two Government Ministers and as a Private Secretary to two Government Ministers, A full member of the third Moore Street Advisory Group to the Minister

Paul Kavanagh (Fermoy Rowing Club)

Treasurer (November 2022)

Paul has been a member of Fermoy Rowing Club for 50 years. With 40 years professional financial services. He is a certified Insurance Director from Trinity College Dublin and CEO of an insurance company for 20 years.

Carol-Ann Smith (Old Collegians BC)

Leinster vice President (March 2017)

- [Appointed to the Audit & Risk Committee in 2018.](#)

Carol Ann has been involved in rowing for over 30 years, first rowing in UCDLBC and then Old Collegians Rowing Club. She was appointed Board Director in March 2017. Appointed Chairperson of the Audit & Risk Committee in 2018. Member of the Governance Committee and the Remuneration Committee since 2021. Her professional background is as insolvency advisor in practice, banking, and public sector. She is presently a company Director, Leadership & Team Coach and Consultant, Arbitrator.

Aoife Habenicht (Neptune Rowing Club/Old Collegians Rowing Club)

Leinster Representative 2019 – May 2023

Aoife is a buying Director of Aldi Ireland and a trained negotiator. Aoife is also the Chair of the Rowing Ireland Commercial Committee since 2020.

T J Ryan (Skibbereen Rowing Club)

2017 - November 2022

TJ is the Munster Representative. TJ has been involved in Skibbereen Rowing Club and has held the role of Secretary of the club for a number of years. TJ runs a furniture removal company.

Pat Kinsella (Clonmel Rowing Club)

Munster Vice President (November 2022)

Pat is an Engineer and has been involved in many levels of Clonmel Rowing Club for many years as an athlete and a coach. He has many years' experience working in the Industrial Automation and Control Industry. Working for a number of companies within Russia, China, the Middle East, South Africa, Holland and Ireland on a variety of complex Pharmaceutical, Oil & Gas, Power and Industry and Cleanroom projects.

Barry McWilliams (Queen University Boat Club)

Northern Ireland Representative (November 2022)

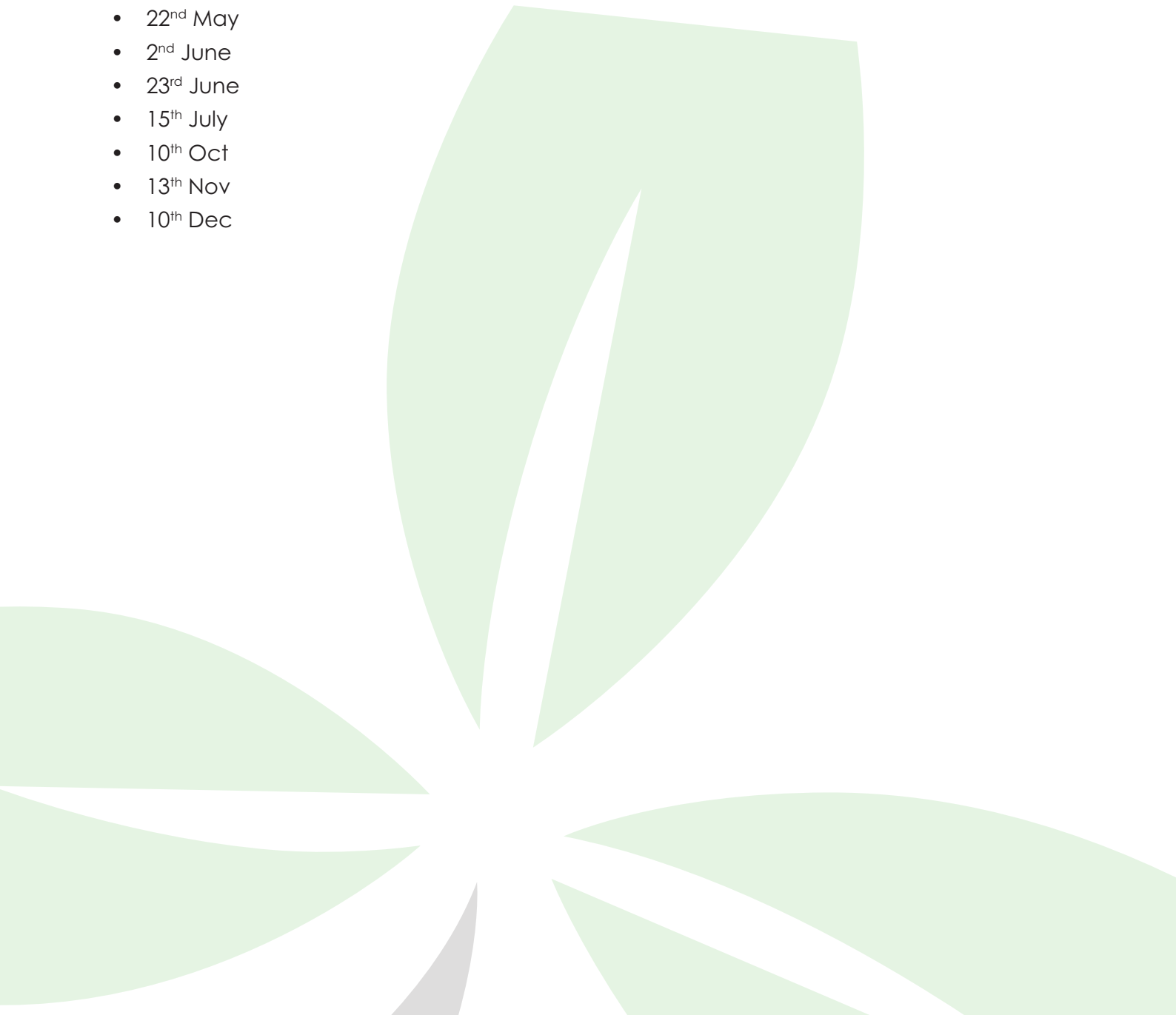
Barry has been involved in rowing for over 25 years. Holding captain, events secretary at Queens and LVBC. He was one of the key people involved in setting up the coaching structure in Queen's University Belfast. Barry also manages a programme of projects for a portfolio of client companies across Northern Ireland. Working to improve productivity and build culture to enable international impact. Researching and relating the latest approaches to established companies and organisations.

David Hussey (Portamagee Rowing Club)

Coastal Director (November 2022)

David has been an independent Director on the board of Rowing Ireland from 2019-2021. He is also a business Director. David competes regularly at coastal rowing events at home and abroad.

Board meetings summary 2022

- 8th Jan
 - 29th Jan
 - 31st Jan
 - 17th Feb
 - 26th Feb
 - 15th Mar
 - 26th Mar
 - 26th Apr
 - 22nd May
 - 2nd June
 - 23rd June
 - 15th July
 - 10th Oct
 - 13th Nov
 - 10th Dec
- 

Presidents Report



**ROWING
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Neville Maxwell
President

As President of Rowing Ireland, I and the organisation are committed to promoting the sport of rowing in the country and developing a strong, sustainable infrastructure that supports clubs, athletes, and volunteers. Our strategic plan will be developed with your input over the coming year and will focus on five key areas of development: club development, engagement, volunteers, high performance, and governance.

Club Development: Rowing Ireland is committed to creating an environment that supports the development of clubs across the country. Our aim is to ensure that clubs are well-equipped to deliver high-quality training and coaching programs for athletes of all ages and abilities.

