



ROWING IRELAND
ANNUAL REPORT

2018



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PRESIDENT'S REPORT

The 2018 rowing season was one of the most successful seasons in the history of Irish Rowing. Our High Performance team won two gold medals in Olympic class events and many members of the squad achieved Olympic qualifying positions. This augurs well for the Olympic qualifying world championships in Linz, Austria this year. We again saw growth in numbers in our sport in domestic competitive and recreational categories and our regattas saw record entries.

I would like to thank the organising committee and army of volunteers who made the festival of rowing, The Championships, the Home Internationals and the Coupe de la Jeunesse which took place on consecutive weekends in July 2018 such a success. It was three weekends of hectic activity and fantastic racing.

The summer of 2018 was the hottest since records began, it was fantastic for training and it resulted in record entries in events and fantastic racing. However, we live on an island in the Atlantic and strong winds played havoc with our Head of the River and Lake Regatta programme forcing several cancellations. This situation places a burden on athletes but especially on event organisers. We will have to address this situation and make allowances for alternate dates.

In August 2018 Rowing Ireland ran a Coastal Rowing regatta at the NRC. It was a fantastic spectacle and we are delighted to welcome the Coastal Rowing clubs to Rowing Ireland. The Offshore Championships which were held in Kerry in September 2018 saw a record entry. This is an exciting sport which may very soon become an Olympic event and consequently is generating great interest with the Coastal and many of the River clubs.

I would like to acknowledge our stakeholders: our clubs who are the backbone of our sport, our volunteers, athletes, coaches and sponsors.

I would particularly like to express my gratitude to Sport Ireland for their guidance and continued financial support.

I wish to acknowledge the commitment and dedication of our Board members, all volunteers, who selflessly work to ensure that our sport is governed to the highest standards.

I would like to thank the employees of Rowing Ireland who are passionate about our sport and who without exception serve over and beyond the call of duty.

Yours Sincerely,
Eamonn Colclough





CHIEF EXECUTIVE OFFICER'S REPORT

**MICHELLE MCELLIGOTT
CARPENTER**
Chief Executive Officer

I was honoured in 2018 to take over the position of Chief Executive Officer of Rowing Ireland. In the 30 years that I have been involved in rowing we have seen huge changes for the better. However, I am confident that we can make many more improvements that will be beneficial to Irish rowing

High performance, we will Excel

Club support, we are all Rowing Ireland

Rowing for all, One Crew One Vision

Leading our Sport

STRATEGIC PLAN

My first goal as CEO was to complete the strategic plan and roll it out to clubs. Our aim was to produce a concise report that would be easily visible in clubs. We were delighted to roll out the plan to all clubs across the country in November and December 2018.

FESTIVAL OF ROWING

2018 marked a significant year for Rowing Ireland with a successful Festival of Rowing held at the National Rowing Centre in Cork. 1000's of participants took part in these events. This resulted in over 30,000 bed nights in Cork for each event. We faced challenges with volunteers and the weather conditions. However, we over came these obstacles to hold these three great events in Cork.

QUALIFICATION FOR TOKYO

As we head into an Olympic qualifying year we are in the admirable position of being ranked second in the World in Olympic boat standings. Last year saw Rowing Ireland win two gold medals in Olympic boat classes together with a number of top ranking places. Our U23 team also brought home two medals from Poznan at the U23 World Championships.

I would particularly like to thank John Treacy and the team at Sport Ireland and Liam Harbison and the team at the Sport Ireland Institute together with Debbie Hanna and Sport NI for their unwavering support in 2018. We have had many partners and assistance from media to those who volunteer their time and resources for making rowing in Ireland better.

Sport Ireland places a particular emphasis on ensuring that sport is progressive and accessible, this is a fundamental principle of the Get Going...Get Rowing programme. Our programme has engaged with 30,000 students in 2018 and 85,000 overall in a five-year span. The initiative does not see any restriction in age, ability or size and gives our sport a whole new depth by accessing those in schools around the country.



THE YEAR AHEAD

We will face many challenges in 2019 but we will endeavour to support clubs as we launch the club support #wearerowingireland programme. We will work with clubs to prepare for Tokyo 2020 and the outcomes that will almost certainly arise from an unprecedented interest in Rowing. We will focus on continuing to lead our team in areas such as Governance, safety, safeguarding and communications implementing our strategic plans for these areas. It will be an exciting time for our High Performance team as we continue to support them in from our juniors attending Home Countries, Coupe de la Jeunesse and World Championships to our pathway athletes and U23 to our Senior A HP team as we will look at qualifying boats for Tokyo as we continue our quest for medals in Tokyo 2020.

CONCLUSION

I would like to thank the board of Rowing Ireland whom themselves are volunteers and give an unlimited amount of time to rowing. Our events are totally reliant on volunteers and in 2018 many gave exceptional time to all areas of our sport. Special acknowledgement is awarded to the Festival of Rowing and HP support team. Our staff at Rowing Ireland are dedicated to our Sport, many of them work long hours and give their time to volunteer also. I would like to take this occasion to thank every single one of them for giving so much to making our sport better. Without the support and encouragement and help of our key stakeholders, partners and friends of Rowing Ireland we could not have done what we have achieved in 2018.

In the coming year, I am looking forward to working with our staff, board, members, volunteers and stakeholders as we continue our quest to making rowing in Ireland better. We are on the same boat, the same crew with one vision, **We are ALL Rowing Ireland.**

Yours in Rowing
Michelle McElligott Carpenter



HIGH PERFORMANCE

Committee Members

Chair, Neville Maxwell,

Members

Antonio Maurogiovanni

Con Cronin

Garth Young

Pat Mc Inerney

Michelle Carpenter

ACTIVITIES OF HP COMMITTEE

During 2018/2019 the main focus of the committee was to support the HPD in implementing his strategy to develop a strong high performance team based in the NRC. During this period it was vital that we also focussed on bringing the high performance message to all clubs, coaches and athletes in Ireland outlining our vision and plans and showing how vital we all are in the development of our sport. In addition the following activities were part of the Committees activities;

- Agreeing annual HP budgets with Sport Ireland.
- Assisting the HPD in preparing for meetings with Sport Ireland & Sport Northern Ireland and other Key stakeholders of RI.
- Assisting the HPD in the development of the pathway system from Junior through senior B and onto senior A level for both men and women's groups.
- Assisting the HPD identify and develop regional centres of excellence.

ONE TEAM

The main focus for the HP committee has been to assist the HPD and his team of coaches in the development of a sustainable high performance environment for Irish athletes and coaches to develop and thrive. With the changes that are occurring within FISA and IOC and the possible removal of lightweight rowing from the Olympic programme after the 2020 Olympic Games, It was vital for Ireland to develop a programme that was capable of developing open weight athletes at Senior B and Senior A level. If we did not focus on this we ran the risk of no longer being able to provide crews to represent our country at future Olympics after 2020.

It was important that we supported our current squad of highly successful lightweight athletes as well as try to create an environment where we could identify potential open weight men and women and improve our current squad to help them achieve their potential.

Since our last AGM who would have thought we would have such a successful year with our high performance team. The 2018 Senior B and senior A world championships can be regarded as our most successful year on record, culmination in Ireland being ranked 2nd in the world following the Senior world championships .



However we not only performed at this level we also had a number of crews and coaches at Junior world championships who had their first experience of competition at this level and understand the work needed to perform at such a high level. This will serve them all well in the future

It was through the great work done by our High Performance Director Antonio Maurogiovanni and his team of coaches David McGowan and Dominic Casey that Ireland has now become a country that others look at and wonder.



LOOKING FORWARD

We are now over half-way in our preparation the 2020 Tokyo Olympic Games.

Great work is being done by Antonio our High performance Director , his team of coach's Dominic and David as well as all the volunteer coaches who are giving huge amounts of their free time to help manage and develop our pathway to World and Olympic Competition. The focus will be to perform at the optimum level at the 2019 world championships, for it is here that we need to qualify as many crews as possible for the Tokyo 2020 Olympic Games

With a successful team and more athletes being added we must ensure that our programme is sufficiently funded. We must thank our partners in sport Ireland and the institute of sport and sport Northern Ireland for the ongoing support they give us. However, as a sport we must look to create additional strands of funding to support our growing team, without this we cannot fully develop or potential.

The clubs are our base and lifeblood. We need them to grow and to provide a fun and sustainable environment for any athlete to access. We are creating pathway university structures that will allow athletes to train in an environment that is guided by our HP philosophy and used by our top athletes. We must try to provide each coach with the knowledge to coach their athletes, we acknowledge that very few coaches in Ireland are paid for their work, but with limited time coaches and athletes must train smart.

We must work together as one team. High performance and clubs each trying to achieve their goals, supporting each other and for some there is the possibility of being able to go on and emulate the fantastic gold medal performances of Gary, Paul and Sanita.

Yours in Rowing,
Neville Maxwell
 Chair HP committee

HIGH PERFORMANCE DIRECTOR REPORT

Antonio Maurogiovanni
High Performance
Director

WORLDS SUMMARY

All crews performed well and each with a bit more luck would have been in the final above where they finished. Technically each crew looked very suited to this level and were in tight races to the end. Looking ahead to build on this event we need to continue to send as many crews as possible to these events and athletes need to come into the camps fitter and more used to the program whereas last year most only began the program during the pre-event camp and this showed. Nerves also were a factor as this was a first Irish selection for a number of these athletes. To develop a strong and consistent pathway to U23 we need our young athletes exposed to this level of competition on a regular basis.

Areas of improvement:

- Engagement of the clubs and universities with the High Performance (HPP) program
- Clear Pathway
- Implementation of the Training program
- Implementation National technical model uniformity
- Coaches development
- Heavy Weight U23 and Jun with a 2024 Vision
- Funding

Actions to affect change for improvement:

- More training opportunities at the NRC for potential HW 2020 and beyond athletes.
- More training opportunities at the NRC for potential HW male and female U23 and JUN 2020 and beyond athletes.
- Encourage domestic coaches to consider international targets as well as domestic goals in clubs and university programmes.

2019 HP Performance Strategy

The pathway for athletes and coaches to represent Rowing Ireland has been revised and protocols issued including:

- Nomination
- Assessment and Trials,
- Athlete Agreement,
- Social Media Policy,
- HPP Carding,
- Guidelines for Athletes
- Training at NRC,
- Water and erg testing for senior and juniors.



At the beginning of the 2019 preparation, the priority crews in the HPP were based on 2018 results and precisely W1x, W2-, LM2x, M2x. A big effort is on the way in order to include the W4-, LW2x, M4- or M2-.

