



**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

(2015 - to date and previously 2001 - 2003 Elected President 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 and previously 2000-2003

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 (now Egis Group)

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)

Secretary of the Board (November 2022 – date and previously interim from September 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.

Philip Quinn, Senior Independent Director (June 2023 - resigned August 2024)

Philip Quinn is Chief Operating Officer at Munster Rugby. Philip has worked with Munster for over 15 years. Before that, he worked with Eli Lilly and Conoco. Phillips in finance roles. Philip is responsible for Strategic planning, Finance and Operations, Player and Coach Contracting amongst other duties. Philip has a keen interest in all sports and is very keen to add his wealth of sports management experience to the Board.

Aisling Carpenter, Independent Director (June 2023)

Treasurer of the Board and Independent Director (June 2023 to date)

Aisling is a Chartered Accountant working in Deloitte's Financial Advisory Services department. She has over 12 years' experience working on a wide variety of restructuring assignments including liquidations, receiverships, large property portfolios and real estate advisory projects. Aisling has a BA in Law & Accounting from the University of Limerick and has a Diploma in Strategic Project & Program Management.

Aoibheann Treacy, Independent Director (June 2023)

Aoibheann is Head of Individual Markets Distribution within Irish Life Asset Management (ILIM). Prior to joining ILIM, Aoibheann has held various senior roles within the financial services industry with Key Capital, State Street Global Advisors and Bank of Ireland over the last 25+ years.

Aoibheann is a Chartered Alternative Investment Analyst (CAIA). She graduated from Dublin City University with a MSc in Investment & Treasury. Aoibheann holds a BA in Economics, Postgraduate in Applied Economics and Postgraduate in Computer Science for University College Cork.

Her membership includes:

- Institute of Directors, Dip IoD Company Director holder
- Institute of Bankers, a QFA holder
- Chartered Alternative Investment Association, CAIA holder

Aoibheann is currently Chair of Aoibhness (Domestic abuse support for women and children) and has held previous positions with other NFP groups over the years.

Pat Kinsella (Clonmel Rowing Club)

Munster Vice President (November 2022 - date)

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 - to date)

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) previously Board member 2018 - 2021.

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.

Noreen Maguire (UCDLBC/Old Collegians)

Leinster Representative June 2023

Noreen is a solicitor who is passionate about providing comprehensive legal support and helping clients navigate legal matters with skill, diligence and care. Noreen is a partner in Maguire Muldoon solicitors that was established in 2002. She tutors in the Law Society in Employment law and Family law and is a trained Collaborative Lawyer. She contributed to many voluntary organisations at committee level, fundraising, and shaping policies. She also provides legal advice to different registered charities. She rowed and Captained UCDLBC and is a member of Old Collegians. She married a rower from Neptune, and they have four children; with two rowing for UCDLBC and Commercial.

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.

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.

Board meetings summary 2023

[List of meetings and those attended](#)

Name	Board meetings attended
Michelle Carpenter	10
Martin Hogan	10
Neville Maxwell	10
Paul Kavanagh	4
Carol-Ann Smith	4
Aoife Habenicht	4
Barry McWilliams	10
David Hussey	10
Pat Kinsella	10
Nessa Foley	10
Aisling Carpenter	6
Aoibheann Treacy	6
Philip Quinn	6
Noreen Maguire	6
TJ Ryan	4

Affiliations 2023

Total of members: 8,236 - highest ever registered membership of RI.

Total number of clubs: 103 - highest number ever of club affiliated.

Presidents Report



**ROWING
IRELAND**



**Neville
Maxwell**
President

As President of Rowing Ireland, I am pleased to present this report, reflecting on the key areas that shaped Irish rowing in the year 2023. Our sport has witnessed both triumphs and challenges, demonstrating the resilience and unity of the rowing community.

Before delving into the accomplishments and advancements of the past year, I must acknowledge the loss of two individuals within our community. Our CEO, Michelle Carpenter, faced the devastating passing of her husband, Chris. Our thoughts and support remain steadfast with Michelle during this challenging time. Additionally, the rowing community mourns the loss of Martin Feeley of UCD Boat Club, an Olympian, and a tremendous contributor to our beloved sport. No doubt Martins legacy will endure as an inspiration to us all.

In the sporting arena, 2023 was a year of remarkable achievements. Rowing Ireland proudly qualified six crews for the Olympic Games and one for the Paralympic Games, a testament to the dedication and hard work of our athletes, coaches, and support staff. The senior team brought home four World Championship medals in Belgrade, comprising two silver and two bronze, displaying our prowess on the international stage. Many more results were achieved across all our flatwater and Beach sprint crews who represented Ireland at international level.

Our collective spirit was further highlighted at the Rowing Ireland Awards Evening, where the rowing community came together to celebrate the sport and honour the individuals who contribute significantly, from clubs to high-performance initiatives. The event was a poignant reminder of the strength and camaraderie that defines Irish rowing.

As we look ahead to the Paris 2024 Olympics, we are confident that the support of the entire community will help our crews, and the "Belgrade Roar" will be heard again. The journey to this global event will undoubtedly be challenging, but with the unwavering support of our community, our athletes, coaches and support staff will rise to the occasion.

The successes of 2023 would not have been possible without the diligent work of our new board and volunteer committees and their dedicated heads. Their commitment to the sport ensures its continued growth and success in Ireland. The 2023 National Rowing Championships, both flatwater and coastal, were resounding successes, thanks to the tireless efforts of the Rowing Ireland staff and dedicated volunteers. These events showcased the talent and determination of our athletes while providing a platform for the entire rowing community to come together.

It is with excitement that we note the addition of beach sprints to the Olympic program. Ireland, with its rich rowing heritage, has the potential to make a significant mark in this discipline. We look forward to exploring and contributing to this exciting new dimension of our sport.

In conclusion, 2023 has been a year of triumph, reflection, and community for Irish rowing. We extend our gratitude to everyone who has played a role in making this year a success. As we continue to navigate the challenges and embrace the opportunities that lie ahead, the spirit of Irish rowing will undoubtedly shine through.

President – Neville Maxwell

CEO Report



**ROWING
IRELAND**



Michelle Carpenter
CEO

As we reflect on 2023, it's clear that this year has been one of remarkable achievements. Rowing in Ireland has continued to grow from strength to strength, showcasing the dedication, talent, and resilience of our athletes, coaches, and volunteers.

Achievements on the Water

Our athletes have excelled on the international stage, with several boats qualifying for major events, including the World Championships and the Olympics. These successes are a testament to the hard work and commitment of everyone involved. At home, the Irish Rowing Championships were a standout event, despite the challenging weather conditions. We were particularly excited to enhance the spectator experience with the introduction of a big screen, which brought the races to life in a new and dynamic way. The use of drone footage added an exciting new perspective, capturing the intensity and beauty of the competition from above.

Development and Inclusion

Our development programs have continued to flourish. The Get Going...Get Rowing initiative has seen unprecedented numbers of young people taking to the water, introducing them to the joys of rowing and laying the foundation for future champions. The Women on the Water and Women in Leadership programs have made significant strides, furthering our commitment to promoting gender equality within our sport. These initiatives ensure that women have the opportunities, support, and encouragement they need to excel, both on the water and in leadership roles within the rowing community.

Governance and Safety

In 2023, we also took important steps to strengthen governance and safety within our clubs. We introduced a comprehensive Club Governance Guide to support clubs in managing their operations effectively and transparently. Additionally, our renewed focus on safety saw the release of the iRow Safe documentation, along with enhanced safety awareness and support programs. These resources are designed to ensure that everyone in the rowing community, from athletes to volunteers, is equipped with the knowledge and tools to maintain the highest safety standards.

Looking Ahead: Strategy for 2024 and Beyond

As we look to the future, Rowing Ireland is committed to building on the successes of 2023. Our strategy for 2024 onwards focuses on continuing to develop our athletes, expanding participation, and fostering a culture of inclusivity and excellence. We aim to further enhance our support for clubs and athletes, ensuring that Irish rowing remains competitive on the world stage. We are also committed to advancing our initiatives in governance and safety, ensuring that our clubs are well-managed and that all participants can enjoy our sport in a safe and supportive environment.

Acknowledgments

I want to express my deepest gratitude to Sport Ireland, Sport NI, and our sponsors for their unwavering support. Your contributions are vital to the continued success and growth of rowing in Ireland.

I also want to extend my heartfelt thanks to the amazing staff at Rowing Ireland. None of this would be possible without your dedication and hard work. To the clubs and their volunteers who work tirelessly, and to everyone who loves rowing and is committed to improving it—your efforts are truly the backbone of our community. Lastly, but by no means least, I want to thank the Board, who, as volunteers, give so much of their time and expertise. They do everything with the utmost integrity, fulfilling their fiduciary duties and always striving for the betterment of rowing in Ireland. There are many volunteers who people don't see doing things selflessly for the sport in the background and for that reason we are forever grateful as we know who you are and want to thank you wholeheartedly.

On a personal note, this year has been particularly challenging for me and my family following the loss of my beloved husband, Chris, in November. The outpouring of support from friends within the rowing community has been a source of immense comfort during this difficult time. I am profoundly grateful for your kindness and solidarity, which have meant more than words can express.

