



# Rowing Ireland Newsletter

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## INSIDE THIS ISSUE:

Hamish Adams	1
Morten Espersen	1
University Championships	4
Nature vs. Nurture: Talent ID	
Recreational Rowing	5
Grand League 2013	7
National Rowing Centre	10
Pat McInerney	11
Notes from our Sponsors	12



### Hamish Adams Chief Executive Officer

On behalf of Rowing Ireland I am delighted to re-establish regular e-zine communication with our members. In the three months since I have commenced the role of CEO we have been extremely busy initiating changes in how we operate the organisation. Both Morten and I operate a very inclusive policy and recognise the need to engage with all our members on a regular basis, with this in mind our door is always open and we are delighted to listen to all feedback.

I would also like to recognise the contribution of all our sponsors and request

that our membership acknowledges and supports these valuable contributions where ever possible purchasing product or services from our sponsors. Please watch this space for further sponsorship developments in the coming weeks and please contact me directly if you are interested in supporting Rowing Ireland as we have packages available to meet all budgets.

As the Regatta season is well underway now I hope to meet many of you at these events. Please introduce yourself to me and I look forward to assisting you all to develop the sport of rowing on the island of Ireland.

[hamish.adams@rowingireland.ie](mailto:hamish.adams@rowingireland.ie)

## “We Can Make It— Yes We Can”

### Morten Espersen High Performance Director

Roughly 3 months ago I began my job as High Performance Director at the National Rowing Centre (NRC), and it seems like a long time ago.

I have found that the Irish Rowing system has a lot in common with the Danish and Australian systems, both of which I have been involved with in the past. Though there are issues stemming from too few coaches and a lack of funding, I think Irish clubs and coaches are very competitive, and prepared to take on difficult challenges. I think this comes from a positive mindset and the ambition to succeed.

I firmly believe that the success rowing has enjoyed in New Zealand, Australia and Denmark over the past decades can be emulated in Ireland. I had a discussion on this matter with Thor Nilsen, former Irish coach, renowned within the rowing community. A fruitful discussion took place, about the strengths and →



# “We Can Make It— Yes We Can” (Cont.)



© Paul McMahon

Juniors compete in Lee Regatta, May 2013

*“A lot has been done, but there is more to come.”*

*-Morten Espersen*

weaknesses of Rowing Ireland (RI). We both agreed that there are certain values and strengths in the Irish identity, and that of its coaches, which I feel must be developed for future success.

## Visits

My intention was to meet with as many clubs and coaches as I could when I started my role at RI. I have enjoyed meeting the various different clubs and in each case I found the people very warm and welcoming. So far I have been to the rowing clubs in Cork, Belfast, Portadown, Portora, Dublin, Galway and Limerick. I also attended AGM's in Connaught, Munster, and Ulster. At the RI AGM in Galway I personally witnessed the discussions between the boards and clubs leaders. These were exciting and passionate discussions that got to the heart of rowing without hiding any things away. Great stuff.

## Finance

Unfortunately, I have faced severe cuts to the High Performance Program budget, despite the best efforts of

Frank Coughlan, the former CEO of RI. We had our funding cut by 22%, which, in addition to over expenditure of 8% last year meant that the budget for 2013 is significantly reduced from previous years.

As High Performance director, my priority for 2013 is to focus on Championship Regattas. Money is the big issue in rowing because it is so expensive to send athletes on camps and to regattas.

Our Chief Coach Don McLachlan has arrived and has been working for nearly a month. Formerly a rower, Don has coached in New Zealand and spent the last few years as Head Coach of Imperial College, London. He has coached many athletes in Britain at World Championship and European Championship level. →



Early morning training at the NRC



© Markus Schröder

Victorious UCD captains

## Irish University Championships 2013

Having been postponed due to incremental weather conditions, the University Championships took place on Friday May 24th in Blessington.

Due to declining weather conditions, the programme was reduced to six events: Novice, Intermediate and Senior Eights for men and women, with crews from UCD, Trinity, UL and NUIG competing.