The strategic focus remains on developing larger Olympic groups, and a system that can support them, generating long-term sustainability for the HPP and importantly to produce crews for Olympic qualification, engaging volunteer coaches in the pathway and give clear direction to all the stakeholders.

Training opportunities at the NRC for all age categories (JUN, U23, SA) will be one of the main focus for pushing the levels of performance and create a HP system able to produce constantly results across all the teams for the long term. By having contact with younger athletes from an earlier point in their career and having them exposed to the new Rowing Ireland Performance Strategies we see the possibility to educate the next wave of athletes into our care.

Simultaneously, more clubs' involvement and HP communication (training programs, testing results, monitoring sessions etc) will have the aim to create a better synergy among the stakeholders. We have also encouraged through our online communication, athletes not invited to camps or trials to communicate the LCC through their club coach to stimulate more direct communication between clubs and Rowing Ireland. The new Heavyweight National Coach appointed in February 2018 is well included and involved within the HPP team.

A Heavyweight centralized program has been activated with a number of Heavyweight athletes permanently training at the NRC. The method is based on training and developing them before they present for selection. We are a small rowing country with the priority to identify and train the potential good athletes (Heavy Weight mainly) rather than focus on selection. The current squad permanently training at the NRC sees 9 woman and 3 men. Lightweight squad has a less consistent training location based on individual needs as University, etc. Meetings with Universities Rowing Program directors and Head coaches are ongoing. The goal was and is to involve more the university rowing programs within the HP pathway in order to have more U23 and better SA athletes training adequately and appropriately under the radar of the RI HP. Also this year I had meetings with QUBBC, NUIG, and UL. UCD and UCC.

With NUIG a cooperation agreement has been sealed. A



new NUIG Head Coach has been employed in order to create a HP pathway in line with the Rowing Ireland High Performance Program and Vision.

Similar discussions are ongoing with UCC, UL, UCD and QUBBC.

The process is slow, and needs to be, with the main goal being to show the university's that ultimately rowing Ireland's pathway plan is in place to strengthen the university programs. The main obstacle at this point is the timing of the racing calendar, further discussions in this area is needed.

The junior camps held in this last 12 months have shown the great job done by the clubs. The HP team has identified some male and female potential good junior's. The goal is to select one male and one female junior crew with the potential to make the first 10 places in the world.

Erg performance - Erg results in 2018-2019 for the group of HPP athletes are becoming better and better with several PB (Best Performance). At the same time, the participation in trialling has shown a significant number of athletes (mainly Junior).

A lab for physiological test will be set up at the NRC with the support of the Sport Institute of Ireland.

TALENT DEVELOPMENT

Since October considering the 2017 and 2018 international performances which has seen the lack of heavyweight within the U23 and Junior categories and a small number of Heavy Weight Man in Sarasota the whole pathway program has been reviewed and a new National Pathway Coach will be appointed on a full time basis.

John Armstrong NI with a base in Belfast and the TID program is currently under review a new draft strategy has been requested, identified and its implementation under evaluation.

Ciro Prisco, new NUIG Head Coach with a base in Galway has engaged with the HP program as part of the National Pathway agreement including the NUIG Rowing program as part of the HP pipeline.

James Mangan, Castleconnell who has a base in Limerick has taken a role of U23 National Coordinator in addition with the RI HP regional centre coordinator. The centre is establishing a good relationship with schools and UL in search, identify and develop talents in conjunction





with the University of Limerick. Successfully James has organized and is still currently heavily involved in donations from the USA to support and initiate the Regional centre with the purchase of new boats and creation of athletes individual scholarships which will be a huge help for HPP.

COACHES AND ATHLETES DEVELOPMENT

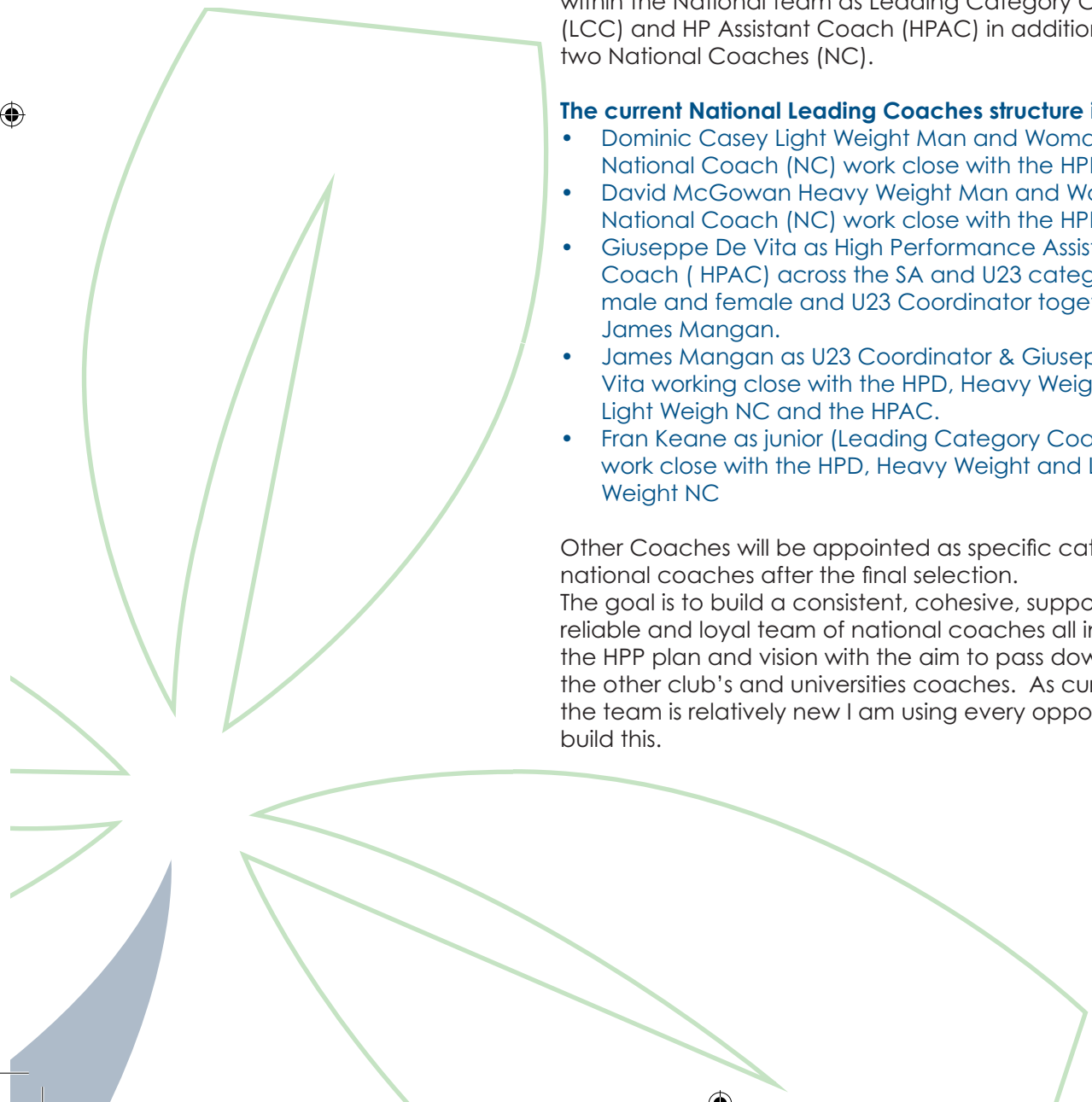
In conjunction with the Head of Coach's Education Program (Pat McInerney) for the second year in a row regional workshops have been held in Cork, Limerick, Galway, Dublin and Belfast. It was a very successful series of events open to coaches, athletes and sport's directors. During these workshops a clear RI HP new vision has been confirmed including some training methodology and the RI technical model explanation. A brief review of all 2018 International results was part of the workshops.

The regional workshops once again clarified "who we are; where we are; where we want to go" vision explaining clearly RI HPP methodology and technique agreed. A group of coaches has been identified and appointed within the National team as Leading Category Coach (LCC) and HP Assistant Coach (HPAC) in addition to the two National Coaches (NC).

The current National Leading Coaches structure is:

- Dominic Casey Light Weight Man and Woman National Coach (NC) work close with the HPD.
- David McGowan Heavy Weight Man and Woman National Coach (NC) work close with the HPD
- Giuseppe De Vita as High Performance Assistant Coach (HPAC) across the SA and U23 categories male and female and U23 Coordinator together with James Mangan.
- James Mangan as U23 Coordinator & Giuseppe De Vita working close with the HPD, Heavy Weight NC, Light Weigh NC and the HPAC.
- Fran Keane as junior (Leading Category Coach) LCC work close with the HPD, Heavy Weight and Light Weight NC

Other Coaches will be appointed as specific categories national coaches after the final selection. The goal is to build a consistent, cohesive, supportive, reliable and loyal team of national coaches all in line with the HPP plan and vision with the aim to pass down to all the other club's and universities coaches. As currently the team is relatively new I am using every opportunity to build this.





TRIALLING PROCESS

Early Oct/Nov/Dec events in the trailing process were open events. Since March, assessments will be by invitation only, to establish crews for the coming season and selection for international events.

The Senior and Para pathways are simple and streamlined with 3 trials by invitation. Testing, assessment & trial requirements are described in the Performance Strategy document event requirements published on the web site. Presently some coaches are concentrating on the club / domestic season however rowing is also about the best interest of the athletes and to ensure that athletes reach their full potential. My hope is that all club coaches will support their athletes to achieve the highest goals, to row for their country and to win medals at International Championships. An Olympic medal must be the goal for all Irish rowing clubs, schools, universities, coaches and athletes. To achieve success, we must all work in that direction and follow the recommendations of the Olympic pathway set out by HPP. The international calendar is the base for the national calendar in all successful rowing countries, however unfortunately this is still not the case here in Ireland. The following recommendations very similar to the ones of the previous HPDs and the same of last year report would lift both domestic and HP rowing levels and can be done quickly, boosting junior, U23 and senior performances and creating a clear pathway for domestic club, elite and HPP elite:

- Change the Irish Championship date to 2-3 weeks after the World Championships date, middle or end September/ early October or in April/May.
- Re-scheduled the regatta calendar with four key domestic 2000 meter regattas on still water, one in August/September and three in April/May/June in balance with the FISA calendar & Home International/ Coupe events.

The effect will be to strengthen the development systems in club, athlete and coach level going into the Tokyo Olympiad & beyond and increasing the likelihood of winning medals at International events, Championships & Olympics/Paralympics regattas.