Conclusion

As we close out 2023, I am filled with pride for what we have achieved together and with optimism for what the future holds. I look forward to continuing our work in 2024, building on our successes and striving to make Rowing Ireland a beacon of excellence and inclusivity in the sporting world.

Chief Executive Officer – Michelle Carpenter

High Performance Report



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Rowing Ireland's High Performance (HP) program is dedicated to nurturing elite athletes who represent Ireland on the world stage. Our mission is to provide a world-class training environment, underpinned by the highest standards in coaching, athlete welfare, and support services. We aim to foster an inclusive and high-performance culture that prepares our athletes for success at international competitions, culminating in podium finishes at the Olympic and Paralympic Games.

As we move closer to the Paris 2024 Olympics, our focus remains on building a resilient team, developing talent from our pathways, and ensuring we provide the infrastructure needed for sustained success. We continue to strengthen the alignment between clubs, coaches, and our national programs, creating a seamless structure for future athletes to thrive in.

Key Achievements and Activities in 2023

2023 was an exceptional year for Rowing Ireland's HP program, filled with notable milestones that have set the stage for even greater success moving forward. Some of our key achievements include:

World Championship Success:

Nearly all athletes who participated in the U23 World Championships medaled for the second year in a row. Winning medals at Olympic categories bodes well for the future. We were also successful again at the junior World Championship medalling in the women's Single. For the Senior team this has been the most successful World championships in our history, not only winning 4 medals we have qualified 6 crews for the Paris Olympics. These achievements are testament to the dedication of the athletes and their squad of coaches and support staff. A big call must also go to the wider rowing community who have helped these athletes on their journey. These results begin in the clubs of Rowing Ireland.

Para Program Progress:

Our Para rowers achieved significant success, with the Para Mix 2x qualifying for the Paris 2024 Olympics. We also expanded our Para rowing team by recruiting an additional athlete.

Improved Coaching Structure:

We are working towards developing a pool of highly experienced Irish coaches, supported by the clubs themselves. While challenges remain, we continue to encourage clubs to embrace business models that allow for paid, professional coaching positions.

National Rowing Centre (NRC) Facility:

Plans for NRC upgrades have been submitted, and we look forward to transforming our training facility to meet the highest standards for athlete development.

Service Provider Expansion:

We successfully recruited two physiotherapists and a performance psychologist to enhance the support offered to our athletes. This has helped improve athlete welfare and performance at key events.

Planned Activities

We are focusing on several key initiatives to build on our achievements:

Expansion of Athlete Pathways:

We will continue to develop our HP Pathway, with the recruitment of a dedicated HP Pathway Coordinator. This will ensure a structured and sustainable approach to growing the number of U19 and U23 athletes participating in international competitions.

Strengthening Para Rowing:

Post-Paris, we aim to further develop our National Para Program, working closely with clubs to identify and nurture new talent.

Resource Allocation:

We remain committed to improving the quality of our equipment, and we are actively working to secure the necessary capital funding to ensure our athletes have access to the best resources possible.

Financial Sustainability:

We are exploring innovative strategies to secure funding for our U19 and U23 athletes and maintain the stability of our HP program.

Looking Forward to Paris 2024

As we approach the Paris 2024 Olympics, our athletes are entering a critical phase of preparation. The team is motivated, focused, and working tirelessly to ensure they are ready for the challenges ahead.

Athlete Performance and Wellbeing:

Our athletes' welfare is at the forefront of our strategy. We have created a positive training environment where the athletes are fully supported by a range of specialist services, including performance psychology, nutrition, and physiotherapy. Clear communication and a transparent selection process will help minimize stress, ensuring that our athletes remain focused on delivering their best performances at the Games.

Final Selection and Preparation:

Final selections will be a challenging time for all involved, but our structured process, which includes an external independent observer, will guarantee fairness and clarity. Our aim is to give every athlete the best possible opportunity to succeed.

The Road to Paris:

We are confident that our athletes will represent Ireland with pride at the Paris 2024 Games. This is a culmination of years of hard work, and we are optimistic that our team will not only compete but contend for medals on the world's biggest stage.

We remain fully committed to ensuring our athletes are in the best possible position to perform at their peak. Paris 2024 is just the beginning, as we continue to develop the next generation of Irish rowing talent.

High Performance Director – Antonio Maurogiovanni

World Rowing Championships, Belgrade

03-10 September, 2023



-  **Men's Lightweight Double Scull**
Paul O'Donovan (University College Cork Rowing Club)
Fintan McCarthy (Skibbereen Rowing Club)
-  **Women's Lightweight Single Scull**
Siobhan McCrohan (Tribesmen Rowing Club)
-  **Men's Pair**
Ross Corrigan (Enniskillen Royal Boat Club)
Nathan Timoney (Enniskillen Royal Boat Club)
-  **Men's Double Sculls**
Daire Lynch (Clonmel Rowing Club)
Philip Doyle (Belfast Boat Club)

World Cup III, Lucerne

07-09 August, 2023

-  **Men's Lightweight Double Scull**
Paul O'Donovan (University College Cork Rowing Club)
Fintan McCarthy (Skibbereen Rowing Club)
-  **Men's Double Sculls**
2023 World Rowing Under 23 Championships
Daire Lynch (Clonmel Rowing Club)
Philip Doyle (Belfast Boat Club)
-  **Women's Lightweight Single Scull**
Siobhan McCrohan (Tribesmen Rowing Club)

World Rowing Under 19 Championships, Paris

02-06 August, 2023

-  **Women's Single Sculls**
Holly Davis (Lee Valley Rowing Club)

World Rowing Under 23 Championships, Plovdiv

19-23 July, 2023



Men's Double Sculls

Konan Pazzia (Queen's University Belfast Boat Club)
Brian Colsh (University of Galway Boat Club)



Men's Single Sculls

Andrew Sheehan (University College Cork Rowing Club)



Women's Single Scull

Alison Bergin (Fermoy Rowing Club)

Coupe de la Jeunesse, Amsterdam

28-30 July, 2023



Junior Men's Coxed Four

Sean O'Neill (Castleconnell Boat Club)
Liam Walter (Castleconnell Boat Club)
Andrew O'Leary (Presentation Brothers College Rowing Club)
James Young (Cork Boat Club)
Noah Giltinan - Cox (Presentation Brothers College Rowing Club)



Junior Men's Double Sculls

Jack Rafferty (St. Michael's Rowing Club)
Lochlan Crooks (Neptune Rowing Club)

Domestic Events Report



Key achievements/activities for 2024:

A series of provincial Event Workshops were held online in early 2024 aimed at encouraging new ideas and initiatives to make the racing calendar and the scheduling of events as effective and successful as possible. These built on discussions the previous year and enabled a constructive open debate to take place. There was no consensus for radical change but a number of issues were highlighted that will feed into planning for future years.

Normal workload relating to scheduling (and re-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 2025:

Draft 2025 Calendar – the calendar has been published for final discussion at the Fixtures meeting and ratification at the AGM.

Provisional dates for 2026 and 2027 will be sought in early 2025. Organising Committees will be encouraged to consider the issues raised in the Events Workshops.

Ongoing review of points system – ensuring system maximises participation and promotes strong and fair competition across domestic events – and input into quadrennial 2025 rules review?

Ongoing work to develop 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 now 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.

Thanks to Margherita for doing a great job over the past year and special thanks to Clara for her work arranging and running the event workshops. Looking forward to an exciting and successful year ahead for all events and clubs.

Coastal Report



Committee Annual Report 2023 (Sweep)

The Coastal committee of Rowing Ireland are tasked with the responsibility to oversee the operation of all aspects of Coastal Rowing within Rowing Ireland. The mission of the Coastal Committee 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 a fibreglass coxed four, all of which are fixed seat. 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 2023:

The 2023 Irish Coastal Rowing Championships returned back to the National Rowing Centre and the event was hosted by Rosscarbery Rowing Club. 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 and it was great to see new clubs coming on board for the coastal championships.

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 2024:

As we move in 2024 a key focus for us is to continue to develop the sport of Coastal Rowing. Over recent months we have seen an increase in the number of clubs joining Rowing Ireland especially on the Coastal side and this is very positive indeed. We intend to engage directly with these new clubs to ensure they have the necessary guidance and advice to welcome in to the Rowing Ireland Organisation.

Committee Annual Report 2023 (Sculi)

Due to weather, the 2022 ADM had to be rescheduled to the end of January 2023. The new committee immediately got to work to address the issues raised by the club delegates at the ADM and also to bring coastal rowing into alignment with the new Constitution and Articles of Association which were voted in at the Rowing Ireland AGM in November 2022.

Sharon Hurley was appointed to chair the championship committee to run the senior championships. Teresa Keeney from the host club, Loughros Point, was on both committees and this close relationship between championship committee and host club proved to be a very successful and efficient partnership. An athlete development working group was set up to evaluate the needs of clubs and athletes going forward. This group, chaired by Monika Dukarska, surveyed all clubs to assess what it was that clubs needed most. Following on from this, a presentation and zoom call with attached erg, water and strength and conditioning work was made available to all clubs.