We provide resources and support to clubs to help them build strong foundations, including access to funding, training programs, and networking opportunities.

Engagement: We are committed to engaging with communities across Ireland to promote the sport of rowing and to encourage participation at all levels. We work closely with schools, local authorities, and other community groups to promote rowing as a fun and accessible sport that offers a wide range of physical and mental benefits. We also support clubs to engage with their local communities, building strong relationships that help to promote the sport and attract new members.

Volunteers: Volunteers are the backbone of rowing in Ireland, and we are committed to supporting their development and growth. We provide training and support for volunteers, including coaching courses, safety training, and mentoring programs. We also work closely with clubs to ensure that volunteers are valued and supported, recognising the vital role that they play in the success of the sport.

High Performance: We are committed to developing a strong high-performance program that supports athletes to achieve their full potential on the international stage. We work closely with coaches, athletes, and clubs to identify and develop talent, providing access to high-quality training and coaching programs. We also provide support for athletes competing at international events, including funding, logistical support, and performance analysis. Olympic qualification begins this year and we wish the best to our athletes and coaches in this endeavor.

Governance: The clubs of Rowing Ireland across all codes, from flatwater to coastal are committed to maintaining high standards of governance and transparency in all our activities. We have robust policies and procedures in place to ensure that our organisation operates in an ethical and accountable manner. We are committed to working with clubs, athletes, and other stakeholders to ensure that rowing in Ireland is governed in a fair, transparent, and effective manner.

In summary, I as president and the board of Rowing Ireland are committed to developing a strong, sustainable infrastructure that supports clubs, athletes, and volunteers across Ireland. We are committed to promoting the sport of rowing and encouraging participation at all levels, from grassroots to high performance. We believe that rowing has the potential to offer significant benefits to individuals and communities across Ireland, and we are committed to realising this potential.

Yours in Rowing,
President – Neville Maxwell

CEO Report



Michelle Carpenter
CEO

I would like to take this opportunity to reflect on the past five years firstly and our developments as an organisation and progress in the past half- decade.

From being a sport that the Irish public knew little about, we have become the most successful sport in Ireland, thanks to the hard work, dedication and commitment from our clubs, members, volunteers, athletes, board and staff. Our membership has grown tremendously from 3,778 in 2018 to 8,203 in 2022 representing an increase of 115%. Our clubs are thriving and our regatta is vibrant with enthusiastic competitors.

Over the last five years our clubs have received over €5,000,000 in capital grants and equally, we at Rowing Ireland have received €380,000 to support our HP and Get Rowing programme in 2022.

Five years ago, the Get Rowing programme was still in its infancy starting with a tiny budget and Leinster based. Today, it has expanded to all parts of the country and has now engaged over 150,000 individual students over the last years and supported clubs with camps, coaches and empowering 6000 plus TY students since 2018. In 2023 we aim to engage growing numbers again as we continue to partner with our clubs on learn to row initiatives, income streams and camps.

In 2018, we established our green blades online shop and we continue to grow that from strength-to-strength year on year. This year our income from this continues to grow thanks to the support of our membership.

As an organisation we committed to gender equality and the board in 2021 pledged to gender balance in all areas of the sport. With the securing of funding for Women in sport we have developed programmes for coaches, aspiring leaders, club governance.

In 2022, thanks to the commitment of our membership we conducted a survey on club culture to support our clubs and with an astounding 95% reply rate we were able to produce a club culture toolkit.

Safety is key to our organisation and we invested time and effort in 2022 in Row safe and we will be rolling out the programme in full in 2023. Thanks to the collaborative efforts of British Rowing and the commitment and hard work of our safety committee.

We were delighted to focus on putting our Coach education system online in 2020 and 2021. That has grown year on year over the last five years to engage and qualify 400 coaches with a record number of 96 female coaches and 102 male coaches completing our coach education courses in 2022. We look forward to rolling out more modular programmes in 2023 and CPD workshops for those qualified coaches to support our coaches and our clubs.

With the success of our programmes, our social media has grown to attract an increase of 40% in our followers across all social media platforms in the last three years. 2022 saw the return to full complement of regatta's and we were delighted to run the 1k festival for our Junior 14-16 and Master rowers followed by our biggest ever Irish Championships that enjoyed back-to- back racing over three sun filled

days. Our Coastal championships were packed with exciting racing in Schull and Arklow and this now integrated discipline continues to grow and flourish. Heartfelt congratulations are in order for our HP team for their ongoing achievements in 2022. We are immensely proud of every one of our athletes and crews. There is also an amazing team behind the team. Of HPD, coaches, leads and support staff who all significantly contributed to supporting our clubs, athletes, sponsors, and volunteers.

We were very grateful for the support of our major partner Sport Ireland in 2022 who worked tirelessly with us on our governance journey and supported our HP and Core systems. Direct funding from Sport Ireland came from us to our clubs in two grants in 2022 Energy grants and rowability grants totaling €72,000. Sport NI continued to support our HP system and thanks to that funding we were also able to put a progressive MOU in place with Queen's University Belfast.

We announced new partnerships with Whoop who gave devices to support the HP athletes training programme and continued our partnership with the team at Kinetica Sport who supplied products directly to support our athletes and Powerhouse Sports who continue to support with exemplary commitment to kit.

Towards the end of 2022 we signed a very exciting sponsorship deal that will be announced in Q2 of 2023 together with another headline sponsor that we are now presently finalising. In 2023 will continue to work at attracting new sponsorship to support our athletes and clubs.

We continue to work with Sport Ireland and Sport NI to ensure that our sport remains vigilant and compliant with Governance, safeguarding and anti-doping for our organisation.

Our partnership with the Olympic Federation of Ireland grew and we continue to work hand-in-hand with them as we head towards qualification for Paris 2024.

I would like to thank our auditors John Murphy and the team at Grant Thornton who ensured a smooth audit to prepare for our May AGM in addition to the Audit and Risk committee Chaired by Carol-Ann Smith with Paul Kavanagh (Treasurer), Mary Bonner and Conor O'Boyle.

The board of Rowing Ireland play an important role in governing and growing our sport while upholding the highest standards of integrity. This group of people give time and effort to the sport of rowing and work tirelessly to leave it in a better place. Thank you for your time, commitment, support, and counsel. They come from our clubs and we couldn't operate without their time and dedication to our sport.

Finally, I want to thank our team at Rowing Ireland for your dedication and commitment to the betterment of Rowing in Ireland. It is a privilege to lead such a group of professionals who continue to push for excellence both on and off the water.

Chief Executive Officer – Michelle Carpenter

High Performance Report



As a post-Olympic year 2022 has been a very busy and challenging one. An overall of 19 medals were won across all of the categories (male/ female/para) at the following competitions: Coupe, World Cup, European Championships and World Championships. It needs to be noted that 15 out of the 19 medals were on Olympic Boats. Based on this year's International results and based on Sport Ireland's International Carding Criteria Program, Sport Ireland has confirmed 27 rowing carded athletes. Looking at the overall results we can say that the island of Ireland has a Rowing High Performance Team across all the categories: Heavyweight and Lightweight – Scullers and Sweepers – Female and Male. This is an outstanding outcome. However, the big difficulty is the management of this very large team for the first time in Rowing Ireland's history.