UCD dominated these championships, winning the Bank of Ireland Cup, for women's eights, and the Wiley Cup for men's eights, winning 4 out of 6 races. Trinity also took home wins in both Novice Eights.



Colours Boat Race 2013, UCD vs. Trinity

© Nick Di Mascio

**University Rowing**

After meeting in Dublin with the Universities, they have decided that they will run two selected regattas in small boats this autumn. There will be a combined Indoor Championships (Provincial & National), together with Schools and Clubs. It is possible that there will be bigger boats included in the trial for the Newry assessment. This will make universities more competitive and hopefully begin to produce U23 athletes for the HPP in 2013 and beyond. We also talked about the possibility of working together for trainings camps, talent identification and recruitment on the larger scale for the betterment of university rowing and HPP.

**The Para Program (Adaptive)**

This program has also suffered from cutbacks. The main focus this year is on recruitment and development of HPP Para athletes. After this we hope to run talent identification camps and develop the program further in the second part of the season, and hopefully get more clubs on board for the Para Program domestically and internationally.

**Coupe & Juniors**

Pat McInerney has invested a lot of time in this important area, with strong juniors emerging. The focus is on top 8 results at the Junior World Championships this season. The Coupe squad will hopefully contain enough athletes to make a competitive eight for both boys and girls. Both squads will be selected in June. A full Home Internationals team will be selected later with new talent for development. The efforts behind the very large and excellent group of juniors are a credit to coaches and clubs.

**Senior, U23 & Development**

Sanita Puspure will be going to a camp in Latvia this summer, where she will avail of private accommoda-

tion. The lightweight double of Justin Ryan and Niall Kenny have been training in Copenhagen in preparation for the European Championships, where they also stayed privately. Claire Lambe and Sanita Puspure will also compete in the European Championships, in the women's light-

weight single scull and heavyweight single scull respectively. The next competition for seniors will be the World Cup II in Dorney, with development/ U23 crews

attending Henley Women's Regatta on the same weekend. Some crews may potentially compete at Royal Henley Regatta. Hopefully this season will end with 1 - 4 crews at the World Championship in Korea, and 2 small boats at the World University Games in Russia.

Following from trials, 4-6 crews have been formed with the potential to compete at the U23 World Championships in Linz, Austria. The final test for the formation of crews will happen in June/July. The group includes 12 - 18 athletes, with the potential for top 8 finishes.



Claire Lambe, LW1x

**Domestic Rowing**

A commission to improve the domestic rowing calendar is about to commence.

Don and I intend to work with coaches at clubs, schools and universities, with the intention of improving and standardising technique. We are looking at creating technique posters, drills, training programs, standardized tests in boats and on land. The development of a coaching education program, in conjunction with Pat McInerney is also on the cards.



Monika Dukarska, to compete in the heavyweight single at the World University Games in Kazan, Russia.

# Talent Development: Nature or Nurture?



**Nathan Adams**  
Talent ID Coach

Talent means different things to different people. In rowing terms I use it to identify an athlete with the potential to compete at international level. This is the base point from which the journey starts. It does not mean that this athlete will win an Olympic gold medal, just perhaps has the potential to do so. So how do we know this?

The research undertaken by Australian Peter Shakespear, measured over 2000 parameters from athletes that had won Olympic Medals, from this the most common parameters were:

- Anthropometry (Height, arm span)
- Power (Absolute power in the legs and arms)
- Cardiovascular capacity