Coastal Report



Going forward this will ensure that all coastal athletes would have the knowledge required to trial for the Irish teams in 2024 and put them on an equal footing with the athletes from a flatwater background. Luke Keaney was tasked with establishing a communications strategy with the Rowing Ireland executive to enhance the Coastal presence on all main Rowing Ireland social media pages and the Rowing Ireland website. This transition has been very successful with huge exposure to Coastal throughout the year, especially during the World Championships in Budapest where our Home International beach sprints featured prominently. Margaurite Deasy liaised with Gerry Farrell throughout the year to develop coastal modules for the Level 1 coaching courses. A request was made for a person from a coastal background to enlist into the coach tutor development programme. I wish to thank our committee members who have worked so hard for our sport all year and who have put in hours of voluntary time to leave our sport in a better place.

The observers' reports have been centralized under the Domestic Events Committee with Coastal having representation on this committee. We have liaised with the Umpires Committee and they are encouraging potential coastal umpires to do the course in early 2024. The course will be completed over one evening and there is a pathway in place for new umpires to achieve the ultimate of umpiring at the LA28 games. Following this policy of full integration has been of huge benefit to Coastal with some flatwater clubs now offering Coastal events at their regattas. Another success has been the introduction of a Junior and Masters championships. The Masters championships were held at Glenarm Marina and hosted by Olderfleet RC. A fantastic day of racing was had by all with flatwater and overseas representation and a card of Junior races as well. A special mention goes to the recognition of para athletes at this event. The Junior Championships took place in Bantry and saw a massive entry with heats required in the bulk of the categories. A huge thank you to all event organizers and to all of the volunteers who helped in every way possible throughout the year. Our sport would not be the incredible product we have without all of your input.

Beach Sprints Qualifier Event

This was the third beach sprint event held in Ireland and it was the qualifying event for the Home Internationals, the World Rowing Beach Sprint Championships, the European Rowing Beach Sprint Championships and the inaugural Coupe de la Jeunesse. The event was run on Ballinskelligs beach and held a week after the flatwater championships to maximise participation and attracted a large entry of 74 athletes. This year it was decided to bring in a minimum standard to qualification whereby athletes seeking selection had to be within 97% of the winning time in each grade. With the World Championships moving to early September and the Europeans in July, it was decided that this format of just one event will not suffice going forward as a lot of flatwater athletes will be engaged in preparation for their own events earlier in the year. A move to a number of trials will be carried out in 2024 to ensure that all athletes get a fair chance to represent Ireland at these international events.

Swift Irish Coastal Championships hosted by Loughros Point RC

The Senior championships doubled up as the international ranking event and was held at the earlier time of late July. A huge entry saw heats in most categories and as mentioned earlier, the working relationship between host club and championship committee was excellent and between them, they delivered a fantastic championships. The sea conditions off the west coast of Ireland gave athletes a taste of real coastal rowing and the event ran very well over the 2 days. An innovative incentive by the host club saw a number of junior events offered as well and this added positively to the weekends racing. Well done to Loughros Point and the champs committee and all who volunteered to help in any way with the running of this event.

International Regattas

The first international event was the European Championships at the end of August. We had a successful start to the year with Monika Dukarska taking a silver in the women's solo and the composite women's quad crew of Sionna Healy, Miriam Sheehan, Rhiannon O'Donoghue and Niamh Lordan also taking a silver. Some fine performances followed in the beach sprints with the highlight being Monika taking a bronze in the Women's solo, a first ever beach sprint medal for Ireland at this event.

Next was the Home internationals in Wales. Eoin O'Connell won the gold medal in the men's junior solo, with Miriam Sheehan taking silver in the women's solo. The junior mixed double of Grace Hurley and Finnian Mannix and the senior mixed double of Luke Keaney and Niamh Kilgallen took a bronze each.

Next up was the Coupe de la Jeunesse in Donoratico. The conditions were challenging, requiring the rescheduling of parts of the event. Our juniors handled the conditions well with the highlight being a bronze medal for Michael O'Boyle.

The last event was the World Championships in Barletta, without a doubt our most successful Worlds ever. The beach sprints took place first, with a lot of quarter final and semi final showings from our athletes. It is one of our aims next year to support our athletes and help them to lift these placings onto the next step of podium finishes. The endurance event the following weekend yielded 3 golds and a bronze medal along with many fine A final appearances. The highlights were a gold in the women's solo by Monika Dukarska and a gold in the mens solo by Adrian Miramon. Monika then teamed up with Ronan Byrne to win the mixed double and the bronze was taken by the composite women's quad crew of Sionna Healy, Miriam Sheehan, Niamh Lordan and Rhiannon O'Donoghue. Again our aim here for 2024 is to consolidate these results and hopefully add more medals to them. A big thank you to all our team managers, boat handlers, coaches and supporters who voluntarily gave their time to help our athletes.

Coastal Report



Looking forward to 2024

The long awaited decision on Coastal in the Olympics was finally made in October. The LA28 games will feature Coastal rowing for the first time. While this decision makes little difference to what we will be doing in the short term, it certainly raises the profile of our sport and gives any potential Olympians something solid to train and aim for over the next 4 years.



Umpire Committee Report



**ROWING
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Introduction/Mission:

- To evaluate and re-licence new and exiting umpires
- To interpret Rowing Ireland rules and make any recommendations on the use of rules at 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 to World Rowing umpiring for suitable candidates
- To increase the number of active Rowing Ireland umpires

Key achievements/activities for 2023 – 2024:

3 online renewal seminars/ exams were held (Feb – April 2024):

- 29/02/24 – 14 renewals
- 05/03/24 – 5 renewals
- 10/04/24 – 4 renewals

• 4 in person exams were held in early 2024.

- Dublin – 22 new umpires
- Cork – 6 new umpires and 3 renewals
- Carlow – 9 renewals
- Skibbereen – 15 new umpires and 1 renewal

New materials were designed for our umpires to assist with learning the rules of rowing and umpires duties. This includes recorded modules that are available for umpires and new candidates to review in advance of seminars.

Kyle Hanck and Kayla McCann umpired at the Home Internationals in 2023 and 2024..

The umpires committee are now tracking umpire activity across events to build a picture of umpire activity and retention. In the 2023-2024 season less than 30% of our registered umpires officiated at an event. We currently have 284 registered umpires.

There has been an increase in rules queries to both umpires committee and domestic events committee this year, mostly around how our rules are interpreted. Both committees are working to address this through a review of our rules.

Looking forward 2024:

Umpires committee and Domestic Events committee are undertaking a rules review to ensure they are fit for purpose and not open to varying levels of interpretation.

Conclusion

The umpires committee would like to thank all umpires who have assisted at events across Ireland during this season, and welcomes the newly appointed umpires. The committee is particularly thankful to those umpires who have retired this season after many years of service.

Safety Advisory Committee



The Safety Advisory Committee's mission is to support Rowing Ireland clubs by providing vital information, knowledge, and guidance on safety-related matters. Our role extends to advising the CEO and Board of Rowing Ireland on safety concerns to ensure the well-being of all participants.

Key Achievements and Activities in 2023

- Conducted a thorough review of iROWsafe reports submitted through Rowing Ireland's online incident reporting system.
- Purchased and introduced the new Rowing Ireland Safety Launch to enhance safety during rowing activities.
- Carried out a detailed review of major incidents involving Rowing Ireland clubs, identifying areas for improvement.
- Collaborated with the Department of Transport to review and update the "Code of Practice: Safe Operations of Recreational Craft." Originally published in 2006 and last revised in 2017, the updated version is expected to be released by the end of 2024 or early 2025.

Looking Forward to 2024

We anticipate the publication of the *Row Safe* document, a comprehensive resource on safety for all rowing activities within clubs. The new Rowing Ireland Safety Launch will be introduced at club events nationwide, further enhancing safety standards.

Multiple committee meetings were held throughout the year, and I would like to express my sincere gratitude to all committee members for their unwavering commitment and dedication to promoting safety in our sport.

This report outlines the crucial efforts of the Safety Advisory Committee in safeguarding the well-being of our rowing community, and we look forward to continuing this vital work in the year ahead.

2023 Rowing Championships



The 2023 Championships Regatta was held on July 14th, 15th, and 16th July. The 1K Classic which operates under the auspices of Rowing Ireland and offered to the Championships team in 2023 was not held due to unfavorable weather conditions on 3 different dates attempted.

This report is the team's record of the process and work completed and is for the attention of Rowing Ireland and its stakeholders.

We have focused on the facts as we understood them, and we present our information as based on data as devoid of opinion as possible. We perceive this report as an input to the Board of Rowing Ireland for use by this body to inform its future approach to this important Irish event, the highlight of the domestic rowing calendar.

We envisage items of improvement and will document them here. We also identify lessons learned for higher level problems requiring resolution. The latter are considered as higher-level urgency items by the team. There are always lessons to be learned and permanent solutions to resolve them to prevent their impact recurring in future.