Background by Category

Senior Category

2021-2022 has been a post-Olympic year but has also fallen into year two of the 2024 Paris Olympic Cycle. The Tokyo cycle was a very unique Olympic cycle because of COVID-19 and the extension of the preparation cycle from four to five years which did have an impact on the team (athletes and coaching staff) contributing to physiological challenges but mainly psychological challenges. For the above reasons the decision was made to provide flexibility to all the HP Tokyo team allowing them to focus on their own parallel careers. This enabled a group of athletes to prioritise their Master courses, University, additional courses and jobs.

Unfortunately, the return to the normal training regime has caused injuries and stress within the team of athletes and coaches.

Reg the U23 and U19 category

Due to the challenging weather conditions, we were unable to proceed with the trials. Additionally, the number of athletes invited to the trials was lower than anticipated. The timing of the Irish Championships also coincided with the selection and training period for the U23 and U19 World Championships. This overlap created a difficult situation for Clubs, University coaches, and rowers, as they had to choose between participating in the National Championships or attending the National Team selection and training camps.

As a Rowing Federation the High Performance program has consolidated last year's ranking position within the International map across all categories except for the U19's.

In order to continue and grow we need support from our key stakeholders Sport Ireland, Sport NI and services providers with the Institute of Sport. Additionally we need a centralized programme with uniformity of a technical model, a strong coaching team, service providers based in Cork, exclusive use of the National Rowing centre for HP in order to provide an positive and enthusiastic training environment. The main challenges to keep and even improve the current level are:

1. Club coaches which are not paid
2. integral support from universities
3. Pathway strategy
4. Funding commensurate to the results/achievements of the program
5. Rowing Ireland events calendar Recommendations

Regional Pathway

The Northern Ireland Regional Pathway has been successfully implemented and confirmed for 2023. The collaboration between Northern Ireland and Rowing Ireland was already in place and has now become even more productive. This year saw the U23 national team and four HP rowers coming from Queen's University Belfast Boat Club, all of which won a medal. The other five Northern Irish athletes were members of the Senior team racing in Racice. Three coaches' formed the Northern Ireland pathway collaborated with Rowing Ireland coaching at the U23 and U19 national team level. A Junior regional camp was held in March led by Rowing Ireland and QUBBC. The vision is the right one in a country like Ireland and we are confident that it will also work for other regions. Collaboration with UCC has been very effective in particular the support of the Quertus scholarship programme.

There has been an initial interest but more work needs to be done if this is to come into effect. A positive outcome has been the increase of athletes (across all categories) from a diverse number of clubs around the island of Ireland.

National Rowing Centre (NRC)

The team size centralised at the NRC can go from a minimum of 20 to a maximum of 35. A significant amount of work has been undertaken in the last two to three years at the NRC, to make sure that the centre is as suitable and appropriate for High Performance Athletes and Coaches. Since the pandemic the restrictions recommended by Sport Ireland and the Government, the NRC was exclusively utilised by the High Performance athletes and coaches, with a strong focus in creating an ideal training environment; by ensuring it was safe, enjoyable and positive. There has been a positive impact also from a logistic point of view with renovations planned and looking to be finalised for the Coaches' office and athlete's lounges. Thanks to all the national coaches, NRC staff and all the athletes the Centre is very close to being seriously classified as a High Performance Rowing Centre. Across the last three years the performance of all of the teams, must be equally seen as a merit to the safe and conducive environment which would not have been possible without the exclusive utilisation of the Centre by High Performance. The support offered by Rowing Ireland during the last three years has played a positive impact. A positive environment of trust is imperative to be maintained in order to ensure and even improve upon the current level of the national team's performances.

PARA

David Breen will be appointed as RI Para national coach in early 2023. He will have the support of an international well known Para coach as his mentor together with the HPD. A sustainable and resourced program needs to be planned and implemented which must include a national Para talent identification plan and a club's and coaches' development strategy. This year's results have shown the potential to qualify a boat for the 2024 Paris Olympics but pending on commensurate financial support.

Rowing Coaches

The situation of the Rowing Coaches in Ireland is critical. There is a need to shift the current paradigm of coaches not being seen as a high priority and integral part of a successful Rowing program in Ireland. This is equally true in other high performance sport programs.

Two main and well linked problems have been identified:

1) The specific rowing education and preparation: an excellent job has been done in the past regarding the enrolment, classification and graduation of a significant number of coaches with a Level 1, 2 and 3 certificate. As the level of rowing increases we need to adapt accordingly. With a higher standard of rowing we will have to raise the standard of our coaching programs and improve them as we go forward.

The Rowing Coach as a profession: It is well known that the number of full time paid coaches in Ireland is limited and definitely inadequate to the level of its athletes and the number of Rowing domestic Associations.

Finance (more funding to support bigger number of carding)

Rowing in Ireland appears to be one of the top medal sports, based on medals won and the potential to succeed at the 2024 Paris Games. Based on this year's International competitions, Rowing Ireland could and should have the highest number of athletes on the carding international program.

Annual Plan

HP athletes and coaches are hoping to see the Rowing Ireland AGM confirm a suitable date for the Irish Championships to allow all HP athletes (SA, U23, Jun) to compete with their clubs and still pursue to represent Rowing Ireland in the World Championships.

High Performance Director – Antonio Maurogiovanni

World Rowing Championships, Racice

18-25 September, 2022



Women' Single Scull

Alison Bergin (Fermoy Rowing Club)

Women's Lightweight Single Scull

Lydia Heaphy (Skibbereen Rowing Club)



Women's PR2 Single Scull

Katie O'Brien (Galway Rowing Club)

Women's Coxless Pair

Natalie Long (Lee Valley Rowing Club)

Tara Hanlon (University College Cork Rowing Club)



Women's Double Scull

Zoe Hyde (Killorglin Rowing Club)

Sanita Puspure (Old Collegians Boat Club)



Women's Lightweight Double Scull

Margaret Cremen (University College Cork Rowing Club)

Aoife Casey (University College Cork Rowing Club)

Women's Coxless Four

Emily Hegarty (University College Cork Rowing Club)

Fiona Murtagh (University of Galway Boat Club)

Eimear Lambe (Old Collegians Boat Club)

Aifric Keogh (Dublin University Ladies Boat Club)

Men's Single Scull

Brian Colsh (University of Galway Boat Club)

Men's Lightweight Single Scull

Hugh Moore (Queen's University Belfast Boat Club)

Men's Double Scull

Philip Doyle (Belfast Boat Club)

Konan Pazzia (Queen's University Belfast Boat Club)



Men's Lightweight Double Scull

Paul O'Donovan (University College Cork Rowing Club)

Fintan McCarthy (Skibbereen Rowing Club)

Men's Coxless Four

John Kearney (University College Cork Rowing Club)

Ross Corrigan (Queen's University Belfast Boat Club)

Nathan Timoney (Queen's University Belfast Boat Club)

Jack Dorney (Shandon Boat Club)

Mixed PR2 Double Scull

Katie O'Brien (Galway Rowing Club)

Steven McGowan (Galway Rowing Club)

Reserves

Adam Murphy (Shandon Boat Club)

European Rowing Championships, Munich

11-14 August



Women's Lightweight Single Scull

Aoife Casey (University College Cork Rowing Club)

Women's Coxless Pair

Emily Hegarty (University College Cork Rowing Club)

Fiona Murtagh (University of Galway Boat Club)