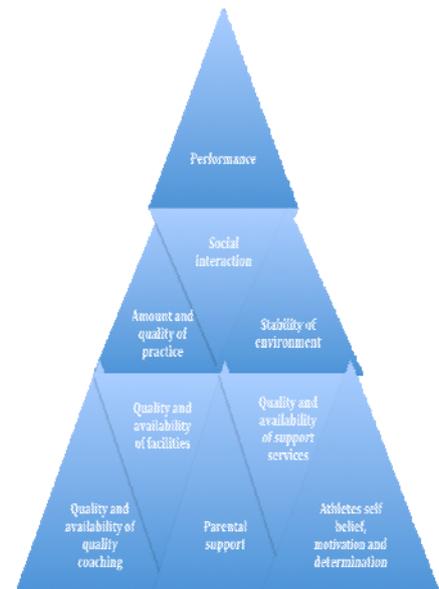
In lay mans terms, we are looking for specimens who have a certain height and arm span, are powerful and have a huge cardiovascular capacity. Perhaps it ties in with our thoughts of rowing being a power endurance sport. So this means we are looking for specimens that are genetically pre-disposed, i.e. nature. Often the athletes we are looking for may seem “clumsy”, un athletic, no sense of co-ordination... These are normally athletes that are too tall and not good at traditional school sports, but they can be good rowers!

However it is as not as straightforward as that, this is where nurture comes in. What do we mean by this?

We have spent time and effort on finding out natural specimens, do we then just put them in any environ-

ished article? It would seem unlikely to anyone with common sense that would work!! So what do we want to put around the athletes?

Have a look at this “iceberg”:



All we see as onlookers is the performance at the top...Yet all the parts allow the part to surface. Finding and creating the right environment with all the parts is the really difficult part!

We have been very lucky in Northern Ireland, finding the right location, support services, facilities and the results are starting to be seen. SINI have support services to allow athletes to compete on a level playing field on a world stage and have supported the athletes fantastically.

Interestingly the whole process is athlete focused, it's about encouraging athletes to give everything. The modern Olympian is a professional athlete, this has to be recognised if we are to compete on the international stage and the athletes have to learn that behaviour.

What makes a  
'talented' rower?

*“Often the athletes we are looking for may seem “clumsy”, un-athletic, no sense of co-ordination... These are normally athletes that are too tall and not good at traditional school sports, but they can be good rowers!”*

*-Nathan Adams*

# Introducing Recreational Rowing to Your Club

**Gillian Carolan**  
**Tribesmen Rowing Club**

Tribesmen Rowing Club, which has been in existence for almost 40 years and was competitive for most of that time, had, in recent times suffered from a significant drop in membership as juniors grew up and moved on and senior rowing, as is the case country-wide, declined. We encountered the usual difficulties finding volunteer coaches for competitive crews with the huge time commitment required, and by 2010 there were only a few veterans rowing out of the club and reserves were being depleted at a fast rate – the committee decided to change the traditional approach and instead try to build a wider base of recreational members over a period of years, to enable the club to rebuild, provide manpower and funds and a platform to allow a return to competitive rowing –



© Michael O'Dwyer

- gym- supervising, fund-raising).
- If your club is struggling for funds, these adults bring ideas to raise money and widen the network of potential sponsorship and support to be tapped
- Social functions are better attended and more enjoyable when new people get involved, instead of relying on support from the same old faces all the time
- Those new people will gradually get involved in running the social and fund-raising functions, thus freeing up committee and coaching time
- The appreciation felt by recreational rowers for the opportunity to learn to row feeds through the club and provides a feel-good factor which cannot be valued.

## The Ripple Effect

Having witnessed the growth in our recreational rower membership over the last three years, people often ask “Where did they all come from?” The only answer to that is “everywhere”!

But you only need to go looking for them once or twice; (using ads in the local paper, a mention in the sports section from a friendly journalist, a reference on your website or Facebook page, perhaps flyers in local →



© Michael O'Dwyer

Image from RI Tour, May 2013



© Michael O'Dwyer

Participants in RI Tour, May 2013

using the touring boats provided by Rowing Ireland. Several rowing camps were run from which the initial intake of members came into the club and from that, our membership has doubled year on year, now standing at over 60 recreational rowers, with a waiting list for the next camp.