The 2023 Championships Regatta team members consisted of the following:

Name	Duty	Status	Club
Michelle Bourke	Volunteering Manager	Volunteer	Shannon BC
Andrew Tubman	Chief Umpire	Volunteer	Belfast RC
Brian Richardson	Production Manager	Volunteer	St. Michael's RC
Donal Cronin	NRC Facility Manager	Volunteer	Cork BC
Des O'Hara	Race Secretary	Volunteer	Neptune RC
Michael Hughes	Chairman	Volunteer	Galway RC
Clare O'Brien	Communications	Employee	
David Breen	Championship Secretary	Employee	
Patrick Kiely	Safety & Water Support	Employee	
Position Not Filled	Course Manager		

Summary:

The Chair was appointed in late February, with the team coming together by mid-March. The resources provided by the CEO and Rowing Ireland employees were essential to both the development and execution of the event. Additionally, volunteer support, which extended beyond the core team, was a critical dependency for the event's success.

The scale of the event stretched the capacity limits of the NRC venue, revealing areas for consideration in the organization of the 2023/24 event.

2023 Rowing Championships



Key Developments in 2023

2023 was a year of revitalisation and progress for the Championship team, as they embraced a fresh start and new opportunities. Effective safety measures played a pivotal role in managing weather-related challenges, though the cancellation of the 1K Classic was a notable setback for juniors and masters. This cancellation impacted revenue, which is necessary for the event to break even.

While the 1K Classic operates independently of the Championships, it remains an important Rowing Ireland event. To ensure smooth operations, it is essential that the team overseeing this event be separate from the Championships team, with Rowing Ireland tasked with appointing both groups.

The Championships may have reached their full capacity, requiring thoughtful decisions about future expansion, both on and off the water. The event now boasts a significant commercial profile in addition to its sporting prestige, and future organizing teams will need to reflect and balance these dual aspects.

Although the event's media presence is still developing, any efforts to increase visibility must be carefully balanced with current capacity limits. Innovations like the Big Screen and drone camera work, which were met with positive feedback, have raised the bar and set new expectations. These advancements, however, come with considerable costs, necessitating prudent financial management or revenue generation to sustain them.

Operational Insights

It is crucial to inspect and set up the course according to specifications at least a week before the event.

Difficult weather conditions during the Championships resulted in considerable race rescheduling. Such adjustments may not always be feasible, as shown by the three negative weather outcomes for the 1K Classic.

2023 Rowing Championships



Considerations for the 2024 Championships

To ensure the success of the 2024 Championships, the following points should be considered by the Rowing Ireland Board and the 2024 Championships team:

- Volunteer Support: There is an over-reliance on volunteer support. To attract more volunteers, additional recognition measures should be introduced, although these may increase costs.
- Team Participation: Barriers to participation in the organizing team, including geographical limitations, should be addressed. Continued efforts to bring in fresh talent and cross-train personnel on various tasks are essential.
- Car Parking: Solutions are needed to address the overflow parking issues experienced in 2023. Research local overflow options to mitigate this.
- 1K Classic: Ownership and scheduling for the 1K Classic need to be clarified and established.
- Budget Control: A budget controller should be added to the team to clarify spending categories and allocations, particularly between the Championships and the 1K Classic.
- Cafeteria Model: Reassess the current cafeteria business model to achieve better returns on investment.
- Recruitment: Consider recruiting from regatta organisations to strengthen the Championships team.
- Leadership Succession: The team should appoint a Vice Chair to establish a pathway for leadership succession. However, the final decision on the Chair appointment must remain with Rowing Ireland.

2023 Rowing Ireland Annual Awards



Volunteer of the Year – Michelle McDonagh

Umpire of the Year – Andrew Tubman

Women in Sport Advocate of the Year – Aifric Keogh

Rowability Award – Steven McGowan

Up and Coming Rower of the Year – Alison Bergin

Senior Female Rower of the Year – Siobhan McCrohan

Senior Male Rower of the Year – Fintan McCarthy

Junior Male Rower of the Year – Shane Rafferty

Junior Female Rower of the Year – Holly Davis

Coach of the Year – Fergus Hannon

Club of the Year – The University of Limerick

The Presidents Awards – Brenda Ewing and Thor Nilsen



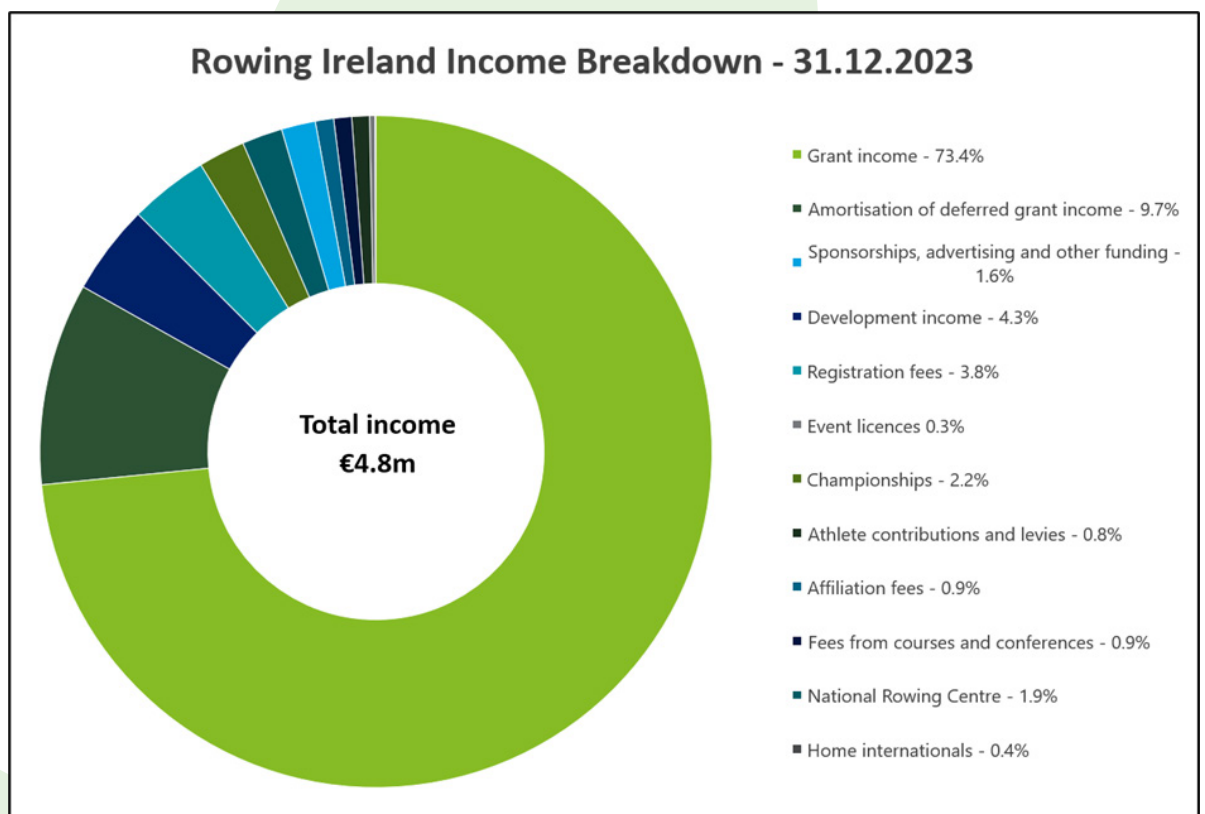
Treasurer's Report

As outlined in the Income & Expenditure Account for 2023, Rowing Ireland ended the year with a deficit of €15,944. This is a marked improvement upon our results for 2022 whereby we had a deficit of €102,631.

Our Balance Sheet at the end of 2023 outlines Total Shareholder Funds of €236k (2022: €252k).

In terms of Revenue, Rowing Ireland performed significantly well, with revenue totalling €4.8m for 2023. This represents an increase of 23% on revenue for 2022 of €3.7m. The key reasons for the increase in income in 2023 are as follows:

- An increase of €932k in grant income;
- A €29k increase in sponsorships, advertising and other funding;
- A €76k increase in development income.



Approximately 72% of our income for 2023 has been funded by Sport Ireland through various grants. As always, we remain extremely thankful to Sport Ireland for this continued support, and we will seek to further develop our relationship with Sport Ireland to ensure our secured funding in the future.

Treasurer's Report



Membership registration fees for 2023 totalled €182k, an increase of 12% on 2022 fees of €163k. In 2023, there were 8,240 registered participants across the three rowing disciplines; flatwater, coastal and offshore. In 2018, membership figures were 3,500, representing a 135% increase in membership registrations in the past 5 years.

Whilst income has increased substantially by 23% during the year, there has also been a corresponding increase of 25% in expenditure driven by rising costs and inflation. We are cognisant of ever rising costs and have been endeavouring to manage these increases throughout 2023.

Our closing cash at bank balance as at the end of 2023 was €2.3m, a total €2m of which relates to a bequest to Rowing Ireland for the development of a new rowing centre in Blessington or other developmental rowing projects.

Events since the end of the year:

There were no significant events affecting the organisation since the financial year end.

Financial Statements:

The audit of the 2023 financial statements was carried out by Grant Thornton and in their opinion the financial statements:

- Gave a true and fair view of the assets, liabilities and financial position of the Company as at 31 December 2023;
- Have been properly prepared in accordance with Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- Have been properly prepared in accordance with the requirements of the Companies Act 2014.
- The 2023 Financial Statements were approved by the directors of Rowing Ireland on 29th April 2024.