Women's Double Scull

Zoe Hyde (Killorglin Rowing Club)

Sanita Puspure (Old Collegians Boat Club)

Women's Lightweight Double Scull

Margaret Cremen (University College Cork Rowing Club)

Lydia Heaphy (Skibbereen Rowing Club)



Women's Coxless Four

Eimear Lambe (Old Collegians Boat Club)

Natalie Long (Lee Valley Rowing Club)

Tara Hanlon (University College Cork Rowing Club)

Aifric Keogh (Dublin University Ladies Boat Club)



Men's Lightweight Double Scull

Paul O'Donovan (University College Cork Rowing Club)

Fintan McCarthy (Skibbereen Rowing Club)

Mixed PR2 Double Scull

Katie O'Brien (Galway Rowing Club)

Steven McGowan (Galway Rowing Club)

World Cup II, Poznan

16 - 19 June



Women's PR2 Single Scull

Katie O'Brien (Galway Rowing Club)



Women's Coxless Pair

Emily Hegarty (University College Cork Rowing Club)

Fiona Murtagh (University of Galway Boat Club)



Women's Double Scull

Zoe Hyde (Killorglin Rowing Club)

Sanita Puspure (Old Collegians Boat Club)



Women's Lightweight Double Scull

Margaret Cremen (University College Cork Rowing Club)

Lydia Heaphy (Skibbereen Rowing Club)



Women's Coxless Four

Eimear Lambe (Old Collegians Boat Club)

Natalie Long (Lee Valley Rowing Club)

Tara Hanlon (University College Cork Rowing Club)

Aifric Keogh (Dublin University Ladies Boat Club)

16 - 19 June



Men's Lightweight Single Scull

Fintan McCarthy (Skibbereen Rowing Club)

Mixed PR2 Double Scull

Katie O'Brien (Galway Rowing Club)

Steven McGowan (Galway Rowing Club)

World Cup III, Lucerne

8 - 10 July



Men's Lightweight Single Scull

Paul O'Donovan (University College Cork Rowing Club)

U23 World Championships, Varese

25 - 31 July



Women's Single Scull

Alison Bergin (Fermoy Rowing Club)



Men's Double Scull

Brian Colsh (University of Galway Rowing Club)

Konan Pazzia (Queen's University Belfast Boat Club)



Men's Lightweight Double Scull

Hugh Moore (Queen's University Belfast Boat Club)

Ciaran Purdy (Queen's University Belfast Boat Club)



Men's Coxless Four

John Kearney (University College Cork Rowing Club)

Nathan Timoney (Queen's University Belfast Boat Club)

Adam Murphy (Shandon Boat Club)

Andrew Sheehan (Lee Rowing Club)

Reserves

Jack Dorney (Shandon Boat Club)

U23 European Championships, Hazewinkel



**ROWING
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3 - 4 September

Women's Lightweight Single Scull

Niamh Coffey (University of Limerick Rowing Club)

Men's Single Scull

Ryan Spelman (University of Limerick Rowing Club)



Men's Lightweight Single Scull

Ciaran Purdy (Queen's University Belfast Boat Club)

U19 World Championships, Varese

25 - 31 July

Women's Double Scull

Holly Davis (Lee Valley Rowing Club)
Anna Keating (Shannon Rowing Club)

Women's Quadruple Scull

Moya Knowles (Skibbereen Rowing Club)
Lauren McCarthy Steele (Skibbereen Rowing Club)
Ayla O'Neill (Kenmare Rowing Club)
Kate Reidy (Lee Rowing Club)

Men's Double Scull

Ciaran O'Sullivan (Lee Rowing Club)
Fergus Bryce (Coleraine Grammar School Rowing Club)

Coupe de la Jeunesse, Castrelo De Miño

6-8 August

Women's Coxless Four

Ranya Praxmarer (Galway Rowing Club)
Alannah Donoghue (Sligo Rowing Club)
Kelly Oforji (Skibbereen Rowing Club)
Amy Barrett (New Ross Boat Club)

Men's Single Scull

Rohan O'Hara Nolan (Sligo Rowing Club)



Men's Double Scull

Zach Meegan (Athlone Boat Club)
Shane Rafferty (St Michael's Rowing Club)

Men's Coxed Four

Christopher O'Donovan (Skibbereen Rowing Club)
Harry Feeney (Carlow Rowing Club)
James Young (Cork Boat Club)
Andrew O'Leary (Presentation Rowing Club)
Noah Giltinan (Presentation Rowing Club)

Domestic Events Report



**ROWING
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David Webb
Chair Person

Introduction

The purpose of the Domestic Events Committee is to plan the development of and to oversee domestic competition in Ireland with a view to maintaining and raising standards.

Key achievements/activities 2022

- An Event Workshop was held online on Sunday 4 December aimed at encouraging new ideas and initiatives to make the racing calendar and the scheduling of events as effective and successful as possible.
- Follow up to 2022 Rules Review and Tracker/admin updates to take account of the change of the Rowing Year to 1 January.
- Normal workload relating to scheduling of events, appointing Observers for events and reviewing feedback, handling Tracker queries, overseeing Kit and Blade approvals (updates and new club affiliations) and reviewing Overseas entries (to ensure that all RI athletes are correctly registered to participate in overseas events and that points for overseas wins are correctly awarded).

Looking forward 2023

In addition to its ongoing workload the Committee will be involved in the following activities:

- Draft 2023 Calendar – the calendar was published for final discussion at the Fixtures meeting and ratification at the AGM.
- Provisional 2024 Calendar – in drawing together the 2023 calendar we also sought provisional dates for 2024. Whilst the requested dates generally mirror the usual pattern for the season, we would like to open up a debate about the 2025 calendar at the Fixtures meeting, building on the conversation that was started at the December workshop. This would explore incremental changes/innovations that could be introduced in 2025 and options for supporting/incentivising organising committees and volunteers.
- Ongoing review of rules and points system are we maximising participation and promoting strong and fair competition across domestic events?
- Greater alignment of Coastal/Offshore procedures with Flatwater processes under a more closely structured Domestic Events arrangement
- Improved Event Guidance for organising committees, especially to support new events and to help new volunteers get involved in organising and running Heads and Regattas

The Domestic Events Committee is also urgently seeking new members with the skills, experience and ideas to help shape the development of domestic rowing.

The Committee transacts its business largely by email and we work very closely with the core RI team who manage a significant administrative workload.

Coastal Report



David Hussey
Chair Person

Introduction

To provide administration which is transparent, club led and keeps our sport aligned with World Rowing structures

Key achievements/activities for 2022

The year started in a very positive manner at the Annual delegates meeting in January. Four new members started their terms on the committee and the clubs voted to introduce Masters and Junior championships.

- The Masters will be hosted by Olderfleet RC and was will held at Glenarm Marina on May 20th, 2022.
- The Juniors hosted by Bantry RC and held in Bantry on August 12th, 2022.
- The senior championships were awarded to Loughros Point RC last year and took place on the 29/30th of July, 2022.

A championship committee was set up to run the championships and also a working group appointed to develop Coastal Rowing and explore ways to improve the standard of rowing and initiatives to prepare for the growth of beach sprint rowing.

As a consequence of the weather, both regattas to be held in March were postponed. The first regatta of the season took place in Kilmacsimon in a Head of the River format on Saturday, April 1st, 2022.