The advantages of introducing recreational, (or leisure), rowing into your club are many:

- Increased membership generates income, not necessarily at great monetary expense, which in time will provide the foundation to fund competitive rowing.
- Adults bring skills to your club and committee which you may not even have realised you were missing – and bring a different viewpoint too, which is healthy.
- Depending on your current member profile, those adults can help with juniors (chaperoning, launch-driving, trailer-towing,

# Introducing Recreational Rowing (Cont.)



Bann Tour 2010

*“Trust in the fact  
it will grow at its  
own pace and be  
content with a  
small intake at  
the start”*

*-Gillian Carolan*

Bann Tour 2010



companies distributed through their sports and social clubs, or even posted on supermarket notice boards) and the remaining growth looks after itself, due to the ripple effect. Almost everyone who joins up in the initial stages, and likes it enough to stay on, will bring in a friend or partner or spouse – some new members end up bringing in a full crew. And that means you tend to get like-minded people, often already involved in another sport together, maybe also coaching that sport or on another committee, who thus already understand how voluntary clubs work and don't arrive with notions of entitlement or demands. Rather, they tend to have nothing but appreciation and gratitude for those club members who give of their time to teach them how to row.

## Time

And time is of the essence here – do not underestimate the amount of time this will take. Both on a day-to-day basis, in terms of scheduling sessions to suit busy lifestyles (of coaches and beginners alike); the actual pace of the sessions themselves (adults learn slowly, they don't tend to absorb technical information like juniors or students can) and in terms of allowing time for recreational rowing and its place in your club to grow organically. Trying to achieve too much too quickly

will backfire; those existing members who may not be too keen at the start will be antagonised by too many people appearing at once, swarming around, not knowing how to lift boats properly, store blades

correctly, generally getting in the way! Introducing a small group first is the way to go, to get them used to the idea...

## Start Small

Trust in the fact it will grow at its own pace and be content with a small intake at the start. What constitutes small depends entirely on the size of your club now (which will determine both numbers of coaches and the equipment available) but as a rough guide, if you are using the Rowing Ireland tour boats to run a learn-to-row camp, aim for an initial intake of a dozen or so, no more.



© Michael O'Dwyer

If you have access to a greater number of boats and coaches, you can increase your intake accordingly, but always remember just how many coached sessions you will be undertaking, if even half the group joins up after the camp and expects to get out at least once a week – do the math. There is little point running a camp for 2 or 3 dozen people if you have to turn them away after all that effort, when they want to join up permanently.

Starting small allows for the following to happen:

- The club members who are prepared to help get to practise on a manageable group and it isn't too overwhelming

# Introducing Recreational Rowing (Cont.)

- Those club members who are reluctant to see the introduction of non-competitive rowing can gradually come to terms with it, if they see it isn't the ruination of their club as they know it, or the takeover they fear.
- The group you start with are thus in from the start, which gives them a sense of ownership and pride; they tend to be the ones who go on to do the introductory coaching courses, offer to learn to steer, help at subsequent camps, tow trailers.
- You gain time to assess the success of the programme and the resulting requirement for further equipment, which allows you to plan for any funding required.

## Costs

What you charge for a learn to row camp is entirely up to you – some clubs use this as a fund-raiser in itself, others just want to cover their costs and charge a nominal amount, seeing it as a taster to encourage new members to join up. The costs to run a camp can include petrol for safety launches, perhaps a newspaper advertisement, or printing flyers; in our club we tend to have a social get-together following a camp, maybe have some races if the weather allows, followed by a BYO BBQ or drinks at the local pub with

platters of food funded from camp fees. In terms of equipment required long-term for new recreational members, we have found the best investment you can make is a quad touring boat, which can be coached from the cox's seat in the stern and is safe, robust, stable and thus comfortable. These do not come cheap, but they can be more affordable than racing boats and if you intend to make recreational rowing part of your club, you can establish how many members you need