Outlook for 2024

As we move into 2024, we recognise the need for a higher proportion of our revenue to stem from self generated income, providing more flexibility to allocate funds in alignment with our strategic goals and build upon our reserves. By diversifying our revenue streams, we hope to improve our financial sustainability which in turn will ensure continued growth and success for Rowing Ireland.

Treasurer's Report



The Board approved the 2024 budget with a surplus of €102k which it is hoped will bring the company back into a profitable position for 2024 and help bolster reserves. The organisation does not have a reserve policy in place at this time. However, as part of our governance journey, there will be a reserve policy and targets put in place in 2024 to ensure the stability of the on-going operations of the organisation. Growing the organisation's reserves will mitigate against future uncertainties and it is intended the reserves would be used as an internal source of funds for situations such as sudden increases in expenses, one time budgeted expenditure or unanticipated losses.

We thank our members, partners and stakeholders for their ongoing support and commitment to the financial health of our organisation. Our aim is to become the leading nation in rowing and to inspire, encourage and motivate as we aim towards Paris 2024 and beyond.

Financial Statements

For the financial year ended 31 December 2023

Governance Report



Introduction/Mission:

To continue our governance journey and to address/support any issues brought to us by the Board. In addition to enhance the governance attached to this committee.

Key achievements/activities for 2023:

This Committee has worked closely with the Board and other stakeholders to continue our governance journey.

- Advanced the governance surrounding key documents
- Embraced enhanced governance for our own meetings/schedule/agenda
- Supported, at the request of the Board, various conflict resolution items from a governance perspective.
- Developed "Code of Conduct" for RI
- Developed with Stakeholders a draft Branch ToR
- Support the Board as requested e.g. NOMCOM

Looking forward 2024:

Given that we are already substantially through 2024 our Committee has continued to work on a number of aspects related to the governance of our sport. Many of these matters require significantly more work:

- Review of "Rules" document
- Succession planning for this group
- Further advance critical document governance
- Support the discussion with Branches such that an agreed ToR can be adopted.
- Review of all policy documents

Commercial Committee Report



Our purpose is to establish and direct the commercial strategy of Rowing Ireland with the aim of creating and optimising private sector funding to foster strategic partnerships, supplementing the investment from Sport Ireland.

The ultimate aim is to promote the sport both domestically and internationally, driving awareness and visibility to support and promote the long-term development of strategic financial partnerships for Rowing Ireland.

Key achievements/activities for 2023:

In 2023, the Commercial Committee generated €112,250 in cash sponsorship as well as an additional €163,756 in product only sponsorship deals. Combined, this amounts to €276,006, which is an increase of +29.8% compared to 2022.

Our first fundraising event was held in the newly opened Rugby Museum in 2023 and one new sponsor was found through that avenue (DB computing) who Rowing Ireland are now working with. This event was inaugural and much was learned to be adapted for a 2024 event.

Looking forward 2024:

The goal for 2024 is to reach €148,000 as a minimum in cash sponsorship. This would be an increase of +32% based on the €112,250 generated in 2023.

It is also the intention to consider the cost of HP camps and investigate whether any savings can be made through long term partnerships (e.g. hotels or airlines).

A fundraising event is a priority for 2024 to raise awareness to a larger spectrum of business-people with the target of bringing in new sponsorship deals post-Paris 2024.

Two new members have been appointed to the committee for 2024; we would like to take this opportunity to welcome and thank Sue Crellin and Maeve Buckley for coming aboard.

Social Media

Platform	Following
Instagram	13928
LinkedIn	2830
Facebook	18448

Instagram

Top Post Impression(21900 likes)

LinkedIn

Biggest Impression (12608)

Facebook

Top Post Reach (70017)



Club Support



As the Club Support Officer for Rowing Ireland, I am pleased to present the annual report for the year 2023. This report provides an overview of our efforts to support and enhance the development of rowing clubs across the country.

Key achievements/activities for 2023:

- New affiliation process successfully launched
- Increase in the number of affiliated clubs
- Increase in Rowing Ireland affiliated membership

Club Development Initiatives

Throughout the year, we have focused on implementing initiatives to strengthen the infrastructure and operations of rowing clubs. This includes providing resources and guidance on governance, safety, coaching, and membership retention strategies.

Training and Education

We have conducted numerous training sessions and workshops aimed at upskilling club officials, coaches, and volunteers. These programs have been tailored to address the specific needs and challenges faced by clubs at various stages of development.

Grants and Funding

Our efforts to secure grants and funding opportunities have enabled clubs to invest in equipment upgrades, facility improvements, and grassroots development programs. We continue to explore new avenues for financial support to sustain long-term growth.

Community Engagement

Rowing Ireland remains committed to fostering a sense of community and inclusivity within the sport. We have actively engaged with clubs to promote diversity, equity, and inclusion, ensuring that rowing is accessible to all members of society.

Conclusion

In conclusion, the past year has been marked by significant progress in our mission to support and empower rowing clubs across Ireland. We are grateful for the dedication and passion demonstrated by club members and volunteers, and we look forward to building on our achievements in the year ahead.

Looking forward 2024:

In the beginning of 2024, we will introduce the Rowing Ireland "Good Governance Guide," designed to serve as an invaluable resource for our clubs seeking to bolster their operational efficiency, resilience, and governance practices.

Get Going Get Rowing Programme



The Get Rowing Program has achieved remarkable engagement among secondary school students nationwide during 2023 from as far North as Belfast and Donegal to the Southern tips of Cork and Kerry. During 2023 the program successfully engaged over 45,000 students across 141 schools Nationwide. These efforts included conducting over 1,743 diverse classes, The Get Rowing Programs are dedicated to introducing teenagers to the sport of Rowing through fun Indoor Rowing Blitzes, Team building days, TrY leadership programs (Transition Year Leadership programmes), and both indoor and on-water physical education sessions.

In addition to its school engagement initiatives, Get Rowing was actively involved in various festivals and conferences during the year. These included prominent events such as:

- PE Teachers Association of Ireland Conference
- Sportability day University of Limerick
- Shine Festival Shona Project
- BeActive Sport Ireland Festival
- Sea Scout Conference in Wexford

Among other significant developments, the Get Rowing Munster Indoor Schools Blitz ran in March 2023 was the Biggest Indoor Schools blitz so far with over 1300 students participating from 25 different schools across Ireland. The Get Rowing Program also held the biggest ever Grand Canal Blitz on the 4th and 5th of May 2023. With over 60 teams from 15 different Dublin schools competing on our 200 metre sprint stretch at Charlotte Quay.

Most Notably, all this year's Get Rowing Blitzes featured Rowability and Inclusive races and Get Rowing ran numerous inclusive and disability classes with special schools throughout the year including two inclusive summer camps.

Here are links to some of our favourite classes and programs this year:

[Enable Ireland training at CCBC](#)

[Trinity Blitz](#)

[Shine Festival](#)

[St Gabriels Foundation Summer Camp at University of Limerick...](#)

[Grand Canal Blitz 2023](#)

[Catherine MacAuleys competition Limerick](#)

Get Going Get Rowing Programme



Here are some key statistics from the program's activities in 2023:

- Total number of student engagements: 45,006
- Total number of schools involved: 141
- Total number of classes delivered: 1,743
- Total number of Summer Camps: 23
- Total Number of Team Building days: 14
- Total number of Special events (inclusive events): 9
- Total Number of Blitzes: 4

Financially, in 2023, Get Rowing reported:

Income: €273,591
Expenditure: €256,422
Surplus: €17,166 being reinvested in equipment
(Ergs, Boats and Oars)

Looking Forward:

2024 is expected to be another huge year for Get Going Get Rowing. As a sign of things to come our bookings have just closed for our South Dublin Blitz renamed the Tallaght Blitz on the 21st February. Last year for this Blitz we had 33 teams of 5, this year we have 95 teams, increasing the attendance at just 1 Blitz year on year by over 300%. This is a great sign of things to come for Get Going Get Rowing in 2024.

A special thanks to all the clubs around the country that work closely with Get Rowing, some of these clubs include Castleconnell Boat Club, St Michael's Rowing Club, Athlunkard Boat Club, Shannon Rowing Club, Dublin University Boat Club, Neptune Rowing Club, Cork Boat Club, Lee Rowing Club, Shandon Boat Club, Clonmel Rowing Club, Loughros Point Rowing Club, Donegal Bay Rowing Club and many many more. We could not have done this without the support of the clubs of Rowing Ireland.



**ROWING
IRELAND**

Women in Sport

Achieve gender balance in all aspects of the sport of rowing in Ireland – participation, coaching, officiating, governance and visibility.

Key achievements/activities for 2023:

2023 started with the introduction of our Club Culture Toolkit, which launched in January. The toolkit was a first of its kind in Ireland, with our sport pioneering the way to examine and support positive change in the culture of clubs, especially in relation to gender balance.

Our clubs took to the challenge and 63 clubs attended workshops in January, February, April, September and November.

Launched our club leadership programme with Triathlon Ireland. 13 female club committee members joined our Women in Leadership Programme, facilitated by Sarah O Shea and Lisa Clancy. They successfully completed training across various topics within Leadership attending online and in person workshops.