A sponsorship deal was finalised with Swift Racing for the next 3 years and "O shore" has been rebranded to "World Coastal Rowing" to align with international practice. Much of the remaining work needed to fully align Coastal with the Rowing Ireland structures has been completed and a communications strategy has been developed and put in place.

Looking forward to 2023

There is a packed season of racing planned for the coming year. On the domestic front, a further 11 regattas will take place. The qualifier for all international beach sprint events will take place in Ballinskelligs beach on the 23rd of July, 2023. The month of September sees the Home Internationals, European and World Championships and the inaugural Coupe de la Jeunesse for beach sprints taking place with endurance events also at World and European levels. The numbers participating in Coastal continue to increase and a decision on the inclusion of Coastal into the Los Angeles Olympic games is imminent which will be a huge positive step forward

Coastal Fixed Seat Report



**ROWING
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Ted McSweeney
Chair Person

Introduction

The mission of the Coastal Division is the provision of Coastal Rowing which is inclusive and club-lead with clear communications and transparent administration. This type of rowing takes place in traditional timber boats or fibreglass coxed four, all of which are fixed seats.

Crews attach to a buoy at the start of the race and race a straight course before turning a buoy and returning.

Key achievements/activities for 2022

The 2022 Irish Coastal Rowing Championships were hosted in the picturesque coastal village of Schull in West Cork.

The event was hosted by the clubs of the Southwest Coast Yawl Rowing Association in conjunction with Schull Rowing Club and the local community. The event saw over 300 crews taking part. The whole event was a huge success with exceptional weather conditions for the duration of the event. This was a huge undertaking as it was the first time that the Irish Coastal Rowing Championships had been held away from the National Rowing Centre.

We continued to promote the important aspect of safety to our clubs throughout the year. Our Coastal Safety Advisor held a number of safety seminars and we also held a stewarding seminar for new stewards taking part in the Irish Coastal Rowing Championships.

Looking forward to 2023

The Irish Coastal Rowing Championships will be held at the National Rowing Centre in Cork with Rosscarbery Rowing Club being the Host Club in 2023. The Championship Committee has already met and plans are well underway to deliver a safe and successful Championship for the Coastal Rowing community in Ireland.

We will continue to aim to develop the sport of Coastal Rowing throughout the island of Ireland and work with the member clubs to increase the level of participation in the sport following the Covid pandemic, during which time many clubs struggled to get all of their pre-Covid members back to the sport.

We also intend to look to broaden the number of clubs taking part in Coastal Rowing over the coming years and the work for this will continue in 2023.

Umpire Committee Report



**ROWING
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Andrew Tubman
Chair Person

Introduction

- To evaluate and re-licence new and existing umpires
- Be able to interpret Rowing Ireland rules and make any recommendations on the use of rules at Irish regattas
- To ensure athletes are provided with safe and fair racing
- To provide training and support to new and existing umpires
- To ensure transparent pathways towards World Rowing umpiring for suitable candidates
- To increase the number of active Rowing Ireland umpires

Key achievements/activities for 2022

- Three online renewal seminars/exams were held and 4 in person seminars/exams were held in (Belfast, Dublin, Limerick, Athlone). This resulted in 36 renewals and 39 new umpires.
- Examination questions were reviewed and updated, along with successful roll out of an online exam.
- Four candidates were put forward by the committee for training towards sitting the World Rowing Umpires examination (Kayla McCann, Leah Colclough, Andrew Tubman and A pathway is now in place for future candidates.

Looking forward 2023

Launch of the Rowing Ireland Umpires Association Development of Umpiring resources for coaches / Coach Education

Conclusion

The committee thanks all umpires who assisted at events across Ireland (including those who have recently retired) and also welcomes newly qualified umpires.



Safety Advisory Committee



Pat Kiely
Chair Person

Introduction

To advise the Board of Rowing Ireland, the Club and the members of the organisation regarding safety issues relating to the sport of Rowing.

Key achievements/activities for 2022

The committee undertook an analysis of iROW safe incident reports to identify trends in unsafe incidents and occurrences.

Develop and introduce the club self-assessment safety audit which will be introduced as part of the 2023 affiliation process.

Preparation of the Row safe document that is being developed in conjunction with British Rowing. British Rowing has agreed for their substantial safety document called Row safe, to be used as a template and edited by Rowing Ireland so that it is in line with our legislation, procedures and policies.

Looking forward to 2023

To continue to support the clubs and our members by advising methods to continue to keep us all safe while partaking in our sport.

- Publish the Rowing Ireland Row safe document that will replace the current Rowing Ireland safety manual.
- Publish the results of the iROWsafe incident reports. Publish the analysis of the club self-assessment safety audit.
- Launch of the Rowing Ireland safety launch and train crews' members to crew the launch so we can provide safety cover at a number of Rowing Ireland licenced events.



2022 Irish Championship Results University Committee Report



Shauna Fitzsimons
Chair Person

University Championships 2022

127 crews from universities and colleges all throughout Ireland raced in Lough Rinn for the University Championships. These universities include UCD, UL, UCC, TCD, NUIG, MTU, RCSI, and TUS. These record entries led to the largest event that the University Championships have seen to date, with the goal of improving and increasing year on year.

Volunteers came from around the country to help with the running of the event, and there was huge support from the local club, Carrick on Shannon Rowing Club.

As an event run by the students, for students, it was great to see so much support from clubs otherwise uninvolved.

UCDBC won the Bank of Ireland Cup and the Wylie Cup and went home as overall winners for the day.

Irish Rowing Championship Numbers

- 52 events over three days
- 722 entries
- 51 clubs
- 1011 athletes – 507 female, 504 male
- 187 pots

Coastal Championships

- 52 events over three days
- 722 entries
- 51 clubs
- 1011 athletes – 507 female, 504 male
- 187 pots

1k Classic Numbers

- 26 events
- 92 straight finals in one day
- 38 clubs
- 820 athletes – 428 male, 392 females

Coastal Fixed Seat Championships

- 26 events
- 92 straight finals in one day
- 38 clubs
- 820 athletes – 428 male, 392 females

2022 Rowing Ireland Awards At the 2022 AGM



Volunteer of the Year – Shane Russell, Whitegate RC

Rowability – Rory O'Brien, Galway RC

Women in Sport Advocate – Aisling Flanagan, Athlone BC

Club Coach of the Year – Conor Breen, St Joseph's RC

High Performance Rower of the Year – Katie O'Brien, Galway RC

Up-and-Coming Rower of the Year – Brian Colsh, University of Galway RC

Umpire of the Year – Kayla McCann, St Michaels RC

Senior Rower of the Year – David Sommers, UCD BC

Club of the Year – Athlone Boat Club

Outstanding Achievement of the Year – Alison Bergin, Fermoy RC



Treasurer's Report



Paul Kavanagh, Fermoy Rowing Club

The Treasurer's position is mainly an oversight position reporting directly at Board level ably assisted by the Audit & Risk committee. The members voted at the November 2022 AGM to eliminate the Treasurer's position. A new appointment of a Non-Executive Board Director, will fill that role going forward.

We are lucky to have a strong cash balance entering 2023, as it will be needed to give our HP Athletes every chance to qualify and win at the Paris 2024 Olympics. We have nearly doubled the number of HP Athletes for 2023, with all support provided to Antonio and his professional coaching team to grow and build all our existing and upcoming athletes in the coming seasons..