I am pretty sure that we are the only HP Rowing Federation with a domestic calendar not in line with the FISA international calendar and with the HP recommendation.

Other important benefits would be that participants can prepare for the championships when weather time

is easier to manage for athletes and coaches, with the best water for all crews. National team athletes will be able to go back to their clubs and lift performance levels with club coaches. The best Irish athletes must be able to participate in the Irish Rowing Championships (IRC) as role models for athletes and clubs in line with the SI recommendation about cohesive interactions between domestic elite and HP elite. The best athletes should also be able to compete in major key regattas, which would also allow for more media exposure for the sport. Universities can concentrate fully on the University Championships and, where relevant, move on to University European Championships and University World Championships with a clear pathway.

BUDGET, FINANCE & DONATIONS

Going into the Olympic two last year's cycle will be financially a huge task. Training camps, three World Cup, one European Championship regatta, Junior/U23/Senior & Coupe events and final preparation to Olympic Games with a not adequate budget than the past cycles it will be very challenging. Despite a huge step forward in results and a sizable increase in SI funding the HPP budget now needs to rely on a major funding injection from different sources, public or private, which will help enormously, to create an excellent 2 years seasons towards Tokyo with tremendous results.

Sport Ireland has been very supportive and a big effort from the Federation is expected to increase the HP funding. Based on 2018 World Championships Ireland has a clear chance to win 2 Medals at the Tokyo Olympic Games which is very exciting and challenging. A realistic goal which needs the help and support of everyone within the Rowing Ireland network. "A realistic goal without the adequate level of support and help will be JUST a wish".

SUPPORT TEAM

A large team of volunteers were involved in supporting crew training and managing teams since my appointment.

A special thanks to Michelle Carpenter for her great job and support.

In addition, a whole range of club coaches, administrators, captains, umpires have supported HP development in junior and senior ranks together with Board members and Staff. The continuing support of Club and University coaches are vital for developing the HPP, ensuring that it is sustainable into the future.



The Sports Ireland/ISC, Irish Institute of Sport, Paralympic Ireland, Sport Northern Ireland, Sport Institute of Northern Ireland and Irish Olympic Council continue to offer financial and administrative support and professional guidance to Rowing Ireland HPP, which has been greatly appreciated.

I want to express my huge confidence that Rowing Ireland's High Performance Program had a great future ahead. The potential is there for a strong and successful HPP. With teamwork, honesty, transparency, hard work and a big dose of courage as some great values for our sport the potential of results can be delivered for the best interest of all our Irish rowers.

I would like to thank all connected to HPP for overwhelming support over the last 11 months.

Antonio Maurogiovanni
HPD Rowing Ireland





GETGOING GETROWING

MARY MOLONEY
Development and
Women in Sport Manager

Get Going...Get Rowing started in 2014 with a grant allocation of €20,000 from Sport Ireland, Women in Sport. By 2018 the programme has engaged 86,000 individual students and is nearly nationwide, partnering Local Sports Partnerships, Universities and third level institutions across the country. The programme began by using indoor rowing machines and bringing them into schools to introduce rowing to young women. It has also expanded to deliver a peer led leadership programme to teach TY students to be coaches targeting that all important Women in Coaching objective that has been recently highlighted. The program trains TY students in the basic fundamentals of coaching. With this knowledge the then in turn begin to coach the younger members of their schools. The workshop delivers the basics coaching principles of rowing for them to pass on to others since 2014 when the program began. The indoor sessions link in with a series of mass participation #Blitzit events that are held in conjunction with Universities and third level institutions across the country. The programme also encourages schools to come and try on the water session in locations across the country and this then links into a Blitz "Splash and Dash" event in the heart of Dublin City Docklands at Grand Canal Quay every year. Every student is included in Get Going...Get Rowing and the programme has rolled out programmes in Cork this year with Cork Sports partnership, The Cope foundation and kids with Autism. The Irish Rowing National Championship has seen a 38% increase in junior girls entering the National Championships. Many of these Get Rowers have progressed to local rowing clubs and in a recent case study of Carlow Rowing Club 95% of its junior girl's membership has come from the programme.

In 2018, the Get Going...Get Rowing programme engaged over 30,000 participants – an increase of 5,000 on 2017. In addition, more schools joined the programme and the number of geographical locations has increased with the addition of Tipperary and Killarney and roll out of phase 2 in Cork.

More participants are getting on to the water also with the expansion of the #Blitzit "Splash & Dash" water series which provides a clear pathway to the water for participants in the programme.

The feedback we have received from teachers and pupils continues to be positive and constructive as well as



the continual dialogue with our Get Going...Get Rowing partners: Regional Youth Services, Local Rowing Clubs, Trinity College, and Dublin City Council. We have forged new relationships with Cork Sports Partnership, Tipperary Sports Partnership and Sligo Sport and Recreation Partnership.

The Get Going Get Rowing programme hosted more #Blitzit events both indoor and on-the-water in 2018 compared with 2017. The Indoor Rowing events were held in Carlow, West Cork, Limerick, Cork (twice) and Dublin. While on-the-water events took place in Dublin and Limerick. All events were very well attended by the schools which participate in the programme nationwide.

In addition, to delivering the programme in schools, the Get Going Get Rowing programme has expanded in Cork to include community rowing and rowing for all abilities.

With a view to developing coaching involvement, the programme hosted a series of Women in Sport coaching nationwide meetings in March with renowned female coach and former Olympic medalist Larlyssa Biesenthal. The aim was to encourage women to move into the realm of coaching and meetings were held in Belfast, Cork, Dublin and Galway.

The programme continues to encourage and develop youth coaching with the TrY Coaching for transition years students in their school and with experienced rowers in a number of programme centres – Dublin, Limerick, Cork, Killarney, Athlone and Carrick on Shannon. The TrY Coaching programme introduces these rowers to coaching and gives them the opportunity and support to develop their coaching skills.



COACH EDUCATION

PAT MCINERNEY
Coach Education Officer

Each year Rowing Ireland runs eight to ten Introductory courses, four to five Level 1 and a Level two/three course. In addition to approximately four safeguarding and safety sessions and four S&C sessions, at least one in each provincial area. We engage approximately 150 participants coming through Introductory level each year with 50% of them being female. Most of the participants on introductory courses are parents wishing to help in the club or young beginner coaches just out of school or in college. At Level one we activate approximately 70 participants per year approximately 30% are female. At Level two and three we engage approximately 20 participants per year with about 20% female.

When Rowing Ireland established the Coach Education Programme in 2007 we focused primarily on developing a formal education programme with certification levels. Other countries and NGBs had been engaged with formal coach education for decades, some since the 1940s. Coaching Ireland had looked at various international systems and from that we learned that practical sessions which engaged the coaches gave the best results. The programme has developed over the years by keeping in close contact through CI with recent trends in education in sport.

Rowing Ireland have added topics such as creating the right culture and environment, engaging in reflective practice and problem based learning (PBL) opportunities. These sessions have helped coaches resolve issues as they arise and help them take more ownership of what they are doing. This approach has helped us build a good rapport with coaches and allowed for good tutor and coach relationships to develop over the years. This approach has enabled mentoring and continued support to take place.

A very valuable development has also taken place over the past year by exposing coaches to squad training camps with the national junior and u23 team and finding it to be a very effective way of steering development. It has been very encouraging to witness coaches who have come through Level 1, 2 and 3 becoming strong contributors and leaders in HP camps. Several of these new coaches now have junior and u23 international experience which is enabling them to work closer with the full time HP team.

2018 IRISH CHAMPIONSHIPS



1136 entered in the 2018 Irish Championships

61 CLUBS
ENTERED IN 2018



493
FEMALES

643
MALES



45 CHAMPIONSHIPS
OVER 3 DAYS



30 HOURS OF RACING

HIGH PERFORMANCE HIGHLIGHTS OF 2018

WORLD CHAMPIONSHIPS 2018, PLOVDIV

LM2x Gold – Paul and Gary O'Donovan (coach by Dominic Casey)
 W1x Gold – Sanita Puspure (coach by David McGowan)
 W2- 6th – Emily Hegarty/Aifric Keogh (coach by David McGowan)
 M2x 9th – Ronan Byrne/Phil Doyle (coach by David McGowan)
 W2x - 12th – Aileen Crowley/Monika Dukarska (coach by David McGowan)
 M2- 16th – Shane O'Driscoll/Mark O'Donovan (coach by Dominic Casey)
 LW2x – Denise Walsh/Aoife Casey (coach by Dominic Casey)

WORLD CHAMPIONSHIPS U23 2018, POZNAN (POL)

BLM2- Gold - Shane Mulvaney and David O'Malley
 BLM4x Silver – Andrew Goff, Ryan Ballantine, Niall Beggan, Miles Taylor
 BLM2x 5th – Fintan and Jake McCarthy
 BM1x 5th – Ronan Byrne
 BW2- 12th – Tara Hanlon and Emily Hegarty
 BLM1x 20th and reserve of the LM squad – Hugh Sutton
 BLW2x 11th – Margaret Cremen and Lydia Heaphy

WORLD JUNIOR CHAMPIONSHIPS 2018, RACICE (CZE)

JM4+ 11th - Fintan O'Driscoll (Carlow), James O'Donovan (CCRC), Conor Mulready (CCRC), Cox: Eoin Finnegan (St Josephs)
 JM4x 14th - Luke Hayes-Nally (Shandon), Alex Byrne (Shandon), Jack Dorney (Shandon), Jack Keating (Carlow)
 JW2x 16th - Ciara Browne, Ciara Moynihan (both Workmen's)
 JW2- 11th - Ellie O'Reilly, Gill McGirr (both Fermoy)

COUPE DE LA JUENESSE 2018, CORK (IRL)

Junior Men

JM4x 7th – Jack Butler (Neptune), Rory O'Neill (CCRC), Ryan Spelman (SMRC), Aaron Keogh (3 Castles)
 JM2x 7th – Thomas Murphy (Lee), David Cosgrave (Shandon)
 JM1x 6th – James Desmond (CCRC)
 JM4+ Bronze/4th - Sam O'Neill (Shandon), Sam Balcombe (Enniskillen), Jack McDade (Enniskillen), Will Ronayne (Shandon) Cox: Rory Farragher (Enniskillen)
 JM4- 5th/5th - Michael Daly (St Josephs), Matthew Gallagher (St Josephs), Sean Creagh (Cork), John Kearney (Cork)
 JM2- Bronze/Bronze - Nathan Timoney (Enniskillen), Odhran Donaghy
 JM8+ 5th - Combination of JM4+ and JM4- and JM2-

Junior Women

JW4x 5th – Lauren O'Brien (CCRC), Eimear Crowley (Kenmare), Annie O'Donoghue (Workmen's), Ruth Carson (Bann)
 JW2x Silver/4th – Molly Curry (CGS), Aoibhinn Keating (Skibbereen)
 JW1x 5th – Laura Brown (New Ross)
 JW4- 6th Julie Harrington (Shandon), Ellen Murphy (SMRC), Jane Duggan (Cork), Claragh O'Sullivan (Cork)
 JW2- 5th - Caoileann Nic Dhonnacha (Colaiste Iognaid), Elise Carney (Colaiste Iognaid)
 JW8+ 4th - Combination of JW4-, JW2- and Rhiannon O'Donoghue and Anna Tyther (both Killorglin)

COMMITTEE REPORTS



SAFETY

PAT KIELY
Chair

The Safety committee are actively looking for committee members from the Leinster and Connaught branches.