The Women's Student Coach Academy in collaboration with Student Sport Ireland saw 2 female student coaches from rowing receive support through a year-long programme consisting of networking, mentoring, leadership and coach education.

The Women in Coaching Networking Day took place successfully for the 2nd year in row, with over 120 coaches from rowing, athletics, cycling and boxing taking part in a day of workshops, networking and panel discussions.

Her Outdoors Week – a series of learn to row events for women in Dublin, Cork, Limerick, Sligo and recreational tours marked the celebration of Her Outdoors week. The event in Dublin was hugely popular with over 100 sign ups, however was unfortunately cancelled due to a storm.

Our Women on the Water Programme continued in various locations around the country, and we gathered information on how to make it grow and improve.

4 female coaches took part in the Coaching Pathway, receiving leadership training from expert facilitators Jo Hopkins and Eliza Downey and shadowing HP Coach Antonio Maurogiovanni in the NRC.

We began work with the Umpires Committee to launch a women in umpiring pathway, beginning with advertising an expression of interest form and scoping out what the challenges and requirements are to best support women to umpire at local, regional and international level.

Women's Health Webinars took place during the Autumn. 'Mastering Midlife' by Dr Irene Clark was hugely popular, with over 100 sign ups from female coaches and masters athletes. Dr Irene provided an e-book after the 2 part webinar series which was an excellent resource for women coaching and training during perimenopause and menopause.



**ROWING
IRELAND**

Women in Sport

We committed to supporting teenage girls in rowing via the Her Moves campaign, which aims to define sport for young women and stop drop out. We designed a programme called 'She Ergs' which aims to introduce more girls to the health and fitness benefits of the ergometer, in a fun and challenging way. 3 clubs were chosen as part of this pilot programme and completed their coach training with Crew Class in June.

Looking forward 2024:

Completing the She Ergs Pilot programme and rolling the programme out to more clubs in 2024 and 2025 to support teenage girls.

Developing and sharing guidance to clubs to provide period support for girls and women in rowing clubs. We will launch a survey in 2024 to examine the needs.

Continue to provide webinars on women's health topics during the autumn and winter months to educate and support female coaches and athletes.

Expanding our Women on the Water Programme to more locations.

Expanding the Her Outdoors events to more locations.

Developing a mentorship programme for women in umpiring, so we can see more women umpiring at local and international level.

Continue and grow our club leadership programme.

Develop a club leadership programme for young women age 16- 23 who sometimes need support during this transitional time in the sport.

Work with Sport Ireland to further develop our Coaching Pathway to ensure we are best supporting coaches at all levels.

Facilitate the Women in Coaching Network Day, with speakers from the rowing community to showcase our fantastic role models to other sports.

Re launch the Club Culture Toolkit for the 2024/25 autumn season when clubs look at development plans, and evaluate the toolkit with 1 club to examine where further support can be provided.

Coach Education Programme



Coaching is an essential support for rowers allowing them to develop and maximize their athletic ability. The Coaching Pathway is primarily linked to the rower's pathway. It offers appropriate training and courses to coaches who wish to work with rowers in the different stages of their development. We work closely with Sport Ireland Coaching and follow their Coaching Development Plan for Ireland.

Key Achievements/Activities for 2023

16 Introduction to Coaching Courses. 306 coaches from 32 clubs. Split 155 male/151 female.

6 Level One Courses. 69 coaches from 18 clubs. Split 38 male/31 female.

1 Level Two Course in progress. 14 coaches from 11 clubs, including from 4 coastal clubs. Split 11 male/3 female.

We also welcomed two new Coach Developers, Kenny McDonald and Jo Aungiers, to our ranks. This brings our active Coach Developers to 9, with 3 further in training.



Coach Education Programme



Looking Forward – 2024

Along with delivering more Intro, Level One, and Level Two courses, we are developing workshops on specific topics such as Coaching Teenage Girls, Better Coxing, and other areas of interest. We will also offer Level Three modules as standalone workshops.

We are conscious of adapting our courses to better service coastal and offshore rowing and are working hard on adapting elements of our courses.

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.



By The Numbers

Title	Type	Area	Number of Events	Participants
AGM	Meeting	Clubs and Members	1	50
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	25	30
Her Outdoors Week	Event	Women in Sport	6	130
Women in Coaching Network Conference	Conference	Women in Sport	1	24
Womens Coaching Pathway	Webinar	Women in Sport	6	6
Mastering Midlife Menopause	Webinar	Women in Sport	2	55
Her Moves Campaign	Event	Women in Sport	2	70
Women in Club Leadership	Workshop	Women in Sport	6	11
Introduction to Coaching	Course	Coach Devel.	11	148
Level 1 Coaching	Course	Coach Devel.	7	83
Level 2 Coaching	Course	Coach Devel.	1	12
Coaching CPD	Workshops	Coach Devel.	5	115

Anti-Doping

A component of funding through Sport Ireland is the annual reporting of the Anti Doping Officer to the AGM.

The former anti-doping officer, Lucy Hanrahan, looked after Anti-Doping in 2023. According to the Clearinghouse numbers, in 2023, we had 93 tests carried out from

February to December. Three of these were In Competition tests (Carrick-on Shannon Sprin Regatta).

There were No Positive results in 2023.

We continue to provide up to date information to the Anti-Doping Unit on dates and locations of 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.

Key achievements/activities for 2023:

- Posting of Anti-Doping Policy and other information to the Rowing Ireland website and social media.
- Posting of information videos on the Rowing Ireland website.
- Anti-Doping education being provided through workshops and educational courses.
- Communication of Anti-Doping information to all Club Secretaries.

Looking forward 2024:

- Keeping relationships with stakeholders (Sport Ireland Anti-Doping Unit), ITA and WADA.
- Organising an Anti-Doping Stand at the Irish Rowing Champs and Workshops with Sport Ireland for coaches and members .
- Sending Clubs' secretaries up to date information and posting information on the Rowing Ireland Website.
- Monitoring High Performance athletes: whereabouts, tests results, RTP.
- Paris 2024 Olympics: Athletes to complete the Sport Ireland e-learning programme.



**ROWING
IRELAND**

Garda Vetting

Garda Vetting 2023:

All the people in affiliated clubs who have direct contact with juniors and vulnerable adults must be vetted. Only registered members of affiliated clubs can be vetted by Rowing Ireland. Rowing Ireland provides this service for free to affiliated clubs and members.

Affiliations 2023:

Each club had six weeks to complete the process. Affiliation was not accepted until the process was completed, uploaded and the required documentation submitted. The documentation required was; proof of insurance, safety statement with risk assessments, emergency action plan, committee members and club members. Each club's audit results and documentation were reviewed.

Key achievements/activities for 2023:

Garda Vetting:

- Number of people that underwent garda vetting: 525
- Number of people that did not complete the process: 91
- Number of people for 2024 as of the 6th of February 2024: 64
- Number of people that completed the process as of the 6th of February 2024: 22

Looking forward 2024:

Providing a safe environment through the continuous vetting of our members. In the upcoming year, we are committed to maintaining a vigilant approach towards providing a secure environment through the continuous vetting of our members proving that the safety and well-being of our members will remain a top priority for Rowing Ireland.

Rowing Ireland will continue to collaborate with affiliated clubs to maintain the highest standards of safety and professionalism. Affiliated clubs will be able to count on the continuous support of Rowing Ireland, by offering guidance, resources, and expertise on various aspects of the sport.

Audit and Risk Committee



For the period October 2023 to December 2023 the Audit & Risk Committee members were:

Chair name: Carol-Ann Smith (until May 2023)

Chair name: Aoibheann Treacy (from Oct 2023)

Committee Formation and First Meeting

The Audit and Risk Committee (ARC) was formed in early October 2023 following the Annual General Meeting in May 2023. The first meeting of the newly constituted committee was held in October 2023, with a new Chair and members. Draft minutes from the previous committee were shared for review, and the transition to new leadership was marked with a focus on Rowing Ireland's financial management and risk oversight as the organization enters a crucial Olympic year.

Financial and Budget Overview

Financial Review, Cashflow Projections, and 2024 Planning
Along with regular review of the management accounts, the committee discussed cashflow projections through the remainder of 2023 and into 2024, noting that spending requirements for the upcoming Olympic year would place additional pressure on cashflow management. Timely funding is crucial, particularly in 2024. The committee closely monitors the management accounts and cashflow forecasting coupled with engagement with Sport Ireland to ensure adequate support.

2024 Budget Development

Draft budgets for Core and High-Performance (HP) activities in 2024 were presented, with the understanding that they will be refined following discussions with Sport Ireland. These budgets are crucial for outlining Rowing Ireland's financial needs for an Olympic year, and final adjustments will be made after further negotiations later in the year.

Audit and Risk Oversight

Internal and External Audit Reviews
Looking ahead, the ARC continues to maintain regular engagement with Rowing Ireland's external auditors, ensuring clear communication and effective oversight of financial activities. Engagements with the Auditor in Q4 included preparation for auditing of 2023 accounts in Q1 2024.