The NRC is thankfully returning to normal since Covid, with several Grand League regattas, the 1K festival and National Championships all planned for 2023 and with a full complement of supports and back-up facilities to make the events, athlete and spectator friendly.

We have successfully extended our lease with Coillte to 2041 and the executive are in ongoing discussions regarding the resurface of the road as our right of way to the NRC. The NRC building and environs require constant maintenance and upgrading and we are meeting this challenge head-on.

With a constant eye on monies available, we are asking all those involved in rowing to help out where appropriate for example a tradesperson willing to help out and any company willing to supply product, transport etc. In this regard, I must thank, on your behalf, and in particular: Kinetica Sports, Powerhouse Sport, Whoop and The Greenblades shop, Dublin City Council (Get Going Get Rowing Programme and all those who volunteered. The Get Going Get Rowing programme would not be possible without the support and sponsorship of Dublin City Council – Thank You!

Sport Ireland is our biggest sponsor. Without their support we would have very little, so a big thank you to Paul McDermott for all his time and assistance throughout the year. We would like to express our gratitude to all our sponsors and supporters as without their support, we would not have been able to achieve our highs of 2022 and beyond.

Governance Report



John McCarthy
Chair Person

This Committee was given the brief from our Board in 2022 of drafting a proposed Memorandum of Association as well as Articles of Association to reflect the most recent thinking with regard to sound governance for sport. There were a large number of stakeholders, chiefly among them our Clubs.

Communication was a vital factor and included in this approach a series of "Roadshows" were held around the country to listen to what mattered most to our Members and to facilitate debate and discussion between all stakeholders as to the best way forward. The staff at Rowing Ireland played a significant support role throughout this process.

In tandem with the governance proposals there were other issues raised through the "Roadshows" that have all been communicated to the Board for further consideration.

Legal review was also needed to ensure that our proposals were consistent with legislation.

Finally, but crucially our Board, made up in the main of our stakeholders, had to approve and submit these changes to our Members at our Annual General Meeting, which had to be delayed to facilitate thorough discussion.

Our Members voted overwhelmingly to accept all of the proposals which facilitates further work by Rowing Ireland to continue our governance journey over the coming seasons.

The aim of the Governance committee for the current year is to continue the progress we have made by expanding this to developing Terms of References with all branches. If successful, this will allow our branches to align where possible and all follow the same governance principles. We are undergoing this process with the help of countless volunteers from clubs throughout the country and we will be circulating a draft in the coming weeks for your feedback and insight.

Thank you to the members of this committee along with the Board and its sub-Committees, our member Clubs, the staff at Rowing Ireland and all other stakeholders.

It is also important to offer thanks to the many people that supported communication, legal review and those venues that hosted our events throughout this period.

Commercial Committee Report



Introduction and Targets for 2023

The aim of this sub-committee is to secure additional financing for Rowing Ireland through Sponsorship agreements and supplier contracts with external companies.

The overall KPI of this committee was originally to match 15% of Sport Ireland funding each year. However, due to successes in recent years, this target has now been increased to 17% of the 2023 Sport Ireland funding of €1.3 million (€221k).

For 2023, the commercial committee will analyse the cost of each HP training camp to ascertain whether there are partnerships or additional funding opportunities we could avail of to negate part of this substantial cost.

Other areas of remit include

- PR: Advising the CEO and RI staff to manage all public relation activities and media channels
- Driving Brand Awareness: To promote Rowing Ireland within the commercial sector through simple but well-executed sponsorship arrangements and continuing to create a healthy brand image after the success of Tokyo 2020 and leading into Paris 2024.
- Marketing: To assist the CEO with all marketing, PR and GreenBlades issues arising

Achievements

The Commercial Committee was formed in 2020 and the following sponsorship has been achieved:

2019 — €97,000 (pre-committee being formed)

2020 — 147,000 (+51.5% YoY)

2021 — €163,500 (+11.2% YoY during Covid and a lack of competitions)

2022 — €265,500 (+62.4% YoY) against a target of €164,000

Sponsor	2022 Agreement
Techcrete	Blessington Project
Powerhouse	€12,000 (official HP gear)
Boyne Valley	€87,500 (in product for HP and clubs)
MG Motors	€46,000
Dublin City County Council	€61,000
Whoop	€30,000 (in product)
TOTAL	€235,500

Social Media

Platform	Following
Instagram	9,857
Twitter	10,136
Facebook	15,253

Instagram

Most liked (1,487 likes)

Facebook

Highest reach (30,512)

Twitter

Biggest impression (39,967)



Pat Kiely

Rowing Ireland Club Support Officer

With the growth in the number of affiliated clubs and registered members in 2022 the need for support has grown. Clubs and members have required support and advice during 2022 in many areas of Rowing. Affiliation, registration, safety, competition entries, governance, safeguarding, Garda vetting, coaching and many more topics have required the club support officer engagement.

Coastal and Offshore clubs and their interaction with Rowing Ireland continues to grow. The enthusiasm and passion for rowing within these communities has strengthened the Rowing family on the island of Ireland. Regions and areas of our coast line not normally associated with Rowing Ireland now have active and growing Rowing Ireland affiliated clubs. With beach sprints becoming a very popular aspect of rowing worldwide, the Coastal and Offshore committees and the clubs involved with this exciting variation of our sport are excelling and ensuring Rowing Ireland plays an active part in developing this sport in Ireland.

The change in date for the Junior rowing category resulted in a few technical challenges which have now been sorted thanks to the tireless work of the Domestic Events committee and with support from the Rowing Ireland office staff. The change in date has allowed for junior rowers to complete their junior cycle of rowing through their final year of secondary school.

There was an important change in the affiliation process this year with affiliation now opening for a six-week period before the 31st of December each year. Affiliation to Rowing Ireland was open for a six-week period with a late fee applying for clubs that missed the closing date. Over 98% of our clubs successfully affiliated with only a very small minority failing to affiliate on time.

Another new step introduced in the affiliation process was the club self-assessment safety audit. The aim of this safety audit was to get a picture of the standard of safety being observed by our affiliated clubs. The result of the audit showed that safety is taken very seriously by our clubs and where there were gaps identified, education, information and courses are being developed and sourced to support our clubs. This club self-assessment safety audit will now become an integral part of our annual affiliation with questions regarding safeguarding to be included in the 2024 affiliation process.

Support was given to the Coastal, Offshore and flatwater championship committees. These committees continue to work tirelessly at promoting our championship and making the experience one that rowers, coaches, volunteers, spectators and officials can participate in and enjoy safely, while being able to compete at the highest level our sport has to offer.

Assistance was provided to the Rowing Ireland Governance Committee that undertook the very important and crucial work for the organisation. 12 months of preparation, consultation and governance workshops were delivered

in strategic locations throughout Ireland North and South. The governance committee undertook the role to draft, consult and re-drafting after consultation of our constitution, to ensure Rowing Ireland would become aligned with best practice in sport governance. Due to the commitment and dedicated hard work of the members of the governance committee the AGM passed all the relevant proposals to ensure our organisation is governed, efficiently, effectively and correctly going forward.

I would like to take this opportunity to thank and acknowledge the assistance, patience and understanding clubs, the board, the President of Rowing Ireland, CEO and fellow Rowing Ireland staff members afforded the club support during this busy and successful year.

After another wonderfully exciting and successful year, club support looks forward to engaging with and providing support to further strengthen our most valuable resource, our clubs.