List of priorities for the committee

- **Risk identification for clubs in and at club facilities, during training and regattas.**
The committee hopes to build towards all, Rowing Ireland registered clubs partaking in a self-assessment club safety audit by 2021.
- **Education for club safety officers.**
Work shops for rowing club safety officers, delivered regionally to help safety officer understand their roles and responsibilities as a safety officer.
- **Risk assessments, regatta safety plan, emergency action plans for regattas and Head of the river competitions.**
Templates to be developed and made available on the Rowing Ireland website for clubs to use and develop.
- **Incident reporting.**
Another aim of the committee will be to build up a data base of all accidents and incidents occurring within the sport. The purpose of this data base will be to identify trends in accidents and dangerous occurrences so lesson can be learned and additional safety measures can be introduced and shared among the entire rowing community and in so making our sport a safer sport for all.

A suggestion has been made that a representative of the coastal/offshore rowing branch of Rowing Ireland should have a member on the safety committee also, we are currently looking into this with a positive view towards making this happen.

DOMESTIC EVENTS

BRENDA EWING
Chair

SUMMARY OF ACTIVITIES DEALT WITH SINCE 2018 AGM

Observers appointed for every event – The Observer Reports are analysed and forwarded to Event Organisers with queries and concerns where necessary

RI Timing System – Review of the system/costs /storage/ hire charges

Rule queries – clarification given in conjunction with Umpires Committee

Event re-scheduling – an unprecedented number of events were canceled mainly due to weather concerns. Re-scheduled where possible.

New Events – Approval given to Sligo HOR (Feb 2019) and Foyle HOR (March 2019)

New kit designs /club colours – agreed/amended in agreement with Umpires - Committee

Masters on Tracker – Tracker set to FISA age bands. Review of Draw randomising.

Late entries – fines issued where entries taken after Tracker closing time – sorted with office and Umpires Committee
Survey Monkey feed back forms – forwarded to each event secretary

Calendar 2020 – preparation for Fixtures meeting 2019 and AGM approval

DEC Terms of Reference - Minor amendments / corrections for Board approval.

The Domestic Events Committee deals with on going matters on a weekly basis by group email – so thanks to the Committee members for responding promptly in sorting out the many issues since the 2018 AGM

UMPIRES

TJ RYAN
Chair

MISSION

The Mission of the Umpires Committee is to provide safe and fair racing at all events.

EXAMS/SEMINARS

Based on demand, Umpires examinations/seminars were held in the following locations during the year: Dublin, Portadown, Fermoy, Skibbereen, Athlone, Limerick & Galway.

There was a good turnout at all the venues. There is still an exam to be completed in DUBC later in the month.

At the sessions held to date, there were a total of 62 attendees consisting of both renewals and new candidates. The breakdown is as follows:

Successful renewals	42
Returning Umpires	3
Unsuccessful renewals	0
New - full licences	25
New - provisionals	8
New - fail	1

There are currently 203 umpires licensed by Rowing Ireland.

TRAINING

A number of years ago the Umpires Committee created a group of trainers to prepare the candidates in their respective province. This initiative has proved highly successful and the pass rate for new candidates has increased significantly. The following is a comparison of the pass rates before training (2014) and after the training commenced:

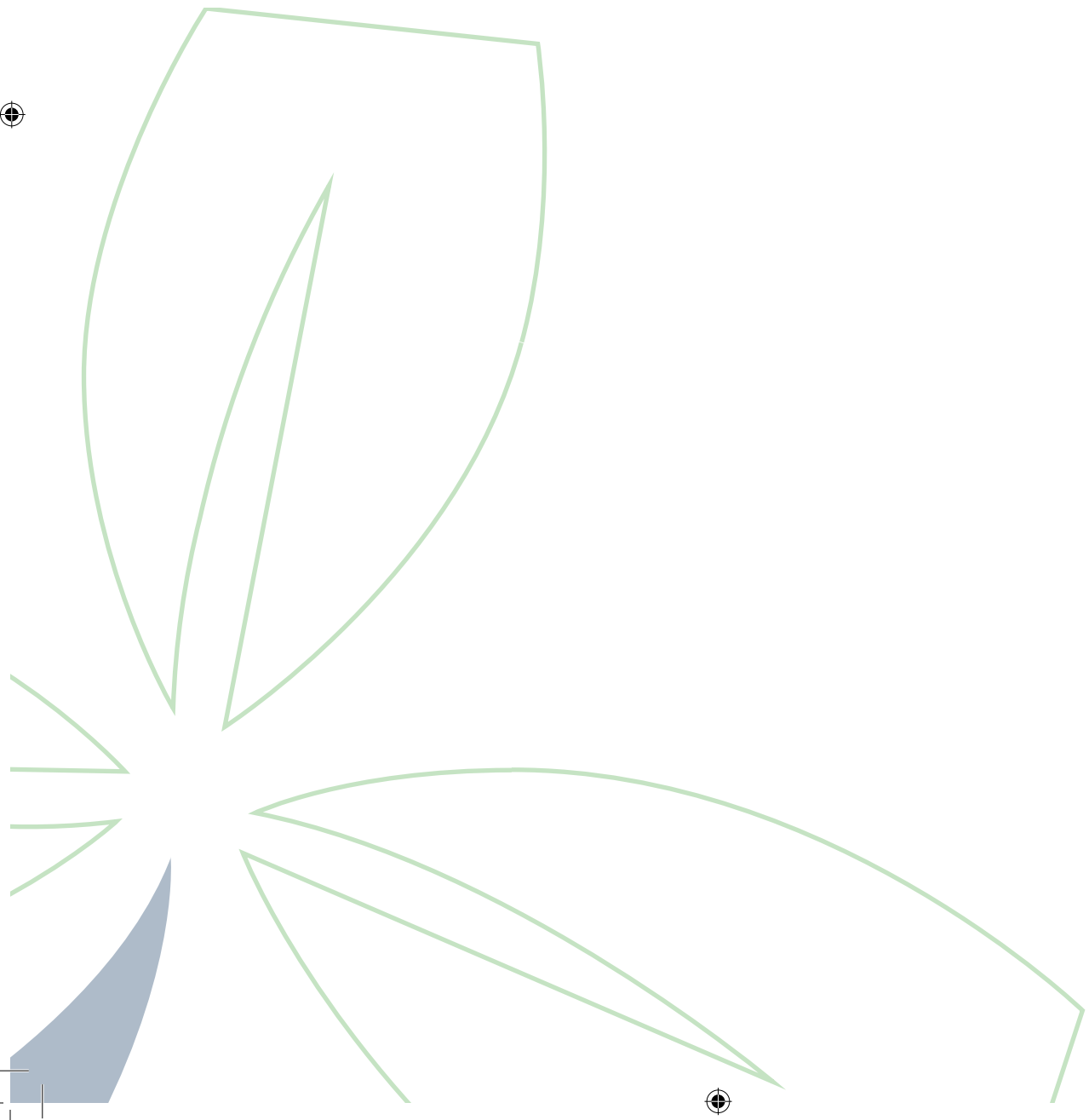
	2014	2016	2018	2019
Full Licence	20%	60%	54%	73%
Provisional Licence	51%	0%	33%	23%
Fail	29%	0%	13%	4%

INTERNATIONAL

Ireland currently has four FISA umpires. They participated at the following events during the year: Ronald Walker – European Juniors. , Seamus Scully – Coupe & Home International. Lisa O’Callaghan- Coupe1 & Home International, Kieran Kerr – Coupe and Homes.

COMPLAINTS

The Committee did not receive any complaints regarding the quality of umpiring during the year.



GOVERNANCE

BREDA LEADER
Chair

Rowing Ireland has completed the Governance Code, and has now made a public statement of compliance and is included in the register of compliant organisations. The statement is as follows:

PUBLIC STATEMENT OF COMPLIANCE



Public Statement of Compliance with the Governance Code for Community, Voluntary and Charity Organisations in Ireland

Name of organisation: Rowing Ireland.

Address: National Rowing Centre, Farran Wood, Ovens. Co. Cork

wish to state that we have completed the process as set out for a Type C organisation and now comply with the principles and practices of the Governance Code for a three-year period from 13th January 2019 when our Board certified our compliance.

PRINCIPLE 1. LEADING OUR ORGANISATION

We do this by: Agreeing our vision, purpose, mission, values and objectives making sure that they remain relevant; Developing, resourcing, monitoring and evaluating a plan so that our organisation achieves its stated purpose and objectives; Managing, supporting and holding to account staff, volunteers and all who act on behalf of the organisation.

PRINCIPLE 2. EXERCISING CONTROL OVER OUR ORGANISATION

We do this by: Identifying and complying with all relevant legal and regulatory requirements; Making sure there are appropriate internal financial and management controls; Identifying major risks for our organisation and deciding ways of managing the risks.

PRINCIPLE 3. BEING TRANSPARENT AND ACCOUNTABLE

We do this by: Identifying those who have a legitimate interest in the work of our organisation (stakeholders) and making sure there is regular and effective communication with them about our organisation; Responding to stakeholders' questions or views about the work of our organisation and how we run it; Encouraging and enabling the engagement of those who benefit from our organisation in the planning and decision-making of the organisation.



PRINCIPLE 4. WORKING EFFECTIVELY

We do this by: Making sure that our governing body, individual board members, committees, staff and volunteers understand their: role, legal duties, and delegated responsibility for decision-making; Making sure that as a board we exercise our collective responsibility through board meetings that are efficient and effective; Making sure that there is suitable board recruitment, development and retirement processes.

PRINCIPLE 5. BEHAVING WITH INTEGRITY

We do this by: Being honest, fair and independent; Understanding, declaring and managing conflicts of interest and conflicts of loyalties; Protecting and promoting our organisations reputation.