© Michael O'Dwyer

to justify the cost, get your treasurer to work it out and look on it as an investment. Side benefits are that wider use for the whole club-younger juniors can learn to row in it and adult members can use the boat for touring. →

## eFlow **Grand League Regatta Series 2013** you first

The fourth year of the eFlow Grand League Regatta series had a disappointing start, with the cancellation of Skibbereen Regatta due to poor weather conditions. The 2013 league kicked off with Queen's Regatta in Castlewellan on April 27th, followed by Dublin Metropol

itan Regatta in Blessington on May 25th. Dublin Met saw a huge entry of 364 crews, in addition to 68 J14 and J15 crews. The league will conclude with a double header weekend, with Skibbereen Regatta rescheduled for the Sunday 30th June, following on from Cork Regatta on Saturday 29th.



© Markus Schröder

Queen's Regatta 2013

# Introducing Recreational Rowing (Cont.)



Bann Tour 2010

*“Sitting in an unbalanced fine boat for anyone slightly nervous, or prone to back problems, (or often both), is not to be recommended and does nothing to encourage joining up”*

*-Gillian Carolan*

We attempted to start a recreational programme without one of these boats and it proved fruitless; the boats we used, whilst fairly stable, were still too difficult for many adults to master quickly enough to make rowing enjoyable for them. And enjoyable it needs to be. Sitting in an unbalanced fine boat for anyone slightly nervous, or prone to back problems, (or often both), is not to be recommended and does nothing to encourage joining up.

## Tips

We have run over half a dozen camps at this stage and have tried different approaches with upwards of 100 people. Tips we can offer, from hard-earned experience, are:

- If you can run your camp when the evenings are brighter, it is best to do one-week long camps, giving four lessons in a row and then finishing on a Friday with a fun night. Participants learn and retain more and see a huge improvement in themselves from Monday to Thursday. It can be difficult for people to be available four nights in a row, so this needs to be made very clear before they start.
- If that isn't an option, then a variation of evenings (e.g. two nights a week for a fortnight) will also work, it just spreads it out longer. We tend to do two sessions back to back, using two boats, to cope with the numbers signed up, which maximises the use of coaches/ boats. We have found that over two-thirds of campers on average join the club and as we become more proficient at running the camps our-
- If you have to run your camp during the winter months and you are restricted to weekends, that can still work; do four weekends in a row, for example. If you are targeting a particular group (say retirees) and can use weekdays, even in winter, so much the better. The gap between weekend sessions is long and you can spend quite some time each session just bringing people back to where they left off last time.
- A ratio of two helpers and a coach to cox works best in each quad tour boat. A bowman to keep you out of trouble (remember the tiller is no use if the boat is practically stationary!) and keep you balanced with their oars on the water – and a stroke to show them what to do. Some coaches like to put a beginner in the stroke seat to give them one-to-one attention, others prefer to put them in 3 and 2. By the third session you should be able to have all four rowing, even just for a few strokes, if only to let the beginners see just how much bow was contributing as the stabiliser!
- Depending on your stretch of water, you may wish to have a safety launch with you at all times. . For the more nervous beginners, we encourage them to wear a flotation device.
- Make one person responsible for scheduling coaches and helpers and another for scheduling the beginners. The latter can be prone to last minute changes and cancellations, until they realise the impact this can have on their crew, so always have some spare helpers.