Audit and Risk Committee

Risk Management

The ARC conducted an initial review of the updated Risk Register, which categorizes key risks facing the organization. Feedback on the document was provided, and a final version was reviewed and signed off at the November 2023 meeting. The Risk Register is a live document and will continue to be updated and reviewed through 2024 to reflect potential risks that may occur.

Governance and Compliance

Governance Code Review review of Rowing Ireland's compliance with the Governance Code was undertaken in Q4 2024. This review is part of the organization's commitment to maintaining the highest standards of governance.

Terms of Reference (TOR) Review

The committee also reviewed its Terms of Reference (TOR).

Conflict of Interest

The committee confirmed that no conflicts of interest were reported by its members during the period.

Connacht Ulster Branch Report



To commence with an acknowledgement of the wider Branch network and the Branch was delighted to welcome all member clubs from the Coastal Rowing community to the newly named Connacht Ulster Branch.

Branch Committee

Martin Hogan – Director
Paul O'Donovan – Chairperson
Mick O'Rourke – Hon Treasurer
Mark Butler – Hon Secretary

Rowing Ireland Committees

The Branch currently have a number of members actively supporting Rowing Ireland Sub-Committees and we want to thank them for their ongoing support, engagement and commitment.

Umpire exams

Athlone BC hosted an umpire exam for the Branch, while the online option remains a welcome alternative. The Branch would like to acknowledge Eamonn Colclough for his time and hard work in delivering umpire education and course co-ordination.

Coach Education

A number of coaches from the Branch have engaged in coach development and education. It is welcome to see progress in this area supported by Rowing Ireland. The Branch again would like to thank the clubs and athletes that have facilitated education and coaching sessions from their clubs.

Connacht Ulster Rowing Youth Development

It is hoped to create a youth development programme in the branch network with a specific focus on Junior 15's and Junior 16's in a collaborative and supported environment where athletes will get the opportunity to train and row with athletes from other clubs to help develop rowing skills and experiences. There is significant support from the clubs to enable this initiative and Athlone BC have offered to host the programme in the commencement phase.

Lough Rinn

The Lough Rinn rowing facility continues to develop as a significant piece of national rowing infrastructure. It has now successfully hosted the annual Grand League regatta and the Home International Regatta 2023. It is becoming a training destination and Leitrim County Council have invested in two launches available for coaching and streamlined to booking arrangements through Rowing Ireland. Many clubs are now using it for training and selection camps. Further information can be found on the Rowing Ireland website.

Connacht Ulster Branch Report



Events

The calendar of events for the branch continues to grow with the addition of the Athlone Head of the river and the welcome return of the Tribesman Head of the River in 2023 and 2024.

Congratulation to all clubs and athletes from the branch who raced in this years 1k Classic and the National Rowing Championships.

National Championships wins include:

University of Galway	W Inter 8+
University of Galway	W Senior 4-
University of Galway	Winter 4+
University of Galway	W Inter 2-
Athlone BC	W J18 2x
Athlone BC	M J18 4x-
Athlone BC	M J18 1x
St. Josephs RC	M J18 2-
St. Josephs RC	M j18 8+

Munster Branch Report



The Munster Branch operates as a forum to connect clubs based in Munster. We aim to make clubs aware of things that may directly affect them for example grant applications, funding initiatives etc. The MB also acts as a discussion group so that club delegates can air their views and vote on branch issues affecting their clubs and to guide and advise the Clubs in the region to understand and be compliant with the RI Constitution and Rules.

Officers: At the last Munster Branch AGM the following were elected:

Munster Director – Pat Kinsella – Clonmel Rowing Club
Chairperson – TJ Ryan – Skibbereen Rowing Club
Hon Secretary – Nollag Dwyer – Clonmel Rowing Club
Hon Treasurer – Emily Duloherly – Skibbereen Rowing Club.

The next date for rotation of the Munster director will be at the 2027 AGM. The Munster Director is the Munster Branch representative on the Board of rowing Ireland.

Key achievements/activities for 2023

The two grand league regattas by Munster clubs Skibbereen and Cork City were on the calendar this year with the Cork City regatta cancelled due to the inclement weather.

The national championships held at the NRC this year was hampered by bad weather and it's a credit to all involved that the event was completed to everyone's satisfaction in the end. Several lessons learnt by the new Championships committee to implement in 2024.

The first Munster Branch regatta in early June was a successful one-day event.

Well done also to all the volunteers who helped in the many club events and regattas throughout the year, without your supports these events could not be successful.

Branch Bursary Awards

The following aspiring junior athletes were awarded the Munster Rowing bursary in appreciation of their efforts and determination in Rowing for the 2023 season.

Holly Davis – Lee Valley
Ayla O'Neill – Kenmare RC
Shane Rafferty – St Micks RC
Kate Reidy – Lee RC

Governance

Tom Fennessey (Past President) is the branch representative on the R.I. Governance sub-committee.

Munster Branch Report



Club Engagement:

The Munster Branch continues to work on raising the profile of rowing and also to enhance the rowing experience for the younger athletes in the coming year. Munster rowing will support clubs seeking to get Level 1 coaching training with financial assistance.

Concerns about delay in laying the new lane system at the NRC to be addressed.

Branch Award:

World Champs 2023

This year the World championships were in Belgrade, Serbia from 3-10 September.

The below athletes competed with distinction representing their country, province and Club.

Paul O'Donovan & Fintan McCarthy (Skibbereen RC). 1st LwM2X. **OLYMPIC QUALIFICATION**

Jacob Thomas McCarthy (Skibbereen RC). 5th D final LwM1X

Daire Lynch 3rd M2X (Clonmel RC). **OLYMPIC QUALIFICATION**

Aoife Casey (Skibbereen RC) & Margaret Cremin (Lee RC) 1st B final. **OLYMPIC QUALIFICATION**

Zoe Hyde (Killorglin RC) & Alison Bergin (Fermoy RC) 4th W2X. **OLYMPIC QUALIFICATION**

Natalie Long (Lee Valley Rowing Club) 3rd B final W4- **OLYMPIC QUALIFICATION.**

World U23 Champs

This year the under 23 championships were in Plovdiv, Bulgaria from 19-23 July.

The below athletes competed with distinction representing their country, province and Club.

Andrew Sheehan (University College Cork RC) 2nd A final 1X.

Alison Bergin (Fermoy) 2nd A final 1X.

Rory O'Neill (University of Limerick RC) 4th A final of LWt2x

Munster Branch Report



World Junior Champs:

The 2023 World Rowing Championships were in Paris, France 2-6 August on the Olympic venue from 19-23 July.

The below athletes competed with distinction representing their country, province and Club.

Shane Rafferty (St. Michael's RC). 6th A final JM2X
Holly Davis (Lee Valley RC). 2nd A final JW1X
Ayla O'Neill - (Kenmare RC) 4th in A Final JW 2X
Kate Reidy - (Lee RC) 4th in A Final JW 2X

Coupe de la Jeunesse:

The coup this year was held in Amsterdam, Netherlands from 28-30 August.

The below athletes competed with distinction representing their country, province and Club.

Jack Rafferty (St. Michaels RC) 3rd on both days in JM2X
Dominic Casey (Skibbereen RC) 11th on Sat, 9th on Sun in JM4X
Sean Morris (Tralee RC) 11th on Sat, 9th on Sun in JM4X
Fionn McDonnell (St. Michaels RC) 11th on Sat, 9th on Sun in JM4X
Sean O'Neill (St. Michaels RC) 3rd on both days in JM4+
Liam Walter (Castleconnell BC) 3rd on both days in JM4+
Andrew O'Leary (Presentation) 3rd on both days in JM4+
James Young (Cork BC) 3rd on both days in JM4+
Noah Giltinan (Presentation) 3rd on both days in JM4+
Moya Knowles (Skibbereen RC) 5th on Sat, 4th on Sun in JW1X
Ailise O'Sullivan (Skibbereen RC) 8th on Sat, 7th on Sun in JW4X
Aoife Hendy (Skibbereen RC) 8th on Sat, 7th on Sun in JW4X

Home international Regatta Lough Rinn Co. Leitrim on Saturday the 22nd July.

Well done to all the Munster participants and the winners. Ireland won gold in the following events.