Email: secretary@rowingireland.ie
Phone: +353 21 743 4044

GEOGRAPHIC AREA OF OPERATION:

All Ireland including Northern Ireland

NATURE OF WORK/SERVICES:

National Governing Body for Rowing Ireland

CHAIRPERSON NAME:

Eamonn Colclough, signed 13/01/2019

SECRETARY NAME:

Breda Leader, signed 13/01/2019

SCHOOLS

EVAN MOLLOY
Chair

SCHOOLS ROWING COMMITTEE REPORT 2018

The Schools Rowing Committee will recommend that the Annual Schools Championship Regatta be held at the Lough Rynn, Mohill, Co Leitrim venue again in 2020. The committee recognises that it is making this recommendation prior to the initial staging of the event at this venue but is confident that this can be done successfully. It is not clear at this point that the University Championship Organisers wish to combine with the Schools event but if this is successfully done in 2019 then the Schools Committee will have no objection to this combination in 2020.

However, it is important that the Schools Championship event will be combined with another regatta as many schools are totally dependent on host main stream Rowing Clubs for equipment and transport of same.

The Schools Championship Regatta can be held on either day of a weekend ie Saturday or Sunday and the ideal period would be from mid-April to no later than mid-May to avoid examination's periods for students. The Schools Championship preferred date is the 18th April 2020 as already submitted to the Events Committee but given the preferred alignment with another Regatta i.e. Lough Rynne Regatta this date can be flexible within the period mentioned.

FESTIVAL OF ROWING

SEAMUS SCULLY
Chair

GENERAL

Rowing Ireland hosted the Irish Championships, Home International Regatta and Coupe de la Jeunesse Regatta over three consecutive weekends at the National Rowing Centre in July. This was a huge undertaking by the Committee. The events were grouped together under the heading "A Festival of Rowing" to maximise the publicity and awareness of the events to further highlight our sport and to gain more exposure for our athletes and sponsors.

IRISH ROWING CHAMPIONSHIPS

This was the largest event in terms of numbers competing at all three regattas. The entries were up again in 2018, to a total of 1136 entries, an increase from 1058 the previous year. The table below shows the entries in each class and shows a good spread. The similarity of numbers between Junior Men and Junior Women is positive.

Senior Men	207
Senior Women	154
Masters Men	53
Masters Women	29
Junior Men	383
Junior Women	310

As a result of the large entry, we have reached capacity at the event and we now need to consider measures that may need to be taken to preserve the provision of a quality event for all participants.

Positives from the event include the following:

- The introduction of timing at each 500m stage, following on from our pilot 1000m timing in 2017 was very well received



- We had no issues with entries. However, we did have a number of requests prior to the event, to change timings of races which could not be facilitated
- The addition of the food stalls added to the overall atmosphere.

HOME INTERNATIONAL REGATTA

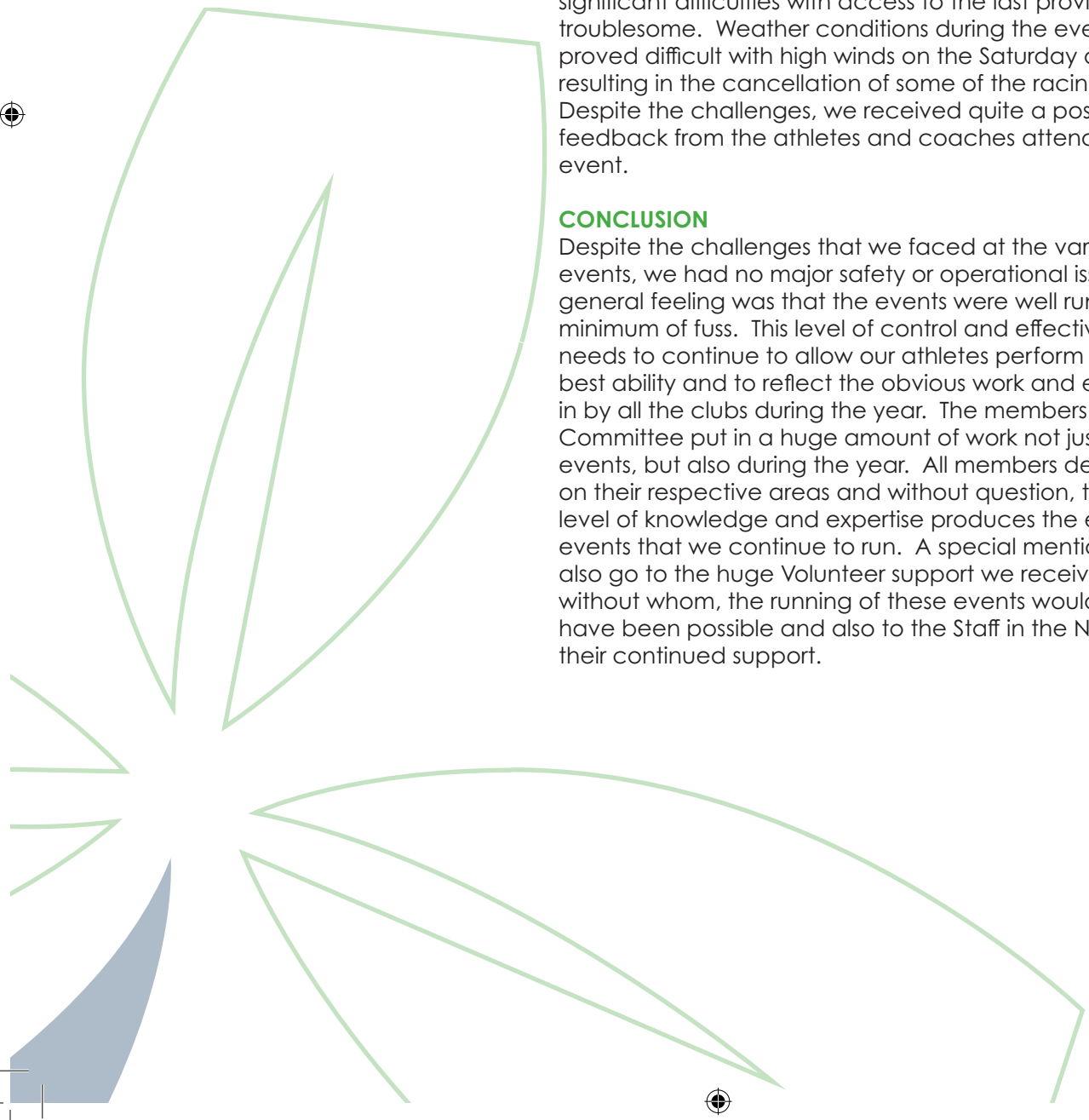
This competition between Ireland, England, Scotland and Wales, was held the weekend after the Irish Championships and was a very successful event. It was very well received by all attendees and the general feeling by the visiting Countries was that it was the best supported Home International Regatta in years. The viewing area and food outlets created a great atmosphere and many of the clubs in Ireland brought considerable numbers of supporters to cheer on their athletes.

COUPE DE LA JEUNESSE

This was our final event in the “Festival of Rowing”. It proved to be the most difficult and challenging for the Committee. Water levels prior to the event caused significant difficulties with access to the last proving very troublesome. Weather conditions during the event also proved difficult with high winds on the Saturday afternoon resulting in the cancellation of some of the racing. Despite the challenges, we received quite a positive feedback from the athletes and coaches attending the event.

CONCLUSION

Despite the challenges that we faced at the various events, we had no major safety or operational issues. The general feeling was that the events were well run with a minimum of fuss. This level of control and effectiveness needs to continue to allow our athletes perform at their best ability and to reflect the obvious work and effort put in by all the clubs during the year. The members of the Committee put in a huge amount of work not just at the events, but also during the year. All members delivered on their respective areas and without question, their level of knowledge and expertise produces the excellent events that we continue to run. A special mention must also go to the huge Volunteer support we received without whom, the running of these events would not have been possible and also to the Staff in the NRC for their continued support.



MASTERS

PAT KINSELLA
Chair

The purpose of the Masters committee is to develop masters rowing in Ireland.

This committee operates under the Terms of Reference (TOR) for the Masters Rowing Committee as issued by Rowing Ireland, revised and updated in July 2018.

FOREWORD

This committee is the first time a master's committee has been initiated by Rowing Ireland. This is largely due to the increase in the numbers of masters participating in clubs and competing nationally and internationally.

The committee comprises of members from all the provinces.

As 2018 has passed the main focus of the committee is to finalise and secure board approval for the masters rowing development plan.

NEWS STAND

A concerted effort during the year to advertise all the master's participation at events was implemented and put up on the Rowing Ireland Notice Board.

Masters athletes are encouraged to submit their notes to the any master's committee member where the committee will consolidate the material and request Rowing Ireland to upload.

MASTERS ROWING DEVELOPMENT PLAN

The masters rowing development plan was scheduled to be finalised in February 2019.

CONCLUSION

The committee wishes to thank all those who offered their contributions, event updates, regatta results, news and thoughts throughout the year.

COASTAL ROWING

KIERAN KERR
Chair

The Rowing Ireland Coastal Rowing Division was formed at the end of 2017. From an initial affiliation of 20 clubs, it quickly grew with clubs from every part of the country.

One of the first decisions by the clubs was to decide on a venue for the 2018 Irish Coastal Rowing Championships. Having considered a number of venues the decision was made to hold the event at the National Rowing Centre. The start/finish line was the finish line for the Olympic course with crews racing down the lake away from the Olympic course. Due to the width of the lake at that point, ten lanes were used and it would have been possible to have additional lanes if required.

With Rushbrooke Rowing Club acting as the Host Club the event took place on 18/19th August. Over 300 crews participated in 33 championship events. The event was an enormous success due to the hard work of the organising committee and also the excellent facilities.

The 2019 Championships will return to the NRC hosted by Whitegate Rowing Club before heading North to Ballyshannon in 2020 where they will be hosted by Donegal Bay Rowing Club.

During the year much work was done on preparing a set of rules for Coastal Rowing. These were approved in May and have worked well. A few minor adjustments were made at the Annual Delegate Meeting in December based on the experiences from the Championships.

Introductory coaching have now been held around the country and plans are in place to hold Level 1 courses in a number of locations.



OFFSHORE ROWING

KIERAN KERR
Chair

Again this year offshore rowing continued to grow strongly with more boats being purchased. It is estimated that the number of offshore boats in the country has doubled in the past 18 months. One issue which the committee identified was a concern, that while a lot of solos and doubles were being purchased, relatively few quads were bought. As it was felt that quads were necessary to bind the sport to clubs and not risk it becoming an individual sport, a decision was taken to offer a finance scheme for quads. Using a discount for a bulk order the committee were able to allow clubs spread the cost over three years. This made the purchase of quads more feasible and five clubs availed of the scheme. It is not planned to offer another scheme in 2019 as a large number of clubs have applied for quads under the Sports Capital Grant scheme. Finance schemes may however be offered again in the future.