# Introducing Recreational Rowing (Cont.)

- Have someone to meet and greet for the first session, collect payment, sign forms etc. That person can show those who turn up early how to use the erg, introduce them to the basic commands and so forth – thus freeing up the coach to get back out on the water with a new group.
- Once the camp is over, follow up the participants by email and establish if they would like to join the club. This doesn't have to be immediately, particularly if you have borrowed the boats. We have found that over two-thirds of campers on average join the club.
- As the programme grows, you will come under pressure from your new members to let their friends and relations join too. If it's only one or two, you can bring them up to speed quite quickly within the existing group, as long as it's feasible for the group as a whole.
- If you end up with a waiting list, you will need to consider holding regular camps to accommodate. Your initial intake of recreational rowers will come in to their own at that stage; apart from sourcing more beginners, they will offer to help in each session and may even take on the coordinating of the schedule, which can be the most time-consuming aspect of the whole thing. Beginners starting this way are more likely to remain.
- Coached sessions once a week seem to satisfy most recreational rowers. Some are keen to take it further; a few only wish to dabble less frequently but they tend to fall away as they see they have fallen behind their peers.
- Adults, at any age, appear to have a 45 minute window of concentration. Be sure to be close to home at this point, not 45 minutes away from the slipway, or you will rue your decision not to turn sooner!
- If you are coaching, do not feel it necessary to talk non-stop. Everyone needs to be given space and time to figure it out themselves, so once you have the basic necessities out of the way and refreshed them on the technique, give them a few minutes of silence to focus on their own.
- If you are considering this for your club, have a good number of like-minded members on-side to support you. It is relentless; there is no off-season - once you get a programme up and running, it's almost impossible to halt it, so be prepared.
- Once people have a few decent spins under their belt, they get addicted – those of us involved in rowing for years may take the sport for granted but never under-estimate the enjoyment that beginners can get from learning how to row, particularly as adults – and your own satisfaction from enabling them to enjoy it.



# The National Rowing Centre

*“The NRC will be improved in the near future when adjustable starts and a starter’s hut are installed. .”*

*-Denis O’ Regan*

**Denis O’ Regan**  
Administration Officer

It finally happened in May 2007 when the Minister for Art, Sport & Tourism Mr. John O’ Donoghue opened the National Rowing Centre at Farran Woods in Cork. It is every organisation’s aim to have its own National Stadium and with this in mind the Board of the IARU investigated, planned, sought advice and secured funding to plan and develop a National Rowing Centre. All the usual problems attached with a plan of this size existed, cost, location, design and planning. The location was decided on the advice of FISA Events and Competitions Commission and the initial funding was secured from West Cork Leader which allowed for a feasibility study to be carried out allowing for the design and plans to be produced.

Once these were agreed by the board the design and plans were submitted to the Department of Arts, Sport and Tourism seeking the

funding to initiate the development of the NRC.

Phase 1, consisting of four boat bays, toilets and showers was completed in 2005. The board then agreed to seek further funding to complete Phase 2. The department agreed to provide the funding for this stage of the development and Phase 2 was completed in May 2007. This now meant that we now had a €5 million facility which had to be maintained. With this in mind. the board appointed a full time Admin-

istrator for the NRC in January 2008. The first big event of 2008 was the Irish Rowing Championships which saw the centre operate at full capacity. This was followed 2 weeks later by the Coupe de la Jeunesse, hosted by the IARU at the NRC. The excellent facilities at the NRC made for the successful running of this event. Since 2007 the NRC has facilitated the running of one Coupe de la Jeunesse, two Home International Regattas and six National Championships, along with many other domestic regattas and Heads of the River.

The administration and high performance sections of our sport is now operated from the NRC. In 2008 the High Performance Team relocated to the NRC and have operated from there since. The administration staff moved from its Headquarters in Dublin to the NRC in 2011.

There are five permanent members of staff located at the NRC. The administrator’s role includes the Planning & Maintenance of the building and the regatta course, the booking of training camps and other events both on and off the water at the centre. The role also consists of the daily and weekly routine administrative duties which help in the smooth running of the sport.

The NRC will be improved in the near future when adjustable starts and a starter’s hut are installed. The slipping facilities are also being improved to allow all slips to be used, regardless of the water level of the lake.

Rowing Ireland has its own “Croke Park” and hopefully the facilities will continue to improve at the NRC which will allow our athletes to train and compete at the highest level in our sport.



National Rowing Centre

# “As you grow bigger you need to think again about how you do things”

**Pat McNerney**  
Coach Education Officer

This statement is true for most people, clubs, companies and governing bodies. What you did when you were smaller may no longer be relevant and need a re-examination every now and then.