JM2-
JM1X
M Lwt 1X
JW4+
JW4-
M2-
M4x

Munster Branch Report



Junior Women's Sweep

Team Coach : Shane Cullinane - St. Michael's Rowing Club
Cox : Siun O'Keefe - St. Michael's Rowing Club
Laoise Phillips - St. Michael's Rowing Club
Abbie Cullinane - St. Michael's Rowing Club
Aida Hehir - St. Michael's Rowing Club
Cloda Phillips - St. Michael's Rowing Club
Chloe Ligget - Cork Boat Club
Claudia Neff - Cork Boat Club
Hazel Deane - Skibbereen Rowing Club
Alannah Keane - Skibbereen Rowing Club

Junior Women's Sculling Team

Karen Carey - Cappoquin Rowing Club
Anne Sheehan - Lee Rowing Club
Claire Tanner - Shannon Rowing Club

Junior Men's Sweep Team:

Gearad Nugent - Clonmel Rowing Club
James Hurley - Clonmel Rowing Club
Robert Butler - Shandon Boat Club
Daniel Butler - Shandon Boat Club
Adam Hartley - Presentation Brothers College Boat Club
Ben Mullane - Presentation Brothers College Boat Club

Junior Men's Sculling Team

Coach - Ronan O'Callaghan - Lee Rowing Club
Dan Daly - Muckross Rowing Club
Alex Murphy - Lee Rowing Club
Brian McGrath - Castleconnell Boat Club

Senior Women's Sweep Team

Coach: Christine Kirwan - University of Limerick Rowing Club
Caoimhe O'Sullivan - University of Limerick Rowing Club
Orla Gaffney - University of Limerick Rowing Club
Sadhbh Scully - University of Limerick Rowing Club
Alyssa Mannix - University of Limerick Rowing Club

Senior Women's Sculling Team

Lauren O'Brien - University of Limerick Rowing Club

Senior Mens Sweep Team

Luke Sutton - University of Limerick Rowing Club
Adam Grace - University of Limerick Rowing Club

Senior Mens Sculling Team

Coach: Michael O'Callaghan - Shannon Rowing Club
Joe Tanner (Lightweight) - University of Limerick Rowing Club
Ryan Spelman - Saint Michael's Rowing Club
Michael Hourihane - Skibbereen Rowing Club

Leinster Branch Report



The mission statement for the Leinster Branch is to:

- Assist existing Clubs.
- Co-ordinate co-operation between Clubs.
- Bring Provincial issues to the attention of the provincial Director.
- Develop new river clubs and integrate Coastal Clubs into the Branch.

Key achievements/activities for 2023/24:

- Continuation of the re-establishment of the Branch structure.
- Completion and submission of an ecological survey of bird life on Blessington Lake for inclusion in a Bord Pleanala court hearing.
- Provision of subsidies for coaching course applicants.
- Development of a vision for the Branch.
- Monitoring of progress in respect of the development of the lower Liffey island.
- Monitoring of progress in respect of the repair of the Liffey weir.

Looking forward 2024/25:

- Plan for the development of the new shared Blessington boathouse.
- Assist existing Clubs and Co-ordinate co-operation between Clubs.
- Bring Provincial issues to the attention of the provincial Director.
- Commence the process of developing new river clubs and integration of Coastal Clubs into the Branch.
- Monitoring of progress in respect of the development of the lower Liffey island.
- Monitoring of progress in respect of the repair of the Liffey weir.
- Evaluate the Terms of Reference for RI Branches.

NI BranchReport



The mission statement for the NI Branch is to:

- Promote the sport of rowing
- Support RI Affiliated Clubs in NI in line with Rowing Ireland Strategy

Key achievements/activities for 2023/24:

Branch AGM 18/04/23 – The meeting was held in Portadown BC and was well attended. B Ewing agreed to remain as “acting” Chair until a replacement was found. Clubs.

Branch Meetings – meetings have been held on the 3rd Tuesday of each month with the usual breaks taken in December and July. All but 1 held by Zoom.

Branch Agenda Items –

1 Board Business –

updates given by B McW. An active link between the Board and the NI Clubs.

2 Governance –

SNI recognition / RI - GR provided updates when possible although progress has been slow getting this sorted

RI Gov Committee - GR worked with this committee to sort the necessary changes to the NI Branch Constitution.

Safeguarding – BE regularly reminded Clubs about Vetting applicants / procedures involved. The RI NI Branch was audited in June 2024 and is Dept of Justice Access NI Compliant.

Memo of Understanding – As above regarding SNI Recognition.

Branch Constitution – Agreed with RI Governance Committee. Discussed at Branch level and Board Approved – thanks to GR and B McW

Branch Strategy – plans to discuss at length by Branch members didn't happen as the RI Draft Strategy issue was delayed. Clubs were encouraged to give their feedback on-line

Safety – S Archibald – updated Branch members when necessary with new information and RI resources.

3 Rowing Activity –

Commonwealth Games – No further details until a venue for 2026 is confirmed following the withdrawal of Australia to host the event.

Coaching courses – 7 Intro and one Level 1 courses have been held in NI and online, to facilitate 90 intro and 13 Level 1 coaches. 3 are on a Level course.

Umpires – Andrew Tubman (Chair Umpires Committee) stressed the shortage of umpires in NI. From the 2023 AGM to 2024 AGM there were no new NI umpires. Currently 17 registered umpires in NI with 16 participating in the NI 2023 and 2024 Regattas. DW encouraged Clubs to persuade new people to come forward.

RINIB / Newry RC HOR 27/01/24. The event has been developed over the past few years with DW working with Newry RC. Entries have increased and Clubs who assisted with launches / drivers / help shared in the profits.

Event dates - D Webb (Chair of Domestic Events Committee) co-ordinated the NI Clubs event date requests for the 2025 Calendar

NI Events – Branch members discussed the loss of NI events over recent years and possible re-instatement in the future. Currently NI Clubs host Lagan HOR (x2) /Lagan Scullers HOR / Erne HOR / Bann HOR / QUB HOR / Erne Fours HOR /Belfast Sprint Regatta and Portadown Regatta

RI Calendar Forums – DW kept Branch members informed regarding the forums to discuss 2025 onwards and encouraged support at the NI meeting.

Women on the Water – Bann RC held sessions in conjunction with the RI WIS programme

GGGR – Branch members were pleased to hear the GGGR programme is to be funded via SNI and hopefully a fulltime staff member would be employed by September 2024

2023 Championships – Enniskillen RBC MJ18 8 / Bann RC WJ18 1X and WS2X 2024

Championships – QUBBC M2X and MS4X / Enniskillen RBC MJ4+ and WJ 8 and WJ4-

4 Finances –

Branch accounts. The Treasurer provided monthly updates

Grants - Any known information regarding external grants was circulated to all Branch Reps throughout the year.

Craigavon Lakes equipment – agreed to itemise and value all equipment and sell off. Mary Peters Trust – In October 2024 Fergus Bryce received £2000 under the Make it Happen Award Scheme. No applications were made in March 2024. The Trust has been a generous supporter to our sport over many years

5 International representation –

2023 European Championships – Philip Doyle (Portora BC) M2X / Nathan Timoney (QUBBC) M4- / Ross Corrigan (Portora BC) M4- / Huge Moore (QUBBC) LM2X 2023 World Cup 3 - Philip Doyle (Portora BC) M2X / Nathan Timoney (QUBBC) M4- / Ross Corrigan (Portora BC) M4- / Huge Moore (QUBBC) LM2X

2023 U23 World Championships – Konan Pazzia (QUBBC) BM2X / Ciaran Purdy (QUBBC) BLM2X

2023 Home International – Sam McCormick (QUBLBC) W Sculling Team / Patti Mullin (Belfast BC) W Sweep Team / Sophia Young (MCBBC) Jun W Sculling Team / Nancy Roberts (QUBLBC) W Sweep Team / Fergus Bryce (QUBBC) M Sweep Team

2023 World Championships - Philip Doyle (Portora BC) M2X / Nathan Timoney (QUBBC) M2- / Ross Corrigan (Portora BC) M2- / Konan Pazzia (QUBBC) M4X

2024 World Cup 1 - Philip Doyle (Portora BC) M2X / Nathan Timoney (QUBBC) M2- / Ross Corrigan (Portora BC) M2- / Konan Pazzia (QUBBC) M1X
2024 World Cup 2 - Ross Corrigan (Portora BC) M2-
2024 World Cup 3 - Philip Doyle (Belfast BC) M2X / Konan Pazzia (QUBBC) M1X
2024 Home International – Molly Ann Flynn (MCBBC) Jun W Sweep Team / Rohan Nolan (QUBBC) M Sweep Team / Harry McCartney (MCBBC) Jun M Sculling Team
2024 Coupe de la Jeunesse – Sophia Young (MCBBC) Jun W 4X
2024 Olympic Games – Philip Doyle (RI – Belfast BC) M2X Bronze Medal / Ross Corrigan (RI – Portora BC) M2- / Nathan Timoney (RI – Enniskillen RBC) M2-
Rebecca Shorten (GB – ex MCBBC) W4- Silver Medal and Hannah Scott (GB – Ex Bann RC) W4X Gold Medal
2024 U23 World Championships – Fergus Bryce (QUBBC) Men Sculling Team / Ciaran Purdy (QUBBC) LM2X

Looking forward 2024

Coach Education – Encourage new and existing coaches to engage with RI coach Education programme to improve the quality of coaching in our Clubs. 2 Intro courses planned before Christmas, and 7 are registered for Level 1.

Events – To support and develop Events in NI.

Umpires – To address the urgent need for new umpires in NI

Governance – to continue working on this to re-establish compliance level with Sport NI

Safeguarding – ensure RINI Clubs are compliant with statutory and RI requirements

RINI Clubs – encourage all affiliated NI Clubs to be involved with the Branch activities and discussions. Promote retention and recruitment of active club members and volunteers.

Conclusion/Closing statement

Thanks to all the Club representatives who attended and contributed to the Branch meetings. The meetings are a good place to discuss issues and share information. Following on from our Olympic rowers recent success I hope the NI Clubs are inspired going forward.

Brenda Ewing
(Acting Chair)