Get Going Get Rowing Programme



Introduction

The Get Going Get Rowing programme started in 2014 with funding from Women in Sport and Sport Ireland. We have seen an increase in participation year on year until the pandemic hit in 2020. We have seen a steady growth in participants from over 4000 in 2014 to over 30,000 in 2022. Our mission is to introduce thousands to the sport of rowing and to make teenagers think differently about being active and participating in sport.

We are raising the profile of Rowing and creating an awareness among young people who would probably not have considered rowing as an option for them. We create a pathway from the machine to the water with our programme and our on-the-water sessions and camps.

Key achievements/activities for 2022

In 2022 the Get Rowing Program successfully delivered over 400 programmes to 120 schools nationwide with over 31,000 students participating in programs, these figures are now back on a par with pre-pandemic figures.

Get Rowing continues to have very strong participation levels in Dublin, Limerick, Cork, Galway, Clare and Tipperary. We also run programs in Carlow, Sligo, Belfast, Kilkenny, Kerry and further afield. In 2022 Get Rowing were delighted to expand to Donegal and worked in partnership with Loughros Point rowing club, Kincasslagh Rowing Club and Donegal Bay Rowing Club to help deliver the Get Rowing program to schools in Donegal.

In 2022 we continued to deliver more outdoor programs than ever before including our "On the Water" PE classes in Cork, Limerick and Dublin. We successfully delivered "On the Water" PE classes to over 2,500 students in Limerick, Cork and Dublin with over 120 classes delivered nationwide.

Our 2022 Munster schools Blitz ran in March 2022 showed a record number of attendees with 1,000 students attending the event held in UL arena. The 2022 Trinity Blitz had over 500 attendees and the South Dublin Blitz had 300 attendees.

In 2021 the programme launched school team building days in Limerick, a combination of "On the Water" rowing activities and land-based team building games, these proved very successful with 9 schools actively participating in 2021. These 9 schools plus 4 further schools took part in our team building days in 2022, showing nearly a 50% growth in this programme year on year. We have also expanded these camps to Dublin with 2 schools taking part in Sept 2022.

The participation in our summer camps has continued to grow by over 50% year on year for the past number of years. In 2022 we saw further growth of our Summer Camps in Dublin and Cork. During the summer of 2021 we saw over 220 teenagers take part in our camps.

During the summer of 2022 this number grew to over 400 students with 10 additional camps being run in Dublin and 3 additional camps in Cork. Many of these teens have continued to row in local clubs in Cork and Dublin as these camps continue to be a strong feeder system into local clubs.

Looking forward to 2023

We are delighted to announce that we will be running Limerick summer camps in 2023 out of possibly 2 Limerick rowing clubs.

We are also moving into more counties in 2023 with programs due to start in Athlone and Offaly . The future is looking very bright for the Get Rowing Program.





**ROWING
IRELAND**

Women in Sport

Ceara O'Connor

Introduction

Achieve gender balance in all aspects of the sport of rowing in Ireland – via the pillars of the Women in Sport Strategy- participation, coaching, officiating, governance and visibility.

Continued success from High performance to grassroots rowing

- Building on the success of Irish women's rowing at Tokyo in 2021 and a strategic approach to supporting women's participation and volunteerism in rowing after the pandemic
- The numbers below showed a strong return to sport.

The Energy Availability Webinar

- Dr Sharon Madigan and Leanne Varley
- 520 sign ups with 360 members in attendance

Women in Coaching Network Day

- Launch of the inaugural Women in Coaching Network day where over 100 coaches travelled to Dublin
- RI developed this event with Triathlon Ireland, Cycling Ireland, Athletics Ireland and Boxing Ireland.

Women's Student Coach Academy

- Launched in collaboration with Student Sport Ireland.
- Jennifer Crowley of UCC was selected as a Rowing Ireland student coach for the academy programme and is being supported through a year-long programme.

Women on the Water

- The programme sold out in locations across Ireland (Dublin, Cork, Limerick and Galway).

3 Female leaders in rowing were supported on to the Swim Ireland leadership programme.

- Mary Moore (Garda BC), Shauna Fitzsimons (UCD) and Marguarite Deasy (Ring RC) worked with other leaders across sport in Ireland during a series of online interactive sessions that develop candidates to thrive within their specific roles.
- Delivered by Leadership Experts and Consultants Lisa Clancy and Sarah O'Shea as well as guest speakers who will share their personal leadership experiences.

Women in Coaching Networks

- Nine regional Women in Coaching Networks continued their second year across Ireland.
- Over 160 coaches continued to engage in a coaching network.

Key achievements/activities for 2022

In 2022 the Get Rowing Program successfully delivered over 400 programmes to 120 schools nationwide with over 31,000 students participating in programs, these figures are now back on a par with pre-pandemic figures.

Get Rowing continues to have very strong participation levels in Dublin, Limerick, Cork, Galway, Clare and Tipperary. We also run programs in Carlow, Sligo, Belfast, Kilkenny, Kerry and further afield. In 2022 Get Rowing were delighted to expand to Donegal and worked in partnership with Loughros Point rowing club, Kincasslagh Rowing Club and Donegal Bay Rowing Club to help deliver the Get Rowing program to schools in Donegal.

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The participation in our summer camps has continued to grow by over 50% year on year for the past number of years. In 2022 we saw further growth of our Summer Camps in Dublin and Cork. During the summer of 2021 we saw over 220 teenagers take part in our camps.

International Women's Day

A collaborative creative video of female rowers and coaches from clubs all around Ireland which was shared on our social media channels

HerOutdoors Week

A series of learn to row days in Cork, Limerick and a festival of recreational rowing with over 20 community groups involved at Islandbridge in Dublin

Continued our HP Coaching Pathway

6 coaches gained support with personal development workshops, mentorship, technical workshops with HP directors and access to the HP coaching environment.

Making Waves Campaign

18 clubs participated

Grand Canal Challenge

The largest entry to date of 150 girls and Pundit Arena created a bespoke video spotlight piece on the event

Female Umpires Pathway Programme

- Aim to bring more women into umpiring as well as facilitate opportunities for those wishing to progress to more challenging umpiring nationally and internationally.

Female Coaches Network

- Online to November 2022 with a planned in person offering in Summer 2023- pop up coffee stops at key events.

Club Culture Project

- 1,150 members and a toolkit design for action to help clubs assess and improve their club culture and improve gender equality

Women in Sport Spotlight Event

- We hosted a livestream of the women's races at Erne Head of the River in November 2022 which was watched by over 2,600 viewers on the HerSport YouTube channel.

Looking Forward - 2023

We look forward to continuing to strengthen the depth of our programmes in 2023, ensuring programmes that have been running for 1-2 years now will continue and grow each year.

As such, umpiring and active participation in other categories will be our new focus in 2023 alongside strengthening our established programmes.

We plan to be closely involved with a new Teenage Girls Campaign to promote active participation for teenage girls in indoor rowing. This will launch in March 2023.

The club culture launch will also be a key delivery of 2023. The workshops will be led by an external facilitator who will give educational talks and assist clubs to write strategic development plans to address this vital work which will have a positive ripple effect into many areas of the sport.

Conclusion/Closing statement

In 2022 we saw a positive increase in engagement across all our programmes. This is a hugely successful return to sport after the pandemic.