As no rules for Offshore rowing existed in Ireland, the committee set about creating a set which were largely based on the FISA rules. These were ratified at an Extraordinary Delegate Meeting in May 2018.

The 2019 Offshore Rowing Championships took place in O'Carroll's Cove in Kerry on 8th September 2018 hosted by Portmagee Rowing Club. A well designed course, excellent beach and on-site facilities made for some great racing. During the afternoon the conditions deteriorated and racing had to be postponed to the following morning when all remaining races were run off. It is worth recording that 90 crews entered the Championships which was a significant increase on the 53 entries in 2017.

The FISA World Championships took place in Vancouver, Canada, at the end of September. Nineteen Irish crews participated. Of these seven made A finals and the CM4x+ and CM1x both finished in highly credible fourth place, tantalisingly outside the medals.

The committee are currently working on a proposal with England, Wales and the Channel Islands to determine if an annual international competition can be organised between the countries. If agreement can be reached Ireland has offered to host the first regatta in Wicklow.

With the recent announcement by FISA that they are considering Offshore as a possible replacement for lightweight should it be eliminated, Ireland is well placed and well ahead of other nations in our preparations.



COMMITTEE REPORTS



CONNACHT BRANCH

DEIRDRE O'HARA Vice President

The Connacht Branch comprises ten river rowing clubs: Athlone BC, Carrick-on-Shannon RC, CR Choláiste na Coiribe, Coláiste Iognaid RC, Galway RC, Grainne Mhaol RC, NUIG BC, Sligo RC, St Joseph's RC and Tribesmen RC.

The current officers of the Connacht Branch, elected at the branch AGM in Galway RC on 21st February 2019, are Deirdre O'Hara, Galway RC (chair), John Walsh, St Joseph's RC (treasurer) and Mark Egan, Athlone BC (secretary). On the Rowing Ireland Board the Connacht Vice-President is Deirdre O'Hara, who is also a member of the Para Rowing Committee, and the Connacht Representative is Neville Maxwell, Neptune RC, who is also a member of the High Performance Committee.

TRAINING AND DEVELOPMENT

There were a number of Rowing Ireland / Connacht Branch events in the year to date, all of them in Galway due to 7 of the 10 Connacht clubs being located there. The coaching courses were very popular with large numbers attending the introductory course in September, the Strength & Conditioning course in November and the level 1 course in January. Tribesmen also arranged a very informative talk on spine health for rowers by Dr Fiona Wilson and there was great interest in the talk by Laryssa Biesenthal, coach and Olympic medalist, on coaching in March, the High Performance Director discussion in October and the Rowing Ireland strategy roadshow in December.

The week long high performance junior camp that Luke Smyth of Grainne Mhaol ran on behalf of the Branch in August was very successful and will be run again this year.

COMPETITION

The main collective activity of the Connacht Branch is Lough Rynn Regatta, for which a major effort was made in 2018, with 70 volunteers from some of the Galway clubs, Sligo and Carrick and a record number of entries. Facing an alarming weather forecast, and having experienced very adverse feedback on having run the previous year's regatta in bad conditions, the decision was reluctantly taken to cancel the event. It was hoped to reschedule later in the season but no date was available. The cancellation cost the regatta, and hence the Branch, a considerable amount in non-refundable costs but we are all the more determined to run a great event this year on 14 April, the Sunday after the Schools & Universities Regatta.



The Connacht clubs also ran competitions on the Rowing Ireland calendar - the Tribes Head at Lough Rynn, Galway Regatta, Carrick-on-Shannon Regatta and the Head of the Shannon in 2018 and the Sligo Head in 2019 - as well as a number of At Home and recreational events. Tribes Head had to be rescheduled and Athlone Regatta canceled due to weather but some of the entrants were permitted to make late entries for Galway Regatta the following day. The Tribes Head was run on a later date and demonstrated another use for the Lough Rinn Rowing Facility.

Connacht clubs took pride in Aifric Keogh from Furbo, who started her rowing career in the Jes, making the A final at the world championships and we wish her and all of the Connacht athletes currently trailing for the High Performance squad, the best of luck in their rowing careers. Our earliest Olympic oarswoman, Frances Cryan of Carrick-on-Shannon, was voted top Leitrim Sports Personality in 2018, a well-deserved recognition of her achievements at a time when there was very little support for international competition.

WATERSPORTS INCLUSION GAMES

Another successful event at the end of August was the national Watersports Inclusion Games, which was run in Galway in 2018 and will be held in Kinsale in 2019. Irish Sailing is funded by Sport Ireland to run this multi-disciplinary event for people of all abilities with Rowing Ireland and Canoeing Ireland supporting on a voluntary basis. More than 100 participants and another 100+ volunteers were at Galway Commercial BC on the weekend and most of the Galway clubs provided equipment, coaches and rowers to help with volunteers from Castleconnell, Cork BC and Castletownbere RC joining them on the weekend. There are now five wheelchair rowers, four of them juniors, in Galway RC as a result of this effort.



MUNSTER BRANCH

LISA O'CALLAGHAN
Vice-President

BRANCH AWARD

The branch award was given to Teresita O'Callaghan, Lee Rowing Club for her tremendous contribution to the Irish Rowing Championships in addition to her club commitments.

CLUB ENGAGEMENT

We circulated a survey to clubs in the branch during the year, to try and determine what clubs wanted from the branch and to see if we could encourage more engagement from clubs that don't attend branch meetings. However, we only received 4 replies to the survey and they were from clubs already engaging with branch activities.

UMPIRES EXAMS

Seminars/Exams in the branch were held in Fermoy RC, Skibbereen RC and Shannon RC during the year and were well attended.

COURSES

Introductory and Level 1 Coaching Courses were held in various locations around the branch including Waterford BC, Fermoy RC and Shannon RC. As has been the case in recent years, the branch continues to provide subsidised funding to clubs who have attendees at Level 1 and Level 2 Courses.

IRISH ROWING CHAMPIONSHIPS

Congratulations to the Munster Clubs that were successful at the Irish Rowing Championships in 2018. The clubs taking home championship pots were: Skibbereen 8, Shandon 4, UCC 4, Castleconnell 3, Cork 3, Fermoy 3, Workmans 2, Lee 1, St. Michaels 1, UL 1.

WATERWAYS IRELAND "ROW FOR IT" LEAGUE

Three Clubs in the Branch were overall division winners in the Waterways Ireland "Row for it" League in 2017. The results were as follows: Womens Junior 14 4x+: Castleconnell BC and Lee RC (tied), Womens Junior 15 4x+: Castleconnell BC, Mens Junior 14 4x+: Fermoy RC, Mens Junior 15 4x+: Castleconnell BC and Fermoy RC (tied). Congratulations to all involved.

HOME INTERNATIONAL

A number of athletes, both Junior and Senior, from clubs in the branch were part of the team that competed on home soil at the Home International Regatta held at the

National Rowing Centre, Cork in July. Ireland had 10 wins on the day in various events. Ireland won the Senior Mens Match and finished a credible 2nd place in the Senior Womens Match, Junior Mens Match and Junior Womens Match. Congratulations to all athletes and Coaches who were part of the team. The experience gained will stand to you in your future development.

COUPE DE LA JEUNESSE

Three athletes from clubs in the branch, took home medals from the Coupe de la Jeunesse which was held at the National Rowing Centre in Cork, at the end of July. Will Ronayne and Sam O'Neill, Shandon BC took a Bronze medal in the Junior Mens 4+ while Aoibhinn Keating, Skibbereen RC, was part of the Junior Womens 2x that took home a Silver medal. A fantastic achievement by all athletes in the team, with most of the crews reaching the A finals.

INTERNATIONAL SUCCESS

Many athletes from the branch represented their country proudly at International events during the year. The medal winners were as follows:



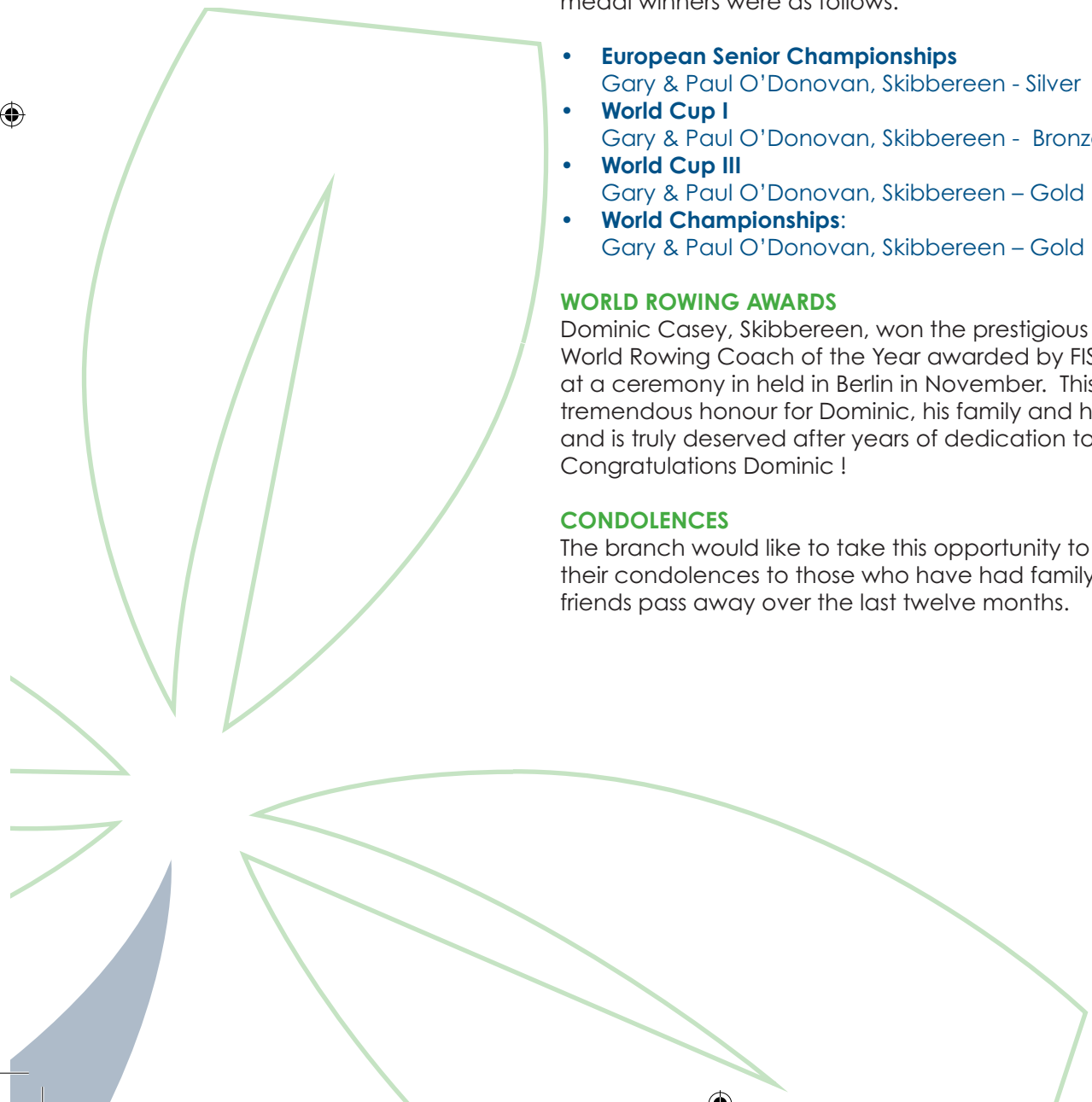
- **European Senior Championships**
Gary & Paul O'Donovan, Skibbereen - Silver
- **World Cup I**
Gary & Paul O'Donovan, Skibbereen - Bronze
- **World Cup III**
Gary & Paul O'Donovan, Skibbereen - Gold
- **World Championships:**
Gary & Paul O'Donovan, Skibbereen - Gold