Looking back at the growth of Rowing Ireland over the last few years we can see from the figures that we had just over 2,200 registered members in 2009 season. In 2012 we had 3,100 and so far in 2013 it's looking like that will be topped again. The numbers are up nearly 50% in a four year period which is good. They are still tiny compared to the big three (GAA, Soccer, Rugby) but we can be happy they are going in the right direction. The sport is growing, we can see that in memberships at most clubs be it at the J14/15 level or the novice, masters and recreational level, people are interested in trying rowing.

This may be due to a huge number of factors and we might never really know what single factor if any caused the increase in numbers. It could have been improvement in facilities over the last ten years, the London Olympics, the Grand League, is it because clubs have more coaches, clubs are getting more parents involved, is it because some University clubs have started to put in place professional or semi-

professional set ups? Whatever it is, the clubs are doing something right so take a bow.

Once numbers are on the increase then the next job is to focus on getting better and faster. That means better clubs and events and faster boats. Some regattas are now seeing the need to run off races the evening before and some will need to go to two days soon. One of the consequences of getting bigger is we may have to re think how our events are structured and what we offer at our events. The questions have been going around for some time now, is the calendar too crowded? Do we offer too many boat categories at regattas? Should we have more participants in less boat types and possibly have better racing? Are we training enough, too much, too little? Is our rowing technique up to the standard required? How do we bring more money into the sport? How do we continue to grow and develop better clubs?

There are no quick and easy answers to these questions but like anyone or anything getting bigger, we should be asking some hard questions and having the discussions as to how to answer them. Rowing Ireland welcomes your inputs, be they ideas, questions or answers. Send your inputs on a post card please (ok email is fine) to [info@rowingireland.com](mailto:info@rowingireland.com)



**University  
Championships  
2013**

© Nick Di Mascio

# A Message from eFlow

## Official sponsor of Rowing Ireland and the eFlow Go Row Grand League

eFlow, Ireland's leading toll solutions provider, is delighted to support Rowing Ireland again in 2013.

For a second year running we hope to make the eFlow Go Row League one of the largest and most popular events on the Irish rowing calendar.

The league consists of four major regattas taking place across the country for over 70 clubs. The regattas not only benefit the athletes taking part but also the local communities in which they are held in Belfast, Cork and Dublin.

Rowing in Ireland has been thriving in recent years, with World Championships at junior and senior level under our belts. It is one of our country's most successful sports. As a company, eFlow is proud to be associated with Rowing Ireland and to lend our support in helping to further develop talent within the rowing community.

Over the past four years, eFlow has been committed to supporting projects and initiatives which provide tangible benefits and value to sporting activities, to local communities and to clubs across the country. We have a wider responsibility to the communities in which each of us live and work.



Hanley Calibration provides on-site calibration solutions to the Pharmaceutical,

Medical Device, Oil and Gas industries. Our engineers and technicians specialise in Temperature, Pressure, Flow, Analytical and Dimensional measurements. All calibrations are carried out to ISO 17025 or ISO9001 standards following fully documented accredited procedures.

Hanley Calibration are delighted to be associated with the Irish Rowing Championships 2013.



We understand the integral and inclusive role which sport plays in our communities. We also recognise that, in addition to our everyday corporate role, we

As a leading company operating in Ireland, eFlow is committed to giving back. This commitment is reflected in our partnership with Rowing Ireland and the eFlow Go Row League.

In addition, we are delighted to bring you exclusive promotions and discounts with leading brands such as Wagamama's, Captain America's and Maldron Hotels. These selected offers are available to all Rowing Ireland/eFlow reward card members during the 2013 Grand League Series. For more information please visit <http://www.eflowrewards.ie/Rewards/RowingIreland.aspx>

We wish Rowing Ireland every success with this year's league – see you all in Cork on the 14<sup>th</sup>!



**ROWING  
IRELAND**

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