The number of initiatives and WiS agenda in 2022 focused on adult female participation and recreational rowing. More focus is needed on umpiring - increasing women and support in officiating. The club development and leadership programme for female committee members in 2022 was a key initiative to increase the ability to influence gender balance and parity at grassroots level. We also continued our strong support of female coaches with the coaching pathway and the launch of the inaugural Women in Coaching Networking event. Completion of the club culture project in 2022 which delivers a toolkit for clubs to assess and improve their culture and gender equality was a major highlight for the organisation and we look forward to the launch in early January 2023.

Looking Forward - 2023

We will continue to deliver Intro and Level One and Level Two courses. We will also establish a Coach Licensing System to provide a better service to coaches through offering specialist courses and once off workshops.

Conclusion

Continued rolling out of our courses relies on our volunteer Coach Developers. I would like to record, on behalf of everyone in Irish rowing, our thanks to them for the many hours they put into developing and delivering courses throughout the island.

Coach Education Programme



Gerry Farrell
Introduction

To coordinate and manage the Rowing Ireland Coach Education Programme in line with the Sport Ireland Coaching Development Programme for Ireland.

Key achievements/activities for 2022

By taking advantage of developments in online teaching models we have produced hybrid courses allowing coaches to learn through a combination of online learning and hands-on experience with our experienced tutors. In 2022 we put over 150 through our Assistant Coaching Course.

The Level One Course comprising over 27 hours of learning had 95 coaches registered and were delivered in Cork, Dublin, Belfast and Galway.

A Level Two Course for 12 coaches is in progress in conjunction with the Women in Sport coaching initiative. We will run two Level Two courses in modular format in 2023.



By The Numbers

Title	Type	Area	Number of Events	Participants
AGM	Meeting	Clubs and Members	1	92
Coastal ADM	Meeting	Clubs and Members	1	30
Offshore ADM	Meeting	Clubs and Members	1	30
Women on the Water	Training Sessions	Women in Sport	35	52
Her Outdoors Week	Event	Women in Sport	5	75
Women in Coaching Network Inaugural Event	Conference	Women in Sport	1	6
Women in Coaching Workshops	Webinars and In person	Women in Sport	9	6
Women in Coaching Network Series	Webinar	Women in Sport	5	150
Club Culture Survey	Survey	Women in Sport	1	1,150
Club Culture Focus Groups	Webinar	Women in Sport	4	45
Nutrition and Energy Availability Webinar	Webinar	Women in Sport	1	360
Women in Club Leadership	Webinars and in Person	Women in Sport	6	18
WIS Spotlight Event	Livestream	Women in Sport	1	2,600 viewers
Governance Roadshow	Meeting	Clubs and Members	5	120

Title	Type	Area	Number of Events	Participants
Members Survey	Survey	Clubs and Members	1	170
Membership and Event System Consultation	Meeting	Clubs and Members	2	10
Introduction to Coaching Courses	Course	Coaching	12	151
Level 1 Coaching Courses	Course	Coaching	8	95
Level 2 Coaching Courses	Course	Coaching	1	12
Affiliation Workshops	Webinar	Clubs and Members	3	73
High Performance Coaching Seminar	Meeting	Coaching	5	125
Event Consultation Workshop	Webinar	Clubs and Members	1	13
Points Consultation Survey	Webinar	Clubs and Members	1	100
Offshore Rowing Safety Webinar	Webinar	Clubs and Members	1	30
Coxing Workshops	Webinar	Coaching	3	140
Irish Rowing Championships	Competition	Clubs and Members	1	722 crews
1K Classic	Competition	Clubs and Members	1	488 crews
Irish Offshore Championships	Competition	Clubs and Members	1	126 crews
Irish Coastal Championships	Competition	Clubs and Members	1	290 crews

Anti-Doping

Lucy Hanrahan

Sport Administrator and Anti-doping Officer

Introduction

A component of funding through Sport Ireland is the annual reporting of the Anti-Doping Officer to the AGM. As the new Rowing Ireland Anti-Doping Officer, I look forward to continuing the growth and understanding of Anti-Doping education within our sport throughout all types of rowing and continue to meet all requirements.

Key achievements/activities for 2022

In 2022 we had 79 Anti-Doping tests for the year. Seven of these were In Competition tests and the rest were Out of Competition. There were No Positive Results in 2022. We had seventeen athletes registered in the Registered Testing Pool and continue to support and educate these athletes in all areas of Anti-Doping. At the end of 2022, we carried out an onboarding day for all 27 of the HP athletes and included Anti-doping educational training during this. We continue to provide up to date information to the Anti-Doping Unit in Sport Ireland on dates and locations of all International Regattas, Training Camps and Trials. We also provide a list of domestic events to the ADU where testing of competitors can be carried out.

Looking Forward – 2023

We continue to operate several Anti-Doping initiatives as detailed below. In 2023 we will have 27 RTP athletes which is the largest group to date so it is essential that continued education on all areas of Anti-doping is carried out;

- Education in our Coaching Courses & online Workshops and videos throughout the year.
- All RTP & High Performance athletes will be required to complete an athlete onboarding course in which they will be educated on Anti-Doping, testing and the responsibilities of the athletes.
- Updated information about changes to policies in Sport Ireland or WADA will be posted and updated in the anti-doping section of our website and sent to clubs.
- Updated anti-doping area on the website containing educational information for all rowers.
- Educational training for all Coastal rowers
- Anti-Doping information contained in detail within the High-Performance Selection Strategy document.
- Anti-Doping Notices on all event entries. General messaging regarding the possibility of athlete testing at both Domestic and International events.

Conclusion

We will aim to continue this education with focus on the whole rowing community so we can lead by example as our sport grows. All of our athletes continue to show that rowing is, and continues to be a clean and drug-free sport. By continuing to protect the spirit and values of rowing through educational learning of Anti-Doping, it will hopefully continue our success at all levels of the sport both on and off the water well into the future.

Income and Expenditure account

For the financial year ended 31 December 2022



		2022	2021
	Note	€	€
Turnover		3,752,914	3,227,203
Less: overheads			
Direct expenses		(3,850,169)	(3,243,291)
Other (costs)/income		(5,376)	20,441
Operating (loss)/profit		(102,631)	4,353
(Loss)/Profit for the financial year/year		(102,631)	4,353

Turnover	2022 €	2021 €
Grant income	2,610,549	2,288,097
Other operating income	458,163	429,768
Sponsorships, advertising and other funding	49,918	190,064
Development income	131,868	106,538
Registration fees	163,567	76,658
Event licences	7,050	-
Championships	93,070	38,264
Athlete contributions and levies	68,261	32,250
Affiliation fees	42,645	29,033
Fees from courses and conferences	36,721	27,172
National Rowing Centre	88,250	6,100
Home internationals	2,852	3,259
	<u>3,752,914</u>	<u>3,227,203</u>

	2022 €	2021 €
Selling and distribution expenses		
High performance programme	1,938,630	1,566,325
Depreciation of plant & machinery	598,508	570,851
Administration costs	520,572	468,047
Development programme	389,707	304,646
National Rowing Centre	107,744	133,379
Championships	146,150	108,431
Coach education	78,036	48,932
Online shops	31,356	20,848
Branch and coastal rowing development	11,000	11,000
Audit fees	19,815	6,050
Board and sub committee expenses	8,651	4,782
	<u>3,850,169</u>	<u>3,243,291</u>