WORLD ROWING AWARDS

Dominic Casey, Skibbereen, won the prestigious World Rowing Coach of the Year awarded by FISA at a ceremony in held in Berlin in November. This is a tremendous honour for Dominic, his family and his club and is truly deserved after years of dedication to rowing. Congratulations Dominic !

CONDOLENCES

The branch would like to take this opportunity to extend their condolences to those who have had family and friends pass away over the last twelve months.



ULSTER BRANCH

BRENDA EWING
Vice President

BRANCH ACTIVITIES

Regatta – The Craigavon Lakes Regatta was re-instated in June 2018. There was massive work by a small group to ensure the event happened – led by Ronald Walker, along with Dave Webb, Andy Purdy, Stephen Mc Cann, Stephen Donovan, Ted Dunlop and Kayla Mc Cann. There was a good entry for the 1000m event – over 4 lanes. A considerable amount of money has been invested in the lane system and winching structures as we plan to get it established on the RI Calendar – especially for Juniors and Masters. The Branch will be running the event again in 2019 and all Clubs involved with the Branch are required to assist with the preparations, on the day tasks and the tidy up.

Facility Funding – The Branch submitted an application to Sport NI for Multi facility Funding for the Regatta Venue at the Craigavon Lakes venue along with other sports – and was successful in the initial stages. Unfortunately the bid is unlikely to go any further due to ownership issues required by Sport. The Branch is endeavoring to hand over the application responsibility to Armagh, Banbridge, Craigavon Council to continue as it involves their property.

NI Commonwealth Games Council – The Branch continues to be active on this group to ensure rowing is maintained as an optional sport by the Commonwealth Games Federation. R Walker and G Young attended the launch of the Commonwealth Games Team Night. British Rowing arranged a CRA Coastal Championships in Dorset to coincide with the British Coastal Championships. NI did not support as NI Coastal Clubs competing at Championships in Ireland the same weekend.

UK School Games – NI supported this event. It was coordinated by G McCaughy (Get Going –Get Rowing) and J Armstrong. A team of 18 NI rowers, in their first year of rowing competed against teams from England North and South at the UK School Games in Loughborough on 31st August and 1st Sept. The NI team came away with 2 silver medals in the girls J14 (Georgia McClenaghan CGS) and girls J15 (Mia Davidson Strathearn Sch) events. We had a close 4th in the boys J14 events when Noah Gordon lost out by a few meters. Medals were presented by Dame Kathryn Grainger.



Get Going Get Rowing – RI had received money from Hughes Insurance to get the programme started in Belfast, involving 2-3 schools in the Belfast area with a link to rowing. Gillian Mc Caughtry has been appointed as the programme co-ordinator in Belfast.

Ulster Indoor Rowing Championships - After discussion Branch Reps agreed not to pursue an Ulster Indoor Championships. Numbers anticipated could not justify the costs. QUB confirmed they would be hosting an event in line with BUCS requirements and would be including Juniors only – in November 2018.

Branch Governance – The Objectives of the Branch Constitution have still to be re-established with Rowing Ireland. The NI Clubs are keen to get this sorted and be the recognized face of rowing in NI for dealing with Statutory Bodies and other potential funding bodies. This will require further clarification to the Board

Ulster Talent Development Program – Details about draft proposals regarding this programme, running since 2009-10 season were explained at the AGM by G Young about where the programme sits within the RI structures and its overall effectiveness within the RI HP programme.

HP Trialling issues – Concerns were raised by several Clubs about the expenses involved in all trials being held in Cork. It was also noted that despite criteria saying attendance at trials was compulsory, some athletes were accepted into programmes late on.

CLUB DEVELOPMENT

NI Sports Forum – The Branch maintains a link with the NISF and seminars, information is regularly circulated by the Branch Secretary

Safeguarding - Access NI – mNew Vetting forms were issued in line with Access NI requirements. Club representatives were briefed on new procedures.

GDPR – Several Branch representatives attended workshops on this new legislations. A workshop for Rowing Clubs was arranged to assist with implementation.

UMPIRE - COACH DEVELOPMENT

Introductory Coaching Course - several held in 2018 – early 2019 / Level 1 Coaching Course – arranged for early 2019 / Umpire Exams – 10 Renewals and 8 new recruits took their exams held in Feb 2019 and all candidates passed

FINANCES

Mary Peters Trust 2018 – Applications were submitted for consideration by the Trust. The Trust which aims to support young and talented athletes in a financial and advisory capacity to further their sporting goals has supported NI rowers for many years. 4 were successful as follows for the 2018 season:

- **Molly Curry**, Coleraine GS: £300.00 for Coupe
- **Zoe Mc Cutcheon**, Enniskillen RGS: £300.00 for Coupe
- **Nathan Timoney**, Enniskillen RGS: £300.00 for Coupe
- **Ryan Ballentine**, Portora BC, £600 for World U23 Championships

LOOKING FORWARD

Branch meetings – Please try to have your Club represented at Branch Meetings as we make the Agenda and discussion suit what is needed for the NI Clubs. We need all the Clubs to contribute to the discussions and work to make rowing good for the NI Clubs.

The Branch needs to be fit for purpose and fit for the future of rowing in NI.



LEINSTER BRANCH

GERRY FARRELL
Officer

COACH EDUCATION

There is a steady interest in the coach education program at all levels from Introductory to Level 3 across all our clubs.

The Branch is willing to support any club or individuals who want to arrange additional seminars on anything which would raise the level of rowing knowledge in the Province. Seminars were run during the year with Fran Keane and Ray Morrison speaking on Age Appropriate Training

WOMEN IN SPORT INITIATIVE

Women's Development Manager, Mary Moloney is employed through funding provided by the Irish Sports Council under its Women in Sport Initiative, and by Dublin City Council and the Branch continues to assist this program.

Highlights of the 2017 Program are:

- Total students erg rowing in Leinster: **13,000**
- Total transitioning to clubs: **80**
- Trinity Erg Blitz in partnership with Trinity College: **900** participants.
- Carlow Erg Blitz: **500 participants**
- Dublin Grand Canal Dock Water Blitz: **450 participant.**
- Program recruits from 2016 taking part in RI Trials.
- 56 TrY rowing coaches trained, creating a pathway to coaching for students
- 20 TrY students trained as rowing instructors

CLUB DEVELOPMENT

Overall, club numbers continue to grow. We had 957 registered members in 2018.

Special mention must be made of the work done by clubs in New Ross, Blessington and Graignamanagh. They are models of good club governance. Phoenix RC continues to grow and develop a non-traditional approach to rowing. Again, this opens the sport to a much wider potential membership and it is promising to see social rowing becoming an integral part of several club programs.

Athy RC has struggled over the years to establish a sustainable program but it appears that a new structure is in place and the Branch will aid over the coming months. The Branch has worked with clubs within its limited resources to assist clubs grow and improve.



Various measures included:

- Provided sculling boats on loan to New Ross BC, Graignamanagh RC, Three Castles RC and Blackrock College RC.
- Appointment of a Branch Safety Officer, Richie Nolan.
- Provided funding for seminars.
- Welcoming our new Offshore/coastal rowing members.

The Branch is always open to proposals from clubs or individuals to sponsor efforts that result in better club structures for its members.

Irish Rowing Championships:

- Men's Senior 8+ Commercial RC
- Men's Senior 4- UCDBC
- Men's Intermediate 8+ UCDBC
- Men's Novice 8+ UCDBC
- Women's Club 2 1X Neptune

