

U23/Junior High Performance Camp (NRC 16th-18th March)

The following athletes have been invited to attend the HP Training Camp at the NRC (March 16th-18th) based on trial results, erg testing scores, performances at previous HP training camps and past history. This camp will be used for crew formation/testing purposes and will inform decisions for the upcoming trial. **Please read the notes below carefully.**

U23 Men and Women

	Heavyweight Men		Heavyweight Women
1	Ronan Byrne (UCC)	1	Eimear Lambe (UCD)
2	Andrew Goff (UCD)	2	Claire Feerick (Neptune)
3	Shane O'Connell (UCD)	3	Emily Hegarty (UCC)
4	Brion O'Rourke (NUIG)	4	Tara Hanlon (UCC)
5	Oisin Nolan (NUIG)	5	Niamh Casey (UCC)
6	Jack Keating (Carlow)	6	Zoe Hyde (Kilorglin)
7	Eoghan Whittle (NUIG)	7	Katie Shirlow (Bann)
8	Ross Corrigan (QUBBC)	8	Clara O'Brien (UL)
9	David Breen (UCC)	9	Alison Mooney (NUIG)
10	Ryan Spellman (SMRC)	10	Sorcha O'Donnell (NUIG)
11	Michael Fanning (UL)	11	Nuala Landers (NUIG)
		12	Lisa Murphy (NUIG)
	Lightweight Men	13	Ellen Desmond (Cork)
1	Ryan Ballantine (Newcastle)		
2	Hugh Moore (QUBBC)		Lightweight women
3	Stephen O'Sullivan (Shandon)	1	Anna O'Sullivan (Fermoy)
4	Daragh Larkin (UCC)	2	Lydia Heaphy (Skib)
5	Eoin Gaffney (Shandon)	3	Cliodhna Nolan (NUIG)
6	Hugh Sutton (UCC)		
7	Myles Taylor (QUBBC)		

Junior Men and Women

	Junior Men		Junior Women
1	John Kearney (Cork)	1	Molly Curry (CGS)
2	James O' Donovan (Castleconnell)	2	Eabha Benson (SMRC)
3	Colum Brennan (Neptune)	3	Niamh Kiely (Castleconnell)
4	Aaron Keogh (3Castles)	4	Aoife Lynch (Lee)
5	Jack Dorney (Shandon)	5	Lucy McCoy (Belfast)
6	Matthew Gallagher (St Josephs)	6	Chris Kirwin (SMRC)
7	Ronan Brennan (Neptune)	7	Grace Healy (Commercial)
8	Andrew Sheehan (Lee)	8	Rhiannon O' Donoghue (Killorglin)
9	Tristan Orlic (Neptune)	9	Sadhbh Scully (Carlow)
10	Rory O'Neill (Castleconnell)	10	Niamh Clarke (Neptune)

Notes

- All athletes must arrive at the NRC on the **Friday evening** (15th March) for a **7pm meeting**

- Saturday will begin with a 2k erg test and eventual cuts may follow based on these scores, as well as trial results. Only athletes that complete the 2k test will be considered for further testing
- Crews will be announced after the 2k ergo test and boat rigging and training paddle will follow on Saturday afternoon
- Training/testing of crews will take place full day Sunday and again on Monday morning prior to departure. (Full details TBC)
- Clubs will be contacted in relation to providing equipment for their athletes and this help is greatly appreciated and vital for the successful running of this camp
- Over the 3 days of the camp various crews and combinations will be tested and based on available data and observations at the camp scullers may be asked to sweep and vice versa and sweep athletes may be asked to change sides. All athletes attending must be willing to make these changes if requested to do so by the lead coach or HPD
- Athletes not invited at the camp can still be invited to the 29th-31st March Trials
- Can coaches please confirm their athlete's attendance to the lead coach no later than Saturday 9th March

HP Trials 29th-31st March (Juniors)

Please find a provisional list of junior athletes invited to attend the HP Trials to be held March 29th – 31st, with arrival on the Thursday evening (March 28th, Time TBC). Crew boats may be selected to trial based on information gathered from the HP Camp of March 16-18. All others will race in their small boats or as directed by the lead coach and HPD. Final Junior and full U23 trial list will be published after the camp. If adverse weather conditions results in the cancellation of these trials the following weekend (April 5th - April 7th) will be used as an alternative date to hold these trials.

Please note: Names are only provisional and subject to attendance and performance at the HP camp for those invited. Further names may be added to this list after the HP camp.

	Junior Men		Junior Women
1	John Kearney (Cork)	1	Molly Curry (CGS)
2	Ronan Brennan (Neptune)	2	Eabha Benson (SMRC)
3	James O' Donovan (Castleconnell)	3	Niamh Kiely (Castleconnell)
4	Colum Brennan (Neptune)	4	Sadhbh Scully (Carlow)
5	Andrew Sheehan (Lee)	5	Niamh Clarke (Neptune)
6	Aaron Keogh (3Castles)	6	Aoife Lynch (Lee)
7	Jack Dorney (Shandon)	7	Lucy McCoy (Belfast)
8	Sam Daly (Commercial)	8	Chris Kirwin (SMRC)
9	Michael Campion (Commercial)	9	Grace Healy (Commercial)
10	Thomas Hume (Col lognaid)	10	Lauren O' Brien (Castleconnell)
11	Sam Reidy (Col lognaid)	11	Claragh O'Sullivan (Cork)
12	Matthew Gallagher (St Josephs)	12	Jane Duggan (Cork)
13	Michael Daly (St Josephs)	13	Alison Daly (Commercial)
14	Oisin Allen (St Josephs)	14	Sarah Daly (Commercial)
15	Kaj Siltanen (St Josephs)	15	Anna Tyther (Killorglin)
		16	Rhiannon O'Donoghue (Killorglin)
		17	Elisa McInerney (SMRC)
		18	Ellen Murphy (SMRC)
		19	Elise Frazier Carney (Col lognaid)
		20	Julie Harrington (Shandon)