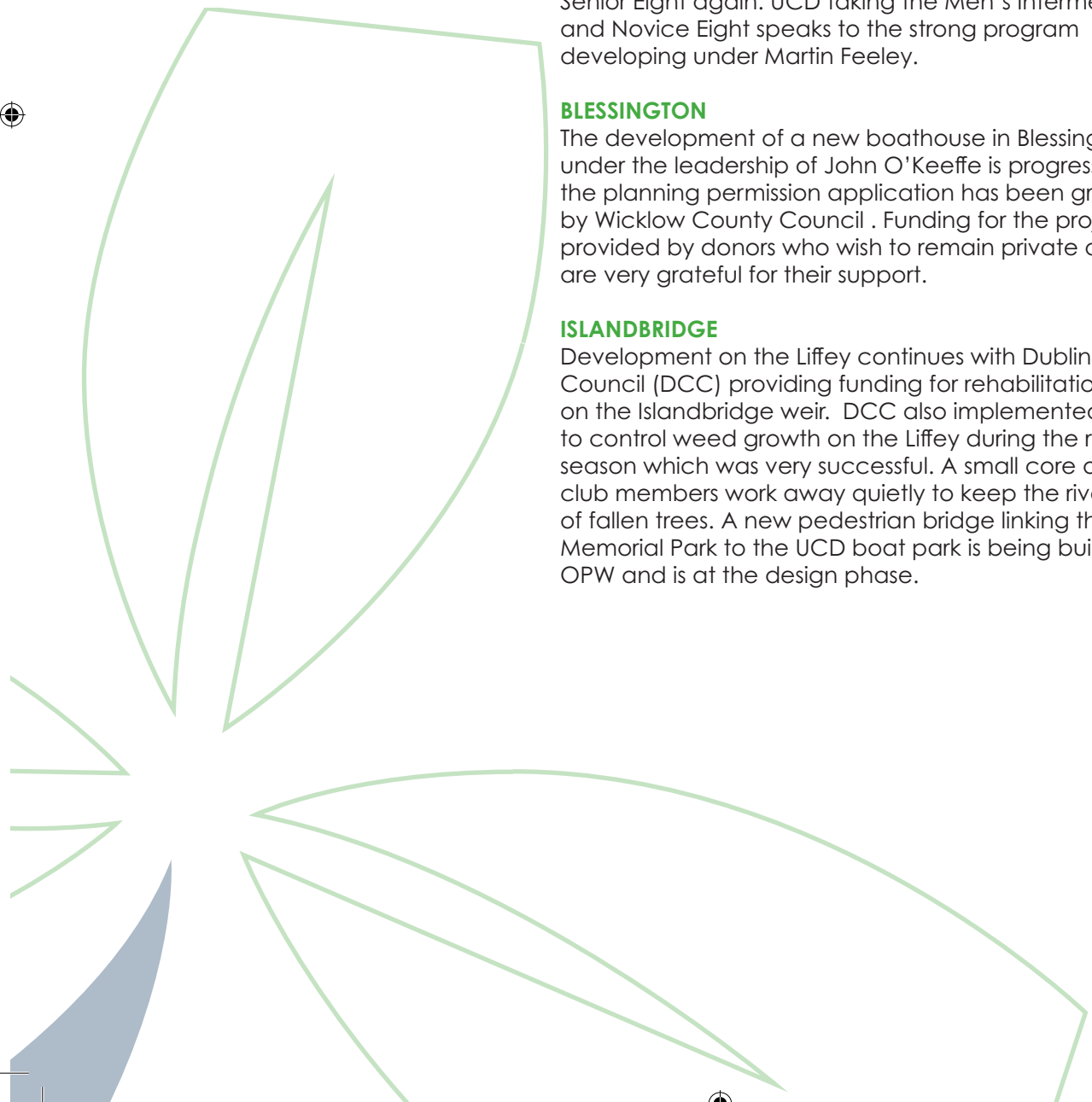
Success at senior level is being led by Commercial and they are to be congratulated on their winning the men's Senior Eight again. UCD taking the Men's Intermediate and Novice Eight speaks to the strong program developing under Martin Feeley.

BLESSINGTON

The development of a new boathouse in Blessington under the leadership of John O'Keeffe is progressing and the planning permission application has been granted by Wicklow County Council . Funding for the project is provided by donors who wish to remain private and we are very grateful for their support.

ISLANDBRIDGE

Development on the Liffey continues with Dublin City Council (DCC) providing funding for rehabilitation works on the Islandbridge weir. DCC also implemented a plan to control weed growth on the Liffey during the rowing season which was very successful. A small core of older club members work away quietly to keep the river free of fallen trees. A new pedestrian bridge linking the War Memorial Park to the UCD boat park is being built by the OPW and is at the design phase.



SOCIAL MEDIA 2018



TWITTER

6672 followers

3376 likes



FACEBOOK

23.4k page reach

1625 page view per month

10k likes

10,395 follow



INSTAGRAM

3629 followers

32k Impressions

Last July saw a huge increase in our social media presence. Only the GAA and Ladies Gaelic were ahead of us ranking us third

“Rowing Ireland had the biggest increase in output last month, with a 600% boom in July.”

Source: www.sportforbusiness.com/irish-sport-social-media-report-july-2018/



In September our Facebook engagement ranked third in Irish Sport Media Report, ahead of the majority of mainstream sports, together with a ranking of 5th in our Instagram and Twitter engagement.



Financial statements





DIRECTORS AND OTHER INFORMATION

Directors

Lisa Ann O'Callaghan
Garth Young (British)
Brenda Ewing (British)
Eamonn Colclough
Leo Gibson
Dan Buckley
Neville Maxwell
Timothy Ryan
Deirdre O'Hara
Breda Leader
Carol-Ann Smith
Dominic Burke (Appointed 15 August 2018)

Company Secretary Breda Leader

Company Number 361965

Registered Office

Rowing Ireland, National Rowing Centre, Farran Woods, Ovens, Co. Cork.

Business Address

Rowing Ireland, National Rowing Centre, Farran Woods, Ovens, Co. Cork.

Auditors: Candor

Chartered Accountants and Registered Auditors

Harris House
IDA Business Park
Tuam Road
Galway
H91 RK5Y

Bankers

Allied Irish Bank
93a Cabra Road,
Dublin 7.

Ulster Bank
91/93 University Road,
Belfast.
BT7 1NG
Northern Ireland

Allied Irish Bank
40/41 Westmoreland Street,
Dublin 2.

Bank of Ireland
2 College Green,
Dublin 2.

Danske Bank
10 Donegall Square West
Belfast
Co. Antrim
BT1 6JH
Northern Ireland

The Prize Bond Company DAC
Fexco Centre
Killorglin
Co. Kerry

Solicitors

Kieran McCarthy
Floor 3B
6 Lapps Quay
Cork

DIRECTORS' REPORT for the year ended 31 December 2018

The directors present their report and the audited financial statements for the year ended 31 December 2018.

Principal Activity and Review of the Business

The company's principal activities during the year continued to be controlling and developing the interests of rowing in Ireland and supporting Irish crews in international competition.

Rowing Ireland is the National Governing body for the sport of rowing in Ireland and Northern Ireland. The organisation's role is to lead and encourage interest and participation in competitive and recreation river, coastal and offshore rowing for people of all ages and abilities, and to promote excellence in high performance rowing across the island of Ireland.

Rowing Ireland's mission is to promote a culture of excellence and openness so that all athletes, coaches and volunteers have a lifelong positive experience. We aim to grow strong, well-structured safe clubs that provide the opportunity for achievement at all levels. We support a professionally directed High Performance programme leading to the achievement of podium-competitive international performances. To enhance our capacity to deliver these outcomes we continue to strengthen our finances, structures and systems.

There are 100 Clubs affiliated to Rowing Ireland from three rowing disciplines throughout Ireland, 4,500 licenced racing members, and 50 Rowing Ability programmes in place, all supported by 750 active Club coaches who have qualified through our Coach Education system.

2018 was another year of outstanding success for our International crews and High-Performance programme. Nine of our athletes stood on the podium at world events, winning two gold medals at the World Championships (W1X, LM2X) which placed Ireland in a second place in the world ranking in the Olympic boat classes, and a gold and silver medal at the U23 World Championships (BLM2-, BLM4X). The LM2X won gold at the European Championships. Congratulations to all crews who were selected and competed in international events in 2018, and their coaches.

In July, we held three major events at our home of Irish Rowing in the National Rowing Centre in Cork. The 'Festival of Rowing' which took place over three consecutive weekends in July started with our National Championships where crews competed over 3 days racing in glorious sunshine, followed by the Home Internationals and the Coupe de la Jeunesse where 59 crews represented Ireland. Racing visitors and families experienced our National Rowing Centre at its best, despite record low water levels due to unusually warm and dry weather for an extended period during the summer months, and they enjoyed the fantastic welcome from hundreds of volunteers who kept the events on track, and ensured they were fun. The success of these events and overcoming the challenges that present when undertaking a festival of this scale, rests with the enormous contribution from staff, volunteers, supporters, parents, vendors, and sponsors. A month later, in August, the Irish Coastal Rowing Championships took place at the National Rowing Centre for the first time.

Our Get Going - Get Rowing programme engaged over 30,000 individual students of all ages and abilities across the country, and 500 school students have been trained



as coaches within the programme. Success of this programme is evident with its expansion and key partnerships with the local Sports Partnerships and local Councils. The initiative received a Women in Sport Achievement Diploma from the International Olympic Committee for outstanding contribution to "promoting the development and participation to Women and Girls in Sport". The nomination was proposed and submitted by FISA.

In 2018 we appointed a new Chief Executive Officer, and we launched our strategic plan 2019 - 2024 which has four pillars:

- High Performance - We will Excel**
- Supporting Clubs**
- Rowing for all, a Sport for life**
- Leading our Sport**

In the next five years we will set out to achieve the objectives of our strategic plan with the support of all our members and stakeholders. Our aim is to become the leading nation in rowing and to inspire, encourage and motivate in the run up to Tokyo 2020 and beyond.

In 2018, the company received a grant of €314,721 from The Ireland Funds America for the development of a regional high-performance centre in Limerick, to support young, developing athletes with equipment, coaches and infrastructure. Within the overall grant, €152,000 was specifically granted for facilities and the company entered into a 5-year Facilities Access Agreement with Castleconnell Boat Club.

During 2018 the final phases of our work on governance was completed and since the year-end, we confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland.



INCOME AND EXPENDITURE ACCOUNT for the year ended 31 December 2018

	2018	2017
	€	€
Income	2,478,174	,991,961
Expenditure	(2,464,959)	(1,987,149)
Surplus before interest	13,215	4,812
Interest payable and similar expenses	(2,317)	(1,005)
Surplus for the year	10,898	3,807
Total comprehensive income	10,898	3,807
Retained surplus brought forward	167,108	163,301
Retained surplus carried forward	178,006	167,108

Approved by the board on 10th March 2019 and signed on its behalf by:

Dan Buckley	Eamonn Colclough
Director	Director

BALANCE SHEET as at 31 December 2018

	2018	2017
	€	€
Fixed Assets		
Intangible assets	7,985	27,576
Tangible assets	3,856,588	3,946,729
	3,864,573	3,974,305
Current Assets		
Debtors	324,038	143,523
Cash and cash equivalents	290,250	278,668
	614,288	422,191
Creditors: Amounts falling due within one year	(522,633)	(387,318)
Net Current Assets	91,655	34,873
Total Assets less Current Liabilities	3,956,228	4,009,178
Amounts falling due after more than one year	(3,579,404)	(3,643,252)
Net Assets	376,824	365,926
Reserves		
Capital reserves and funds	198,818	198,818
Income and expenditure account	178,006	167,108
Equity attributable to owners of the company	376,824	365,926

The financial statements have been prepared in accordance with the small companies' regime.

Approved by the board on 10th March 2019 and signed on its behalf by:


Dan Buckley

Director

Eamonn Colclough

Director

A full set of accounts are available on request.



National Rowing Centre
Farran Wood
Ovens
Co. Cork
P31 K704

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